

Sedbergh & District LOOKAROUND

August 2014

Issue 324

Donation £1

A very warm welcome to all the visitors to our area and we hope you enjoy our community and what we have to offer. There are lots of events happening for all ages so attend and support them and please mention Lookaround so that they know that

featuring in Lookaround has been worthwhile.

A very warm July was had and August promises to be similar so lets hope we don't enter into a drought situation!!!

Dennis & Jacky Whicker

DENT GALA

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Stalls
Sideshows
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AUGUST BANK HOLIDAY MONDAY
11am to 4pm
Dent Primary School Playground and Field

Refreshments available all day

BBQ on field
WI Teas from 2pm



Children's Fancy Dress Parade



Everybody Welcome

Annual Dog Show

Entries taken from 11am



Proceeds to Dent Memorial Hall Funds

For more information or offers of help, please contact Sarah on 25212 at 'Rhumes' LA10 5QL

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:-
Lewis Garnett who is 11 years old on 17th August and
Ellie Missenden who is 11 years old on 29th 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.



Day	Name	Age
1	Annie RAINFORD	8
2	Harvey CAPSTICK	1
6	Malachi LONGFELLOW	3
10	Luke TROUGHTON	9
11	Lewis SEDGWICK	6
13	Elsa RAINFORD	6
13	Mercedes TAYLOR	11
15	Eva HOGGARTH	8
17	Luke LEWIS	3
17	Lewis GARNETT	11
19	Michael CHARNLEY	8
27	Thomas CASH	7
29	Ellie MISSENDEN	11
29	John-Lucas STANTON	3
30	Abbie WILSON	6
30	John SEDGWICK	10
Nonagenarian & Over		
11	Basil Appleyard	92
30	Arthur Porter	92

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

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

Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
Time	Day	Event	Code	
1000	Every Sunday	Free Entry to Locals	FM	
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch, Busk Lane
1330	Every Monday	Knit 'N' Natter	DHC	Cautley Spout, A683 towards Kirkby Stephen
1400	1st Monday	Bridging the Gap	MC	Community Office, 72 Main Street
1930	1st Monday	Dent Parish Council	DMH	Cumbria Wildlife Trust, Community Office
1930	1st Monday	People's Hall Comm	PH	Dent Heritage Centre, Laning, Dent *
1900	3rd Monday	Chamber of Trade	PH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1300	Every Tuesday	Howgill Toddlers	HVH	Friends Quaker Meeting House, Brigflatts.
1300	Every Tuesday	Knit & Natter	FM	George Fox's Quaker Pulpit, Firbank
1830	Every Tuesday	Cub Scouts	SHQ	Golf Club, Catholes, Sedbergh *
1930	Every Tuesday	Bridge Club	WHC	History Society, Community Office
1930	Every Tuesday	T'ai Chi	URCR	Holme Working Farm, Middleton *
1400	2nd Tuesday	Killington WI	PH	Holy Trinity Church, Howgill
1400	3rd Tuesday	Sight Advice Group	PH	Jubilee Wood, Castlehaw Lane
1930	3rd Tuesday	Ladies NFU	PH	Langstone Fell, A684 Garsdale Foot
1000	Every Wednesday	Coffee Morning	URCR	Methodist Church, New Street
1315	Every Wednesday	Art Society	URCR	Queen's Gardens, Station Road
1315	Every Wednesday	Zebras	SMCR	St. Andrew's Church, Dent
1730	Every Wednesday	Sedbergh Juniors	PH	St. Andrew's Church, Main Street, Sedbergh
1730	Every Wednesday	Brownies (term time)	SMCR	St. Gregory's Church, Vale of Lune
1730	Every Wednesday	Beaver Scouts (Term Time)	SHQ	St. John's Church, Cowgill
1930	Every Wednesday	Sedbergh Seniors	PH	St John's Church, Firbank
1930	1st & 3rd Wednesday	History Society (Winter)	SHS	St. John's Church, Garsdale
1915	2nd Wednesday	Dentdale WI	DMH	St. Mark's Church, Cautley
1930	2nd Wednesday	Sedbergh WI	PH	Sedbergh Embroidery, StAS
1400	3rd Wednesday	Age UK South Lakes	Library	United Reformed Church, Main Street
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	Information Centre, 72 Main Street
1930	1st Thursday	Howgill WI	FCH	Winder Fell, above Sedbergh
1200	2nd Thursday	Lunch Club	Red	
1915	2nd Thursday	Royal British Legion	WHC	
1930	2nd Thursday	Sed. Parish Council	PH	
1930	Every Friday	Scouts	SHQ	
1330	1st Friday	Age UK Dentdale Club	DMH	
See Pages 86 & 91 for contact details & Keys				* = Entry Fee Applicable

PERSONAL & SMALL ADS £1

CHRIS CHAMBERS

Chris and Den would like to thank everyone for their kind wishes and support during the last few months. Chris is doing well since his operation and looking forward to a full recovery.

=====

FRANKIE COWIN

The family of the late Frankie Cowin would like to thank everyone for the many kind messages of support received and to those who have donated to Cancer charities. Special thanks to the Rev. Andy McMullen for the lovely service, Brian Goad for his sensitive handling of all the arrangements and Dorothy Goad for her excellent funeral tea. Many thanks to the overwhelming amount of people who attended to give Frankie a great send off.

=====

BRIAN HAYGARTH

Brian would like to thank friends and family who helped celebrate his **70th Birthday** party. The Donations for North West Air Ambulance raised £335. Thanks also to Rawthey Rythm and Fell & dales Catering for making the party so enjoyable. *(This was submitted for the July issue but was omitted in error. Apologies to Brian.)*

=====

BECCY PARKIN

I would like to say a huge thank you to all my customers and fellow Sedbergh business owners and staff (you know who you are!) for all their

support over the last three years, since 'On a Roll' opened on Friday 26th August 2011. I can hardly believe it's been three years since I nervously opened the door at 46 Main Street to serve my first baguette, but it has proved to be one of the best things I ever did and I still enjoy coming in to the shop each day to greet familiar friendly faces, as well as meeting those just passing through. I would also like to thank my family and friends for their continued support, most of all my husband Simon for all the love and support he has given me from day one, when 'On a Roll' was just a pipe dream being discussed over a drink (or two!) in the Dalesman! As many of you will already know we are expecting our first baby in November, therefore I will be taking some time off. However the shop will remain open for business as usual with my sister Deborah and other family kindly helping me out. Thanks again everyone! x

=====

KATH PARKIN

I would like to thank pupils, parents, colleagues and governors, past and present, and the whole community for making my retirement party such a fantastic and unforgettable night. The venue, food, disco, bar and the children singing were all perfect. Even the weather turned up trumps! Many thanks also, for the amazing and generous multitude of gifts. Clare did a brilliant job of my painting

PERSONAL & SMALL ADS £1

of Dent and 'Where's Wally' (!!). It is superb and a fabulous memory my the time at Dent School. The VIP package to watch United and Chelsea will leave me on 'Cloud Nine' and I will enjoy every minute (if they win!). Win or lose, it will not affect my appetite! Thank you all so much. Everything you have done for me is so greatly appreciated. With love to all.

=====

SUSAN RAW

Susan would like to thank family friends and well wishers for all cards, flowers, get well messages and help during her recent stay in hospital and arrival back home. Thank you.

=====

CHRISTINE SMITH

Steve and his family warmly thank everyone who made Christine's Thanksgiving service such an uplifting occasion, and especially Rev Christine Brown; Hazel, June, Mary and Dorothy; St Andrew's Church Choir; and Edward Waller.

=====

FOR SALE

Leather pale green 3 piece suite comprising 3 seater settee, armchair & swivel/recliner chair. £175. Tel: 22131. *(This was submitted for the July issue but was omitted in error. Apologies to the seller.)*

=====

FOR SALE

Record Power Hobby Engraver for glass or steel £20. Tel: 20828

FOR SALE

Light Oak wood colour Office Furniture £100 ono. Desk with two drawers 1.50m W x .75m D x .71 H. Bookcase with 3 shelves .61m W x .31m D x 1.84m H. Filing Cabinet with 2 drawers .48m W x .81m D x .74m H. Office Swivel Chair - grey fabric 1.17m H. Tel 20964 or 07443 580960. Buyer will need to collect

=====

FOR SALE

Office chair, Swivels, adjustable height. Pink! Offers around £40.00. Please contact Helen on 21562.

=====

FOR SALE

Handmade Timber Woodstore with felt roof. Suitable for small garden/yard. Holds enough wood to fire woodburner for 3 weeks over winter. Roof easily removed for easy stacking of logs. Dimensions approx. 95cm tall x 77cm wide x 78cm deep. £30 ono. Tel: 25185.

=====

FOR SALE

Large ILVA glass coffee table. 110 cm square glass top with black wooden stand. Quite rare now as ILVA no longer exists. £75 ono Tel: 25185.

=====

FOR SALE

Ladies Emmelle Routier hybrid 18 speed bicycle £35. 2 sets of roof bars (fit on rim type) £5 each. 2 sets Coll-Tex ski mountaineering skins £10 each. Blue Henri-Lloyd high waist sailing trousers £10. Tel: 20828

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FOR SALE

Two pairs of Hi Tec Walking Boots. Sizes 8 and 4. As new. £15 each. Cost £75 each. Tel: 015396-21931.

=====

FOR SALE

Gents Giant FCR2 flat handlebar road bike. Very attractive red/black/silver colour scheme. In excellent condition. Hardly used. Cost £495. Will accept £250 ono. Tel. Sedbergh 20648.

=====

FOR SALE

Ladies Emmele Routier hybrid 18 speed bicycle £35. Two sets of roof bars (fit on rim type) £5 each. Two sets Coll-TEX ski mountaineering skins £10 each. Blue Henri-Lloyd high waist sailing trousers £10. Tel. 20828.

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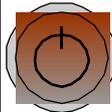
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Saturday 2nd August
11am to 4pm
Proceeds in aid of
Dent First Responders
Fell & Cave Rescue
Air Ambulance
Marie Currie
Looking forward to your support

APPEAL FOR BENEFITS ADVICE VOLUNTEERS IN SEDBERGH

One of the ways in which Age UK South Lakeland helps local older people is by offering them information and advice in local resource centres, and by helping them to find their way through the maze of financial benefits they may be entitled to.

In 2013-14 alone, Age UK South Lakeland helped 1,238 local people to claim £2.7 million in unclaimed entitlements. This money has a lasting effect on the lives of these people, and also benefits the local economy.

Working with the Sedbergh Community Office, we are currently recruiting a small team of **Welfare**

Benefits Advice Volunteers to help older people in the locality to complete the forms they need to maximise their income, which in turn helps to give them independence and choice in their lives, and has a lasting benefit for them.



If you feel you can help, or you know someone who can, please get in touch with: Jean Park (Volunteer Support Officer) on 01539 728118 or Email: jpark@ageuksouthlakeland.org.uk

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St John's Church, Garsdale

Organ Dedication and Concert

with **Cornucopia**

7.30 pm Saturday 9th August

free admission - refreshments

collection for church refurbishment

NEIGHBOURHOOD FORUM

From the minutes of the Meeting held on 24th June at Kirkby Lonsdale.

APPLEBY FAIR – POST FAIR UPDATE

Sgt John Stephens presented an update on the policing operation for the 2014 Appleby Fair.

The busiest period in Sedbergh was during the evening of 30th May when five calls for service were received in half an hour. The licensee of the White Hart reported a group of youths outside the premises and then was a report of a speeding vehicle and two reports of anti social behaviour, one near Pinfold. Two vehicles were also damaged overnight. Police believe that all these incidents were

connected.

The daily drop in sessions, alternating between Sedbergh and Kirkby Lonsdale, ran from 19th May to 15th June. This was 13 days less than last year because last year they did not initiate any calls for service and this year was the same.

In total 12 crimes were reported over the period, although these were not necessarily directly connected to travellers. For the same period in 2012 and 2013 the crimes reported were 33 and 26 respectively.

The traveller incident log for the 28-day period totalled 21 this year, against 49 in 2012 and 31 in 2013. This years figures broke down to one incident prior to the official sites

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opening, 16 while the sites were open pre-Fair (29 last year), none while the sites were closed during the Fair (9 last year) and 4 during the post-Fair site opening against 8 last year.

Incidents involving vehicles on verges stood at 3 this year, 13 in 2013 and 15 in 2012. Incidents involving horses on verges or in fields were 9 this year, 2 in 2013 and 11 in 2012.

Reported cases of Anti Social behaviour remained level with last year at 4 but this is half the number of 2012.

Incidents on the authorised sites were halved this year to 6 from 12 in each of the previous two years and

there was only one incident involving licensed premises, which matches last year.

Overall the Police considered this year's Fair to have been a very good operationally.

John Barwise, the Neighbourhood Enforcement Officer for South Lakeland District Council reported that from his team's point of view the migration of travellers through South Lakeland had gone very well this year. Vehicles had again started to arrive 2 or 3 days early but by 24th May there were 46 bowtops and vans on the Loop Road at Devil's Bridge. The amended layout of the boulder installation at Devil's Bridge had



Malcolm Sedgwick

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proved very effective.

There was disappointment that the settled community had taken advantage of skips provided for the travellers to use and a resident in Sedbergh, identified from items dumped, had been spoken to about this. Woodclose Caravan Park had no incidents this year and had thanked SLDC and the Police for their liaison.

There had been some incidents of fly tipping (e.g. 11 fridges at Rawthey Bridge) and overall 8 tons of waste had been gathered in skips. None of the toilets provided for travellers had been damaged and the overall post-Fair clean up was completed by 16th June.

The posts had also already been

removed and the boulders would be gone by the end of June.

The drop in sessions seemed to be successful in that very few people came and therefore there had been no major issues for the settled population to report.

At Burnt Mill there had been an issue with caravans on the verge, breaching the guidance, but this was only 2-3 hours prior to the Cote Moor site opening and those involved were spoken to by the Police.

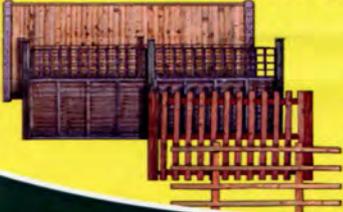
It was noted that there was no indication in the Police report of the seriousness of the incidents reported. Sgt Stephens advised that the crimes, shoplifting, passing of a forged bank note and the damage to fences, were

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This Team Leaves It Clean

classed as serious whereas the horses on Jubilee Field were not, although that was serious for residents. He also advised that dispersal notices, referred to in the press, are only issued to deal with anti social behaviour by people who have been drinking. The person (or people) then have to stay away from the specified area for 24 hours or be subject to arrest. A total of 28 were issued during the 2014 Fair but none in the South Lakeland area.

The question was also raised as to whether the official site opening and closing dates were a waste of time. Traditionally access has been available from the Tuesday following the May Bank holiday but some people come early hoping or assuming there will be no police presence on a Bank Holiday. The consensus is that even if the opening were put back to the Thursday,

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people would still come early. The travellers themselves, through representative Billy Welch had asked for the sites to be closed during the Fair, so that no alternative "fairs" could be set up. The framework of set dates is also useful for the Police in terms of enforcement. There are generally more issues around the Kirkby Lonsdale area as it is the first point of entry into South Lakeland.

A representative from Barbon advised that there had been no problems this year and that the extra toilet originally requested had not been needed after all.

Regarding the Loop Road, some people felt that the impression is given that it is for the exclusive use of travellers whereas anyone should be able to drive or walk along it at any time.

The Public post-Fair debrief drop in was to be held on Tuesday 8th July at the Lunesdale Hall, Kirkby
YORKSHIRE DALES

NATIONAL PARK AUTHORITY

Julie Barker, Head of Recreation,
Tourism and Outreach at the

Yorkshire Dales National Park, spoke to the Forum initially about the work of her team (2 people plus rangers and many volunteers) in promoting sustainable tourism and then touched briefly on the plans for the Tour de France Grand Depart, happening over the weekend of 5/6 July.

Each year there are approximately 12 million tourist days in the Yorkshire Dales as a whole (not just the National Park). Fifteen thousand people are employed in tourism, which is about 13% of the population. 90% of the visitors have been before and 34% and 51% of day visitors come from Yorkshire and Humberside respectively. £556m is spent annually by visitors of which £309m is from

day visitors.

The National Park works with various partner organisations nationally and locally. It is also part of the Dales Tourism partnership alongside the National Trust and Natural England among others. The Partnership's strategy and action plan includes measures to promote "insider guides" – local people who can offer a unique perspective on places of interest to visit; how make businesses greener; cycling initiatives, including the availability of electric bikes for hire and a dark skies policy to reduce light pollution.

The Dales Business Network promotes "brilliant" businesses such as the Dales Bike Centre at

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Fremington, The Traddock at Austwick and Bivouac wood lodges and encourages these and other businesses to share their expertise.
FEEDBACK FROM PREVIOUS MEETINGS & UPDATES ON LOCAL PROJECTS

Cumbria Highways

Cllr Cotton spoke to the Forum about the work that has been carried out in the Sedbergh & Kirkby Lonsdale division over the past twelve months. He highlighted that Cumbria Highways covers 84 divisions so the amount of work that has been done locally is quite remarkable especially against the background of cuts. A list of all the completed works plus some future planned work is attached.

A couple of queries were raised about jobs which residents felt had not been completed satisfactorily which Cllr Cotton promised to pass on – any new issues can always be passed to Cllr Cotton to follow up as well.

Barbon Open Gardens

It was reported that the recent open

gardens weekend in Barbon raised £4k for charity over the two days, with around 400 people visiting the gardens.

COMMUNITY GRANTS

Cllr Cotton advised the Forum that the Local Area Partnership no longer has any funding to allocate but grants are still available through the County Council's Community grants process.

Applications can be made by non-profit making, constituted community groups whose projects support the aims of priorities outlined in the County and Local area plans. For full details of the criteria or to discuss whether a project would qualify for funding please contact Zoe Sutton via

zoe.sutton@cumbria.gov.uk

THE NEXT MEETING

of the Forum will be held during Autumn 2014 and further details will be circulated once a date has been set. If you need to contact us in the meantime or have a suggestion for an item to go on the next agenda, then please call Zoe Sutton on 01539 713448 or email

zoe.sutton@cumbria.gov.uk

SEDBERGH

MEDICAL CENTRE

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Tuesday 16th September

Wednesday 15th October

Tuesday 11th November



Meditation for Life

A one-day course with Ian and Laura

Saturday August 16th

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www.iunaeffortlessmeditation.co.uk

MEDITATION FOR LIFE

Ian Fletcher

I fell in love with Dentdale and bought a house here twenty years ago, initially as a refuge from a busy working life. It has been my full time home for the past 15 years. I worked

as an Inner-City GP in Birmingham and, over time, increasingly with the 'unloved' in society - the homeless, those with alcohol and drug problems and with serious mental health issues. Hearing daily these stories of struggle and powerlessness affected me profoundly.

Since rediscovering meditation three years ago and committing to a daily practice, I feel a renewed zest for life and a desire to share this simple, technique with those who are ready to take responsibility for their own health and wellbeing.

Effortless Meditation is a powerful tool and is, in my experience, a simple and effective way to release habitual patterns of behaviour by empowering us to make choices concerning the way in which we conduct our daily lives.

Laura-Jane Clare

I have been working locally and nationally for over thirty years, sharing the spiritual and physical benefits of yoga and meditation with many, many people from different walks of life. I have been meditating regularly for fifteen years and have



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released deeply challenging early life experiences. I know first-hand that effortless meditation, combined with an understanding of the way that this technique works, is a powerful tool to transform fear and pain into a deep trust in and renewed love of life.

Together, we are combining our fifty years of skill and experience to offer meditation tuition based in Dentdale.

We are not teaching 'mindfulness' or trying to help you to 'manage' busy lives. Nor is any of our teaching 'New Age' .. in fact it has a provenance rooted in ancient and universal spiritual teachings which remain as potent and valid today as they have always been.

These are tools to completely transform your life, to re-claim your personal integrity, your mental, physical emotional and spiritual health and your autonomy as loving human beings.

Meditating 'effortlessly' for twenty

minutes every day, equipped with an understanding of compassionate self-awareness, you will begin to experience real peace, joy and stillness. You will rediscover the passions and the energy you had as a young child and knew then as your birth-right. You will become empowered in your life rather than moving through it as an automaton or a passive victim of circumstance and 'other people', blaming and projecting and diminishing yourself along the way.

We offer a one-day course during which you learn to meditate comfortably (lying down) and gain a clear understanding of HOW meditation works. Questions are welcomed and, as teaching groups are small, we have time to make sure that everyone is confidently meditating by the end of the day.

Once you have learned, the practice is yours for life ... no need to keep

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attending courses or workshops, although our support is on-going if you want guidance.

Our style of teaching is informal, uncomplicated and is based wholly on our direct personal experiences. The course is punctuated by stories from our own lives rather than by discussions of concepts and theories. This makes for an entertaining as well as a potentially life-changing day and places meditation firmly in the context of the challenges of work, family and relationships.

The initial teaching day is followed by a 'check up' after three or four weeks - just a couple of hours, at a time that suits you. This is an opportunity to ask questions, to gain re-assurance and to tell us about the positive changes that you are beginning to experience.

Hearing about the health benefits, the improved personal and working relationships and the courageous life shifts that people make once they begin to meditate is one of the great privileges of teaching.

We are both very happy to support you in keeping up a regular practice and so we offer 'refresher sessions' throughout the year and invite all students to sit in again as often as they like once they have attended the initial teaching day.

Our next course will be on Saturday August 16th.

For more information phone us on 015396 25061 or email via our website

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There seemed to be a larger than normal gathering at the July service. It was an "in-house" led service. Our very own Gordon spoke to the young people about weddings, and we saw a film clip from one wedding where they ran out of wine. Jesus was one of the guests and his mother asked him to "do" something! He then performed his first miracle, turning water into wine. It made quite a **difference** to the whole event in more ways than one! Harold Stuteley, our



Minister, talked about the **difference** that a real encounter with Jesus

makes to people's lives and gave us lots of examples, while the young ones happily made caterpillars or was it



butterflies?! The worship and prayers were led by Sandy. It is really good to come and worship together, do come and join us, it makes such a **difference** to the week!!

Our next events are Sunday 3rd August which will be the Holiday Club Celebration which culminates the weeks' activities with the children, and always promises to be very lively! Following that will be Sunday 7th September.

Sedbergh Methodist Church

EXHIBITIONS IN AUGUST:

Material Space - In touch explain & explore the tactile quality of textiles

Stella Adams-Schofield - The Story of the Quilt

a wonderful exhibition showing the work that has been created by Stella as a response to patchwork and quilting traditions

Green Door Studios - Summer Time (...and the living is easy)

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SEDBERGH PARISH COUNCIL

This report covers the Parish Council meeting held on the 10th July 2014

Policy & Resources Committee

- The Parking Permit prices for Joss Lane and Loftus Hill car parks will remain unchanged for the forthcoming year.

Planning

- The Planning Committee Report detailed several applications, one decision was deferred.
- The Yorkshire Dales National Park Authority Draft Local Plan is available for inspection and comments are due by 28th July 2014.
- The proposed Killington Wind

Farm application has been withdrawn.

Sedbergh Townscape Project

- CCC will be contacted in connection with the recent pavement widening on Main Street over three issues highlighted.

Amenities Committee

- Honesty boxes have recently been anonymously placed in the toilets on Main Street; this has raised the question of them being formally considered at a future meeting.

Public Participation

- Sedbergh in Bloom gave an update on current works. The Parish Council gave formal



SEDBERGH SCHOOL



Learning Support Assistant

Safeguarding the welfare of children is of the highest priority to Sedbergh School. Every employee of the school has a responsibility to:

- Protect Children from abuse;
- Be aware of the school's safeguarding procedures;
- Know how to access and implement the required procedures;
- Keep a sufficient record of any significant complaint, conversation or event;
- Report any matters of concern directly to the Designated Safeguarding Lead or Deputy Designated Safeguarding Lead;
- Attend annual in-service training provided by the school.

A Learning Support Assistant is required to work with a year 9 boy with Asperger's Syndrome during prep in the evening. The role will include:

- Collecting pupil from boarding house, with all the necessary books for prep/reading time and take him to the Learning Support Department;
- Work with him, keeping him focused on completing prep and reading tasks. (Other pupils will be working in the same area as him);
- Returning the pupil to the boarding house and sorting his equipment, etc, ready for the following day;
- To talk through the following day and any special events with the boy so he is aware of what might be expected of him.

Other hours may be available later in the term for field trips, etc.

Hours of work would be 7.00pm-9.30pm, Sunday to Friday, term time only. This job could be a job share.

We are looking for applicants that are reliable, take pride in their appearance, conscientious, hardworking and fully committed to safeguarding and the welfare of the School's pupils.

If you are interested and would like further information, please telephone Debbie Corney or Shirley Worrall on 015396 20303 for more information, an application pack or an informal chat.

Sedbergh School is committed to safeguarding & protecting the welfare of children.

Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Disclosure and Barring Service.

Registered Charity No 108067

thanks for all the work the volunteers do for the town.

- John Metcalfe has made a request to the Parish Council to consider a space on Joss Lane car park for a commercial space for bus companies in Sedbergh.

The next meeting will be our Monthly Meeting at 7.30 pm 14 August 2014 at the People's Hall Committee Room.

Please note that members of the public are invited to our Meetings where, as always, members of the public are able to comment at 8.30 pm. Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council

Office.

Janey Hassam – Parish Clerk

Membership of Parish Council Committees:

Policy & Resources Committee – Hilary Hodge (Chair), Jim Atkins, Ann Allan, Kevin Lancaster

Amenities Committee – Steve Longlands (Chair), Mary Macpherson, Rodger Sedgwick, John Capstick, Martyn Dawson, Margaret Brooks.

Planning Committee – Jim Atkins (Chair), Ann Allan, Steve Longlands, Roger Sedgwick, John Capstick, Mary Macpherson.

Queens Gardens Committee – Jim Atkins (Chair), Ian McPherson, Ann Allan, Kevin Lancaster.

Town Twinning Committee – Hilary

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Hodge, Kevin Lancaster.

Representatives to Outside

Bodies:

Sedbergh United Charities and Widows Hospital – John Leigh, Jim Atkins, Eileen Scarr, Kevin Lancaster, John Capstick, Margaret McVoy.

Local Area Partnership – Hilary Hodge (Respect Group Ian McPherson).

Sedbergh Townscape Project – Jim Atkins, Hilary Hodge, Ian McPherson, John Capstick.

Sedbergh & District Community Interest Company (runs the Information Centre) – Hilary Hodge.

Sedbergh & District Charitable Incorporated Organisation (owns and manages the building at 72 Main

St on behalf of the community) –

Hilary Hodge, Ann Allan.

Sedbergh & District Chamber of Trade – Steve Longlands, Jim Atkins, Roger Sedgwick.

People's Hall Committee – Steve Longlands.

Gala Committee – Margaret Brooks, Roger Sedgwick.

Friends of Farfield Mill – Hilary Hodge.

Swimming Club – Margaret Brooks.

Yorkshire Dales National Park Authority – Ian McPherson.

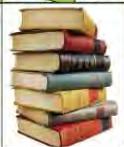
Bowling club – Steve Longlands

Cumbria in Bloom – Ann Allan, Kevin Lancaster

Tennis Club – Mary Macpherson

Friends of St Andrews – Ann Allan

Sedbergh Artisans Markets 2014



Saturday dates for your diaries!

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Football Club – Steve Longlands,
 Kevin Lancaster
Western Dales Bus – Ian
 McPherson.

COUNCILLOR CORNER

I hear my opponents were furious not to hold this key council seat of Sedbergh and Kirkby Lonsdale. Therefore, it was probably all the more unwise of their MP to give an interview immediately after their defeat. However, he couldn't have been much wider off the mark than when he described me to the national press as a "climate change denier". No doubt it was a glib lazy comment in the manner of calling someone a

"racist" – but whatever the reason it does him little credit in the search for an amelioration of anthropomorphic global warming.

What a great success the first stage of the Tour de France was ! And, what a credit to Garry Verrity and team from the Yorkshire Local Enterprise Partnership in flying the tour organisers over Yorkshire in early 2011. Great credit also to the staff of the Yorkshire Dales Access department who showed their true mettle in spreading enthusiasm and optimism for the project throughout the Craven and Richmondshire stretches of the run. The weather was perfect as the rain from the day

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before had improved the clarity of the air for those sweeping helicopter shots which French television does so much better than the British equivalent. The moves abroad were born out of the doping scandals of the 1990s and early 2000s and there is a clear appetite for more of the same in the future. I think there is a strong case for a future Tour to make use of the roads and mountains of Cumbria and the north west of England. How about Mallerstang, the Coal Road and down Dentdale and Barbondale ?

The Tour strongly emphasised the importance of our scenery for tourism in our area. It was an unexpected delight that Banks Renewables decided not to proceed with their application for three wind turbines in Killington. Without any rational case and no friends apart from members of South Lakeland planning committee it was amazing the application lasted as long as it did. Hopefully we can

now move on with real projects, digesters, water power and ground source heating. Less visible but so much more effective than the tokenism of those who shout "climate change denier" from the sidelines.

Please disregard contact details in previous Sedbergh Lookarounds – they will not work.

District Councillor Kevin J. Lancaster, your voice on South Lakeland.

*Fellgate, Dowbiggin, SEDBERGH,
Cumbria. LA10 5LS
Telephone 07980 844 695;
email Kevin@Sarthwaite.com*

YORKSHIRE DALES NATIONAL PARK

National Park Notes

Following standing down as a District Councillor and relinquishing my place on the Yorkshire Dales National Park Authority as the SLDC appointee I was delighted to be re-



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appointed to the National Park Board as the Parish representative for Sedbergh, Dent and Garsdale following my election as a Sedbergh Parish Councillor in May. For me this is the dream ticket and I am grateful to all of those who voted for me in the Parish Council elections and also supported my continuing National Park membership albeit under a different hat!

I had my appointment confirmed by the Secretary of State just in time to attend the Annual Meeting of the Authority on the 24th June and at the same time was appointed to the Park Planning Committee. I attended the latter for the first time on the 8th July but there were no applications before

it relating to our Parish group.

I would say that the two most significant matters on the Park's agenda at the moment are the formal consultations currently taking place on the proposed new Local Plan and Building Design Guide and the long-awaited decision on whether the Park boundaries will be extended to include the northern part of the Howgills, Middleton, Barbon and Casterton and the Orton Fells. Following a Public Enquiry the Planning Inspector recommended approval but ever since then it has been sitting on a government minister's desk awaiting confirmation or otherwise. The delay might be something to do with the small matter

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of a general election next year. Personally I think this is too important a matter to become part of the party political process. The Local Plan is of equal importance as this will provide the framework within which all planning matters are decided over the coming years and therefore affects all of us in this part of the Dales. Housing is dealt with in a separate Housing Action Plan which has already been approved and is in force. If you would like to learn more about, or to comment on, the proposed Local Plan and Design Guide then visit the Park website at www.yorkshiredales.org.uk.

Please don't hesitate to contact me if there are any National Park matters

you would like to discuss with me.

Ian McPherson
ianmcpherson24@hotmail.com
Tel: 015396 20648

TIM FARRON MP

As you would imagine we received a fair bit of post into the office in Kendal, some of it is great to receive and some more distressing but it is all carefully read through and acted on. One of the great letters that I received recently came from the chap responsible for looking after the roads in South Cumbria. He was writing to tell me something that you will by now already know, that they had at last felt it possible to do something about the surface of the road by Lillymere and

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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.

Kate.Seymour@thwlegal.co.uk



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were “top dressing” it to make it less slippery in wet weather. This is good news but it really should not have taken so long for them to have got round to doing it, leaving the road in such a dangerous condition for such a long time was unacceptable as I have let them know on several occasions. Anyway the road should be safe now but if you have any further issues with that or any other road around Sedbergh and Dent then please do let me know.

Actually, it is particularly important that you let me know about road issues as soon as you can. Cumbria County Council is receiving an extra £4.8 million from the Department of Transport to sort out road problems.

About a quarter of this money will go on countywide projects but of the remaining sum about a quarter will come to South Lakeland and so if you know of somewhere that would really benefit from this money then please do get in touch.

As has been covered extensively elsewhere we have learned that the Hospital’s Trust has stepped back from their plans to pass the Westmorland General Hospital over to some other group. I am convinced this is entirely down to your efforts in supporting the campaign for the hospital, so well done you! We have also learned that the Clinical Commissioning Group for Cumbria, the people who would be responsible

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for the use of the unit, have told NHS England that they would like to prioritise investing in a radiotherapy unit at the hospital. This is something I have been working to make happen for several years now and this element in the group's planning is actually a major step forward, NHS England would need to have serious reasons not to approve the funding.

I have had my first meeting with the new NFU President, Meurig Raymond, we spoke about many things but the bulk of our time together was spent on discussing low beef prices. I have promised to do all I can to press for support from organisations like Defra.

Finally, August sees me out on my

annual summer tour. We roll through Sedbergh and Dent on the afternoon of the 27th (2pm Dent, 3pm Sedbergh), please do look out for us and come and say "hello". Even if you feel you have nothing that you want me to deal with it is good to talk to everyone about the things that are concerning them.

As ever if I can help you with these or any other issues then please do get in touch, you can reach me by writing to Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND, emailing me at tim@timfarron.co.uk or coming along on the 27th.

Thanks for your support

Tim Farron MP

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1st SEDBERGH BEAVERS

Wow what an exciting term we've had.

We have been on our 1st ever District Sports Day and Sleepover at Coniston school. We had a great time and were complimented on our good behaviour. Plus we were the first to go to sleep and last to wake up.

While we were there 3 of us got invested.

Tim has helped us gain our adventure badge by showing us how

to light a fire and then by taking us on a scramble up winder. 2 of us got invested while up there.

Andy the Vicar came in and did a talk about aeroplanes for our air adventure badge. Charlie who is the new helper showed us how to make paper planes. We tested them in the Bull Hotel beer garden.

We have gained our gardening badge by growing sunflowers and by helping tidy the garden near the community office as part of Scout Community Week.

Toby took us canoeing at Killington which was great fun. I think the adults enjoyed the canoeing more than Beavers.

We have also done our animal friends badge. In total some of us have gained 6 badges this term.

Over the summer we are visiting the Scout Camp, thanks to Winder Lodge Freemason's and Dennis for their kind donations towards the minibus hire.

I would like to say a big Thank You to all the parents who have helped out this term. Without your help we could run Beavers.

I would also like to thank Charlie, Heather and Toby for their help and support each week.

We are so lucky to now have all 3 sections of Scouts running in Sedbergh.

If you would like to get involved with Scouting please get in touch with myself, Toby or Bill.

Thanks again

Trish Beaver Leader. 07890302038



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SEDBERGH CUBS

The end of the beginning of 1st Sedbergh Cubs!

Hopefully by now all the children involved in 1st Sedbergh cubs are both enjoying the glorious summer and itching to return to pack meetings on Tuesday 2nd September at the new time of 6.00 until 7.30 at the Scout HQ (Above Sedbergh Office Services).

Last year was a whirlwind of excitement and discovery, both for the ever growing pack of Cubs and the leaders and helpers, without whom, the Cub pack would not be able to take part in such a varied programme or attend the events organised through the county! In this

last year the 1st Sedbergh Cub Pack has developed from being reformed last September with 5 Cubs to currently having 15 Cubs on the books and has had to start a waiting list to coordinate the natural progression from Beavers through Cubs to Scouts. As a Pack we have been represented at every event arranged by the Kentdale District for Cubs; we have hiked, kayaked and canoed; built fires and structures out of spaghetti; learned about Science and emergency First Aid; we discovered new games and invented our own games too! I could sum up this year's activities by admitting that I have had the honour of issuing over 100 badges, with many more almost complete or being worked on over the holidays! To help us subsidise these activities we have visited the Freemasons Lodge in Kirkby Lonsdale, received a start up grant through the community fund and were also involved in the Scouts' Christmas Post.

This coming year I hope that we will be able to continue to offer a fantastic programme of activities and opportunities. If you feel you would like to get involved in any capacity with any section of the Sedbergh Scout Group please do get in touch, you will have the skills the group needs we just need to know you want to be involved...

Looking forward to building on a fantastic last year...

*Toby Hubbard
(Cub Scout Leader)*



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AUGUST GARDENING

August is a month for taking bold action in the garden. I have my eye on three rambler roses – ‘Seagull’ (double white flowers), ‘Albertine’ (coppery pink flowers) and ‘Veilchenblau’ (violet flowers), all of which flowered profusely in July and are now in need of a severe haircut.

Ramblers flower best on new wood, and this is encouraged to grow when old, flowered stems are pruned back straight after flowering. Cut the spent stems back so that you remove all the old flower heads. With my ‘Seagull’ and ‘Veilchenblau’ this involves removing sections of the plant which may be 6 or 8 feet long. If you find that healthy, leafy, but non flowering stems have already grown amongst the flowered growth, then your task is much easier as you simply cut back to them so that all the plants energies and hence its ability to produce flowers for next summer, will be channelled into these new growths. If your plant has not been pruned for several years, and you are feeling a bit tentative, then just remove a good half of the older, most branched and scruffy stems and let the others decide who will do what next.

Other plants that require a good sort out this month are some of the ornamental brambles. Every year I approach with some trepidation, a beautiful golden leaved specimen – *Rubus cockburnianus* ‘Golden Vale’ – which grows in a friend’s garden. The day on which it falls to do the pruning usually turns out hot and sunny, but this is such a prickly individual and

has such a thicket of stems needing to be thinned out, that I have to don my protective clothing of a thick donkey jacket, a tough pair of overtrousers, a large brimmed waterproof hat, goggles and thorn proof gloves. This gear has caused some astonishment amongst the lightly clad visitors who occasionally stray into the garden looking for the owner of the nearby campsite, but it means that I can get safely underneath the prickly arching branches and remove tall the flowered ones, leaving the beautiful white stemmed, current seasons “canes” to provide a splash of colour for the Autumn and the dark winter months.

Elaine Horne

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THE FIRST WORLD WAR CENTENARY 2014 -- 2018

In Sedbergh, there will be a short service at the war memorial at 9 pm on 4th August. Supported by the Sedbergh Branch RBL Standard, followed by a service in Saint Andrews church, where the Standard will be presented and laid on the altar for the duration of the service, which will continue to beyond 11pm. to commemorate the remembrance. After laying the Standard the service will be casual with various readings etc and people will be welcome to come and go as they please.

The 4 August 2014 marks the 100th anniversary of the day Britain entered one of the costliest conflicts in history – the First World War, which ended on the 11 November 1918, remembered annually as Armistice Day.

Most of us have ancestors who fought in or were directly affected by the First World War. All of us live with its effects today. The losses were felt in nearly every UK town and village, as men and women in service of the British Empire sacrificed more than 1.1 million lives.

The names of the 67 local fallen, many of them well-known local names, are on the Sedbergh RBL website,
<http://branches.britishlegion.org.uk/branches/sedbergh>,

They are In addition to the vast number of former Sedbergh School pupils, many of whom were awarded



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are left grow old:*

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years condemn.*

*At the going down of the sun and in
the morning we will remember them.*

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direct care and support to
personnel of our Armed Forces,
veterans and their families when in
need.

Nationally we are encouraged to
light a candle and switch off electric
lights that evening. Special candles
will be available in St Andrew's
church at £5 each with £2.33 going to
the Royal British Legion.

Please attend if you can.

*From the Committee of Sedbergh
Branch of the Royal British Legion*

**THE TALE OF
HOWGILL UPHOLSTERY - PART 2**

Howgill Upholstery opened its' doors in January and we have been overwhelmed by the encouragement and support that we have had from Sedbergh. We have met so many people who have popped their heads around the door to see what is going on and stayed for a chat, in fact there has been as much chatting as upholstering some days.....Everyone is fascinated to have a look around the workshop and most comment that "You don't see traditional crafts like this any more." A big thank you to everybody for your enthusiasm and your custom.

There are some wonderful pieces of furniture about the town and I have thoroughly enjoyed working on them. My first customer was Dennis who got in quickly when I submitted my advert to the Lookaround! There is something very satisfying about taking a tired chair down to its' bare bones and building it back up into a thing of beauty - from antique X frame stools in damask to Edwardian button back chairs in wool tweeds. Whilst

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stripping off layers of original fabric from one chair, I found a lovely Victorian Pendant which must have been lost for decades - much nicer than years ago in Southport when we were asked to strip a chair to find someone's lost false teeth! I've also re-filled quite a number of cushions and re-upholstered lots of dining chairs, so hopefully many of you are sitting more comfortably now.

As we said in January this is a part time venture, between looking after our two year old grandson when his Mummy is teaching and travelling in our motorhome, so we will be closed now for the summer holidays. (We are however happy to handle any enquiries via email whilst we are closed, contact neil@howgillupholstery.co.uk). We already have orders waiting for us when we re-open and we have just completed "Joseph" - the Howgill Upholstery Sheep for Sheepfest – look out for him in his wool coat of many colours in September outside the workshop!

Neil Kernahan

FAMILY MUSINGS

Glorious weather day after day, will we cope without it when it eventually ends? This is how I remember holidays in Cornwall as a child/ teenager, endless sunny days to play on the beach, walk the cliff paths, sunbathe and once throw a bottle into the sea, having first written a message and put it inside. It travelled all the way around Nare Head, so not very far, a local farmers son fished it out and tore his jeans doing so, he wrote and asked me for a replacement and my Dad suggested I sent a pair of dolls jeans.. cannot remember if I did but do remember meeting up with him the following year.

There is a possible pudding club starting in our village and this reminded me of nicknames, mine at boarding school was Middley which came from my maiden name, a Helen was Melon, a plump girl was Chubby and a thin-as-a-rake girl was Pudding, some were called by their surnames ie Street but names like fatso or fatty were not allowed. I can remember my parents talking of Tom O Sal's house meaning it belonged to Sal's son Tom, but some "names" take some sorting out. Field names can also be interesting, Tidie Holme, Jackie Holme, Holly Seeds, Lord's land and so on. Dent Fair used to take place in Jackie Holme and it was a big day for the community, houses were whitewashed in anticipation and family who had moved away would return for the event. My aunt,

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Margery, spent a month in the village every year with her father (Charlie Binns) visiting his mother and got special dispensation to enter the sports on Fair day as they were really just for local children! These days the Aug BH Gala welcomes ALL children and adults to join in everything.

As you may have gathered I just love local history, and Cornwall, both feature in my writings, it is always a delight to hear lovely comments about Musings, thank you, if you have any local history to share with me I would love to chat with you. Often a funeral tea is a good place to catch up with people and make connections, our community was stunned recently to hear of the sudden passing of Joan, from T'High, she used to come to the village via our farm, always a cheery wave and "ought fresh?".

Talking of fresh .. picking home grown veg and fruit from the garden is such a delight although the birds seem to be getting the Cherries, enjoy your summer treats.

Sarah

NEIGHBOURHOODALERT

Cumbria Trading Standards are warning homeowners to be aware of receiving telephone calls from businesses telling them they are entitled to several thousands of pounds worth of funding for home improvements and that the improvements will be free. Such calls are on the increase countrywide following the recent revamping of the government's Green Deal Scheme.

The householder is asked to pay up to £300 for an Energy Performance assessment to be carried out. The assessment is either not carried out or the work is undertaken but the householder does not receive an Energy Performance Certificate, which they should do under the Green Deal Code of Practice.

There have also been suggestions that the callers mention government grants but in reality they are offering a loan paid back through your electric bill which is part of the Green Deal Scheme.

The Green Deal can only be delivered through government contracted assessors and providers identifiable by a unique government allocated number. Consumers are advised to look out for the Green Deal Approved quality mark. Only Green Deal Assessors, Providers and Installers can use it. This shows they meet Green Deal standards and are authorised to operate under the Green Deal.

Consumers taking out a Green Deal will need to have an assessment completed by an authorised assessor

who will visit your home, talk to you about your property and your energy use and help decide if you could benefit from Green Deal improvements. You may have to pay for an assessment and the assessor must tell you the fee in advance.

Further details about the scheme can be provided by the Energy Saving Advice Service on 0300 123 1234 or by visiting www.gov.uk and searching for the Green Deal.

If you have any concerns regarding the Green Deal or any cold callers please contact Trading Standards via the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org.uk



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YORKSHIRE DALES NATIONAL PARK

Plea to dog owners

Dog owners and walkers are being asked to take extra care as they visit the Yorkshire Dales National Park over the next few weeks.

Alan Hulme, the Yorkshire Dales National Park Authority's Head of Ranger Services, said dogs can cause long-term damage if they are allowed to run free – and can also put their owners in danger.

“The breeding season for wildlife and for farm animals is still with us and, although dog owners say their pet never chases or attacks sheep and lambs, some do.

“In addition, a lot of people don't

appreciate that dogs can cause just as much harm unintentionally by keeping parents away from their young, which leaves eggs, fledglings and lambs vulnerable.



“At the same time, dog owners and walkers should be aware that cattle can sometimes become aggressive towards their pets and them, especially when calves are around.

“If you are walking in a field of cows and they start coming towards you, the best thing you can do if you feel threatened is to get to safety yourself. If you have a dog with you, let go of its lead – it can look after itself well enough.”

The Countryside Code contains some simple rules that pet owners must remember, the most important being that, in most areas of open country and common land – known as 'access land' – you must keep your dog on a short lead until July 31, and all year round near farm animals.

National Park Rangers and National Park Centre staff are only too happy to give advice to anyone who is concerned about going into area that may be used as a breeding ground by wild animals.

More information about the Countryside Code can be found on the National Park Authority's website at www.yorkshiredales.org.uk.

Nick Oldham



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**DENTDALE
CHRISTIAN FELLOWSHIP**

Mrs Juliet Burd was our speaker in June, sharing testimony with us, in July we met a week sooner than normal and did not hold a lunch event, in August we are back to the 4th Sunday evening and it will be our 5th Anniversary which is just amazing! We seek to serve God by sharing our home and garden, the "Shepherds Dwelling" ministry will be launched soon, taking over from the "Quiet Garden" ministry although we remain in contact with that organisation. Meantime, if you would like to join in any of our events, please do, and do contact us for more details. We will be assisting with a mission in Morecambe in early August, more details of which are available from us too.

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**SEDBERGH & DISTRICT
ART SOCIETY**

The members are now looking forward to the Annual Exhibition which opens on August 15 in the Sedbergh School Library and runs until August 27.

The various speakers and workshops will have inspired members to try new ideas in their work and it is hoped some of these will be evident in work on display.



The portrait group once again thanks sitters and hosts who have made the meetings possible and enjoyable.

The Society always welcomes new members and anyone joining during the exhibition will have free membership until the New Year.

Margaret Copestake

JUNE WEATHER

In over 50 years of recording the weather, this month has been the driest ever with only 1.2 inches of rain recorded!! A hot dry spell meant many were haytaming with temperatures in the mid 70sF(24C). A maximum of 75.9F (24.3C) was recorded. Only once did the minimum just go below the 40F at 39.7F(4.3C). Also on only 3 nights did the windchill drop to 39F(3.9C). Even though it was dry we didn't actually record an official drought as only the last 12 days were dry. We shall have to see if next month completes the 14 days for an official drought. Pressure was variable so were the resulting winds with a maximum gust of 19mph and on all but 4 days these gusts came from the north west.

As mentioned earlier most local farmers got in a decent hay crop. Unfortunately mine wasn't quite ready so I missed the good weather. Let's hope we get another such spell. On the positive side a swarm of bees took up in one of my empty hives making me a beekeeper again! They seem to be doing well. Much has been written about the use of neonicotinoids on farm crops as being a destroyer of bees. Up here there won't be much, if any, use of these insecticides as they are generally used as a seed treatment and the only crops around here are grass and sheep! However we still lose bees. A European survey of bees has found losses throughout the



continent especially the more northern countries. This suggests, at least to me, that there is a more important factor in the colony losses, namely the weather!! Birds generally seem to have had a good breeding season with lots of youngsters about particularly, house sparrows, jackdaws, crows and magpies! The latter 3 we could well do without! Butterflies are noticeable by their absence so far this summer. The cuckoo seems to have moved on as I haven't heard one in the latter part of the month. The latest nest of 3 swallows are progressing but nothing else seems to be nesting at present.

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ROAD REPAIRS

Cumbria County Council Highways recent & upcoming road schemes in Sedbergh & Kirkby Lonsdale

1. A684 Garsdale at Dandra Garth (road falling into the river)
2. A683 Cautley Road near Rawthey Bridge (road falling into the river)
3. Surfacing of A683 through Middleton
4. Surfacing of Queens Square in Kirkby Lonsdale
5. Widening of the pavement on Main Street in Sedbergh at 'The Narrows'
6. Work on strengthening and repairing Devil's Bridge (underneath, on the Casterton side)
7. Soakaway on Wandales Lane, Casterton
8. Resolving drainage problems at Drybeck, Killington Parish
9. Resolving drainage problems on Firbank, north of Sedbergh
10. Resolving drainage issues south of Barbon.
11. Resurfacing of A684 at Black Horse
12. Lining through Low Biggins
13. Surface dressing on Howgill Lane
14. Several bits of surface dressing on the minor lane on the west side of the Lune valley north from Kearstwick
15. White and yellow lines around Kirkby Lonsdale - Lunefield Drive, Ruskin Drive, Biggins Road and Kendal Road
16. Gully clearing up Dentdale
17. Resurfacing of the A683 near its junction with the A684 to the west of Sedbergh
18. Resurfacing Sowermire

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19. Resurfacing Hebblethwaite Hall
20. Resurfacing Hawkin Hall
21. Surface dressing of the A683 Sedbergh to Four Lane Ends
22. Resurfaced footway at Fern Croft, Casterton
23. Resolved flooding / drainage issues at Bellgate, Casterton

Planned Works

1. Resurfacing A684 Sedbergh to Bramhaw (ie Station Road, west of Town Centre)
2. Surface Dressing at Lillymere
3. Surface Dressing A683 from A65 Stanley Bridge to North of Casterton
4. Surface Dressing of Biggins Lane, Biggins - Sowermire, Hawkin Hall, Hebblethwaite, Fairmile
5. Renew drainage system at Hot Ridding
6. Surface Footway to rear of Fern Croft, Casterton
7. Resolve drainage issue on Back Lane, Kirkby Lonsdale, (Rear of Binfold Croft)
8. Relaying areas of flags on footways, Main Street Sedbergh
9. Tree clearance alongside River Clough retaining wall in Garsdale

CHURCHES TOGETHER

Renewal of Wedding Vows

Getting married is the biggest decision we make in our lives. This day which we remember each year, holds special memories for those who have made the commitment to each other. St. Andrew's Church Dent will be holding a special service on September 14th at 2pm for all couples who would like to renew their Wedding Vows. This will be a simple service with genuine meaning for all who take part.

Please note this date in your diary; we look forward to seeing as many couples as possible at this service, which is open to all denominations.

St John's Church Cowgill and St

Andrew's Church, Dent

Dent was blessed with the sound of joyful and beautiful music recently as festival goers came to sing their songs of praise on a Sunday morning led by the multi-talented Roger Bush. Our visitors and locals alike were delighted at the variety of musical instruments with which Roger accompanied the hymns, all of which were set to folk tunes. For many it was a highlight of the festival weekend and one must congratulate both the festival organisers and Roger for all the hospitality, good organisation and wonderful talent shared which lifted all our spirits. A few days later Dent Church welcomed the Sedbergh Town Band

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for a superb concert. It was well supported by the villagers and it was good welcome to welcome the band back to Dent again. Carole Marsden and Ewan Lewis led the evening and highlights included a special piece dedicated to Kath Parkin to celebrate her 39 years as a teacher at Dent School (more of Kath next month!) and for the first time ever, Scottish bagpipes were played in the church by Tony Playfoot – so many thanks to everyone for bringing so much pleasure and good music to the dale. Money raised for the concert went to the Dent Church Fabric Fund, which brings me to the next item....

Centennial Commemoration of the

Outbreak of the First World War

August 4th - all day: Both St Andrew's Dent and St John's Cowgill will be open for prayer and reflection to commemorate the centennial of the outbreak of the First World War.

Services in August:

St John's Cowgill:

Aug 3rd: 9am Holy Communion

Aug 17th: 2.30pm Evening Prayer

Aug 31st 10.30am Joint Communion

Service at Dent with the Methodist Church

St Andrew's Dent welcomes everyone to the weekly Holy Communion at 10.30am every Sunday in August, including a joint communion service with the



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Methodist Church and Cowgill Church on August 31st.

St John's Church, Garsdale

On August 9th the newly installed and refurbished organ will be dedicated and demonstrated in a concert at St John the Baptist Church in Garsdale commencing at 7.30pm. Sedbergh's Early Music Group, Cornucopia, will also be playing a number of items on various instruments. This little pipe organ of 3 stops will replace an electronic instrument which has suffered very badly from the damp. It might have sounded good once, but now..... The pipe organ was originally in the Methodist Chapel in Deepdale, Dent. When the chapel closed it found a

home in Market Drayton where an organ enthusiast spent some time on it and electrified the wind supply. It returned to Sedbergh and after many months in storage was finally reassembled in St John's.

St Mark's Church, Cautley

On July 7th St Mark's hosted an afternoon tea for Cautley and Dowbiggin residents. The sun shone and we were able to sit in the churchyard enjoying tea, cakes and sociable chat with our neighbours. On the 24th of August we shall be holding a service of celtic prayer and meditation at 2.30pm. If you enjoy peace and stillness then this is the service for you. Everyone is welcome.

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News from the Pews – St Andrew’s Church, Sedbergh



Summer holidays are upon us and, thankfully, Church life can be less hectic through August. Time, perhaps, for some spiritual as well as physical refreshment! If you are getting away for a break do see if you can still get to church somewhere else - and be open to the fact that God's People are not all the same and may worship in a slightly different way to what you are used to. Broadening horizons and experiencing new things has always been a reason to travel - unless you are the kind of person who prefers Fish 'n' Chips and British

Beer to Tapas and Sangria whilst in Andalucia!

If you are staying in the Sedbergh Area there is an important event that I would certainly recommend. On August 4th we are having a 'Lights Out Candlelit Vigil' at St Andrew's to commemorate the Commencement of WW1 exactly 100 years ago. The Vigil starts with a Sunset Ceremony at the War Memorial at 9pm. After that the Church will be open for prayer and reflection, and the reading of some War Poetry, until a short service at 10:45 pm when we will remember the "lamps going out all over Europe" as the whole continent, and eventually the World, was engulfed in a terrible and costly war. Please come and join us for some of the time - and perhaps light your own candle at home (available from St Andrew's or from M&S, online or in

store). *Rev'd Andy McMullon*

News from the Pews Cont:

The sun kept his hat on and everyone came out to play at the Summer Fair on 12th July. To everyone's delight the trickle of attendees in the morning gradually improved giving the stallholders valued custom; audiences for the wonderful Punch and Judy man and diners to enjoy the labours of the catering ladies who sweltered in the kitchen. Thank you to all our helpers from the wider community who pitched in either before, during and after the day, your help was and is valued and appreciated.

Fingers crossed the Parish Barbeque will be blessed with good

weather. Traditionally held in the vicarage garden we forego our traditional Sunday roast dinners (!) to indulge in beef burgers, hot dogs and lavish puddings in the churchyard. As in other groups holding barbeques, the men do their best with the meat and the ladies provide the puds. Cannot think I have ever seen the men washing up...now there's a challenge for the men of the parish...

As always in the life of the church we have recently welcomed new members into the family of the church during baptism and said goodbye to others at their funerals and Thanksgiving Services. We hope to see the new members grow amongst us and will treasure memories of

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those no longer with us.

Visitors to St Andrew's in recent weeks have been bellringers from as far away as Exeter. These particular ringers had arranged a weeks' holiday in the Lake District bringing non-ringers along too. To please everyone their schedule was a day of ringing followed by a day of sightseeing. Whilst the ringers did their "thing" others looked round the church as always commenting how

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well kept it is and especially remarking on the embroideries depicting various familiar landmarks in and around Sedbergh.

The church garden gives much pleasure to people from far and wide, the benches a convenient place to sit and enjoy an ice cream on a warm day. On a personal note I met two people sitting on one of the benches recently. The last time we had met was sitting on a bench in Sicily! A small world indeed!

Enjoy the summer and all its benefits.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

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SEDBERGH

WALKING & CYCLING GROUP

In the March edition of Lookaround we announced the creation of a new group for Sedbergh with the intention of encouraging walking and cycling by both locals and visitors.

Quite a lot has happened since then.

Walkers Are Welcome Application

In March we elected a new committee: Malcolm Petyt (Chairman), Carole Nelson (Secretary) and Keith Wilberforce (Treasurer). And of course, we asked people to sign the declaration of support for our application for the town to be granted Walkers Are

Welcome status. Well over three hundred people did sign this, and our thanks go to all of them and to the traders who displayed the letters for us. Carole and the other members of the committee are currently finalising the Walkers Are Welcome application, complete with your declarations of support.

New Website

Thanks to a grant from the Sedbergh and District Chamber of Trade and Business, we now have a website. It went live in the middle of June. There are listings of shops (and what they sell), places to eat, on-line and paper maps and guides for walkers and cyclists, information about local groups and a link to the

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www.pippasguardians.co.uk

Hidden Howgills site for information about accommodation. The Sedbergh Gateway site is constantly being updated and we welcome clarifications, corrections and suggestions. It would also be helpful if you could link your own site, if you have one, to it. The Sedbergh Gateway site has been designed to be viewed on smart phones as well as on desktop computers. In the future we hope to add more pages describing local walking routes – amongst other things. To find it, you can type www.sedberghgateway.org.uk into your browser, or just Google “Sedbergh Gateway”.

Possible New walking Group

Although there are number of

walking groups in Sedbergh associated with the Women’s Institute or the churches, there appears to be no walking group as such that is open to everyone. If you might be interested in helping to start such a group, Janet Phillips (of The Threshing Barn, at Farfield) has kindly offered to act as an initial contact person.

Super Summer Competition

One of the photographs on the Sedbergh Gateway website was taken nowhere near Sedbergh or the Dales. If you can guess which one it is, e-mail your answer to Robert Powell before the 10th of August. The first five names digitally drawn from his sun hat in an entirely arbitrary manner will win a punnet of strawberries generously donated by Powell’s Greengrocers.

Contacts & Information

- Malcolm Petyt – Chairman, malcolmpetyt252@btinternet.com – 21574
- Carole Nelson – Secretary, carolenelson1@btinternet.com – 21770
- Keith Wilberforce – Treasurer, keithwilberforce1@btopenworld.com
- Janet Phillips – Possible new walking group, threshingbarn24@btinternet.com
- Robert Powell – Website & competition, robert@robpowell.co.uk – 20482

Walkers Are Welcome – www.walkersarewelcome.org.uk

Robert Powell

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SEDBERGH

FLOWER & PRODUCE SHOW 2015

A small group of plant and produce lovers are organising a Sedbergh Flower and Produce Show for the August Bank holiday weekend in 2015 which we hope will compliment the much loved Spring Show and provide an enjoyable venue for all you plant enthusiasts to show off your summer plants and produce.

A flower show needs to be planned at least a year in advance so that everyone has plenty of time to grow, plan and organise the event. Our first meeting will be on Wednesday 1st October 2014 at 7.00 at High Branthwaites in Frostrow and we hope that all of you who would like to be involved (and it can be for as much or as little as you like) will come along. Give Barbara a ring on 20875 (daytime) or 20682 (weekends and evenings) if you would like to come or email

Shelagh (Cobb)

shelagh.cobb@virginmedia.com

Ann (Parratt)

parrattann@gmail.com

Barbara (Hartley)

Barbara@garsdaledesin.co.uk

or you can just turn up at High Branthwaites – all will be welcome.

Let's make it an enjoyable day to celebrate our summer flowers and veg. And you don't have to have a garden to be involved – all you need is an interest in growing things!



SHEEPFEST

Sat/Sun 13 & 14 Sept 2014

National Heritage Weekend

Join us for this wonderful celebration as Sedbergh expresses in so many ways its heritage as a wool town – and ceases to be Cumbria's best kept secret!

Lots of free activities for the whole family, traditional music, street theatre, exhibitions of enlarged old photographs of Sedbergh – (keep sending them in to Farfield Mill) – try your hand at spinning, weaving, carding, felt-making, rag-rugging or knitting –shop for anything and everything connected with wool. Most of all, discover the highlights of the Festival – a huge Technicolour

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MAKE A SHEEP – YOUR TOWN NEEDS YOU!



Meet Joseph. He's arrived a little early for *Sheepfest* – but more than 60 businesses, voluntary organisations and schools are catching up, already committed to producing a sheep which represents them. Some are still working out what to do or have decided on the idea but don't know how to make it, others have the skills but need the materials. Whatever stage you're at drop into the People's Hall on the dates shown below for all the free help you need from our wonderful community arts team. Don't run a business? The individual/family category, first prize £100 is for the best humorous entry which could include your interpretation of one of our three local breeds – Rough Fell

(on his uppers) Herdwick (now there's a tough guy) and Swaledale (bit of a smoothie). Bring the family to help you, bring your friends – particularly the crafty ones - enjoy a free tea , coffee or juice. There may even be custard creams . . .

'MAKE A SHEEP' WORKSHOPS all at the People's Hall between 5.30pm and 8.30pm apart from the weekend of 9/10 August where we have still to arrange a venue.

Mon 4 August/ Tues 5 August
Saturday 9 August 10.00am - 4.30pm & Sunday 10 August 11.00am - 4.30pm

Mon 11 August/ Tues 12 August/ Mon 18 August/ Mon 25 August/ Fri 29 August

Mon 1 September/Mon 8th September/Tues 9th September
Phone for further information on 015396 20489.

Traditionally, National Heritage Days are the time when a building opens its doors to the public; this is a town which is opening its heart. Sedbergh, Inside Out, wearing its Art on its Sleeve. Don't just be there – help to make it happen!

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www.peopleshall.org

HOWGILL WI

We would like to thank everyone who supported our Coffee Morning on June 4th. We were pleased with the takings of £203.80 of which £30 has been donated to Grayrigg First Responders to help with the expenses.

We met up again the following evening for the June meeting. There was a good turn out. A warm welcome was given to our new member Liz Moore.

Anne Pierson Acting Director of Farfield Mill dropped in to give us news of an Exhibition/ Sheep Fest to be held on Heritage Weekend 13-14th September. We are to take part by dressing up our own 'Sheep'.

Ideas were put forward but for now it is just imaginary. We need to work on it!

We had a back to front meeting as our speakers arrived early and Lyn and Steph were ready to tell us all about Paddlers for Life, a UK charity for cancer survivors. They use Dragon Boating as a benefit of recovering to improve fitness and have fun. They paddle their splendid Dragon boats within the beautiful scenery of Windermere. Anita thanked the two lovely ladies, both cancer survivors for an interesting talk inspiring us all.

The competition for a Royal Souvenir was won by Joan Luffman with Audrey Hoggarth second. Liz

The Moorcock Show
One of the Dales Leading Sheep Shows
Sunday
7th September 2014
at The Showground Mossdale
A 684 HAWES/SEDBERGH ROAD
www.moorcockshow.co.uk

Moore went home with the raffle prize, social time to name the sheep was won by a group.

Our summer outing was held on June 26th when six members spent an enjoyable day in the Penrith area. Our first stop was Dalemian mansion house. Following a tour of the house, time was spent admiring the lovely gardens. We had lunch in the tea rooms and a spend in the gift shop. We rounded off the day relaxing at the ice cream parlour, sampling some of the many flavours (secret recipes of course!). An enjoyable day spent in the lovely weather. Thanks to Bridget for the efficient organising.

July is the month when we don't book a speaker. Members are asked

to contribute in a way of entertaining. Sarah Syred (nee Scarr) arrived with her laptop and photographs of her Wedding Day which took place on June 5th. We felt privileged to be allowed to share her special day. Sarah wont be with us at the August meeting as she is off on her honeymoon. More photographs have been promised! To follow this we just had time to hear a selection of stories and poetry. Bridget thanked everyone who had taken part in our members evening.

The competition for a recipe for a summer drink was won by Mary Stainton with Bridget Postlethwaite second. Mary Silva went home with the raffle prize. The evening was

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brought to a close with refreshments and a get together.

We meet again on August 7th at Firbank Church Hall when the subject is 'Laughter is the Best Medicine' with Dennis Moore. Do join us. It sounds fun!!!
Audrey Hoggarth

KILLINGTON W I

**THE AFTERNOON W I FOR THE
ENTIRE DISTRICT**

Hello there! We have had no meeting this month so, "Why? ", you may well ask, "am I writing this report" Well , I thought you might like to hear what we have been up to when we don't meet.

First of all some of us foregather each Monday morning. We call

ourselves the knitting group, but, "Be not deceived!" In several years I have knitted one 'Teddy for Thandi", and he still doesn't have a face or a scarf.

Even my brother in the Wirral regularly inquires about his progress. I have also knitted a row of 7 squares in green and yellow which was intended to be a blanket but I am now being advised to add some tassels to my line of squares, (or almost squares!) and call it a scarf for a Norwich football supporter. Perhaps I should offer it to Delia Smith. Each knitter contributes £1 a time which we put into our Thandi Fund to feed our South African children. It is amazing how this mounts up and is always a sociable start to the week.

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A number of us also attended the AGM of the Thandi Projects. We enjoyed hearing of future plans and seeing pictures of the work in progress and already achieved.

Then on July 8th was our annual outing which was to Haworth, of Bronte fame. We had been inspired to visit by a wonderful talk we had last year from Isabel Stirk, a renowned Bronte expert. We found Haworth to be a lovely and jolly place and still decorated with yellow bicycles and so forth. The *tour de Yorkshire* went through at the previous weekend and really gave the town a lift. I wouldn't like to cycle there - hellishly steep and cobbled streets - a good old bone shaker. We visited the Parsonage,

had lunch and shopped. The displays were well laid out and informative but the thing which impressed me (and several others) most was that Emily Bronte was a truly talented artist.

On the way there we stopped for coffee at The Anchor in Gargrave which had been recommended as you can have as many cups of coffee as you like for the price of one. We had a half hour stop. It emerged that coffee came out of a machine which looked like a cow with 2 teats. (note how polite I am being). There were 20 of us, one machine, and I timed it that it took 56.44 seconds from placing the cup underneath to it being full. I think that we might go somewhere else next time. Not only that, but I

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managed to throw the coffee all down my front.(OAP) It was a case of "wash and wear", and really, I am rather beyond Miss Wet T-Shirt. However, I was rather proud that I managed to master the stop-watch function on my phone - not a Smart one but my £10 cheapy from Vodophone. I also discovered that it has a calculator and learnt how to work that. Wow!

There is another event which members of Killington WI has supported this month. This is what my ticket says.

"URMSTON & DISTRICT WI. **SEX & THE TUDORS.** An interesting and amusing talk by Lesley Smith, Curator of Tutbury Castle. (*in*

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Staffordshire) The talk is delivered whilst the speaker is made up and dressed up as Mary, Queen of Scots". Well! That certainly is somewhat more enterprising than the usual Killington WI talk and it really was a laugh a minute! It was also different in that Urmston WI has a membership of over 100 and a waiting list. Nevertheless, the welcome and friendliness was the same as our own local WIs. Our thanks go to Susan Sharrocks whose sister Pamela invited us to visit her WI.

To conclude our compelling list of happenings, today, (19th July – last day as usual!) several of us gathered at the Sedbergh SheepFest Workshop in the People's Hall to work on the sheep which we are making for this heritage event on 13th & 14th September. What inspired ideas were being produced and worked on. Being ever a cynic I had wondered what the whole thing was about but I can assure you that it is going to be great fun.

Killington WI takes a rest in August (apart from sheep making) but we will be back in the People's Hall on

SHEEPFEST

Saturday/Sunday 13th & 14th September
National Heritage Weekend



*20th anniversary of Heritage Open Days
(and the establishment of Farfield Mill Trust!)*

Anniversary Cake Bake Challenge
Category: Family Favourite

Which cake
is at the heart of your family's heritage?
What memories does it conjure up?

As part of *Sheepfest*, the recipes from the three best cakes chosen by the judges at 3.00p.m. 14 September – together with its memories – and a photo of you and your cake - will be contenders for inclusion in the 'National Heritage Open Days' Cook Book.

For details contact Farfield Mil.
Registration by 18th August

Tuesday 9th September at 2-00pm when our own members will once again be leading the meeting. " Let's nurture your artistic talent" is the title. I wish my life would be longer so that I could perfect all these skills. Never let anyone tell your children or grandchildren that they can't do something!

Wendy Fraser-Urquhart

SEDBERGH WI

A beautiful, warm and sunny July evening following a glorious summer's day – the kind of day most brides can only dream of! – was the ideal setting for the members of Sedbergh WI to be introduced to a 'bride' named Dolly. Our speaker was

Rita Williamson, the author of a book about weddings and an expert in the field of 'Wedding Myths and Magic', her subject for the evening. As a professional dressmaker, she has made hundreds of bridal gowns and bridesmaids' dresses over the years and has made it her business to find out about the traditions surrounding what brides wear and the superstitions associated with weddings.

Rita had brought a dressing-up box with her and proceeded to dress 'Dolly' (a dressmaker's dummy) with the contents. First there was the very pretty 'foundation garment' that Rita had worn for her own wedding: I won't go into the intimate details for



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this family magazine, but Rita used it to illustrate why a bride should wear COMFORTABLE underwear for her big day, with a personal story that had us in stitches! Next came her mother-in-law's bridal petticoat, made of parachute silk and beautifully hand-sewn and embroidered, followed by Rita's own wedding dress which she and her sister-in-law had made one sherry-fuelled weekend out of the lovely skirt of her sister-in-law's wedding dress and a new bling-covered bodice and bow based on the design made popular by Princess Diana. Rita's own headdress and veil completed Dolly's bridal outfit!

After Rita had told us some more about wedding traditions and

superstitions, some of which were new to us, Jean Mitchell thanked her on behalf of us all for a very entertaining evening. I hope I have whetted the appetite of other groups to invite Rita to speak to them, so I have deliberately not given away her stories.

June Mudd and Eileen Stavley provided us with tea and delicious cakes to fortify us through the business meeting: thank you both! Pat Ramsden brought along the Remembrance Poppy-inspired rag rug to show the splendid progress the group had made and to appeal for pieces of fabric which could be used in the lower part of the rug in earthy colours – browns, blacks, greys, even

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blues for reflecting the sky. The Sheep-Makers will soon be getting on with their creation for Sheepfest in September: good luck, girls!

The Meeting was asked whether we had any Long Serving Members from 30 to 70 years. We were amazed to learn that Marjorie Fishwick, Jean Jones and Rosemary Mason had all been WI members for 60 years, not necessarily all in Sedbergh.

Congratulations to all of you! You are living proof that WI members stay young at heart!

The book club met the following day at Moira's house to discuss 'The Finest Type of English Womanhood' by Rachel Heath. Most people found the characters very improbable and

unsympathetic, the girls being the reverse of 'the finest type of English womanhood' expressed in the heavily ironic title; we thought the descriptions of life in South Africa in 1946 were well drawn, though. An average mark of 5/10 was agreed, with individuals giving the book between 3 and 7 points.

The walking group hopes to see lots of flowers on the limestone above Giggleswick on their July walk.

Instead of meeting in the People's Hall in August we are looking forward to our summer outing, this year to Leighton Hall near Carnforth for a guided tour and afternoon tea: more cakes for us to enjoy!

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**CHANGES AHEAD AT
SEDBERGH OFFICE SERVICES**

It is almost 20 years since Pete and I started Sedbergh Office Services, and it is time for me to move on.

I am going back to being a student at Leeds University next year and so I am leaving the office in September.

The current arrangements for collecting Lookaround items and booking the People's Hall will continue. (The latest time for paper items for the October Lookaround will be 4pm on Wednesday 17th September. Ed)

The new owners have exciting new plans for the business which they will want to tell you about themselves, so I will restrict myself to saying thank

you very much to all our customers over the years; it has been a pleasure to work with you over the years.

I will only be in Leeds two days a week so I shall still see everyone around town.

I look forward to watching Sedbergh Office Services go from strength to strength, with the support of all the lovely people of Sedbergh and beyond.

Thank you.

Janice Rusling

CUMBRIA WILDLIFE TRUST

In July, Sedbergh support group were invited to a tea party by Tanya and Edmund Hoare at their home in Lowgill. Tanya and Edmund are keen

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birders and when they bought their Lowgill cottage they were delighted to discover that they were hosting swifts in their eaves. Over the years they became enthralled by their new neighbours. They preserved the nesting spaces in the eaves, created more and installed nest boxes to increase their colony. They have also become acknowledged experts on swifts and many of you will have heard their talks.

Many of the expertly designed nest sites are occupied and some have cameras, recording the movements of the swifts and their chicks constantly for the 3 short months that they are here. On our visit we were able to see some of the installations and watch chicks and adults on the nests on the live television feed. In the late summer evenings the swifts are usually active and we watched as more and more appeared in the skies above Lowgill, hunting for insects before nightfall.

Most of the villages in this area have swifts nesting in the eaves, screaming along the streets and hunting in the skies overhead. Their preferred nest sites are in the eaves on top of the wall, high enough for them to be able to swoop straight up and in at high speed. Some of these sites are lost as houses get renovated but this doesn't have to happen. Eaves are meant to be ventilated, not air-tight, and a circulation of air is good building practice as it helps prevent rot and prolongs the life of a roof. Maintaining the entry holes in

strategic locations, as at Lowgill during renovation of the roof, demonstrates what can be accomplished for the mutual benefit of the householder and swifts.

Swifts need our help as they are entirely dependent on buildings for nest sites. Swifts can happily coexist with humans even in modern houses. If the roof cannot be adapted then swifts will use special boxes which take little effort to fix and maintain and Tanya and Edmund are happy to give advice and help.

Several years ago members of the Sedbergh group contributed to a survey of swifts, organised by Ingram Cleasby. One of the aims of Sedbergh Community Swifts, a group set up at the instigation of the Hoares, is to repeat this survey to see how our local swifts are faring in the twenty first century.

You can help with this. We need to know where the swifts are currently nesting. If you see a swift swoop up and into the eaves then that tells us where the nest is. Also, at this time of year, as the chicks are getting ready to leave the nest, droppings can usually be seen directly below the nest site. In a few short weeks the swift season will be over for us for another year but the survey will continue next year. If you think you have spotted a nest site then please contact Tanya and Edmund by email ta.hoare@btinternet.com or phone 01539 824043. They will be delighted to get your report.

Jackie Hooley

AGE UK SOUTH LAKELAND

Age UK South Lakeland has just embarked on an exciting new venture – a travelling charity shop. It will be visiting Sedbergh **once a week on Wednesdays** throughout the year and we need local volunteers to come out to meet it and help whilst it is in the town.

Volunteering in an Age UK South Lakeland shop is a very rewarding experience, in all sorts of ways.

Many volunteers will speak of the way that the role has changed their lives for the better; that it's a great way to stay active and to make a difference to people in their local community at the same time.



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work each week, meeting up with colleagues and friends, and catching up on news. Even the customers become familiar, as many of them come into the shop each week when they are in town to do their shopping.

Jean Park, Volunteer Support Officer, said:

"Part of the joy of this kind of volunteering is creating a friendly and welcoming experience for the customers, and this rubs off on the volunteers too. Then there's the real pleasure to be had in helping people find a bargain, and enjoying the satisfaction on their faces as they leave the shop, clasping their purchases. Now, through our mobile shop, we are bringing this into smaller communities throughout South Lakeland."

So why not join our team and enjoy working with this local charity? You'll be able to feel good about putting something back into the local community and have fun at the same time.

To find out more contact Jean Park on 01539 728118 or email ipark@ageuksouthlakeland.org.uk

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**YORKSHIRE DALES
NATIONAL PARK**

New faces for National Park Authority

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



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. In addition, he is chairman of the Rugby League Disciplinary Panel.

Members also voted to elect the Authority's Planning Committee chairman Harold Brown as the Authority's Deputy Chairman for a second term.



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.



Ian McPherson has been appointed as a Parish Member for the South Lakeland area. Mr McPherson, who first joined the YDNPA in 2011 as a district council appointment, lives in Sedbergh. *See Report on Page 24)*



South Lakeland District Council has appointed Brenda Gray to the Authority. Mrs Gray, who lives in Milnthorpe in Cumbria, represents Kendal Oxenholme and Natland.

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**KENDAL
TORCHLIGHT PROCESSION**

Torchlight is still in need of many marshals.

We need over 80 Torchlight Marshals and Volunteers and at the beginning of August, we have only 33.

We need another:

49 Torchlight Marshals

10 first aiders

10 programme sellers

12 Entrants Marshals (for the Leisure Centre).

If you are interested and wish to help to ensure Torchlight continues by volunteering for just one evening in the year (plus a two-hour briefing for marshals), please contact Vicki Wright at volunteers@kendal-torchlight-carnival.co.uk or by calling 07846 973857.

In future, we may be able to secure training to NVQ Level 2 in Event Stewarding if we get sufficient numbers, which may present a professional opportunity to those who take it up.

Volunteer and Marshal forms can be downloaded from our web site: <http://www.kendaltorchlightcarnival.co.uk/downloads.aspx>

Thanks for your support.

ROAD CLOSURES

On 12th September 2014, the roads through Kendal town centre will be closed at 6.30pm for the 2014 Kendal Torchlight Carnival, reopening around 10.30-11.00pm.

The Torchlight Carnival procession will start around 7.30pm and we expect it to end around 10.30pm.

Please note that driving within the road closure zone presents a danger to pedestrians, especially at the end of the evening as the spectators make their way home. Please remain patient and ensure that you wait until the road closure has been lifted. This may be up to 45 minutes after the Carnival has finished though we hope to open 15-20 minutes later.

Torchlight Marshals will be present at all major road closures to offer updates and to remove barriers once the Police have given permission.

Please note that it is an offence to remove a barrier or drive past a Road Closure into the closed zone whilst the Road Closure Order is in place.

Diversions signs will be in place to guide drivers around the town.

The perimeter road closures will be at these points, with all inner roads closed at the point adjoining the procession route.

- Stricklandgate at Busher Walk
- Sandes Avenue at Beezon Road
- Stramongate at the Riverside Hotel
- Parkside Road at Lound Road
- Burton Road at Helme Chase
- Natland Road at Natland Mill Beck Lane
- Romney Road at Milnthorpe Road
- Milnthorpe Road at Glebe Road
- Gillingate at Kirkland
- Allhallows at Highgate

A copy of the Road Closure order is available on request and will be published in the Westmorland Gazette the week before the Torchlight Carnival

SEDBERGH CRICKET CLUB

On Sunday 29 June at the Dalesman, Sedbergh Cricket Club conducted the draw for their Grand Raffle. This was a great fund raising venture, which raised around £2000 for the club.

The club would like to thank all the organisations, businesses and individuals who donated such a wide range of prizes for the raffle. We have been amazed by their generosity. In particular we thank Cox Motor Group for donating the Honda Red Letter Day - the top prize.

At club level, Kirsten Wilson and Karen Troughton have been magnificent in co-ordinating raffle ticket sales, and going the extra mile in terms of their own selling contribution. The success of the event could not have been achieved without their superb efforts.

To everyone who had books of raffle tickets to sell, many thanks. To all

those who purchased tickets, thank you so much for supporting the local cricket club.

Thanks also to Premier and Spar for allowing us to sell tickets at your stores.

Finally, thank you to the Dalesman for hosting our Prize Giving, putting on pizza and chips afterwards, and for great support throughout the season.

The club plans to invest the proceeds from the draw into further essential refurbishment of the club pavilion

The list of winners :-

Honda Red Letter 1903 - Chris Cousins

Blackpool Water Park - Greg Stephenson

Cricket Shirt - Robbo/Julie

Merewood Hotel - Mike Tomlinson

Old Trafford - Lynn Wilson

Headingley - John Cope

Durham - Thelma Bateman

Windermere Cruise - Scott Kirk

Shap Wells Hotel - Angela Brooks

Bath House Toiletries - David Hindson

Bowness Beauty Voucher - A Harper

Barton Grange Voucher - J Nuttal

Wensleydaye Creamery - Paula Kirk

Petzl Head Torch - Abbie Allen

York Dungeons - A Ashfield

Go Ape Vouchers - J Dawson

Rheged Cinema - M Portman

York Dungeons (2) - Chris

Go Ape Vouchers (2) - Elliott Kitchen

Thank you also to Jacky Baines of No. 6 Finkle Street for her Match Ball Sponsor. *Martin Cope Chairman:
Sedbergh CC*

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LADIES N. F. U.

Our May meeting took place on the 20th when fellow member Mrs Peggy Robinson spoke about the Life of a Lab Technician.

Peggy spent 43 years of her working life in Biology Labs, the last 22 years being at Sedbergh School only retiring in 2013.

A most interesting talk about setting up the apparatus etc, encouraging the students to enjoy Biology etc, and make the most out of this subject. In the holidays she still goes to the Lab to feed the newts, gerbils, stick insects etc. Many thanks to Peggy for a most enjoyable talk.

The Summer Evening Outing on June 17th saw 22 Members plus friends and family visiting the superb new premises of Lyon Equipment Ltd., at Tebay Business Park. An employee owned Company with staff of 80+. We were given a guided tour of this huge building by Linda

Martinson and Mike who made us so welcome and answered all our questions about the business from its start in 1965 to the present day. We saw a Manufacturing floor, Sewing floor. Indoor Practical Training area, Showroom, Lecture Rooms, Sales and Finance office, Despatch etc. etc, and so much more! We all thoroughly enjoyed our visit to the Factory which is also Environmentally Friendly!

The evening was rounded off with a most excellent meal at the Kings Head, Ravenstonedale.

Marlene Mason

Robert Powell

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Now also on Wednesdays!

JUST NOW AND THEN

This is the title of a book written by a gentleman called Peter Udell which features a story about two characters that were born, raised and educated in Dent and Sedbergh.

This is not to advertise the book but if any reader would like to have sight of the two Chapters relating to our area, please contact him at e-mail: peter.udell@gmail.com whereby he will send you the relevant information free of charge..

D J Whicker

PEOPLE'S HALL NEWS

The main entrance of the Hall

The work to the front of the Hall started on 30 June 2014 and is progressing well. As this piece is written the foundations are laid, blockwork is up to eaves, one flat roof "wing" is water proofed and the foul line laid and covered. By the time Lookaround appears we should have completed most of the exterior. From then on work will proceed on the interior to create a new entrance, accessible toilet, bar and technical booth.

We are pleased to acknowledge an award of £2,000 from the Harold and Alice Bridges Charity.

Please consider further donations to our redevelopment work.

You can view progress by going to peopleshall.org and navigating to weblog.

The People's Gym and Fitness Centre

We have received planning approval from the Yorkshire Dales National Park for the Gym. Many thanks to Barbara Hartley of Garsdale Design for producing the plans and wrestling with the planners.

The Tenders are back and being analysed. Work is still planned to start in September 2014.

Dates for your diary

- Wednesday 24 September Coffee Morning, in URC rooms
- Friday 10 October People's, Hall Quiz, in People's Hall
- Friday 7 November, Touring Highlights the Monster Ceilidh Band, in People's Hall



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RSPCA WESTMORLAND BRANCH

Thank you all for donations and help with our Street Collection on June 28th, a very cold day when coffee and a seat were very welcome. Thanks Angie!

Our total amounted to £120 which will go towards preventing cruelty and encouraging kindness to animals locally. Thank you again.

*Pat Bainbridge
& Christine Glyn*

GOMING SOON

3 Bedroom Town House
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07900 830319

SEDBERGH ALLOTMENTS ASSOCIATION

*Open Afternoon, Birks Lane,
Sedbergh*

As part of the National Allotments week, Sedbergh Allotments Association will be open to the public from 2pm – 5pm on Saturday 9th August, if the weather is inclement on Saturday then it will be open on Sunday 10th August.

The site became available in autumn 2009, local people have worked hard turning a field into a productive site, growing everything from pak choi to asparagus and is an idyll for keen gardeners.

Stroll along and see what we are growing on our plots, members will be there to have a chat with and will be keen to answer any questions you may have.

Ann Parratt

Apple Macintosh & iPad Help & Advice

problem solving – upgrades – installations

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preserve those irreplaceable home movies

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I'm afraid I don't do PC/Windows related work
The best advice I can offer in such cases is 'Get a Mac!'

Contact Andrew on 07788 688490

or email: andrew-allan@virgin.net

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DENT GALA

See advert* and do come along and join in, there really is something for everyone, children's Fancy Dress is back again after a few years absence, there is pillow fighting, coconut shy, dog show, sideshows and stalls, BBQ, refreshments and WI Tea's. Sports and races for all ages. Of course all this needs organising and running and we always need helpers, things to sell, raffle prizes, tombola prizes and so on, this is the main fund raising event for the community hall, we are having the Sedgwick Room refurbished during the school holidays, two years ago we had a brand new updated kitchen fitted, all needs income! Come and join in the fun and if you could help for half an hour/1 hour or give a prize or money to sponsor something PLEASE do contact me asap. The next Gala (Dent) meeting is Mon Aug 11th 7.30pm in the Haygarth Room, all welcome.

*Chair; Sarah E Woolf
"Rhumes" Laning Dent. 25212*

OLD PHOTOGRAPH



There was no information received as to the identity of the 3 Home Guard's relaxing but it is believed the person on the left was Sid Morphet.

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YORKSHIRE DALES NATIONAL PARK

Historic buildings exhibition on the road

Historic buildings in the Yorkshire Dales are highlighted in all their glory in an exhibition at Farfield Mill in Sedbergh.

Called 'Every Picture Tells a Story', the exhibition is made up of photographs of a range of buildings – and parts of them – that have been collected together by the Yorkshire Dales National Park Authority (YDNPA) Historic Environment team.

The photos have been selected from the Yorkshire Dales Historic Environment Record and were originally taken to illustrate the day-to-day work of the team.

The Farfield Mill Arts and Heritage Centre is based in a restored woollen mill beside the River Clough. It forms the core of a small conservation area centred on the Victorian mill buildings and the worker's and mill owner's houses. Some of the issues illustrated and discussed in the exhibition can be seen in the buildings surrounding the mill. More details are available at <http://www.farfieldmill.org/index.php?id=exhibitions>

Nick Oldham



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Condor Barn, Dent, Cumbria LA10 5QT
Mob: 07778 874855
g_h_bradley@yahoo.co.uk

DALES BUS FUNDRAISING DAY

Thank you to all the shops which donated raffle prizes and those who donated baking for the fundraising day. Thank you to Chrissie Tomlinson and Christine Woof who helped with the teas. We raised £70 to help support the Dales Bus. Thank You again.

Georgina Devine

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SEDBERGH & DISTRICT CHARITABLE INCORPORATED ORGANISATION

The Annual General Meeting of the
Sedbergh and District CIO will be
held in the Committee room of the
People's Hall on Oct 13th at 7 pm.
All are welcome.

GREEN PARTY

A quick (and slightly late) thank you
to those who voted In the May SLDC
& Euro Elections for the Green Party.
Further details with respect to the
Party can be found on their Website
which has details of the Kendal
Branch at <http://northwest.greenparty.org.uk>

MARIE CURIE CANCER CARE



On Sunday June 29th our Tea in the
Garden raised £43, many thanks to
those who supported the event, we
aim to do something every year to
support this vital work.

Sarah & John Woof.

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EDITORIAL

Haven't had to report for a while about any errors but I did make one very obvious one by missing out the actual Advert for the Strawberry Teas in Dent on Saturday 19th July. I made reference to it everywhere but somehow, I missed putting it in. Sincerest apologies to the Over 60's Group and I hope that you had a good day in the end.

I also missed a couple of Personals for which I can only apologise but these are included this month..

Next month (September), it is very important that all paper submissions for the October Lookaround **MUST** be submitted by 4pm on Wednesday 17th September to Sedbergh Office Service. Anything received after that time and date will not be included in the October issue. This is due to Sedbergh Office Services being closed for refurbishment and will re-open in October - but more information next month.

It is not very often that we report on bad news but someone decided to steal one of our collection boxes last month from the Post Office which is a real shame and shows that a very small percentage of our population (not community) does not think of anyone else. I would rather give money to someone that deserves it than for it to be stolen. The theft has been reported to the Police and any information regarding it would be dealt with in confidence.

This month, we have three new

regular Advertisers with Steve Amos Catering Engineer (P8), Bonny Brides Photography (P30) and Pippa's Guardians (P46). If you make use of their services, please mention *Lookaround*. *Dennis J Whicker*

KILLINGTON WINDFARM

At the end of June, Banks Renewables withdrew their application to erect 3 Wind Turbines near the A684 and Old Scotch Road junction which has resulted in no Public Enquiry so the current erected Mast should be removed in due course.

A	S	W	P	B	E	A	C	H
B	T	H	E	W	A	L	L	
I	O	L	E	P	E	C	A	N
D	O	M	I	C	I	L	E	P
E	P	H	L	C	H	O	M	P
B	A	H	A	M	A	O		
G	A	N	D	H	I	I	G	N
L	H	T	A	X	T	E		
A	L	L	E	Y	N	H	F	N
R	S	S	C	R	U	P	L	E
T	O	X	I	N	H	M	U	P
O	V	R	O	M	A	N	T	I
E	M	B	E	D	R	N	E	C

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

COMMUNITY OFFICER REPORT

17/06 - Theft of Diesel and the attempted theft of a digger was reported on Back Lane.

18/06 - A public order offence was reported from the George and Dragon Pub in Dent.

18/06 - A young female fell off a swing in the Sedbergh area sustaining minor injuries.

26/06 - A green Kawasaki Quad Bike and hand tools were stolen from the Dent area.

29/06 - A report of 2 males driving whilst under the influence in the Dent area. Officers attended but unable to locate. The Reg number has been logged.

07/07 - Theft of fencing wire, gate hooks and a chain saw was reported stolen from the Garsdale area. A white van was seen in the area at the time. Described as white but smaller than a Transit.

09/07 – A white van similar to the one in the previous log was reported to us. This vehicle was stopped and checked, all was in order.

14/07 1 vehicle RTC. The driver was taken to hospital with minor injuries.

Please note:

Police Desks

In each Neighbourhood Policing Team area in Cumbria a location in the community has been chosen, from supermarkets to community centres, where one day a week a police officer or police community support officer will be available to speak to local people. Your local police desk is in the Sedbergh

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community building above the tourist information centre 11am-2pm every Wednesday. Please feel free to come and pay us a visit.

We are encouraging people to come visit a Police Desk to:

- Tell us of a crime or road traffic collision
- Arrange to make a statement
- Get some crime prevention advice
- Get some personal safety advice
- Find out more about your local policing team
- Find out details of partner organisations that could help you
- Let us know what you think of policing in your area and what concerns you

And finally, Cumbria Constabulary appreciates the number of calls coming into us regarding suspicious vehicles and persons. Please continue to do so. Also, please remember to keep your vehicles locked, and keep anything of any value out of sight.

Danielle Ayers CSO 5329

Mandy Coleman CSO 5244



BED & BREAKFAST

Proprietor	Address	Phone (015396)
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> e-mail:- stay@drawellcottage.co.uk	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
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 Free Wi-Fi available	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); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808

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

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
1121 (L)	1156	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
1052	1105	Sat	564A	WDB	0910	0925	Sat	564A	WDB
1330	1345	Wed	564B	W	1020	1035	Sat	564A	WDB
1500	1515	Sat	564A	WDB	1615	1630	Sat	564A	WDB
1650	1705	Sat	564A	WDB	1740	1755	Sat	564A	WDB
1840 #	1855	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
1052	1105	Sat	564A	WDB	1106	1121 (L)	Sat	564A	WDB
1345	1355 CG	Wed	564B	W	1630	1645	Sat	564A	WDB
1515	1530	Sat	564A	WDB	1755	1810	Sat		WDB
1705	1720	Sat	564A	WDB	1945 #	2000	Sat		WDB
1855 #	1910	Sat	564A	WDB	Last Update: July 2014				
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)				

Western Dales Bus

	Saturday					
Kendal Bus Station	-	-	-	1425	-	-
Oxenholme Stal Approach	-	-	-	1434	-	-
Sedbergh Dalesman	0825	-	1052	1500	1650	1840
Dent Car Park	0840	0950	1105	1515	1705	1855
Cowgill	0853	1003	-	1528	1718	1908
Dent Station	0855	1005	-	1530	1720	1910
Trains Leeds to Carlisle	1016	-	-	1611	-	1923
Trains Carlisle to Leeds	0905	-	-	1540	1732	1920
Dent Station	0910	1020	-	1615	1740	1930
Cowgill	0912	1022	-	1617	1742	1932
Dent Memorial Hall	0925	1035	1106	1630	1755	1945
Sedbergh Library	-	1050	1121	1645	1810	2000
Oxenholme Stal Approach	-	-	1144	-	-	-
Kendal Bus Station	-	-	1156	-	-	-

	Sunday		Bank Holiday Monday				
Sedbergh Dalesman	1000	-	1735	-	1000	-	1850
Dent Car Park	1015	1100	1750	1845	1015	-	1905
Cowgill	1028	1113	1803	1858	1028	-	1918
Dent Station	1030	1115	1805	1900	1030	-	1920
Trains Leeds to Carlisle	1037	-	-	1908	1018	-	1934
Trains Carlisle to Leeds	1040	-	1816	-	-	-	1927
Trains Blackpool to Carlisle	1102	-	-	-	-	-	-
Trains Carlisle to Blackpool	-	-	-	1913	-	-	-
Dent Station	1045	1118	1825	1920	1045	-	1940
Cowgill	1047	1120	1827	1922	1047	-	1942
Dent Memorial Hall	1100	1133	1840	1935	1100	1133	1955
Sedbergh Library	-	1148	-	1950	-	1148	2010



	Sunday and Bank Holiday Monday					
Farfield Mill	-	-	1157	1425	1707	-
Sedbergh Library	-	-	1203	1431	1713	-
Sedbergh Dalesman	-	-	1208	1450	1735	-
Dent Car Park entrance	-	-	1222	1505	1750	-
Cowgill	-	-	1235	1518	-	-
Newby Head B6254 jct.	-	-	1246	1529	-	-
Snaizeholme Lane End	-	-	1252	1535	-	-
Wensleydale Creamery	-	-	1300	1543	-	-
Hawes Market Place	-	-	1303	1546	-	-
Hawes Countryside	-	-	1305	1548	-	-
Hawes Countryside	-	-	1315	1600	-	-
Hawes Market Place	-	-	1317	1602	-	-
Wensleydale Creamery	-	-	1320	1605	-	-
Snaizeholme Lane End	-	-	1328	1613	-	-
Newby Head B6254 jct.	-	-	1334	1619	-	-
Cowgill	-	-	1345	1630	-	-
Dent Memorial Hall	-	-	1133	1358	1643	-
Sedbergh Library	-	-	1148	1413	1658	-
Sedbergh Dalesman	-	-	1151	1416	1701	-
Farfield Mill	-	-	1156	1421	1706	-

JOURNALISM IN SEDBERGH

Did you know that

..an early precursor of our popular Lookaround was a broadsheet titled "The Scandal Monger" with a first print date of 1st August 1815. It closed after its first (and only) issue; the editor, one Dennis Snicker, having been chased out of town by an angry mob.

Unabashed, Snicker continued to set up similar broadsheets in towns and villages across the north of England, until, on 17 December, 1819, the law caught up with him at York Assizes.

In Court the unrepentant Snicker "snigger'd, laugh'd and belched loudly" throughout his trial. The "brazen Reprobate" was sentenced to Transportation 20 years.



Source: (i) Westmorland Quarter Sessions, Kendal 13 August 1815.
(ii) "A True Rendition of ye Trials at York Assizes" June 1820.

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Aglow International *	08/14		01524	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
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
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Queen's Gardens *	08/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
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
Cub Scouts	02/14	Mr Hubbard	Sed:	20028
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	07/14	Mrs Stark	07582	017396
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 Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
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	12/13	Mrs Gilfellow	01524	781907
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	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
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	04/14	Mrs Hassam	Sed:	20125
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	04/14	Mrs Hassam	Sed:	20125
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	06/14	Mrs Foott	015395	30163
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
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Walking & Cycling Group *	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
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

CHURCH SERVICES JUNE					
St. Andrew's	3rd	10th	17th	24th	31st
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC CW	HC CW SS	HC CW	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	6th	13th	20th	27th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
St. Mark's	6th	13th	20th	27th	
9.30 am	HC	MP NC	MP NC		
2.30 pm				Taize	
St. John's	6th	13th	20th	27th	
9.30 am	MP	MP	HC	MP	
LUNE PARISH SERVICES					
	3rd	10th	17th	24th	31st
Holy Trinity Howgill	10.30 am Joint MP Killington	1.00 pm Joint HC Firbank Family Service & Baptism	2.00 pm Joint HC Howgill	2.00 pm Joint HC Firbank	10.30 am Joint Service @ Sedbergh Methodist Church
St John's Firbank					
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	3rd	10th	17th	24th	31st
St. Andrew's	10.30 am HC	10.30 am HC *	10.30 am HC	10.30 am HC	10.30 am HC
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	3rd				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			Taize = Modern Chants & Choral		
MP NC = MP with Northumbrian Community			NSV = New Sedbergh Version		

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. H. Stuteley Tel: 20329

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. A. McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
 & Maureen Hinch 20843
 Garsdale: Mary Grant 20573
 & Bill Mawdsley 20723
 Firbank: Colin Wilson 20952
 & Jean Dixon 20435
 Howgill: Mary Stainton 20426
 & Dorothy Parker 20493
 Killington: Jennifer Thornely 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 & Frostrow

Rev. H. Stuteley 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 1st Sunday each month

Beth & Sandy Roy Tel: 20785

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 29th August 2015

AUGUST		
1	1000	Churches Together Holiday Club (*) PH
1	1030	Exhibitions Every Day (19) FM
2	1100	Tea in the Garden (8) Cowgill
4	1730	Sheepfest Workshop till 9/9 (48 & 54) PH
4	2100	Lights Out Candlelight (32) Finkle Street
6	1000	Coffee Morning - Howgill Church URCR
7	1930	WIH Laughter, the best medicine FCH
9	1000	Learn to Meditate MCD
9	1030	Wire & Fibre Jewellery Workshop (19) FM
9	1400	Allotments Open Afternoon BL
9	1930	Organ Concert (9) StJCG
10	1000	Learn to Meditate MCD
10	1100	Group Meditation MCD
10	1400	Allotments Open Afternoon BL
13	1000	Coffee Morning - StAS Mission URCR
13	1915	WID Home, Heart, Heft & Jacobs Join DMH
13		WIS Summer Outing
14	1200	Lunch Club Red Lion
14	1915	Royal British Legion WHC
15		Art Society Exhibition till 27/08 SSL
16	1000	Jigsaw Coffee Morning (16) Waterside
16	1000	Meditation for Life (16) MCD
17	1000	Sharpen your Intuition MCD
18	1000	Vicars Gift Day Dent
20	1000	Coffee Morning - NW Cancer URCR
23	0800	Sheep Dog Trials + (23) Barbon
23	1000	Artisan Market (22) Main Street
25		August Bank Holiday
25	1200	Dent Gala (1) Dent
27	1000	Coffee Morning - Beekeepers URCR
30	1000	Coffee Morning DMC
SEPTEMBER		
1	1730	Sheepfest Workshop till 9/9 (48 & 54) PH
2	1900	Aglow International KLI
3	1000	Coffee Morning - Garsdale Church URCR
4	1930	WIH Ladies of Holker HVH
6	1900	Flicks in the Fells PH
7		Moorcock Show (50) Mossdale
9	1400	WIK Nurture your Artistic Talent PH
10	1000	Coffee Morning - A&LP Lookaround URCR
10	1915	WID Artisan Bakery DMH
10	1930	WIS Makeover Magic PH
11	0800	Westmorland Show Crooklands
11	1200	Lunch Club Red Lion
11	1915	Royal British Legion WHC
12	1800	Torchlight Procession Kendal
12	1900	FoSMC Quiz Night & Supper PH
13	1030	National Heritage Weekend (48 & 54) FM
14		Town Band @ Hardrow Festival Hardrow
14	1030	National Heritage Weekend (48 & 54) FM
16	1300	Medical Centre Closed for Training (15) MC
17	1000	Coffee Morning - Town Band URCR
17	1930	Town Band Concert MiddC
20	1000	Artisan Market (22) Main Street
24	1000	Coffee Morning - People's Hall URCR
26	0830	McMillan Biggest Coffee Morning DMH
OCTOBER		
1	1000	Coffee Morning - Firbank Church URCR
2	1930	WIH AGM & WI Advisor
4	1900	Flicks in the Fells PH
5 - 7		Singing Carlisle - Settle Ingleton
7	1400	WIK Sing! Penguin! Sing! PH
7	1900	Aglow International KLI
8	1000	Coffee Morning - URC URCR
8	1915	WID Fashion Show DMH
8	1930	WIS Decorating a Sponge Cake PH
9	1200	Lunch Club Red Lion
9	1915	Royal British Legion WHC
10	1900	Quiz Night PH
11	0930	MS Table Top Sale PH
13	1900	CIO AGM PH
15	1000	Coffee Morning - Christian Aid URCR
15	1300	Medical Centre Closed for Training (15) MC
18	1400	MS Jumble Sale PH
22	1000	Coffee Morning - Bowling Club URCR
24	1930	Autumn Domino Drive HVH
25		Jumble Sale PH
26		Clocks Fall Back
29	1000	Coffee Morning - Garsdale Church URCR
31		Halloween
NOVEMBER		
1		All Saint's Day
4	1900	Aglow International KLI
5	1000	Coffee Morning - Royal British Legion URCR
6	1930	WIH Music & Poetry HVH
7	1900	Monster Ceilidh Band PH
9		Remembrance Day Services
11	1300	Medical Centre Closed for Training (15) MC
11	1400	WIK AGM PH

*The S & D Lookaround is edited, published & distributed monthly by
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The content of The Lookaround does not reflect the views of the Editors.
Whilst every effort is made to ensure that information is correct, the Editors cannot
accept any responsibility for any inconvenience caused through errors or omissions.
Copies are available from Sedbergh Office Services, Green Door,
Premier, Howgills Bakery, Post Office, Spar, Dent Stores & Barbon Inn.*

COVER PICTURE

Dent Village

by Dennis J Whicker

11	1930	Town Band Concert of Remembrance	URC
12	1000	Coffee Morning - Killington Church	URCR
12	1915	WID AGM & Contrasts & Change	DMH
12	1930	WIS You said you could do it	PH
13	1200	Lunch Club	Red Lion
13	1915	Royal British Legion	WHC

DIARY KEY

BF	=	Brigflatts
BL	=	Birks Lane
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	=	Dent Methodist Chapel
FCH	=	Firbank Church Hall
FM	=	Farfield Mill
GVH	=	Garsdale Village Hall
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
MC	=	Medical Centre
MCD	=	Meditation Centre, Dent
MiddC	=	Middleton Church
PH	=	People's Hall
RD	=	Rhumes, Dent
SASL	=	Sight Advice South Lakeland
SMC(R)	=	Sed. Methodist Church (Room)
StAS/D	=	St Andrew's Church, Sedbergh/Dent
StJCG	=	St John's Church, Garsdale
SHQ	=	Scout Headquarters
SIO	=	Sedbergh Information Office, Main St
SSL	=	Sedbergh School Library
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

19	1000	Coffee Morning - Ladies NFU	URCR
21	1930	Sed Cricket Club Family Domino Drive	SPS
26	1000	Coffee Morning - StAS Bells	URCR
29	1000	Coffee Morning (Advent & Christmas)	DMC
30		St Andrew's Day	

DECEMBER

2	1900	Aglow International	KLI
2	1930	Town Band Concert	StAS
3	1000	Coffee Morning - TBA	URCR
	1930	WIH Christmas Party	TBA
3	1800	Late Night Opening	Main Street, Sedbergh
6	1900	Flicks in the Fells	PH
5 - 7		Folk Carols Festival	Dent
9	1200	WIK Christmas Lunch	TBA
10	1000	Coffee Morning - TBA	URCR
10	TBA	WID Christmas Evening Meal	TBA
10	TBA	WIS Christmas Lunch	TBA
11	1200	Lunch Club	Red Lion
11	1915	Royal British Legion	WHC
17	1000	Coffee Morning - Town Band	URCR
19	1930	Christmas Domino Drive	HVH
25		Christmas Day	
26		Boxing Day	

2015

JANUARY

15	1300	Medical Centre Closed for Training (15)	MC
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FEBRUARY

10	1300	Medical Centre Closed for Training (15)	MC
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MARCH

12	1930	Rose Community Theatre Production	PH
13	1930	Rose Community Theatre Production	PH
14	1930	Rose Community Theatre Production	PH
19	1300	Medical Centre Closed for Training (15)	MC

AUGUST

29		Flower & Produce Show	PH
30		Flower & Produce Show	PH

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

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 – 10.00am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Surgery by appointment only –

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

Dent Surgery by appointment only - Monday

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.

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Wendy Thompson,
Dawn Douglas & Sarah Boum (Hygenist)

Monday to Friday 0900 - 1700

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 & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

www.cumbriaruralcab.org.uk

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