

Sedbergh & District

LOOKAROUND

September 2014

Issue 325

Donation £1

Another sad month for Lookaround with the theft of yet another collection box from Dent Stores.

Every month, once the Lookaround goes to print, an Audio and Large Print version is created by some excellent volunteers. There is only a

small running cost and this is supported by the only event of the year, which is a Coffee Morning on 10th September in the URC Rooms. If you are able to support it, it would be most appreciated.

Dennis & Jacky Whicker

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



Come and join us on
Friday 26th September

for

Coffee & Tea
Cakes & Biscuits

all for a good cause!!

10am -12 noon

at

{Nº6} FINKLE ST.

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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SEPTEMBER BIRTHDAYS

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

The recipient this month is:- Isaac Brewer who is 10 years old on 10th September.

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



Day	Name	Age
9	Holly COWIN	4
10	Harry DAWSON	4
13	Eleanor MARSDEN	3
18	Thomas METCALFE	1
19	Mia COTTAM	2
21	Isaac BREWER	10
21	Charlotte GARDNER	8
23	Fraser SPROUL	11
25	Thomas DAWSON	5
Nonagenarian & Over		
5	Norman Gordon	91
10	Peter Dormand	92

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

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

PERSONAL & SMALL ADS £1

JOHN AIREY

John's family would like to thank everyone for the many cards and messages received following his passing. Many thanks to Brian & Dorothy Goad, Edward Waller and the Rev. Andy McMullen for their caring and professional handling of the funeral and service. Special thanks to Helen Clark and her fantastic team of carers at PPA and also to Sue Sowerby for her kind help. We were overwhelmed to hear that donations of £870 were received for our chosen charities - St. John's Hospice, Lancaster and St. Andrew's Church, Sedbergh.

=====

NORMAN GORDON

Wishing you a Happy Birthday on 5th September Norman. Love from Eleanor and all the family.

=====

HANNAH & ABBIE REYNOLDS

Happy Birthday to two wonderful daughters. Hannah 21 on 10th September & Abbie 18 on 14th September. Wishing you both health & happiness always. Mum & Dad
xxxx



HANNAH & ABBIE REYNOLDS

Happy birthday to two special granddaughters. Hannah on her 21st Abbie on her 18th. With lots of love from Dado & Marilyn xxx

=====

FOR SALE

Mahogany oval extending dining table & 6 chairs (2 of which are carvers) size 146cm - 200cm L x 92cm W x 72cm H. VGC \$175 ono. Tel: 25418.

=====

FOR SALE

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

=====

FOR SALE

Brennan JB7 with two speakers £280. 6" bench grinder (unused) £10. Tel: 20164.

=====

FOR SALE

Upright piano in good condition. Free to a good home. Must be collected. Tel: 20826.

=====

FOR SALE

Lowpro Backpack Photography bag £20. Bresser Linear rubber armoured Binoculars 8 x 42 £50. HANNS-G 19" Computer Monitor with keyboard & mouse £20. All in new condition. Tel: 20869.

BEFORE THE SUNSET

A Big thank you to all of you who bought our CD 'Before the Sunset'. It's something that we've always wanted to do and now we have!

We've now covered our costs of making the CD so we have decided that we would like to donate some of the monies from any future sales to two Charities.

This of you who know Ken will know he suffered from Polio as a child but two years ago, he was diagnosed with secondary progressive MS which came as a great shock to us both.

We are therefore donating £2.50 from every sale to the 'British Polio Fellowship' and '£2.50 to the 'MS

Society'. You can still buy our CD from Abracadabra Florist or from the Veterinary Surgery.

Claire & Ken Pope

ALFRED WAINWRIGHT

Does anyone remember Alfred Wainwright? Did anyone meet him, know him or have any experiences of him?

I am hosting the Alfred Wainwright Lectures at Rheged in Penrith in October and I would like to bring a local Sedbergh/Howgill element to the presentation.

If anyone has any stories, tales or photographs, please contact Alison O'Neill on 015396 20134 or e-mail info@shepherdess.co.uk

Out now on CD!

Before the Sunset

£10

Ken & Claire Pope have been part of the local traditional music scene for many years, and have finally realised a long-held ambition to release an album of their music

The CD is a delightful mixture of traditional songs and their own compositions, some of which you may have heard before performed by Ken with Spellbound Theatre in their productions of *Seville-Carlisle* and *Roma*, here rearranged and recorded for CD for the first time

Ken & Claire both sing on the recording, Ken playing guitar and dulcimer, Claire playing bodhran. They are joined by fiddle player Jackie Malone on this wonderful album, recorded and produced here in the Dales

Available from Abracadabra Florists, Yorkshire Dales Antiques and t'vets surgery in Sedbergh, or email peggleside@talktalk.net

Advert Sponsored by Lookaround

SURPLUS STOCK SALE

Meadowbank Farm (formerly Scrogg House Farm), Cautley Road, Sedbergh

Sale of New & Nearly New Goods

Toys, Winter clothes, Jewellery, Books, DVD's, CD's,
Curtains, Furniture, Gardening Sundries, Christmas Goods.

Come and Have a Look

Due to unpredictable weather, sale to be held in marquee.

Sale dates: **Saturday 6th & Sunday 7th September**

Saturday 13th & Sunday 14th September

Sale times 11am until 4pm.



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!



THE
MEDITATION
CENTRE
be still - be inspired - be free

PROGRAMME FOR SEPTEMBER 2014

Sat 6th Learn To Meditate
10am-4pm

Sun 7th Monthly Meditation All Welcome
11am-1pm

Sat 20th Talk & Reflection Julian of Norwich
2-4pm

Sun 21st Autumn Equinox with Celtic Harp
10am-1pm

Sat 27th Meditation & Walking Day
10am-4pm

To book:

meditationcentreteam@gmail.com

Telephone 07582 017 396

The Meditation Centre, Dent, Cumbria LA10 5QR

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e-mail sedgmjm@googlemail.com

PEOPLES GYM & FITNESS CENTRE

Progress report

We have been successful with our planning application and it has been passed, which is great news. The tenders have come in and are currently being assessed. We expect to be on track for building work starting next month.

Fundraising

Friends of the Gym

We are really grateful for those of you who again responded to our plea for £10 donations and currently over £200 has been donated. If any of you have forgotten to donate this is a gentle reminder that funds are still

needed and donations are gratefully received.

Cheques can be made out to 'People's Gym and Fitness Centre' and, along with cash donations, can be dropped off at Sedbergh Office Services, Sleepy Elephant or 15 Guldrey Lane.

Membership

Some of you also kindly responded to the suggestion of setting up a standing order of £10 per month now, in exchange for your first six months membership for free when the gym is up and running. Again we are extremely grateful and if more of you would like to give in this way please contact me for our bank details. This will ensure that we keep regular funds coming in to help us with our costs and will show continuing local support for any other grants that we apply for.

Gym Aid

This event has now been moved to the People's Hall on the evening of Saturday 20 September 2014. There will be live bands playing favourite pop and rock songs for you to dance along to. There will be a bar and a

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facebook us - The Haddock Paddock

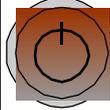


Every Monday - Fish & Chips £4

Every Wednesday - Jumbo Sausage £2

Sunday Night Chippy

7th September ~ 5 - 7pm



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£4.00

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raffle and it all kicks off at 7.30 pm. Admission will be £4 on the door. If you cannot make this event please consider donating your £4 anyway!

If any of you could provide raffle prizes we would be grateful, especially if you have some really good ones that would encourage people to buy lots of tickets!

Come Dine and Donate

We hope that you have all been generously inviting your friends round for dinner and asking for donations. If you have please do not forget to pass on the monies collected. You can drop off the booty to the addresses as above.

Other ideas:

Don't forget that we could do with more fundraising ideas and more people to organise them. This gym will be a fantastic community asset when it has been built and kitted out but we do need the community to get on board with the fundraising.

Visit the gym's Facebook page where you can keep up with the latest ideas and developments. Or contact us on:

Sandra Gold-Wood (Chair)

sangold.kwood@virgin.net

Tel: 21808

Rosemary Lewes (Treasurer)

rosel@rlewes.freeseve.co.uk

Tel: 20088

EST. **SEDBERGH • MARKET** 1538

**EVERY WEDNESDAY
ON JOSS LANE CAR PARK**

Stalls from 8.30 am. As you may have heard, Stephenson's greengrocers have moved on to Joss Lane to complete our range of cakes, meat, fish, eggs, bread ...

Try your retail idea with pitch and stall deal – £11 a week. Car boot pitches from £3.
Contact Sedbergh & District Information Centre: 015396 20504 / office@sedbergh.org.uk

AUDIO & LARGE PRINT LOOKAROUND

COFFEE MORNING

Wednesday 10th September

10am



URC Rooms
Raffle ~ Cakes

Large Print and Audio versions of
Lookaround will be available to order

COUNCILLORS CORNER

Cllr Nick

And so another season of tackling invasive plant species in the River Lune comes to an end. There are two main culprits - Japanese Knotweed, which looks a bit like bamboo and produces a cream-coloured flower in September; and Himalayan Balsam which produces pink flowers from July to September turning to explosive seeds which cause a rapid spread of the plant. Left to their own devices these plants become monocultures, crowding out native species and worse still, when they die back in the winter, they leave riverbanks exposed to erosion during

the course of floods.

The two plants need to be tackled in very different ways - Japanese Knotweed can only be treated professionally, by spraying in September so the weedkiller is taken back down into the roots. I allocated some of my CCC Members Revenue Budget to this last year and there is some money left over which will be used for professional teams to return to give the plants a second dose. It normally is brought under control after three successive years of spraying.

By contrast, Himalayan Balsam can be tackled by anyone who is happy to pull up a plant and snap off the roots. Douglas Thomson has carried on the work started last year in the New Bridge / Millthrop Bridge area and Settlebeck School have once again organised work parties unleashing the enthusiasm and energy of teenagers on the task.

I have been ranging more widely, tackling random occurrences way up the Lune near to its source at Rigg End and Rayne, west of Newbiggin on Lune, and also larger patches at

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- Stress Management
- Becoming a Non-Smoker
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Lincoln's Inn Bridge where it really starts in earnest on the River Lune. There is more in Garsdale along the River Clough, starting at the machinery plant storage area at Mill Bridge, about 2 miles west of Garsdale Head. There is also a surprising amount around Sedbergh Golf Club but the staff there have made real inroads into controlling it this year just as landowners along the course of Haverah Beck have found the spray used for killing off nettles is also effective on Balsam. Next year we hope to target the area around Black Horse, although working around the traffic on the A684 will provide some challenges.

Groups have also been working in

Kirkby Lonsdale, Barbon and Middleton and if momentum is kept up, we should arrive at a stage where these two invasive species are under control in the Lune and its catchment area, although we are still some years off that point at present. Help has also been forthcoming from the Lune Rivers Trust and South Cumbria Rivers Trust.

Cllr Evelyn

I would like to thank everyone for their good wishes and help while I have been laid up. I am now back on my feet and have resumed my council duties. I was privileged to represent South Lakeland District Council at several engagements commemorating the start of World

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FRIENDS OF
SEDBERGH MEDICAL CENTRE

 **Quiz Night**

Friday 12 September
7.30

 **People's Hall**

Tickets to include light supper
£6 for adults, £3 under 13

Teams of up to six players

*Tickets from
SOS &
Medical Centre*

Oliver Higginbotham

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Mobile: **07904 698 794**

Tel: 015396 21073

War I, including the Mayor of Kendal's Concert of WWI songs. I wonder what songs our descendants will be singing to mark events in 100 years time because we don't seem to have any narrative lyrics in our contemporary music.

It has been interesting to experience at first hand the problems people with mobility issues have negotiating the pavements in our towns. The new priority traffic flow and widened pavement at the Narrows at the top of Main Street are a huge improvement. To someone on crutches parked vehicles, A-Boards, uneven pavements and dog mess are not just an irritation but a very serious

obstacle to progress. It makes me determined to continue my campaign to reclaim our pavements for pedestrians. On the plus side I have attended hydrotherapy sessions at the Sandgate Hydrotherapy Pool in Kendal which is supported by South Lakeland District Council and the County Council. It is open to the public although you need to be referred by your doctor or physiotherapist. You will then be given a time when you can attend. I can highly recommend it.

Looking ahead SLDC is planning to roll out kerbside recycling of plastics and cardboard. In the meantime it is offering food waste digesters at a

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discounted price to residents so they can get on with their own recycling efforts. They can be filled with biodegradable kitchen waste such as meat, fish bones, bread and cake. They go in the garden in the same way as a compost bin. But because they have better insulation and better ventilation they breakdown food more quickly than a compost bin. There are two types of food waste digester – the Green Cone has a recommended retail price off £79.50 but is available for £15, including delivery. It is designed to sit in a sunny position in a well drained garden and needs to be dug into the garden. It takes all cooked and uncooked waste along with an accelerator powder and the

food then degrades into water and carbon dioxide.

The other digester is the Green Johanna (who thinks up these names?) which should be put in a shady position and takes not only food waste but also some garden waste. It produces a rich compost for the garden. Normally it costs £108.90 but is available for £20 including delivery. You can order them at 0800 013 1304 or online at Green Waste Systems.

As always please feel free to contact me or Nick as follows: Evelyn Westwood Tel 015396 20148 email Nick Cotton tel 015242 71477 email

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COUNCILLOR CORNER

I remember being very annoyed by the first "Comprehensive Performance Assessment" for South Lakeland back in 2005 where we were marked down from "Fair" to "Weak" because access to South Lakeland House was down an alleyway – not that it was badly lit or that it was not wheelchair accessible but that it was down an alleyway. To my mind the complaint was as worthless as the one that Dent Station is seven miles from Dent village. Dent is where it is and the station sort of has to be on the railway line.

Here at Sedbergh we have a similar dilemma. Florence Upton-Cottrell-

Dormer, she of the almost unfortunate initials, gifted us with the Queen's Gardens in 1906 and by her generosity ensured that she will be for ever remembered by the parish's elected representatives. Her benevolence was compounded by commissioning Thomas Mawson, one of the country's leading horticulturalists, to lay out a design in the height of Edwardian fashion.

Nowadays authentic Mawson gardens are few and far between and when you stroll around Queen's Gardens it doesn't take long to work out why. Mawson achieved his fame by choosing trees which matured quickly and he was working at a time when day labourers were plentiful

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and inexpensive to employ. Contrary to what we now have the earliest photographs show the Gardens as thin and exposed, in desperate need of cover. However, that would soon have changed and I guess the main trees and undergrowth would have been fully mature by the early 1920s.

Just as the First World War brought an end to the Ingmire Estate the hard times of the 20s and 30s meant there was no capacity to tend the Gardens in the way in which Florence would have taken for granted. And this is the dilemma which has faced us as a community all my teenage and adult life. Chance has not been helpful placing the schools at the other end of town and the main playing field and public hall at the third point of a triangle. None of this is new and as early as the 1930s councillors were seriously suggesting the Gardens be levelled and used as a site for council housing.

That is not a choice open to us, nor one which many would want even if it were. Much good work was done at the turn of the Millennium, most visibly the footpath and new entrance along side Queen's Drive. Gardening and maintenance work has continued since then but on a level and scale totally unequal to the task itself.

The time has now come for the parish to do something, but what ? I

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have some strong views. What we have now is not an homage to Thomas Mawson or Florence Upton-Cottrell-Dormer: it is overgrown forest. We need to bring some order to the undergrowth and some stability to the architectural features. We need to get rid of the brambles, the holly and the hawthorn. We need people to visit the Gardens and we need people to want to visit them.

The parish has allocated £3,000 to spend in this financial year and more will be needed in the future. It is not our intention to embark on some grandiose scheme to return them to the era of their creation, just to make them into a community asset useful for the first half of the twenty-first century.

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*

SEDBERGH MEDICAL CENTRE

will be closed for Training Purposes
at 1pm on the following afternoons:-

Tuesday 16th September
Wednesday 15th October
Tuesday 11th November



TIM FARRON MP

I was alarmed the other day to read a report from the housing charity Shelter. Some of their researchers had looked at how affordable homes are to people across the country by looking at average prices of various types of property and comparing them to the average incomes of young people. On the basis of their calculations they believed that only 4% of the housing that was for sale in South Lakeland was actually affordable to a young couple with children. In hard numbers that equated to only 43 homes. If you are a single person the figures are even more desperate with only 1% of the

property on sale at the time of the survey (that is 14 properties) actually affordable to you.

It is no wonder then that there are just under 2 million adults aged between 20 and 34 still living at home with their parents and that home ownership is now at its lowest level since 1987.

These are figures for the whole of South Lakeland so in an area like Sedbergh and Dent the figures will be much worse. It would be interesting to see if any of those 14 properties that the average single person could afford were actually in this area at all.

These are just figures but behind all this are tragic stories of people who feel that they have to move away from their home town or village if they are ever to leave home or couples who don't feel that they will ever be able to have children because they simply cannot afford a house that is large enough to fit them in. Every week I hear more sad stories along these lines and I spend so much of my time trying to sort out the issues involved.

I am really pleased that South



Sedbergh Swimming Club

Session Times

Tuesday	6:30 - 8:00pm - Childrens Lessons ~ 8:00 - 9:00pm - Adult Swim (16 & Over)	
Thursday	6:30 - 7:30pm - Childrens Lessons ~ 7:30 - 8:30pm - Adult Swim (16 & over)	
Saturday	10:00 - 11:00am - Open Swim for all ages	

FEES

Membership:	Adults £20.00	Juniors £10.00
Session Fees:	Adults £2.50	Juniors £1.50
Lesson Fees:	£20 per term	

Sessions start 16th September



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Thursday 9am to 5:30pm

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Lakeland District Council is taking this issue seriously and has made one of its key pledges that it will bring 1000 new homes to the area. The difficulty they face is that they are quite constrained over what they can do. They are not allowed to build houses themselves, previous Governments have effectively ruled this out, and so they have to rely on the private sector to take on this task. The trouble with this is that the private sector want to make a profit and insist that to do this they need to build housing other than "affordable".

This would be all very well if there was lots of land to build houses in but there isn't. Every expensive new

house is effectively taking away at least one, possibly more, affordable new house.

This is why much of my time over coming months will be spent discussing with ministers the possibility of making an exception to the rules over local authority building in rural areas where land is in such short supply. It is the only way I can see to get us out of this mess.

If I can help with housing or any other issues then please do get in touch. You can email me at tim@timfarron.co.uk or phone my office on 01539 723403

Thanks for your support

Tim Farron MP

SEDBERGH PARISH COUNCIL

This report covers the Parish Council meeting held on the 14th August 2014

POLICY & RESOURCE COMMITTEE

- Three Shop Front Improvement Scheme Grant applications were agreed.

PLANNING

- The Planning Committee Report detailed several applications, full details can be found on the Parish Council Website.
- Anemometer Mast – Killington, it was agreed that the PC should oppose the application for retention of the mast, given the previous objection to the

development.

- There will be further investigations into the possibility of a Housing Needs Survey for Sedbergh.

SEDBERGH TOWNSCAPE PROJECT

- Sedbergh PC is still awaiting a response from CCC in relation to the pavement widening on Main Street.
- There is a continued plan for the provision of cycle stands along Main Street.
- Jubilee Fountain – listed building consent has been approved.

AMENITIES COMMITTEE

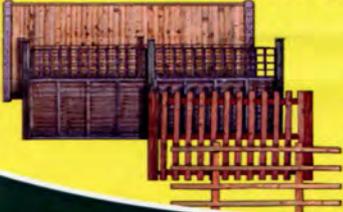
- Preliminary work has begun on the installation of the rainwater

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harvesting system for the toilets on Main Street.

PUBLIC PARTICIPATION

- Anne Pierson gave an update regarding Sheepfest in September and acknowledged the grant given by Sedbergh PC towards the cost of marketing.
- John Metcalfe expressed his opinion that there was confusion in the community over the Speedwatch scheme. It was noted that there had been a public meeting in June which followed an article in the Lookaround asking for volunteers. Cllr Hodge advised that she would pass his concern on to the Police Volunteer coordinating the

scheme. It was also noted that any data collected could potentially be helpful if a 20mph zone was ever to be introduced in the town.

The next meeting will be our Monthly Meeting at 7.30 pm on Thursday 11th September 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

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COMMUNITY SPEEDWATCH IN SEDBERGH

By the time this edition of Lookaround hits the streets of Sedbergh, the Community Speed Watch volunteers will also be on the streets. The laser gun has been delivered and Cumbria Police will have trained 9 volunteers who live in Sedbergh. They will be working in pairs and will wear hi-viz jackets. They will choose when and where to carry out the speed checks. When a vehicle has been logged speeding, the registration number is noted and sent to me at Kendal Police Station. The registered owner will then be sent a warning letter from the Community Sergeant. I will be

compiling a spreadsheet so that we can identify both persistent offenders and particular locations and times when speeding is a problem. I can then request either the Camera Safety Van and/or officers from the Operational Support Unit to attend. The aim of the scheme is not to issue tickets but to educate road users about the dangers of speeding. It is hoped that you will all reduce your speed through Sedbergh to no more than 30 mph, and to 20 mph in the more dangerous locations such as Main Street, Loftus Hill, Back Lane and outside the schools on Long Lane.

*Michael Roberts
Community Speed Watch Volunteer
Kendal Police Station*

Sedbergh Artisans Markets 2014

Saturday dates for your diaries!

20th September



Organised by the Sedbergh & District
Chamber of Trade & Business

with the Sedbergh & District
Information Centre

**From 10:00 am to 4:00 pm all along Main Street between
St Andrew's Church and the Information Centre**

**SEDBERGH SCHOOL
CHARLIE SMITH**

All 12 finalists in the Manufacturing Technologies Association's (MTA) annual Technology, Design and Innovation (TDI) Challenge impressed the judges with their engineering talent.

Open to all technology and design students, the nationwide competition is split into two age groups: 14-16 years old and 17-19 years old. The 12 finalists were chosen by the MTA's Education and Training committee and the final judging and award ceremony took place on 9th July at the Yamazaki Mazak European headquarters in Worcester.

The two overall winners were: Ben Murray, from Balcarras School, Cheltenham, in the 14-16 years category with his design for a handheld stabiliser for filming on a mobile phone, and Charlie Smith, from Sedbergh School, Cumbria, in

the 17-19 years category for his innovative 'SOLA', a water heating stove for outdoor expeditions.

The MTA's TDI Challenge exists to help teachers and lecturers promote the work of their D&T and engineering students and to celebrate the creativity and innovation taking place inside the curriculum. It is free to enter for all students and schools.

Charlie Smith Said: "I'm really delighted to have won. I put a lot of work into the project and it's great to have that recognised and feel rewarded."

The chosen finalists displayed their work portfolios in Mazak's atrium and gave a brief presentation on their projects to the judging panel. All finalists received a guided tour of Mazak's European Technology Centre, a presentation certificate and goodie bag featuring a Raspberry Pi, to take home.

Amy Grace

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SWIMMING

The Sport with no half times, no substitutions, no offside, no... biting

Have you ever noticed ... that when you think of going for a swim, your brain flashes a frowny face at you and you don't feel like it. 

But if you make the effort and go, you feel great afterwards? It's not your imagination! It is now known that swimming improves mood, and decreases anxiety/depression. How?

Physiologically, swimming releases endorphins (endo=within, morphine=analgesia; ie pain relief from within the body). It sops up excess fight-or-flight stress hormones, converting free-floating angst into muscle relaxation. It can

even promote the growth of new brain cells in a part of the brain that atrophies (wastes) under chronic stress. Exercise can be even more potent than drugs at spurring on beneficial changes. **Psychologically**, swimming requires the alternating stretch and relaxation of muscles while simultaneously deep-breathing in a rhythmic pattern. Sounds familiar? That's because these are key elements of many practices, from yoga to zumba, used to evoke the relaxation response. Swimming is relaxing because of its repetitive nature; there's a built-in mantra, whether it's the slow count of lengths, or telling yourself 'stretch' or 'kick, glide', or 'one...two...breathe to the

Exhibitions in September

Sedbergh and Farfield Mill recollected in photographs, recordings and poems.

Sedbergh now: painted by **James Roberts**

Andrea Hunter acclaimed felt artist - to 16th

Wool: Weaving, Knitting, Felt, Rag-rugging and Crochet by a number of leading local artists.

For details of **Sheepfest weekend** please see separate advertisement or visit our website



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Sat 06 Sep: Collapsed Weaving with Jan Beadle

Sat 04 Oct: Framed Felt Polly Bag with Chrissie Day

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Farfield Mill is open daily 10.30 - 5.00, £3.50/£3, under 16s free.
Garsdale Rd, Sedbergh, LA10 5LW. www.farfieldmill.org 015396 21958

FREE ENTRY for LA10 residents on **Sundays**

left etc' or even, for **some** of us 'ankles floppy...!'.
 Now, here's the thing: since pools have set times for length swimming, regular swimmers usually find themselves settling into a routine that becomes automatic. There's no need to decide if you should go exercise now or later! For stressed out people, this lack of options is **so** good for you because it removes the burden of yet another decision! All you have to do is show up Tuesday and Thursday evenings and you know there's a good chance you'll end up leaving the pool feeling better than when you arrived. Or your money back!!
 Only joking ...
 Not only that ...



Swimming offers something no other aerobic exercise does: the ability to work your body without harsh impact. When the **human body** is submerged to the waist, your body bears just 50 percent of its weight; dunk yourself to the chest and that number reduces to around 25 to 35 percent; with water all the way to the neck, you only have to bear 10 percent of your own weight. The other 90 percent is handled by the pool.

This means that the pool provides an ideal place to work stiff muscles and sore joints, especially if you're overweight or suffer from arthritis.

As the new pool cover keeps the water even warmer this can help

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 URC Rooms, Joss Lane
Wednesday 24th September
 10 am to 12 noon
 Teas ~ Coffees
 Homemade Cakes ~ Biscuits
 Jams ~ Raffle



ease and loosen stiff joints. People with rheumatoid arthritis receive greater benefits to their health from swimming than with other activities as warm water-based exercise improves affected joints and decreases pain from osteoarthritis.

Here's what you need to know:

All questions by email or text please:
 07752748929
 kate574@btinternet.com

Sedbergh Swimming Club's sessions at Sedbergh School pool will start again 16th Sept 2014.

Please see our separate advert on p16 for prices. Turn up, join, swim, feel great.

Length swimming will be Tuesdays 8-9 and Thursdays 7.30-8.30

Saturday session 10 -11am (under 8s need to be accompanied)

Enrolment for junior lessons will take place from 6.30pm 16/9/14 and 18/9/14.

If your child had lessons last term



and you wish them to continue, you must turn up on enrolment night and claim and pay for the place. Any remaining places will be filled by others who turn up to enrol. We will do our best to find a suitable class for everyone.

Any child who had lessons last term may swim on enrolment night. Any other new juniors, including siblings, will not be able to swim until the following week.

This year we need members to complete a membership/consent form. You can obtain this by email from kate574@btinternet.com if you would prefer to print out and complete in advance as it has to be **one form per member**, and they must be

received before swimming. If you wish to be informed quickly about unforeseen pool closures, please use this form to tell us the best email/text details for that. Thanks.

AgeUK now run a session for beginners/weak

swimmers at 12 noon every Friday

There's also the over 50's group at 12.30pm every Friday, £1, pay as you swim.

And finally....

Is anyone interested in aquanatal classes? (He he, yes I know....)

Email me! kate574@btinternet.com.

Can't swim Tue/Thur eves? Please email me to express an interest in an early morning swim session.

SMARTOFFICE

*Farewell Sedbergh Office Services,
Hello SmartOffice*

Following Janice's piece in August's Lookaround, Dennis has asked us to write a small article about the changes.

On Wednesday 17th September Sedbergh Office Services will close, and one week

later on
Wednesday
24th

September,
SmartOffice

will open its doors for the first time.

We intend to continue the same excellent service and initiate some new products and services as well.

We are installing a digital press to offer comprehensive in house, affordable printing.

Once open we will be able to offer large format printing, ie banners and display materials, printing and copying up to A3 and we have an in house design team available to help with everything from a simple

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If you can offer any help for this event, please contact Dorothy Vernon

**YORKSHIRE DALES
NATIONAL PARK**

Life is blooming in the National Park.

The Yorkshire Dales National Park is a great place to live – and that's not just for humans.

A new report shows the National Park is home to many rare species of plants and animals – from Red Squirrels to Black Grouse – and they are thriving.

A Local Biodiversity Action Plan (LBAP) – called '2020 Vision' – was unveiled in 2010 that identified a range of nationally and regionally important habitats and species in the National Park that were at risk.

It set out the conservation work

needed to protect them over the next decade and a new report reviewing its progress in the first four years says it is hitting target after target.

The Trends and Status Review shows there has been major progress in managing many of the most important habitats. In addition, targeted conservation work for some species has been successful, with many bucking national population trends.

Adrian Shepherd, the YDNPA's Head of Land Management, said: "2020 Vision' set out two primary objectives for the end of 2013 – and both have been achieved.

"The first was to make sure 65 per

**NORTHERN HARMONY - CONCERT AND WORKSHOP
Friday September 26**

This fabulous folk choir from Vermont USA will sing songs from America and around the world - stunning harmonies, fabulous voices.

There is also a chance to learn some of their songs and sing them alongside the choir.

*Choir workshop at 6pm: £8 ~ Concert at 8pm: £8
both together £12.*

Tickets from Sedbergh TIC, David Burbidge 015396 21166 or at the door.

www.lakelandvoice.co.uk

cent of the area of priority habitats in the Yorkshire Dales National Park was in “good” condition – and we have achieved an 89 per cent success rate so far. We have also found that the populations of 38 of the 46 LBAP species (78 per cent) that are currently ‘monitored’ are stable – which has exceeded our initial target.

“In fact, we are bucking the national trend with some of our important priority bird species like Lapwings, Curlews and Black Grouse because the populations are stable here while they are in decline nationally.

“This is great news for the National Park and it’s a real testimony to the work done by landowners, farmers, Natural England, the Yorkshire Dales National Park Authority and the other agencies in delivering a wide range of collaborative projects.”

Other successes in the first years include:

- 45 per cent of upland calcareous grassland in England is found within the National Park and more than 93 per cent is in good condition.
- Conservation work supported by a number of organisations including YDNPA, Natural England and Yorkshire Dales Millennium Trust has resulted in more than 95 per cent of upland hay meadows being classified as in good condition.
- The majority of Northern Brown Argus butterfly sites are in appropriate management, and the populations of Small Pearl-bordered Fritillary butterflies are stable.
- The distribution of Red Squirrels is stable, as is the Dormouse population following its successful re-introduction in 2008 at Freeholders’ Wood next to the Aysgarth Falls National Park








Friday 26th September
10am to 12 noon

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Liz Easton on 20541




Centre.

- Populations of two LBAP priority invertebrate species – the Fine-lined Pea Mussel and the Round-mouthed Whorl Snail – are stable.
- The populations of 61 per cent of priority plant species in the National Park are stable. This includes Lady's Slipper-orchid, Marsh Saxifrage and Field Gentian.
- The population of Yorkshire Feather Moss (endemic to the Ingleton area) is stable.

Deborah Millward, chair of the Yorkshire Dales Biodiversity Forum, said: "The targets that were set were always going to be very ambitious and it has been a real challenge to

meet them. The fact we have done so well is a big pat on the back for all the organisations, individuals and landowners who are working so hard together to make the Yorkshire Dales National Park such a special place."

The Trends and Status Review on biodiversity in the National Park can be viewed on the Authority's website at www.natureinthedales.org.uk/bap

Last year saw the launch of the Yorkshire Dales Biodiversity Forum's Nature in the Dales website at www.natureinthedales.org.uk. It showcases local information about 150 of the species and 14 of the habitats found in the special landscape of the National Park and it will be updated with the latest review. *Nick Oldham*

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OLD PHOTOGRAPHS

I have had a few updates with respect to the photograph that appeared in the June issue of the 5 farmers on the various mechanical contraptions. The location has been identified as being on Busk Lane, near to the junction with Birks Lane by the Cemetery looking east and about 1944/45. They are believed to be (l-r) Bob Ellis; Bill Staples; Norman Hoggarth; Ronnie Stokes & Ernie Armitstead.

I have received an e-mail from a lady who found an old newspaper in Barnard Castle called 'Children's Newspaper' and dated March 24 1945 which is featured here. She has forwarded the paper to me and she is

keen for 16 year old Betty to have the copy and even to meet with her. Can anyone add any information to what appears? Please let me have details and I will include an update next month.

On researching the 'Children's Newspaper', it was first printed in 1919 by Arthur Mee and had 2,397 issues before being merged in 1965 with 'Look and Learn' which finished in 1982.

Dennis J Whicker

The Children's Newspaper, Week Ending March 24, 1945



A Young Champion

Miss Betty Sedgwick of Sedbergh, aged 16, and her two friends with whom she won three first prizes at a recent Yorkshire competition.

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CHURCHES TOGETHER

Renewal of Wedding Vows – St Andrew's Church, Dent

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 Mark's Church, Cautley

We shall be holding our Harvest Festival service on Sunday 14th September at 2.30pm, followed by refreshments. Do come along to join us in singing the harvest hymns and giving thanks for the bounty of creation.

News from the Pews



Here comes the rain again! Just when you think the jobs on the building are getting nicely ticked off the list out of the blue puddles of

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water appear inside church. The architect has to attend, the roof be inspected and the source of the problems have to be found (not always straightforward) and dealt with. Sadly there is no sign of a money tree in the churchyard so we have to call upon the congregation and members of the local community to help in our endeavours to keep Sedbergh's beautiful Parish Church in good order for successive generations of Sedberghians to love and use as we presently have the privilege of doing.

For some years now on a designated Wednesday early in September the Vicar and Churchwardens have stood at the

church lychgate on what we called "Thanksgiving Day" to receive donations of money towards the work of the church. This year we are trying something new. A "Stewardship Sunday" is planned for Sunday 7th September when Mr Geoffrey Hine, the Financial Resources Officer from Carlisle Diocese will be speaking at the 10.30am service. From previous meetings where Geoff has spoken we know we are in for a lively and thought provoking morning.

Catherine Lee who works in Taiwan for the Church Mission Society paid a surprise visit to the recent Missionary Coffee Morning. Catherine is on leave visiting her parents Rev Robert and Sheila Lee. These very sociable

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HP 98A (compatible)

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January - December dividers £1

coffee mornings are great occasions for fundraising as well as catching up with friends and neighbours. The Missionary Committee was pleased to raise £207.60. When all the Missionary Committee fundraising events have been held this year the final total will be divided between several missionaries we know working in the field and some other missionary organizations whose work we admire and wish to support.

A date for all you pet lovers:

Saturday October 4th at 11am come along to church with your cuddly, or not so cuddly, furry, or not so furry friend. The vicar has been looking forward to holding a special service for pets for quite some time so let's make his dream come true and fill the church with all creatures great and small, plus you of course.

The Vicar and Bailey (his dog) look forward to welcoming you.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

St Andrew's Dent and St John's Cowgill

Dent Churchyard

St Andrew's Dent is trying to ensure that the lower area of our churchyard, not yet in use for burials, is looked after in a wildlife friendly way. The children of Dent School planted a living willow fence some years ago to screen the spoil area, and now native trees and hedgerow species have been planted with birds particularly in mind. Leaving the margins uncut along the walls will provide havens for small mammals and a wider range of

insects. Late mowing of the open grass area will encourage the return of traditional hay meadow plants. You may even see someone at work with a scythe.

The churchyard has a very special place in our community, for remembering our loved ones and all who have contributed to this blessed dale in years gone by. We would really like to hear from anyone interested in joining occasional work parties and boon days; either Monica on 25476 or Susan on 25335.

Commemoration of the Settle to Carlisle Railway Navvies Service
2.30pm Sunday 21st September St John's Cowgill

In a quiet corner of Cowgill



Churchyard, nestling under the horse chestnut trees, are a group of unmarked graves. We don't know who the individuals are, we do know that they were the men and families of those who worked on the construction of the Settle to Carlisle Railway between 1869 and 1875. The navvies were involved in the construction of the Rise Hill Tunnel and lived in a bleak encampment on Rise Hill. They suffered many accidents in the construction of the railway and their families endured harsh conditions and lives shortened by poor health and frequent accidents. The Time Team archaeological programme uncovered reports of horrific and tragic accidents

suffered by the navvies and their families, when they conducted a dig at the camp. The victims of the construction of this amazing Victorian Railway lie unknown in Cowgill Churchyard.

Now at last their suffering and some of their stories will be commemorated and told at a service at Cowgill Church on Sunday 21st September at 2.30pm. Everyone is very welcome, not just those interested in the railway and its history. The Rev'd Canon John Bearpark, who has had a long association with the railway will be giving the address, reminding us not only of the darker aspects of the railway's history, but also the legacy of the many benefits the community

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enjoys today because of the railway.

We hope to conclude the afternoon by the blessing of a permanent memorial to the navvies and their families in the churchyard, which will alert everyone to the presence of these graves and commemorate with thanksgiving all those who suffered in the construction of the Settle to Carlisle Railway.

Please do join us for this unique occasion

Harvest Thanksgiving will be celebrated at St John's Cowgill with a service for all the family on Sunday 5th October 2.30pm and a Family Communion at St Andrew's Dent at 10.30am on Sunday 28th September.

The services will be accompanied

by the usual harvest celebrations in the community - invitations will be going out to encourage and remind everyone to enjoy these wonderful seasonal celebrations in our villages.

Church Services in September

St Andrew's Dent welcomes everyone to Holy Communion each Sunday at 10.30am with the addition of the Renewal of Marriage Vows Service (details above) and Harvest Thanksgiving Family Communion on the 28th at 10.30am

St John's Cowgill:

Sept 7th: 9am Holy Communion

Sept 21st: 2.30pm Commemoration of the Settle to Carlisle Railway

Navvies Service. Preacher: The Rev'd Canon John Bearpark



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THE DENTDALE CHOIR

The Dentdale Choir will resume after its Summer recess on **9th September** at **7:15 pm** in the **Memorial Hall, Dent.**

Would Choir members please note the new starting time, which enables us to start singing **promptly** at 7:30 pm., finishing at 9:00 pm.

A warm invitation is sent to all readers of Lookaround who may like to join the Choir – come along, you will enjoy our informality and we do go to the pub afterwards!

We start the new choral term learning favourites from the shows in advance of the Easter term so it should be a good way to start our singing year.

We will have one or two new

additions to our usual concert schedule. Casterton Church has invited us to sing our Advent programme and our Easter programme there, in addition to our usual Dent-based events.

Our Director of Music, Anastasia Micklethwaite, is picking some glorious pieces that she hopes will be wide ranging enough to suit everyone for both Advent and our 'Stage and Screen' themed Easter term.

If you would like any further information please contact me on:

Home: 015396-25054

Mobile: 07813-806209

e-mail: phoenixes@btinternet.com

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Volunteers are needed for a FIRST RESPONDERS GROUP in Sedbergh.

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- 10 minutes can be the difference between life and death following a heart attack;
- On 12 occasions between January and May this year, no First Responders from Dent, nor the local ambulance service, were able to respond to 999 calls from Sedbergh;
- Local ownership and involvement by volunteers is essential for a rapid response to medical emergencies.

Who are First Responders? They are Volunteers who are given training by the ambulance service and are provided with equipment to make a difference. Other volunteers are

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needed to fundraise, to buy the necessary equipment and to organize the volunteers.

What do First Responders do? They attend medical emergencies and are able to offer support to a patient and their family and friends until an ambulance arrives.

How can I help? Please come to a Public Meeting at the Peoples Hall on Tuesday 7th October at 7.30pm to find out more and meet 1st Responders and NWAS representatives, or call Andy Cobb, 22541 or Keith Wilberforce 21562, for further information and offers of support.

MESSY CHURCH

- is a way of being church for families, involving fun.
- is found across the world. There are 2489 registered across the world. Many more who have not yet registered.

Following the summer break, we are looking forward to starting again on September 14th, which is a week earlier than usual.

Messy Church is held every month, normally on the 3rd Sunday 4pm-6pm, in the Methodist Church Hall.

PLEASE NOTE September is the SECOND SUNDAY. We begin with crafts and activities, then move into a time of Worship (a different sort of worship, with instant drama, music

Daphne Jackson

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and the opportunity for the children to take part). Nothing formal, freedom to move about. It is exciting, busy, noisy!

When we have 30 children or more plus the adults who bring them and stay, then we expect noise.

Tea and coffee and juice are available all afternoon.

We finish as we sit down to a meal together, which is usually hot. Main course and sweet, a good chat, and home. No charge for anything.

All ages are most welcome. An adult needs to accompany the children, this can be family or a friend, but we are not a child minding group.

We have had a great time over the past 2-3 years. The children have more recently been in the younger age groups but we would like to develop working with the older ones as well.

If you have not been to Messy Church, give it a try. We would love to see you.

If you are regulars don't forget that we asked you to bring a friend in September (there could be a prize involved). *Susan Raw (Killington).*

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Healthwatch Cumbria is an independent organisation set up to champion the views of patients and social care users in Cumbria.

We have been tasked with encouraging people to speak up about their experiences, whether good or bad, to help service providers understand better how they can improve.

One of our main duties is to find out the public's views of, aspirations and concerns for local health and social care services: feeding these into those who make the decisions and deliver the services.

The information we gather will be crucial in shaping the Health and Well Being Strategy throughout Cumbria.

We need your help. We want you to share with us your experiences of local health and social care services, and tell us what you want to see provided in your local community. We

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also want to know what concerns you about the provision of these services now and in the future.

We want to collaborate with you, the patients and families, to make sure the picture we paint of the services in Cumbria is as accurate and detailed as possible.

You can get involved by simply spreading the word about Healthwatch and:

- Sharing your experiences of local services;
- Inviting us to community events to talk to you, your friends and family;
- Distributing our leaflets or putting up posters within your community.

This will all help to ensure that the health and social care Cumbria gets in the future is the type we want to receive.

And remember: We are independent, we are open and we have no hidden agenda.

Please check out our website to see how you and your patients can help us shape Cumbria's services for the better. Tel: 03003 038 567

Email: info@healthwatchcumbria.co.uk

Web: www.healthwatchcumbria.co.uk

WEATHER

After a very dry month in June we were a bit nearer normal with 3.26 inches this month. This was still on the low side as July is often one of our wetter months. Temperatures, as you would expect at this time of the year, were reasonable with a maximum of 80F (30C). On the low side we did have 8 days when it dropped into the upper 40sF with a low of 43.7F (8C). Windchill did not make significant differences but one night did just drop into the upper 30sF at 39F (5C). Winds were steady with only a couple of days not reaching double figures and only 3 days not coming from the North West. In fact it was one of these days which

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produced the maximum gust at 24.4mph.

The swallows have fledged but return each evening to roost in the kennels. All 3 made it from the nest but this is the smallest clutch since they started nesting here. The sparrows have found an extra nest side in a hole in the shippon wall. The honetbee swarm that took up residence is progressing nicely with plenty of brood. On the topic of bees, an Asian Hornet has been found locally which was fortunately dead. These are huge, compared to



European hornets, and major predators of bees and other insects. They are not good news for people either if they sting causing loss of 41 lives in a mass attack in China due to anaphalactic shock. Butterflies are still few in number although the buddlehia is in flower. I'm still hoping for another dry spell in the hope of getting some hay. Please report them if you see any of these large, 5-6 cm, 2 inches long. They are unmissable!!

SEDBERGH WI

Leighton Hall near Carnforth, the 'Historic Seat of the Gillow Family' as the brochure describes it, was the chosen venue for the Sedbergh WI annual outing, and a popular choice it turned out to be. It could be described as a stately home with a homely touch: in fact, we were invited to sit on the chairs round the dining table like members of the family who live here while our excellent guide spoke to us about the history of the building and the Gillow furniture-making family, as well as talking to us about the stunning Gillow furniture and the pictures and Objets d'art which make this such a fascinating place. Many thanks go to Rosemary Blanchfield

for arranging a very successful outing.

An unusual Birds of Prey display followed at 3.30 pm. We were introduced first to a very beautiful gyrfalcon less than 3 months old who was just starting his training. Tethered to the falconer's hand with a string, he obediently flew to his perch and, at the signal, flew back to his master for a juicy rabbit's leg. Next, we met Mavro, a mixed-breed hawk who had been kept for 5 years as a 'stud' for breeding but had not performed as required! He had now changed masters to perform in another arena, namely, in front of an audience. Not for him the indignity of flying on a lead, however! Off he flew,

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

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majestically, to the tall trees 300 yards away. The whistle blew for him to come back for his rabbit treat. No Mavro. Another whistle. No Mavro. A young lady trainer was sent off in pursuit to the trees. She did return – with the news that Mavro had caught a pheasant which was obviously more to his liking than the rabbit. It was apparently the first time Mavro had caught anything so we should have cheered, I suppose. Alternatively, we could have cheered because a wild bird seemed to have found his freedom. As it was, it was rather like Hamlet running off stage and there being no understudy to replace him. We did, however, feel very sorry for the glum-faced falconry

team who were still waiting around an hour later, after we had enjoyed our afternoon tea, hoping that Mavro would return.

The book club met the following day at Anne Petyt's house. 'Never Let Me Go' by Kazuo Ishiguro was our book for the month. There were only 5 members present because some were on holiday but that certainly didn't mean that it was a quiet meeting! It was a very thought-provoking and even chilling novel that led to a good discussion about cloning, organ donation and other matters. We decided on a mark of 7/10 for it but thought that before recommending it to a friend we would have to consider seriously whether

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that particular friend would enjoy it. We all felt it was worth reading, even though it certainly could not be described as an easy read. Anne's cream scones and wonderful hazelnut cake went down a treat with our tea afterwards: thank you, Anne!

The walking group are off on a walk to Ribblesdale on August 21st. I hope they manage to avoid the heavy downpours that have been a feature of our weather in August!

Moira Folks

DENTDALE WI

The Dent Memorial Hall looked very inviting set up for a Jacob's Join supper, and was soon well filled for our Open August meeting. Just a few business details to get through before our speaker though.

Thelma reported on last month's outing, the venue having been changed at the last minute to a visit to Halecat Nursery preceded by lunch at

the Derby Arms in Witherslack. It had been a beautiful sunny day and members enjoyed browsing among the plants for sale. So, lunch and a garden was a winning combination.

Events are now on the Agenda for October – oh dear – Autumn on the way! We were asked to think about the ACM on 18th October at Castle Green Hotel to hear the Federation Chair and Treasurer give their reports on the year. Antiques expert Tracy Martin will be talking in the afternoon. Earlier in the month on 10th October, Dent is hosting a federation painting day from the home of Freda Meakin. If you have always wanted to get out those long forgotten paint boxes this will be the moment!

It was time for Catherine to introduce Alison O'Neill our speaker for the evening. Most of us had heard of Alison, but here she was giving us the story of her life. Full of incidents, candour, humour and very



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entertaining. She spoke for well over an hour.

Returning to the Howgills to live after trying the wider world, she was determined to fulfill her childhood dream of working a farm and being a shepherdess. The early experiences of farm life were an extreme learning curve, but one that she embraced wholeheartedly. In some ways, her teachers were the animals she says especially her sheep Rosie. You could see one or two farmer's wives in the audience nodding in agreement at some of the stories. Alison says money was tight, but her quote is: *Money can't buy happiness but it can buy sheep which is pretty much the same thing.* She now has a wonderful

herd of sheep.

Walking with her sheep in the glorious Howgills, Alison decided she would like to offer B and B and lead groups to discover the charms of the area and became a fully qualified guide. She is still leading groups, but since then she has been asked to lead walks in other parts of the country including the Hebrides. This has since led to a love for Harris Tweed and she is now usually photographed wearing the tweed fashioned to one of her own designs.

Visits from TV personalities, interviews, designing and writing, are all a natural progression to her life on the farm. She still seems full of ideas. This is just a brief synopsis of her talk

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and if you see another evening with Alison O'Neill advertised – do go along. It shows just what she has done in her life so far with determination, energy, vigour and plenty of enthusiasm. It was amazingly inspirational.

Next month, Aiden Monks from Loving Artisan Bakery will be talking us. Visitors and new members most welcome.

Pat Allen

HOWGILL WI

We met at Firbank Church Hall on August 7th. Bridget Postlethwaite presided welcoming members also a warm welcome to our visitor Judith Stainton.

We have agreed to take part in the 'Sheepfest'. Three members are to attend a Workshop to get more ideas to complete our "Sheep" as Sedbergh expressed it's heritage as a Wool Town. There are to be around 100 life sized Sheep in and around the town.

Members were reminded of forthcoming events. We will be attending Dentdale WI's Open Meeting on August 13th when the speaker was to be Allison O'Neil, the Barefoot Shepherdess. Also the Kitty Brown Fashion Show at Barbon on September 2nd.

Our Howgill Hikers enjoyed a walk in the Hest Bank area. Former member Helen Beare is much better now and was able to join us again. Sheelagh



SEDBERGH SCHOOL



We often have vacancies for Kitchen and Cleaning Assistants, and for other roles from time to time. Some roles are based in Sedbergh, and others are at Casterton (Sedbergh Prep School).

If you would like to work for Sedbergh School then please complete an Application Form and return it to the address below, indicating what sort of work you are seeking. If we have suitable work available we will contact you and invite you to come for an interview.

You can collect an Application Form from the Bursary, download one from the School's website (www.sedberghschool.org) or request one by sending an email to Shirley on shw@sedberghschool.org or by ringing the HR Department on 015396 20303. Please also check the School's website regularly for details of individual posts as they arise.

Please return completed Application Forms in email to shw@sedberghschool.org, by returning them to the Bursary or (by post) to HR Administrator, The Bursary, Loftus Hill, Sedbergh, LA10 5RY.

We look forward to hearing from you.

Denniss was thanked for leading us. Bridget will be leading the next walk on September 10th.

Speak for the evening was Dennis Moore whose talk 'Laughter is the best Medicine' was presented in a lighthearted and humourous way, with a view to improving our health and well being. Did you know humour is good for your health, the physiological changes that take place in our body when we have a good laugh shows how it affects four key areas. Laughter triggers the release of endorphins, the natural feel good chemical, strengthens the immune system, boosts energy, diminishes pain and protects you from stress, helping you to feel better in mind and

body. This priceless medicine is fun, free and easy to use. Sheelagh Denniss thank Dennis for a fascinating talk.

The Competition to give five attributes for the ideal husband was won by Tanya Hoare with Bridget second (... *and they were???? Ed!*)

Social time was to name the Wedding Anniversaries. This was won by our visitor Judith.

The evening rounded off with tea and cake and some of that laughter therapy!!! Ha Ha.

We meet again on September 4th at Howgill Village Hall when Janet Smith will be telling us all about the Ladies of Holker.

See you there.

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SEPTEMBER GARDENING

Gardens can become a little lacking in colour in the late Summer and it is now that I really appreciate the bedding plants -Cosmos and Dahlias - which I grew from seed and planted out at the end of the border nearest to the house.

During the early 1980's I spent a happy 6 months working for the Parks Department of Leicester City Council. In those days there was still money for extensive bedding displays and carpet bedding schemes which the public used to enjoy visiting. As autumn approached we took many cuttings of the half hardy perennials – Crotons and coleus -which put the bulk and height into the large beds,

and *Altenanthera* with its wonderful range of foliage colours, *Pyrethrum* 'Golden moss' and *Plectranthus* which formed the patterns in the carpet bedding . There was colour right into October, when the shortening days meant that displays began to look rather tired.

Formal gardens with clipped hedges and carefully manicured plants have long been a sign of wealth and prestige. On my list of "gardens to visit one day" are some attached to chateaux in France.

Vaux- le- Vicomte has formal box hedges arranged in intricate patterns and interspaced with clipped bushes and trees. The chateau garden was begun in 1656, and designed by

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Andre le Notre for Nicolas Fouquet, Lois XIV's extremely wealthy and influential finance manager. Fouquet was very pleased with his property, and with himself, and chose to display it by entertaining the King and Royal Court to a lavish fete and firework display. It has been said that in order to impress the guests more fully he had an army of gardeners on hand to change some of the morning's planting schemes for afternoon ones whilst the guests were indoors eating their dinner. It does not do to outshine the King and, shortly after the party, Fouquet was arrested imprisoned and some of his clipped trees and statues were removed and

placed in the King's garden at Versailles.

A second garden – Villandry has a happier history. It too has extensive box edged beds, which are filled with bright bedding plants. The garden which was originally laid out in the 1530's had been buried under years of re-landscaping but in the early 20th century a great recreation was begun and The "Music Garden", the "Gardens of Love" and an enormous potager (decorative vegetable garden) were rebuilt. Apparently the colourful displays last well through the year. I shall have to make do with some broccoli and leeks.

Elaine Horne

Louise Hartley

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**CHRISTIAN AID
IN SEDBERGH & DISTRICT**

an update.

Recently our local committee had its annual reports and we'd like to thank everyone in the area who helped us have an extremely successful fundraising year. We were able to send the following to the Christian Aid Headquarters:

October 2013 October Coffee morning	£298.72
March 2014 Coffee morning	£360.71
Dent Lent soup lunch	£76.50
May 2014 Christian Aid Week	<u>£3918.18</u>
TOTAL	<u>£4654.11</u>

Those of you with excellent memories (or copies of last year's September Lookaround) will note that this is down on last year's total by approximately £500. This is mainly due to a drop in the proceeds of the Christian Aid Week activities particularly the 'Shop'. As a result there will probably be some alterations in the programme next year.

There are some changes in the

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committee; we're sorry to be losing our Garsdale representative, Mrs Pauline Ramsbottom, due to her moving home to Grange - it's just a bit far to trek and we wish her well.

This does mean that there's an opportunity for someone from Garsdale to get involved - if you'd like to give it a try then don't be backward in coming forward.

The committee work as a good team should and rotate jobs when necessary or if it helps the individuals involved. At our AGM, Mrs Christine Wood took up the Chairmanship again and Mrs Valerie Finch very helpfully assumed the role of Minute Secretary. Mrs Janet Dodds continues keeping our finances on the straight and narrow in her role as Treasurer. Our thanks go to them all.

There is always a break after the Christian Aid Week in May as it is such a major event but our next activity is coming up. It is our Coffee Morning on Wednesday October 15th in the URC rooms. We look forward to seeing you there.

*Rev Anne Pitt on behalf of the
Christian Aid committee*

BOXES OF HOPE CUMBRIA

YOUR LOCAL SHOE-BOX CHARITY

Yes it is almost shoe box time again! A very big thank you for the wonderful shoe boxes which we took to Romania last year, 9000 of them, it is fantastic to see so many happy children. With your help we can bring a smile to even more deprived children again this year. Leaflets will be available shortly.

Meanwhile you might be interested to know that your shoe box has enabled contact and trust between us and the school in the village of Tinca. With the help of our very generous volunteers and supporters Boxes of Hope Cumbria has enabled the school extension to be completed, we sent school supplies and furniture and brand new school uniforms for many of the 170 (out of a possible 700) attending school, and for the first time



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this summer a group of our (self funding) volunteers went to Romania where, together with volunteers from

People to People our partners in Romania, we ran a summer camp for 80 children. We currently sponsor 36 children in full time education which includes two meals a day

and a shower. A very generous supporter of Boxes of Hope Cumbria, who went on one of our distribution trips, saw the need for a less bone shaking mini bus and provided it. Pictures and more information are on our website www.boxesofhopecumbria.co.uk

on facebook or you can email us at info@boxesofhopecumbria.co.uk

So your shoe box is opening up a whole new world of education and life style as well as bringing great joy to deprived children in rural Romania. Please continue to support us and **thank you very much for your support** in the past.

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NORTHERN HARMONY CHOIR

Many of you will remember the last visit from Northern Harmony, the folk choir from Vermont, USA when they performed in Dent - and will be delighted to know they are returning later this month.

The choir is perhaps best known for singing "shape note" music from the USA - rousing four part harmony which is sometimes said to be sung in two ways: loud, or very loud - although the choir also adds a great deal of finesse. The music takes its name from the shapes which are used in the written music which allows singers to easily see the

intervals between two different notes. The choir has also arranged many different poems in this style of music by poets such as Dylan Thomas and Longfellow.

The choir also travels to many different countries where they learn the vocal styles of the singing and perfect their accents - including singing from Georgia, South Africa, Croatia, Macedonia...and many other countries. It is not unusual in one of their concerts for them to also dance and play the musical instruments from these countries as well.

There is a unique opportunity at **6pm on Friday September 26 in the**

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People's Hall to sing alongside the choir - to learn their songs and harmonies and then sing them alongside the singers making it easy to hold the parts. Although with some of the songs written music will be shared, their workshop is open to everyone regardless of previous experience, and as the choir will be singing alongside workshop participants it is fairly easy to learn the songs by ear as well.

And then you can sit back and enjoy the concert at 8pm.

If you'd like to take their music home with you - we are also looking for accommodation for the singers, most

of whom are happy to share double beds with their fellow singers - or you can buy CDs which will also be available.

If you have never heard them singing before - just Google "Northern Harmony" and "Youtube" and "David Burbidge" and you will see several of my videos of them singing in village halls on their last tour of the UK.

We look forward to seeing you in the People's hall towards the end of the month. Tickets are available from the TIC, by ringing me on Sedbergh 21166 or at the door.

David Burbidge
www.lakelandvoice.co.uk

 <p>SEDBERGH MEDICAL CENTRE</p> <p>CONFERENCE & TRAINING SUITES</p> <p>Station Road, Sedbergh Tel: 01539 718191 Email: sedbergh.conference@cumbria.nhs.uk www.sedberghmc.co.uk</p>	<p>FOR COMMUNITY & HEALTH RELATED MEETINGS/CONFERENCES, WE HAVE 3 ROOMS FOR HIRE.</p> <ul style="list-style-type: none"> • MEETING ROOM UP TO 8 PEOPLE • IT TRAINING ROOM UP TO 20 PEOPLE • LARGE TRAINING ROOM UP TO 40 PEOPLE <p><u>PRICES RANGE FROM</u> £20-£50 PER HALF DAY AND £40-£90 PER FULL DAY. HOURLY AND EVENING RATES AVAILABLE. FREE WIRELESS FACILITY & STATE OF THE ART EQUIPMENT HIRE.</p> <p>15% DISCOUNT ON ROOM HIRE IF LOOKAROUND MENTIONED WHEN BOOKING</p>
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ORGAN RECITAL

A packed audience enjoyed a wonderfully varied concert to celebrate the dedication of a restored pipe organ at St John the Baptist Church, Garsdale. The organ was originally in Deepdale Methodist Chapel, but when the Chapel closed, the organ was dismantled and taken south, where restoration began but was never completed. Somehow, word got back to Sedbergh, a van was hired, and sandwiches in hand, three would-be restorers set off to bring the organ home! Many months of painstaking re-building followed and the final outcome was this excellent celebration concert. Martin Dodds presented a brief history of events.

The restorers were Tony Reed-Screen, Richard Thomas, and Roger Bush, each of whom gave a virtuoso performance on the newly restored organ.

Sedbergh's early-music group, Cornucopia, played delightful music on little-known instruments such as Crumhorns, Gemshorns, Shawms and Psalteries.

Garsdale's own Mary Airey had opened proceedings by playing a truly rousing rendition of How Great Thou Art, and Rev Andy McMullon led prayers of dedication. A special guest was Mr Gordon Middleton, now 96 years old, who told of his sister Tizzie playing the organ in Deepdale all those years ago, and expressed his delight at hearing it again.

Refreshments followed in the Village Hall and over £450 was raised for Church funds.

David Lord



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Sedbergh Lookaround

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WATERSIDE FARM COFFEE MORNING

A big heartfelt thank you to all who supported our Coffee Morning on 16th August in aid of the Radio Cumbria Jigsaw Appeal. After a rather 'dodgy' start, the sun came out and we had a wonderful morning, enhanced by our Special Guest, BBC Radio Cumbria South Lakes Reporter Martin Lewes who 'mingled' and explained to us the object of the appeal. Thank you Martin.

Grateful thanks to the stallholders and coffee makers who worked so hard.

At the time of going to press, a total of £800 had been raised which is all down to the generous and kind



donations received.

Our daughter Liz is taking part in the Great North Run on Sunday 7th September, also for the Jigsaw Appeal so we hope, with her Sponsors, the final amount to present will be higher.

Thank you all again.

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CUMBRIA WILDLIFE TRUST MUSHROOMS AND TOADSTOOLS.

“What’s the difference between a mushroom and a toadstool?” This is a question which is often asked, not surprisingly because it’s not easy to decide. In America I believe they are all called Mushrooms, but in this country we have got into the habit of calling some of the edible ones, usually with the latin name *Agaricus*, “mushrooms” and all the rest “toadstools”. In fact, they are all relatively large species of fungus and there are plenty which are excellent eating but are not called mushrooms in Britain.

Unlike plants, no fungi can make their own food, so they either digest organic remains to get energy and grow, or they are parasites on other living things, or they barter for food in exchange for something else. In the first group come the Field Mushrooms and Horse Mushrooms which most of us can recognise well enough to risk picking and eating them. What we eat is simply the “fruiting body” whose gills on the underside produce microscopic spores, one in a million

of which may grow into a new mushroom fungus. Down below in the soil, however, is an enormous network of fine threads which grow slowly through the soil, digesting the remains of dead animal and plant material to get their energy, and releasing unwanted minerals into the soil. Unless the grass has been extremely well fertilised, this gives a spurt to its growth and it looks dark green against the yellow-green grass around. Mushrooms can live for many years, so they gradually spread outwards through the soil from their starting point, making a ring of this dark green grass. In older specimens portions of the rings may die off, so making them difficult to see from ground level, but aerial photographs show them up well. Indeed archaeologists were very excited when they observed many rings in the grass around Stonehenge as seen from the air and they presumed that they represented other henge constructions, but in the end it was discovered that they were fungi, a number of which, from their diameters, must have been hundreds



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of years old.

These rings have, of course, been noticed from time immemorial and the most favoured theory to account for them was that they were caused by fairies dancing in rings (which of course they do). In fact a Wiltshire curate, a Mr Hart, saw them coming over the downs late one evening and dancing round the grass circles.



He said that they enchanted him so that he couldn't run away and then they pinched him all over and who are we to doubt the word of a curate? One of these ring-causing toadstools has become known as the "magic mushroom" because of its hallucinogenic properties. When I was a schoolteacher we acquired a new illustrated book of fungi, and within days the page with the "magic mushroom" had been very neatly removed. (I am not revealing the real

name of this toadstool in case any reader of "Lookaround" should be misguided enough to try eating them, with potentially dire consequences).

Many toadstools are parasites on plants; in fact I'm sure some readers will have had valued trees or shrubs killed by the dreaded "Honey Fungus". Others again go into partnership with trees; in fact all of our trees and shrubs benefit from

having a *mycorrhizal* fungus associated with their roots. The fungus takes up mineral nutrients from the soil and passes them into the tree roots, and the tree responds by sending down food for the fungus and everyone is happy. Some of these produce fruiting bodies, like the Cep and the Chanterelle, which are even better eating than Field or Horse Mushrooms, while others like the Death Cap are, quite literally, deadly even in small quantities. (Moral: don't eat any fungus unless you are "dead" certain what it is).

Mushrooms and toadstools are fascinating and full of surprises, and one or another can be found at any time of the year, but the fruiting bodies are commonest in late summer and autumn. Each year there are fungus forays. These are usually well advertised, so do keep your eyes open for notices in the paper or on the town noticeboards (*and Lookaround? Ed.*), and go along to see what an expert can show you. You might even go home with a (safe) meal in your basket.

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YORKSHIRE DALES NATIONAL PARK

Access Forum needs new members

A group that helps to improve public access and recreation in the Yorkshire Dales National Park is on the lookout for new members.

There are currently eight vacancies on the independent Yorkshire Dales Access Forum, which provides guidance and advice on ways to improve and manage public access and opportunities for open-air recreation in this beautiful landscape.

Mohammed Dhalech (correct), the Yorkshire Dales National Park Authority's Access Development Officer, said: "The forum's job is to work with individuals and organisations who live and work in the 680 square miles of the National Park and those who use or visit the area for leisure and enjoyment, and to advise on ways to improve access

and recreation in this special place.

"This can be anything from looking at mobility issues to suggesting an upgrade of a specific footpath. The members also respond to consultations on a range of documents and strategies issued at local and national level."

The forum members should represent a balance of interests ranging from land management and agriculture to local business and outdoor recreation, although there is currently under-representation in land management and farming.

The forum meets three times a year, but some members also sit on a variety of advisory groups that meet regularly to consider specific issues in more detail and report back accordingly.

Chairman Alistair Thompson said: "Access forums were set up to improve access in the countryside



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and to help resolve potential conflicts between those who own and work the land and the people who use it for recreation. For that reason, it is important that the members have a range of interests that enable the forum to represent a balanced view.”

The deadline for applications is November 7, and anyone who would like to be considered can obtain more information by contacting Mohammed Dhalech on 01969 652363 or by email at accessforum@yorkshiredales.org.uk or by visiting the National Park Authority's website at <http://www.yorkshiredales.org.uk/ydaf>.

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**DENT DALE
 MEMORIAL HALL & GALA**

Obviously when I wrote this the Gala was still to happen and when you read this it will all be over for another year, whether the weather treated us kindly or not is unknown but we do always make contingency plans. My thanks to everyone who helped and supported DENT GALA in any shape or form. This summer, while the school holidays were on a

transformation has been taking place in the Sedgwick Room to maximise natural light and to provide some storage and tidy things up, my thanks to the contractors, Edwin, Jason and Chris. There is still work to be done so please be patient if you find things not quite to your expectations. Soon we hope to re-start Flicks in Dentedale, get the Bowling under way again and have some "one of events" to enhance the social life of the dale and raise some funds. More about those later.

DMHT Chair; S E Woof (25212)



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LADIES N. F. U.

The Summer Break from *meetings* is almost over, and we hope that our active farmers have had good hay-making weather this year. Our September meeting takes place on Tuesday the 16th when Wendy Fraser-Urquhart will give an illustrated talk on her journey to Beyond the Arctic Circle in a Light Aircraft, not to be missed.' Then its down to Earth for our A.G.M., followed by a Jacobs Join.

Visitors and New Members are always welcome. *Marlene Mason*

FAMILY MUSINGS

A family member tells me the world is divided by those people who have dinner parties and those who don't, I asked if she could verify "dinner party", ie would supper qualify? I am still waiting for the answer! Perhaps we need to polish the table, match the cutlery, get out the china crockery, the linen napkins and get cooking or perhaps we will not bother. Give me friends/family and a good simple supper and I'm happy, especially if I don't have to prepare/clear up. We do travel over to Cark from time to time to spend the evening with friends and food is part of the get together, they celebrate Shabbat (jewish meal for the eve before Sabbath and Sabbath

is Saturday) so the candles are lit, the prayers prayed and the copious amounts of food enjoyed. Different but lovely.

Our holiday was different, we went to the place of my birth and helped with a Christian Mission which took place in a huge tent on the prom, my main task being to assist with a café which was kept very busy from approx. 10am until 11pm every day. Although not exactly a relaxing holiday we enjoyed time together, walked on the prom, ate out and had one night in a sea view room although sadly The Midland was fully booked. Ah well, next time..! My Aunt and one grandson and I recently spent a day in Morecambe where the

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wind was defo "up" and both aunties wheely walker and the pushchair were blown away more than once.

Bumper year for Blackberries, still Strawberries in the greenhouses, tomatoes coming, enjoying the new spuds and the Beans are in flower. A few Peas and dozens of Sweet Peas but not many Currants this year, I wonder why. Blue Berries galore on the shrub but not a blue one in sight and some Raspberries must think it is autumn! Grapes growing well and the vine is slowly taking over the older greenhouse but it provides shade on the hot summer days.

Looking at the Digital Photo Frame the family gave me for my birthday I see different pictures every day, one thing is sure, there is nothing like a photo for proving beyond doubt that I did not look quite as good as I felt in certain clothes! Enjoy those dinner parties.

Sarah

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RAMSBOTTOM FAMILY

Sedbergh to Grange

We arrived in Sedbergh one very cold December day in 1982 with three little girls, the eldest being only seven and not two days later middle daughter had such a high temperature that a Doctor was needed. Within half an hour Dr Syred was on our doorstep. As we were to find out over the next thirty+ years that was the sort of place we had come to live in. The communities of Sedbergh and Garsdale have been wonderful and we have made friendships that will last. Thank you everyone, it has been a pleasure to live and work amongst such a friendly and community spirited people

Why we felt that a change was needed I'm not sure, but as they say, a change is as good as a rest and so we've swapped the hills of Sedbergh for the estuary of Grange over Sands

If you are in the area we would love to see you. Our new address is Anyang (we are trying to change this but things are never that easy!), Fernleigh Road, Grange over Sands LA11 7HP Tel: 01539532383.

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DENT DALE CHRISTIAN FELLOWSHIP

Amazing we celebrate 5 years this year and continue to enjoy fellowship one Sunday evening a month with folks from near and far, the monthly Sunday lunches will resume this month. Over the years people of all ages have come to share with us how God has helped them, challenged them and blest them, we have watched DVD's and heard CD's, read articles and heard of meetings all around the place. Now, we look forward to what the future holds, knowing we are held safe in the hands of our heavenly Father. For more information contact John & Sarah Woof. Rhumes. Dent.

SEDBERGH PARKING PERMITS

It's that time of year again – your old parking permit for Joss Lane and Loftus Hill car parks expires on 31 August.

If you want to get a new permit for 2014-15, come along to the Information and Book Centre at 72 Main Street to get one. We are open between 10am and 4pm from Monday to Saturday, and between 12 noon and 4pm on Sundays.

The price has not changed – day permits are still £38 and 24 hour ones £57. The Parish Council asks people who expect to be using a car park overnight on a regular basis to get a 24 hour permit. We take cash and cheques (payable to Sedbergh Parish Council) but not cards.

You can get a permit if you live, work or have a holiday place in the area of the "LA10 5" postcode or in Killington, Middleton and Lowgill. If you have a commercial let or B&B you can get a permit for your customers.

Unfortunately, if you own a camper van, you will not be able to get a permit.

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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.

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SEDBERGH BRITISH SCHOOL TRUST

The Trustees will meet on Wednesday 17th September 2014 to consider Grant Applications from suitably qualified persons who have attended local authority schools in Sedbergh & Dent, and who seek financial assistance to further their education or for vocational training.

Applications should be in writing and addressed to:

The Honorary Secretary of the Trust
6, GULDREY FOLD, SEDBERGH,
CUMBRIA LA10 5DY

and should be made without delay.

Mrs Jean Cope Hon. Secretary

LOOKAROUND

Please note that the last time for paper submissions for October is 3pm on Wednesday 17th September.

PEOPLE'S HALL NEWS

The main entrance of the Hall

Since the last report things have moved on. The front cladding and insulation has been completed and wet dashed to match the side extension. By the time you read this the front screen should be installed, creating an entrance lobby three times the size of the original.

The work has not been without some problems. We knew the front cantilevered "porch" was held up by four inch nails, 1956 style. What we didn't know was that the corner of building at the car park side had subsided by at least an inch and the foundations on that side were very poor. The result is the front of the building is not square. Another problem was the strength of the purlins, which had to be substantially re-enforced.

We are now working on the first fit and re-designing the bar area. You

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

We are still looking for more funding so please consider further donations to our redevelopment work.

The People's Gym and Fitness Centre

Work is still planned to start in September 2014. At present the Gym is reviewing its stored equipment to develop a layout.

PH Coffee Morning

Wednesday 24 September Coffee Morning, in URC rooms

Booking arrangements 17-24 September 2014

Elsewhere you will see that Sedbergh (Smart) Office Services is closed for the period 17-24 September 2014. During this time please:

Write to PO Box 7, Sedbergh, LA10 5GE for booking forms and other

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Dates for your diary

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Quiz, in People's Hall
Friday 7 November, Touring
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**MIDDLETON GET TOGETHER
AT MIDDLETON HALL**

On Friday 8th August, Middleton held
its 6th Annual Get Together, hosted by
Hazel and Alan Watson at Middleton
Hall. Last year the thunder rolled at
exactly 6pm; this year it started at
5pm with a power cut as well.
However, contrary to all expectations,
the rain gave up in good time for the
whole event to take place as planned.
More than 60 adults and children
attended.

Over £430 was raised for the
Church from the duck race (no
shortage of water in the beck), raffle

and guess-the-number-of-wristbands-
in-the-jar competition. Many thanks to
everybody who sold raffle and duck
race tickets (and of course to those
that bought them), to the providers of
raffle prizes and the children who ran
the wristband competition.

The first two ducks home had been
picked with admirable foresight by
Smudge Barnes (Jill's cat) and
Peaches Barnes (Audrey's dog) at
Hawkin Hall. The rest of the Barnes'
family are looking forward to their £30
and £20 prizes being spent on a slap-
up meal of Whiskas and Winalot(!).

A special thanks to Hazel and Alan
for hosting the evening, particularly in
the light of the unplanned disruption
on Friday morning when their
sheepdog decided to herd 200 sheep
into the pristine barn. It was not
pristine when they left! I hasten to
add it was perfect again for the
evening.

Michael Roberts

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CITIZENS ADVICE BUREAU

How to Rent – a Checklist

For people who cannot afford to buy their own home, and don't qualify for social housing, the only option is to rent in the private sector. There's a shortage of affordable private rented housing across South Lakes, partly due to the number of holiday homes, but where private renting is available it can often feel daunting for both tenant and landlord. The government has published 'How to rent - The checklist for renting in England'. The checklist is designed for future and existing assured shorthold tenants in the private rented sector, and gives a useful summary of rights and responsibilities, with helpful suggestions on questions to ask. It includes links to other websites for more detailed information. The checklist is available on the GOV.UK website at www.gov.uk/government/publications/how-to-rent

Free, confidential advice and help is available from South Lakes Citizens Advice Bureau on any aspect of debt, consumer problems, benefits, housing, employment and any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for an appointment and help.

If you don't need us for advice, how about helping us by becoming a volunteer or making a donation? Not many people realize that we are a charity - see our website for details www.southlakescab.org.uk.

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CRAFTWORKSHOP

We will be offering a series of taster art and craft workshops for this autumn and winter for children and adults. Would you like to learn a new skill in a small friendly atmosphere then please register your interest at the shop and what subjects you are interested in. Our members can offer painting, drawing, willow work, knitting, crochet, jewellery, wet and dry felt, spinning, weaving, rag rugs, Christmas decorations etc A program will then be produced and will be posted in the shop.

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EDITORIAL

Sincerest apologies to the family of Basil Appleyard whose details appeared in the Birthday Listings last month but had sadly Passed Away last Christmas.

This month, I have taken on a new Computer with new programmes and what a headache they have turned out to be. After getting everything set up and ready and raring to go, I kept coming up against hurdle after hurdle. Not being as fit as I used to be, I managed most of them but fell at a lot more. I ultimately resorted to the old working on the old computer and programme and will have another go for next month. If anyone is a regular user of Publisher 2013 and could spare me an hour or so, it would be greatly appreciated.

Sadly, last month, I reported on the theft of a Collection Box from Sedbergh Post Office. Very sadly, I have to report the theft of another from Dent Stores. I am speechless, as I am sure many of you are!!! An obvious clue will be the tendering of cash in a large quantity of £1 & 50p pieces.

Finally, a big, big thank you to Janice for the many years of assistance to Lookaround in acting as our Office. We wish her all the very best in her venture. We could not have operated without her and her little Team. We now say a big hello and welcome to Anne Newbold and her little Team. SmartOffice will be the new title of the business **BUT** everything will still be the same for *Lookaround* and the People's Hall. Please note that the Office will close

for Lookaround at 3pm on Wednesday 17th September for receiving anything by hand. E-Mails will not be affected and normal service (and the challenge for the staff) will start on Wednesday 24th.

Dennis J Whicker

worship@peopelshall

Summer holidays and once again the Peoples Hall hosted the July Holiday Club for children aged 5-11. Organised and very enthusiastically led by a large and very committed group of volunteers from Churches Together in Sedbergh, 57 children enjoyed activities, fun and games from Monday -Friday. "Mega Makers" discovered through DVD's, songs, prayers, dramas and jokes how vast is God's love for each one of us, and whatever seems to be happening at the present moment, there is always the bigger picture to look for. God will never leave us.

The Sunday service was a continuation of the week's theme, with all sorts of happenings! "Boffin" and "Brainwave", (Gordon Hosker and Sandy Roy) kept the pantomime spirit alive, with Carole Marsden bringing some order, with a great summing up of the whole week. It has been a great Holiday Club, with a memorable service to finish, made special by the attendance of many of the children and their parents! You may need to get signed up early next year! We resume more normal, but still informal worship next month Sunday 7th September and then Sunday 5th October at 10.30am. See you there! *Sed Methodist Church*

COMMUNITY OFFICER REPORT

07/07 - Theft of fencing wire, gate hooks and a chain saw were stolen from a property in Garsdale.
09/07 - A van matching the description (a white van smaller than a transit with blacked out windows) on the above crime was stopped , but checked out with no offences.
13/07 - A drunk driver was reported to us in Sedbergh, observations were carried out but unable to locate.
14/07 - RTC at Lambrigg, with minor injury.
15/07 - A report of a bike travelling at speed on the Firbank Rd, a letter sent to the keeper.
16/07 - Theft of a charity box from Sedbergh Post Office.

16/07 - Burglary at Ewegales farm Cowgill, Cash taken.
21/07 - A report of 8 ewes and 10 lambs missing from a field at 4 lanes farm. Texel/Suffold Crosses with a blue stripe down the left shoulder.
26/07 - A report of a drunk male ferrying persons around in his car, this male linked to another log with 3 arrests made.
26/07 - ASB reported from a property in Sedbergh in the early hours.
28/07 - A handbag was stolen from The Moorcock Inn.
29/07 - Report of teenagers riding around in the vehicles on Castlegarth causing a nuisance. This is being monitored.
31/07 - Suspicious person seen up

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Firbank with a head torch in the dark. Officers attended with a negative search of the area.

07/08 - Burglary in the Dent area. 2 chainsaws and 50l of red diesel were taken from an insecure shed.

11/08 - There was a theft of the Lookaround charity box from Dent Stores. No CCTV and no witnesses.

13/08 - It was reported to us that a water trough stop cock system had been stolen from a field beside bath bridge sometime at the end of July.

13/08 - Fraud and forgery was reported to us in the Killington area. Enquiries are ongoing.

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 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*



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Adult Education Courses Autumn 2014 - Spring 2015

Code	Subject	Tutor	Wks	Day	Start	Times	A	B	C	Town
Art, Craft & Textile Courses & Workshops										
4083SED	Peg Loom Weaving	Janet Phillips	1	Sat	08/11/2014	10:00-16:00	£30.00	£24.00	£15.00	Sedbergh
4081KBL	Rustic Welcome Wreath	Janet Phillips	1	Sat	29/11/2014	10:00-16:00	£30.00	£24.00	£15.00	K'Lonsdale
4022SED	Lino Printing	Kath Lockhart	1	Sat	17/01/2015	10:00-16:00	£30.00	£24.00	£15.00	Sedbergh
4086SED	Chiffon & Felt Spring Scarf	Janet Phillips	1	Sat	21/03/2015	10:00-16:00	£30.00	£24.00	£15.00	Sedbergh
4038SED	Experimental Watercolour	Frances Winder	1	Sat	28/03/2015	10:00-16:00	£30.00	£24.00	£15.00	Sedbergh
4035SED	Collage and Mixed Media	Frances Winder	1	Sat	01/11/2014	10:00-16:00	£30.00	£24.00	£15.00	Sedbergh
4036SED	Bold Landscapes	Frances Winder	1	Sat	07/02/2015	10:00-16:00	£30.00	£24.00	£15.00	Sedbergh
4026SED	Christmas Decorations & Textile Crafts	Janet Phillips	5	Thu	06/11/2014	14:00-16:00	£35.00	£29.00	£18.00	Sedbergh
4021SED	Life Drawing	Kath Lockhart	10	Mon	17/11/2014	14:00-16:00	£98.00	£85.00	£64.00	Sedbergh
History & Writing										
4052SED	Family History	Patricia McNulty	1	Sat	08/11/2014	10:00-16:00	£30.00	£24.00	£15.00	Sedbergh
4054KBL	Family History	Patricia McNulty	1	Sat	07/02/2015	10:00-16:00	£30.00	£24.00	£15.00	K'Lonsdale
4019SED	Creative Writing	Janni Howker	12	Fri	19/09/2014	13:30-15:30	£82.00	£66.00	£41.00	Sedbergh
Computing & Digital Photography										
4031KBL	Beginners Internet & Email	Chris Wood	4	Mon	22/09/2014	13:00-15:00	£29.00	£23.00	£15.00	K'Lonsdale
4032KBL	Using Laptops & Tablets	Chris Wood	4	Mon	10/11/2014	13:00-15:00	£29.00	£23.00	£15.00	K'Lonsdale
4029KBL	Buying and Selling on eBay	Chris Wood	1	Sat	04/10/2014	10:00-15:00	£27.00	£22.00	£14.00	K'Lonsdale
4058SED	Weekly Computer Drop-in (weekly payment)	Chris Wood	10	Wed	24/09/2014	13:30-15:30	£2.00	£2.00	£2.00	Sedbergh
4034SED	Simple HTML Web Programming	Chris Wood	4	Thu	05/02/2015	19:00-21:30	£35.00	£29.00	£18.00	Sedbergh
4033SED	Intro to Digital Photography & Image Editing	Chris Wood	6	Thu	06/11/2014	19:00-21:00	£42.00	£34.00	£21.00	Sedbergh
Psychology & Personal Development										
4066SED	Creative Thinking	Kirsty McEwan	2	Tue	03/02/2015	18:30-21:00	£17.00	£14.00	£8.00	Sedbergh
4045SED	Intro to Cognitive Behavioural Therapy	David Walton	2	Sat	08/11/2014	10:00-16:00	£50.00	£40.00	£25.00	Sedbergh

4047SED	Intro to Emotional Intelligence	David Walton	1	Sat	24/01/2015	10:00-16:00	£30.00	£24.00	£15.00	Sedbergh
4048SED	Applying Emotional Intelligence	David Walton	2	Sat	07/02/2015	10:00-16:00	£50.00	£40.00	£25.00	Sedbergh
Pilates & Yoga										
4074SED	Pilates (Early)	Ally Hurst	12	Mon	22/09/2014	16:30-17:30	£72.00	£72.00	£72.00	Sedbergh
4087SED	Pilates (Later class)	Ally Hurst	12	Mon	22/09/2014	17:45-18:45	£72.00	£72.00	£72.00	Sedbergh
4020SED	Yoga in Sedbergh	Fran Fryer	12	Thu	18/09/2014	19:00-20:30	£62.00	£49.00	£31.00	Sedbergh
Languages										
4012SED	Italian Continuing, Tuesday	Ian Platt	12	Tue	16/09/2014	10:15-12:15	£82.00	£66.00	£41.00	Sedbergh
4013SED	Italian Continuing, Wednesday	Ian Platt	12	Wed	17/09/2014	10:15-12:15	£82.00	£66.00	£41.00	Sedbergh
4017SED	German Beginner	Ian Platt	10	Thu	25/09/2014	19:00-20:30	£51.00	£41.00	£26.00	Sedbergh
4094SED	German Conversation	Nela Geuer	10	Mon	22/09/2014	19:00-20:30	£51.00	£41.00	£26.00	Sedbergh
4005SED	Spanish Beginner	Ian Platt	12	Thu	18/09/2014	10:15-12:15	£82.00	£66.00	£41.00	Sedbergh
Work, Business & FREE GCSEs										
4027KEN	GCSE Maths	Jo Jones	13	Wed	17/09/2014	19:00-21:00	Free	Free	Free	Kendal
4039KEN	Thinking About Self Employment	Jerry Bennett	2	Thu	25/09/2014	19:00-21:00	£5.00	£5.00	£5.00	Kendal
4040KEN	A Guide to Working for Yourself	Jerry Bennett	10	Thu	09/10/2014	19:00-21:00	£25.00	£25.00	£15.00	Kendal
4079KEN	Business Correspondence & Report Writing	Kirsty McEwan	1	Sat	11/10/2014	10:00-16:00	£10.00	£10.00	Free	Kendal
4078KEN	Successful Job Hunting & Interviews	Kirsty McEwan	5	Mon	03/11/2014	14:00-16:00	Free	Free	Free	Kendal
4080KEN	Successful Meetings & Communication	Kirsty McEwan	5	Sat	15/11/2014	10:00-13:00	£50.00	£50.00	Free	Kendal

Sedbergh CDC

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email: admin@sedberghcdc.org.uk

www.sedberghcdc.org.uk

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**TRIGLAV AND ZRECE VISITS
2014 and 2015**

I spent part of February in Slovenia where I met singers and others to make arrangements for our visit to the Zrece and the Triglav national park in August later this year. Our local singers will be walking and singing alongside Slovenian choirs, doing concerts in mountains refuges (such as Kredarica in this photo) and also on the summit of Triglav, Slovenia's highest point. We will take four days to do a walk which can be done in a day along very good alpine paths, so even though the mountain is almost 3,000 metres high most of it won't be a problem for anyone in reasonable health, especially as we are also being driven half way up the mountain! The very last part to the summit is a bit like Striding Edge, only with iron rope bedded in the rock to keep you safe.

Triglav (pronounced "Tree-glow" rhyming with "cow") has a special place in the hearts of Slovenians many of whom say you are not a true Slovenian until you have been to the top. Let me know if you'd like to join us - we will be learning several songs in Sedbergh from Slovenia and the UK which we will sing alongside the Slovenian choirs. Written music and recordings of the parts and pronunciation of Slovenian words are available to help. We will also be visiting Zrece and Ljubljana with our usual high standard of accommodation.

We are also making plans for a concert tour of Zrece and Slovenia in

May 2015 as part of celebrations of the 10th anniversary of the twinning between Sedbergh and Zrece. If you would like to join our singers visiting Zrece you will be most welcome. I joined several choir practices while I was there - the Zrece choir sends their love to everyone they met here last year and say they are looking forward to welcoming our singers. David Burbidge

David Burbidge

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

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



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
Mrs 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.; Free Wi-Fi</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
Borrett Barn Flat, Marthwaite, Sedbergh (2014/07)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2014/07)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175

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	-

YOPELLING IN SEDBERGH

Did you know that?

... Sedbergh's musical tradition really only began in the 1930s when Lionel Croucher, already an accomplished performer on the linoleum, established the Sedbergh Yodellers to encourage those who lacked any musical ability and who were completely tone deaf to get together and entertain in public. Croucher brilliantly transcribed popular songs and hymns into yodels and, although unkindly dismissed by some critics as "excessively loud," "chaotic" and "impossible to understand the words", the Yodellers quickly expanded, attracting both the deaf and the blatantly exhibitionist.

The group did not survive beyond the outbreak of War and the high incidence of hernias among the more enthusiastic members of the group, but you may still be lucky to pick up some of their old 78's, such as Finkle Street Blues, and Silent Night. (Both on Parlophone).



Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
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 *	09/14	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 *	09/14	Mrs Brooke	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
Messy Church *	09/14	Mrs Raw	Sed:	20542
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 *	09/14	Mrs Kitchen	Sed:	20826
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					
St. Andrew's	7th	14th	21st	28th	
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	3rd	10th	17th	24th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
St. Mark's	7th	14th	21st	28th	
9.30 am	HC	MP NC	MP NC		
2.30 pm				Taize	
St. John's	7th	14th	21st	28th	
9.30 am	MP	MP	HC	MP	
LUNE PARISH SERVICES					
	7th	14th	21st	28th	
Holy Trinity Howgill	10.30 am Joint MP Howgill			2.00 pm Joint Harvest Festival Howgill	
St John's Firbank		10.30am Harvest Festival			
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	7th	14th	21st	28th	
St. Andrew's	10.30 am HC	10.30 am HC *	10.30 am HC	10.30 am HC	
St. John's	9.00 am HC		2.30pm 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

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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

SEPTEMBER		
1	1730	Sheepfest Workshop till 9/9 (1 & 22) PH
3	1000	Coffee Morning - Garsdale Church URRCR
4	1930	WIH Ladies of Holker HVH
6	1000	Learn to Meditate (7) MCD
6	1100	Surplus Stock Sale (7) MF
6	1900	Flicks in the Fells PH
7		Moorcock Show (*) Mossdale
7	1100	Monthly Meditation (7) MCD
7	1100	Surplus Stock Sale (7) MF
9	1400	WIK Nurture your Artistic Talent PH
10	1000	Coffee Morn - A&LP Lookaround (10) URRCR
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	1930	FoSMC Quiz Night & Supper (12) PH
13	1030	National Heritage Weekend (1 & 22) FM
13	1100	Surplus Stock Sale (7) MF
14		Town Band @ Hardrow Festival Hardrow
14	1030	National Heritage Weekend (1 & 22) FM
14	1100	Surplus Stock Sale (7) MF
14	1600	Messy Church SMC
16	1300	Medical Centre Closed for Training (16) MC
16	1930	Ladies NFU PH
17	1000	Coffee Morning - Town Band URRCR
17	1930	Town Band Concert MiddC
20	1000	Artisan Market (22) Main Street
20	1400	Talk & Reflection (7) MCD
21	1000	Autumn Equinox (7) MCD
24	1000	Coffee Morning - People's Hall (24) URRCR
26	0830	McMillan Biggest Coffee Morning (26) DMH
26	1000	McMillan Biggest Coffee Morning (27) GH
26	1000	McMillan Biggest Coffee Morning (1) No6
26	1800	Concert Workshop (26) PH
26	2000	Northern Harmony Workshop (26) PH
27	1000	Meditation & Walking Day (7) MCD
OCTOBER		
1	1000	Coffee Morning - Firbank Church URRCR
2	1930	WIH AGM & WI Advisor
4	1900	Flicks in the Fells PH
5 - 7		Singing Carlisle - Settle Ingleton
5	1930	NWA Concert (54) Appleby PH
7	1400	WIK Sing! Penguin! Sing! PH
7	1930	First Responders Meeting PH
8	1000	Coffee Morning - URC URRCR
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 Cancelled
13	1900	CIO AGM PH
15	1000	Coffee Morning - Christian Aid URRCR
15	1300	Medical Centre Closed for Training (16) MC
18	1400	MS Jumble Sale PH
19	1600	Messy Church SMC
22	1000	Coffee Morning - Bowling Club URRCR
24	1930	Autumn Domino Drive HVH
25		Charity Jumble Sale PH
26		Clocks Fall Back
29	1000	Coffee Morning - Garsdale Church URRCR
31		Halloween
NOVEMBER		
1		All Saint's Day
5	1000	Coffee Morning - Royal British Legion URRCR
6	1930	WIH Music & Poetry HVH
7	1900	Monster Ceilidh Band PH
9		Remembrance Day Services
11	1300	Medical Centre Closed for Training (16) MC
11	1400	WIK AGM PH
11	1930	Town Band Concert of Remembrance URC
12	1000	Coffee Morning - Killington Church URRCR
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
16	1600	Messy Church SMC
16	1930	NWA Concert (54) Appleby PH
19	1000	Coffee Morning - Ladies NFU URRCR

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

COVER PICTURE

Dent Village

by Dennis J Whicker

21	1930	Sed Cricket Club Family Domino Drive	SPS
26	1000	Coffee Morning - StAS Bells	URCR
28	1930	Christmas Party Domino Drive	KVH
29	1000	Coffee Morning (Advent & Christmas)	DMC
30		St Andrew's Day	

DECEMBER

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 (16)	MC
25	1930	NWA Concert (54)	Appleby PH

FEBRUARY

10	1300	Medical Centre Closed for Training (16)	MC
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MARCH

1	1500	NWA Concert (54)	Appleby PH
12	1930	Rose Community Theatre Production	PH
13	1930	Rose Community Theatre Production	PH

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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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
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
IRC	= Information Resource Centre
JLCP	= Joss Lane Car Park
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MiddC	= Middleton Church
MF	= Meadowbank Farm, Cautley
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
SS	= 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

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