

Sedbergh & District

LOOKAROUND

September 2016

Issue 347

Donation £1

A very warm, if not a wet, welcome to all our readers.

A big continued thank you to all our contributors both in the articles and adverts which really does show what a brilliant community we have.

There are many events on again this month so please give them all of your support.

Please note updated Postal details on Page 85.

Dennis & Jacky Whicker



Penny Black

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CLOSING DATES: NEW ADVERTS - 15th; OTHERWISE - 19th

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

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19	Mia COTTAM	4
21	Charlotte GARDNER	10
25	Thomas DAWSON	7

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

ZREČE ARTISTS VISIT

From September 27th to October 2nd a group of ten amateur artists from Zreče will be coming to Sedbergh. They will be flying to and from Manchester Airport and will be hosted by the Town Twinning Group and Sedbergh Art Society.

We first met some of the group when we visited Zreče for the 10th anniversary celebrations in May 2015. They had their work on display in a little "pop-up" gallery and generously gave us all a miniature of local scenes to take home.

We met again during the student exchange visit in February this year and we discussed the practicalities of an artists' exchange as well.

We look forward very much indeed

MOORCOCK & DISTRICT AGRICULTURAL SOCIETY

MOORCOCK *Centenary* SHOW

To be held at Mossdale
Off A684, between Sedbergh and Hawes

Sunday 4th September 2016

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- Vintage Tractor Display and Competition
- Jazz Band

Free Centenary Mug to the first 100 children through the gate.
Gates Open 10.30am -- Sheep Judging starts 12 noon
Admission: £5 Adults; Children: Free

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Saturday 3rd September

10am - 5pm

Meditation for Beginners

Sunday 4th September

11 am to 1 pm

Group Meditation

Drop-In - All Welcome

Sunday 18th September

11am - 1 pm

Rainbow Chakra Gong Sound Bath

Thursday 22nd September

2 - 5pm

Celebration of the Autumn Equinox

Friday 30th September

10 - 4 pm

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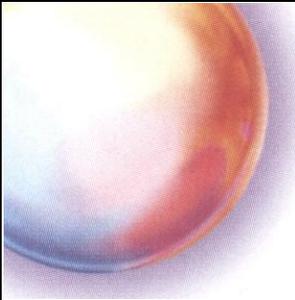
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to welcoming them to Sedbergh. There will be opportunities to paint and draw while they are here, both independently around town and at Art Society and Farfield workshops.

We hope to offer them as much hospitality as we can during their stay. Their budget is limited despite the improved currency exchange rate. If anyone would like to host an evening meal or a lunch that would be much appreciated. Any offers of cakes etc. or transport would also be very welcome. We are very grateful indeed for offers already made but there are still slots to fill!

Please get in touch if you would like to help.

*Susan Garnett, 21138
msg@wardses.org.uk*



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of

Sedbergh Lookaround

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A VISION STATEMENT FOR SEDBERGH

Following prompts from the South Lakes District Council, The Chamber of Trade and Business, the Community Trust and the Parish Council have discussed this subject. The result of these deliberations is presented here, for the benefit of all residents and businesses in Sedbergh.

Why have we bothered? Well, the Vision is a valuable document, because it;

1. States what we think of our town, listing real strengths and challenges.
2. Is a valuable publicity and marketing document for the town and its organisations.
3. Provides a valuable addition to applications for funding from external agencies.

What it is not. It is not "set in stone" and is open to review by the whole community on an annual basis, to update and refresh priorities.

Suffice it to say that it was compiled with a pride for Sedbergh and its communities. We have much to be proud of, living in Sedbergh!

Finally, while many have contributed to this Vision, I wish to acknowledge Barbara Hartley and Ian Macpherson in particular for their input.

Andy Cobb

A VISION FOR SEDBERGH

A "Vision Statement" is needed to bring all parts of the community together. It can help to secure Sedbergh's future as a prosperous and sustainable market town with a thriving local economy. This



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Wednesday 7th September
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All Donations Gratefully received.

document, prepared jointly by the Parish Council, The Community Trust and The Sedbergh and District Chamber of Trade and Business, is offered as a contribution towards achieving the "Vision". It identifies Sedbergh's strengths and challenges and proposes three Key Themes through which the "Vision" can be approached and realised, underpinned by specific initiatives that the Community may support. It is intended that the document is submitted to public comment and visited each year to be updated to reflect current challenges.

1) Our Strengths (or what we have to offer)

- * A beautiful, peaceful and clean

landscape as a setting for the town

- * An attractive town centre with heritage assets
- * A multi-faceted rural economy
- * A positive visitor experience
- * A vibrant and distinctive local community
- * Excellent local schools
- * England's Booktown
- * Good transport links to the M6 and rail services

2) Our Challenges (or what we have to do to)

These can be summarised in Three Key Themes:

Delivery of Economic Infrastructure
(Including broadband, local business hub, improved roads and services, affordable housing, accommodation)

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for visitors)

- * Secure superfast broadband and enhanced mobile phone connectivity
- * Lobby the providers to provide better services for Sedbergh and District
- * Enhance business skills and business development opportunities
- * Support the Sedbergh Hub at a new location
- * Encourage the Yorkshire Dales National Park Authority (YDNPA) and South Lakes District Council (SLDC) to be proactive in their support of enterprise through the planning process
- * Encourage the development of both the Wednesday Market and

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- * the Saturday Artisans Markets
- * Chamber of Trade and Business to continue to provide support for local businesses
- * Attract new businesses
- * Improved safety for roads and footpaths
- * Progress proposals for the management of pedestrians and vehicles in the centre of town through the use of a 'shared surface'
- * Develop proposals with the Highways Agency for traffic calming measures and/or the introduction of lower speed limits
- * Investigate parking issues
- * Identify places for the better parking of coaches

- * Improve the appearance and functioning of the Joss Lane car park
- * Periodically review parking charges and explore the possibility of some measure of free parking to encourage visitors

Secure affordable housing for young families and the elderly

- * Identify opportunities to promote self-build affordable housing
- * Investigate the possibility of additional care housing for the elderly

Generate employment opportunities for disadvantaged people

- * Investigate local business that would be willing to provide apprentice positions and employment for young people

with learning difficulties
Support initiatives for the development of the farm economy

- * Support farm tourism and the promotion of local farm produce
- * Support initiatives for cost-effective and sustainable farming methods that benefit the wider environment

Promote the improvement and modernisation of accommodation to attract visitors

- * Encourage YDNPA and SLDC through their statutory functions to support the upkeep and refurbishment of buildings in Sedbergh
- * Investigate the possibility of finding a developer/hotelier for the Bull Hotel

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- * Encourage accommodation providers to develop marketing initiatives that coordinate with sporting and cultural events
- * Development of the Visitor Economy
- * *(Sedbergh as a destination where visitors eat sleep, explore and discover; promote local centres of excellence and importance)*

Promote Sedbergh as a desirable tourist destination

- * Support Sedbergh stakeholders and organisations to promote events that attract visitors
- * Support the Information Centre to extend its advertising of Sedbergh regionally as well as locally
- * Produce on-line guides for aspects of Sedbergh's history and

culture

- * Produce on-line guides for a craft tourist trail and a food trail
- * Support Farfield Mill as a tourist destination
- * Encourage more bed and breakfast businesses
- * Support the further development of "Sedbergh Book Town"

Promotion of Community Enterprise

(Capitalise on the social capital and enterprise of volunteers who are central to the community; identify and use the skills in the community and promote/increase community ownership; develop partnerships with local authorities and the National Park.)

Secure investment in infrastructure in the town centre and improve public

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transport

- * Seek to extend the Dales Community Bus Service for Day Tours based around the Howgill Fells
- * Continue to support the Sedbergh and District Community First Responders

Promote activities that are accessible to all

- * Support organisations promoting indoor and outdoor sporting activities
- * Provide support for the People's Hall and its associated activities
- * Provide support for the Cycling, Food and Music Festivals
- * Provide support for the 'Walkers Are Welcome' initiative

- * Promote cultural activities
- * Support "Flicks in the Fells" and similar initiatives

Provide additional recreational facilities for young people

- * Encourage facilities for young people, such as a youth centre, BMX track or skate boarding area
- * Identify appropriate sites and buildings for these facilities

Care for an ageing population

- * Continue to support initiatives such as Meals on Wheels, and Care in the Community
- * Seek a care provider to encourage the provision of purpose-built accommodation to meet identified needs
- * Support SLDC to improve the

facilities at Gladstone house and its environment

- * Establish Sedbergh as a Dementia Friendly Community

3) The Proposed Way Ahead

A "Town Coordinating Committee" is proposed to adopt the "Vision Statement", that is published on the Sedbergh.org.uk website. This should reflect the interests of all Sedbergh organisations. The Committee is envisaged as an independent forum which would meet not less than twice yearly to review progress and focus on:

- * Representing the key stakeholders – The Parish Council, The Community Trust and The Sedbergh and District Chamber of Trade and Business;
- * Lobbying, influencing, inspiring politicians and fund holders;
- * Championing Sedbergh and working to a prioritised Action Plan of projects and objectives that are identified to realise the "Vision".

Andy Cobb

SIGHT ADVICE SOUTH LAKES

Monday 15th August saw Jan Quinn and Moira McClaren come to

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Sedbergh to celebrate the existence of Sight Advice South Lakes which was formed in 1956 in Kendal. Since then, it has undergone a few Name changes and later in September, the Office will move to new premises on Highgate in Kendal.

Dennis welcomed Jan & Moira along with regular attenders Jenny, Jean, Edward, Mary, Florence, Gladys, Jennifer, Keith, May, Jessie, Sue, Jenny and Elspeth and congratulated Sight Advice South Lakes and all its workers and helpers for the invaluable service they have provided over the years.



Moira thanked everyone for attending Smatts Duo for the celebration and gave a brief history of the organisation while Jan introduced herself as being the Young Persons and children coordinator.

This event was one of many across South Lakes to celebrate the 60 years and everyone tucked into the Afternoon Tea after which, Sue, Matt and Ashleigh were thanked for looking after us.

The next Meeting will be at 2pm on Tuesday 20th September in the People's Hall when Susan Garnett will give a talk of Cumbria Wildlife Trust. All are welcome and if anyone requires transport, please contact Sue on 20613.

Dennis J Whicker

NEW YOUTH CLUB

Are you of secondary school age? Do you have children at Secondary School? Please read on!

This month we are starting a new Youth Club for all young people of secondary school age in Sedbergh and area. The Youth Club has been planned for some months now, with the support of the Sedbergh Community Trust. A small group of people has been meeting, reviewing venues, and considering what needs to be done in order to set up a place for young people to meet once a week during term time.



We can now reveal that Nela Geuer and Sharon Russell will lead the Youth Club on a voluntary basis until we can formally appoint paid session leaders. Both are trained in Youth Work and Sharon has a wealth of experience in setting up and leading a successful Youth Club at Arnside. Our Steering Committee is headed by Keith Wilberforce, with Helen as Secretary, Joanne Kitchen as Safeguarding Lead and Adam Roberts as a valued member in addition to Nela and Sharon.

The Youth Club will meet on Thursdays, in the United Reformed Church Rooms from 6.30 – 8.00 pm. We will need the support of parents as volunteers on an occasional basis.

Sedbergh Swimming Club

Swimming starts Tuesday 13th September

Tuesdays

Lessons 6.30-8.00pm

Adults 8.00-9.00pm

Thursdays

Lessons 6.30-7.30pm

Adults and accompanied children

7.30-8.30pm

Saturdays

Open recreational 10.00-11.00am

Adult Membership - £25.00

Junior Membership - £10.00

Lesson fees - £25.00

Adult Session fee - £2.50

Juniors Session fee - £1.50

Please see page 26 for more information.



There will be some basic paperwork to complete and young people will be asked to sign in and out, so that we know exactly who we have!

So what will we be doing, you ask? We don't fully know because we need to be led by the young people themselves! There will probably be sports, crafts, cooking, IT supported games, etc. and refreshments will be available. In the longer term we hope to arrange some additional activities and visits elsewhere. We need young people to tell us!

We will be charging a small fee – initially £2.00 a session to cover costs. We'd like to involve young people as much as possible in the operation of their Youth Club.

So – put the date in your diary – Thursday, September 22nd from 6.30 – 8.00 pm at the URC and let's make it happen!

*Helen Wilberforce
Steering Group Secretary*

SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held on 11th August 2016. The next meeting of Sedbergh Parish Council is on Thursday 15th September 2016 at 7.30pm in the Committee Room of the People's Hall, Howgill Lane, Sedbergh
CONNECTING CUMBRIA

Phil Ruston (<http://www.connectingcumbria.org.uk/>) - gave an overview on the potential benefits of the now available superfast broadband to both personal and business customers and advised of a Digital Inclusion event planned for the town in the near future. If anyone is interested in assisting with this event, please contact me on the email below.

PLANNING/SEDBERGH TOWNSCAPE PROJECT

The Planning Committee report was noted by Members and included information on the further consultation on the draft Yorkshire Dales Local Plan. Further noted was the progression of the planned works to the entrance and boundary at the People's Hall and the continuing works on the restoration of the Jubilee Fountain.

QUEEN'S GARDEN

The planned Music Event at the Garden on 3rd September 2016 has now been postponed until 2017. Further noted was the return of the newly refurbished gates at the Garden. An initial meeting to discuss potential improvements/aspirations

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for the Garden generally is also now scheduled with Hilary Taylor Associates (landscape architects) and follows the findings/observations from the Annual Meeting of the Parish in May.

Other matters discussed included investigation works to the drains on the playing field at the People's Hall; the conclusion of the recent Annual Return; the new money donation boxes to be installed at the toilets on Main Street; the recent draft investigation report from CCC in connection with the flooding in the town in December; the kerbside roll out of plastic and cardboard recycling (scheduled for 24/25 August); concerns about the condition of the playground at Maryfell; and the

monthly Police report (which recorded 46 incidents).

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions. **Public Participation is now at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend from 7.30pm.**

If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at clerk@sedberghparishcouncil.org.uk

Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council

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A FUNDRAISING EVENT FOR DENTDALE METHODIST CHURCH

REGITAL OF WORDS & MUSIC

By Mr Vincent Raven
of West Drayton, Middlesex



St Andrew's Church, Dent

7:30pm

Friday 16th September

Tickets £7

from Sedbergh Information Centre & Dent Stores

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Bach/Struther/Shakespeare/Coward/Dyer/Browning/Donne/Gilbert

Office.

Janey Hassam – Clerk

'TIMES, THEY ARE A-CHANGING'

For the residents of Garsdale, it is time to 'wake up and smell the coffee' as a revolution is, literally, around the corner. At the last parish council meeting, after discussions about the dearth and deaths of reckless motor cyclists, the reluctance of SLDC to ignore the useless, expensive and time consuming EU directive regarding private water supplies and, despite some improvements, the still pitiful state of the A684, the Coal Road and Griesdale, the hot topic of debate was the coming revolution that is going to change all our lives, like it or not.

However, we need not fear this revolution, there will be no need to bury the radio in the back garden or to hide our valuables and paintings in the hay barn or to move the livestock

to remote pastures. There will be no worries that our nubile young ladies will be violated or our strapping lads be marched off at gunpoint in the early hours, never to be seen again. No, this time the revolution will occur under our noses and many of us will not be aware of it happening but the revolution will change the dale and bring it kicking and screaming into the 21st century. Many environmentalists and diehards fought against the advent of electricity in the 60's and 70's but would we want to be without that now? Having a power cut of more than a few minutes causes alarm and panic. Would the farmers want to go back to cutting the hay by hand or ploughing with horses if their super charged tractors and agricultural machinery were taken away? Some things will not change, the ewes will be tugged in time honoured tradition, the lambs will be born and the grass will still grow and

life for many will not change but the future is communication and our next generations will need this revolution.

The revolution has already happened in Kirkby Lonsdale, Casterton, Middleton and will be shortly lighting up Dent after which it's beady eyes will be set on Sedbergh and then onto Garsdale and Griesdale. When the revolution has finished, literally, at a flick of a switch, Garsdale will be totally in touch with the outside world. Broadband will have arrived and will enhance our lives, and more importantly, the lives of those generations to come.

There are some who think this is not needed and others who are completely apathetic to it but thanks to Broadband For Rural North, B4RN,

we will shortly have mega speed communication in the dale which will be the envy of many. In time, all our services such as TV, internet, telephones, banking and all manners of communicating will be channelled through that small cable buried two feet under the fields and unlike the big players in the outside world, B4RN is community led and community owned so no big profits will be going to multinationals, this is here to help us and us alone and we have our destiny in our own hands. With it we can attract new people to the dale and make it much easier to make a life here. We all appreciate the beauty and majesty of the dales but we also know life can be grim when gales blow hard outside and the

Chameleons



Chameleons is a free drama club for primary-aged children in years 3,4,5 & 6.

It is a fun way to learn drama skills and teamwork.

We meet on Fridays from 3.45 to 5pm in the Parish Room at St Andrew's Church, Sedbergh.

First session of the new term
16th September

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sun has seemed to have gone on a long holiday but good broadband will enable us all to cope and compete with anyone, so when B4RN comes knocking on your door, embrace them and help them and soon we will be up there with the world leaders. We want to keep our sons and daughters here and their sons and daughters but without superfast broadband, they will leave and the dale will eventually die. Welcome this revolution, if not for you then for others, because as Bob Dylan sang back in the 60's, times certainly are a-changing.

On a personal note, may I point out that these articles are written from my viewpoint as clerk to the council and do not necessarily reflect the views of the council as a whole. If readers wish to have a concise report of the contents of the parish meetings, full minutes are available on the website.

The next meeting of Garsdale Parish Council is on Thursday, 15th September in the village hall, starting at 7.30pm, all welcome.

Philip Johns, clerk to Garsdale Parish Council, 015396 22170,
ps.johns@btinternet.com,
www.garsdaleparishcouncil.com

BOXES OF HOPE CUMBRIA

Following on from Nicola Steadman's article in the August edition of Lookaround, I am delighted to tell you that the Post Office and TIC (72 Main St.) have again agreed to act as leaflet and drop-off points, although the Post office will have very little room for storing shoe-boxes after the current refurbishment.



Leaflets will be available from mid-September and completed boxes can be "dropped off" in late October/early November. There will be a supply of empty boxes in the URC porch (Joss Lane) – please help yourself.

If anyone feels like covering some boxes, that would be great – I always have items to go into boxes, but I am no better at covering a box now than when I started 20-odd years ago. Practice does not necessarily make perfect, at least not in my case!

Thank you in anticipation for your help and support for the children of Romania,
Pam Dent

PEOPLE'S HALL NEWS

Triptych

Users of the Hall will be familiar with the stencilled walls at the back of the main hall which depicts Sedbergh Main Street. This artwork was created some 20 years ago and has surprisingly remained in good condition. One panel had to be moved, when the technical booth was created so that the two panels now face each other.

During the Hall's redevelopment in 2013, when the new side lobby and new toilets were constructed, a blank wall was created on the right side of the main hall adjacent to the stage. The Sedbergh Art Group, which meets in the People's Hall on Wednesday afternoons, have designed a Triptych to fill the space.

In the tradition of local scenes the Art Group are featuring the Sedbergh Pepperpot as its subject. A triptych is an artistic design which comprises three panels. The first panel shows the Pepperpot as it was when it was built some years ago. The last panel shows the Pepperpot at the present time in its restored state. The middle panel shows the most significant event in the Pot's history, when a cow managed to climb to the top floor.

Work in progress can be viewed, when you are next in Hall. The Hall's Committee thanks the Art Group for its work.

Clock

Visitors to Farfield Mill and 72 Main Street might have seen a pendulum clock in a case. These clocks are master clocks, which drive a number of faces in synchronism. The Hall has been offered a similar clock by John



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Davies, who has recently left Sedbergh. The clock is currently in pieces and is being re-built by Richard Thomas. When finished the clock will grace the main entrance lobby and drive slave faces around the Hall.

Frontage to the People's Hall

The front of the Hall is the last major external activity to bring the Hall's facilities up-to-date. The Sedbergh Parish Council have established that the proposed work, which is just a little more than maintenance, can be carried out under the Yorkshire Dales permitted development scheme. Plans have been drawn and a draft outline specification created. Shortly tenders will be requested to carry out the work. Prospective tenderers should contact Dr Barney (20790) or the Parish Clerk (07966 134554). *60th Birthday plans 26 November 2016*

The plans are progressing. Suggestions include: bands to play during the evening, an afternoon tea for older folk, children singing. Ideas and suggestions to Sandra Gold-Wood please (21808)

Dr Gina Barney, 20790

HOUSING MATTERS

It has been truly written that the media both reflects and reinforces the prejudices of the majority in a society. One of the cruellest has been the media attitude towards those in need of support and social housing. For too long the comfortable have been able to comfort themselves with the popular image of the idle obese sitting, smoking in front of their huge, flat screen televisions all paid for by the rest of us. This popular media vision is one that masks an unpleasant reality.

In order to disincentive rapacious London landlords and to encourage the above to 'find a job', Her Majesty's government along with a large part of Her Loyal Opposition

voted for a cap on Housing Benefit. Whether or not the majority support this piece of legislation is unimportant, but they should, at least, be aware of some of the unanticipated effects of this policy.

The concept of Sheltered Housing is probably the most obvious casualty. Remember the 'London Landlords' that this Act was supposed to deal with? Well, Housing Associations are landlords too, landlords who have provided specialist housing for some of the weakest and most vulnerable in Society.

To quote a resident of Binfold Close in Kirkby Lonsdale who wrote to me recently following our campaign for a reprieve; "I believe that the withdrawal of wardens from schemes

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and the increasing reductions of support and services will adversely affect residents in the sheltered schemes, (particularly older residents with high support needs). This in relation to their physical, social and spiritual needs, being able to meet with friends and neighbours socially goes a long way in the fight against loneliness and depression.” I would only add to this that it is now the policy of South Lakes Housing to remove sheltered status from housing when it becomes vacant. So, the stock of sheltered housing will fall, just at the time when demand is increasing.

Things look particularly grim for frail, elderly people living on a small, fixed income and who cannot pay the increased rents that the eyeless, iron ‘law of supply and demand’ decrees when rents break through the ‘Cap’. Does this Government propose to allow for their mass eviction?

As bad as this is, the legislation also

applies to housing and care provisions made for ex Servicemen and women. Those who have lost limbs and the capacity to function unaided in the service of this Country will suffer, in complete derogation of the ‘Military Covenant’ that was supposed to ensure that they, whose lives were shattered in conflict zones to protect us all, were cared for. Specialist housing for them is to go too. Serve one’s Queen and Country? Far better to serve oneself! Become a Banker!
Nick Cross

TIM FARRON MP

Since my last column in Lookaround we have learned that the campaign to save the Kentmere Mental Health Ward has been successful with the people responsible for the plans to close it backing down and agreeing to keep the ward open. This is not the end of things. The issues identified in the inspection that lead to the plan to close the ward remain. People



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suffering from mental health issues in our part of the world can be reassured that they have somewhere they can go for treatment if necessary but the facilities that they will find there remain below the standard that they should expect. They cannot expect to be treated with the dignity they deserve or in the safe environment they need. We need to ensure that the investment is now made to rectify this situation.

Thanks to everyone who came along to see me during my Summer Surgery Tour. As many of you will know the annual trip around the constituency is a really important event in my year. It gives me the chance to visit smaller places like Dent and Barbon that I don't get to as

often as I would like and chatting to anyone who comes along to meet me. It allows me to find out what people are worried about and what they think of how I am doing my job.

Of course the hospital in Kendal was mentioned by lots of people. The tour came just after we won our campaign to save the Kentmere Ward but people were still concerned about the future of other services at the hospital. I promised to do all I can to ensure that not only do we keep and improve the services that are there but that we get the new ones we need like the radiotherapy unit we have been campaigning for.

Another issue that was raised was concern about crime, in particular rural crime. Recent figures have

You are invited to come along to the first meeting of the

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Nela Geuer – 07595 332746

suggested that rural crime in the North West of England is growing seven times faster than the national average for growth in crime. Last year the Government tried to drastically reduce the funding that they provide for our policing in Cumbria. Fortunately in the face of massive opposition they backed down but this was only a temporary change of mind, there is every chance that they will try to reintroduce their plans later this year. I will do all I can to prevent them from doing so.

Finally, thanks to the Year Ten students from Settlebeck School who travelled down to London to see me in Parliament and find out more about how Parliament works and what my job entails. I hope they found it all interesting and useful and worth the trip down, I was particularly impressed by their questions and their interest in finding out about the link between what I do in London and what I do back up here.

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As ever if I can help you with these or any other issues then please email me at tim@timfarron.co.uk or calling 01539 723 403.

Thanks for your support

Tim Farron MP

COUNCILLOR CORNER

Cumbria Highways seem to come in for a lot of stick but let us give praise where praise is due - the surfacing works on both Station Road on the western approach of the A684 into Sedbergh and the more recent work down the A683 all the way to Casterton has been superb. Over a period of just two or three years, much of the A684 from Sedbergh up to the M6 and almost all of the A683 from Sedbergh south to Kirkby Lonsdale has been upgraded to a fine surface. This despite all the cuts to budgets all over the county.

I have for you here a recent tale of the dedication of the Highways team - poor weather a few weeks ago delayed surfacing works in Kendal which was then going to impact on the timetable for the evening work to be carried out on the A683 south of Sedbergh. In the meantime, knowing

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Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.

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<http://branches.britishlegion.org.uk/branches/sedbergh>

THE ROYAL BRITISH
LEGION



that no traffic could use the road in the evening with surfacing work underway, at least two of the pubs along the A683 had arranged to be closed for the night when the gang were doing work. All this co-ordinated timing of pubs and tarmac teams was potentially thrown into disarray with the Kendal delay. Not wishing to break their word, CCC Highways arranged for a team to come up all the way from Wolverhampton to fulfil what had been promised, on the evening it had been promised.

Clearly everyone has gripes about Highways but I think in some ways it can be seen to be like the NHS - the demand is almost infinite and simply not achievable. People want perfect road surfaces, drains, lights, signs, verges, traffic flow, parking and no inconvenience when any work is done to deliver this perfect highways system. Just as we would like to be able to get the NHS to sort out any medical problem we or our families have, immediately, with no waiting times.

If we paid vast amounts of extra tax we could each have our own personal doctor. If we paid similar proportions

on highways, every single road would be resurfaced and lines would be repainted every year, drains would be cleared weekly and signs cleaned every month. But we don't pay this level of taxes so there will always be a need to prioritise and we should thank Highways when they deliver an excellent piece of work such that as along the A683. *Cllr Nick Cotton*

COUNCILLORS CORNER

Firstly let me congratulate Ian McPherson upon his election as Deputy Chairman of the Yorkshire Dales National Park Authority. We should not doubt the benefits which will accrue to the Cumbrian Dales from his appointment. At the same time the extension of the park has now happened and we must all work with the situation as it is. The authority officers and members are making great efforts to bring residents on-board and that is to be welcomed. The three new member appointments were very necessary but do little to reflect the under-representation of South Lakeland on the authority. Tim Farron's protestations would have carried more weight if his own

councillors hadn't voted for a Kendal councillor to hold the SLDC place rather than either Mel or myself.

For someone thinking of a career in nature management looking towards a doctrinal thesis then the whole extension process would be a worthy if controversial subject. It was all involved with and evolved from the creation of the South Downs and the New Forest National Parks. A Judicial Review following on from the report on the South Downs delayed the process for about five years. That is why the extension of the Yorkshire Dales has happened now rather than in 2009 as originally intended. I doubt there is much appetite for further National Parks, or extensions and so there is little pressure to democratise what was a totally bent process.

Meanwhile, membership criteria for the park authority have moved from unfair to preposterous. National Park authorities generally have even less democratic credibility than the House of Lords. But, I see very little pressure within government to address an outrage which affects no more than 200,000 people in the whole of England. Instead the pressure seems to be to dilute and mitigate the harm



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caused by the once totalitarian exercise of unrestrained planning powers. These would have been more acceptable and indeed vindicated if anyone could pinpoint a difference between those areas which have been in the park since 1954 and those which have not.

*District Councillor Kevin J. Lancaster,
Fellgate, Dowbiggin, SEDBERGH,
Cumbria. LA10 5LS
Telephone 07980 844 695;
email Kevin@Sarhwaite.com
District Councillor Mel Mackie
Beech Cottage, High Casterton, Via
CARNFORTH, Lancashire LA6 2SD
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Eden-e-Motion



Monday 26th September
7:30pm, People's Hall

LOCAL PONIES IN QUEENS BIRTHDAY GUARD OF HONOUR

On Sunday 17th July, I was honoured to be invited to represent my late cousin Thomas Bracken Capstick of the Murthwaite Stud, by Mr Terry Pendry, the Queens Stud Groom, to ride Murthwaite Dawn Chorus in a Guard of Honour for the Queen's 90th Birthday celebrations.

Over 130 Fell Ponies and their riders travelled to Windsor to line the way from Windsor Castle.



The procession was led by Carltonlima Emma, a pony Thomas had sold to H.R.H. some years previously.

Out of the ten ponies leading the Guard of Honour five were from the Murthwaite Stud - being brought up on our Howgill Fells.

Terry Pendry introduced me to The

Queen, and explained who I was, and how heartbroken I was when the ponies had to be sold after Thomas's passing. She stroked Dawn and said "They are most loved here".

The Queen was presented with the Lownthwaite Rob Trophy for Carltonlima Emma's work raising awareness of the Fell Pony Breed.

I still can't quite believe I was part of this wonderful experience - tinged with sadness that Thomas was not there to see me do it@

Liz James, Firbank

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much needed rest Swimming recommences on Tuesday 13th September. We look forward to welcoming children and adults alike for this coming year. In addition to our traditional swimming lessons are pleased to offer the following:-

- ◆ We are delighted to welcome Sarah Holton, a very experienced swimming teacher who will lead on the beginner's lessons.
- ◆ Sarah will also run a 16 years and under **training squad**. This will suit the experienced young swimmer who wishes to train but wants independence from the "swimming lesson". Sarah will start the squad off, explain the coaching plan for the evening and **LEAVE YOU TO IT!** – 7.30

Tuesdays!

- ◆ At the same time Kate will run a class for **advanced swimming practices** for those young swimmers who still need to learn the finer points before they graduate to independence!
- ◆ The Saturday morning swim which welcomes all children and adults alike will also have a small dedicated area for **parents and toddlers** 2, 3 and 4 year olds managed by Sarah. **Adults** this will not interfere with your relaxed or lane swim!!
- ◆ We need an idea of numbers for this class, like all our lessons this will be payable in advance. Please register your interest with Sarah sj.holton@hotmail.com.



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- ◆ **Adults:** The Club needs your support. We are not expensive, we are local, no travelling needed and swimming is an excellent way to keep fit and we are here Tuesdays 8pm, Thursdays 7.30pm and Saturdays 10am.

Now for the boring bits:

Enrolment nights: Tuesday 13th September at 6.30pm: Thursday 15th September at 6.30pm:

- ◆ Summer term returners please attend their current lesson with membership & lesson fees to secure their place in that lesson. We may re-gig as term commences.
- ◆ Children wishing to change night **MUST** attend the **TUESDAY** enrolment at 6.30 please.

- ◆ New children enrolling will not swim on enrollment night sorry.
- ◆ Enquiries to Kate Thexton by e-mail only please Kate574@btinternet.com but new pupils and those wanting to change days must attend on Tuesday 13th September to secure a place.

Subscriptions 2016/2017

Annual Membership

- ◆ Adults £25: Children & students £10
- ◆ Children's lesson fees PER TERM £25
- ◆ Individual session fees: Adults £2.50: Children & Students £1.50 (non-members double)
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become members but accompanying parents don't need to unless they wish to swim) Thank you and look forward to seeing you at the pool.

Lynn May Secretary

ELECTRIC BIKES

This month sees the start of another season of talks hosted by the Sedbergh Area Walking and Cycling Group at the People's Hall. We're kicking off with an illustrated talk about, and a demonstration of, electrically-assisted bikes, by Paul Clow of Eden-e-Motion.

Paul will explain what they can do, how they work, and give advice on the types of bike available. According to Paul, e-bikes are:-

- ◆ Easy to ride and maintain,
- ◆ Give you just the amount of help you need to enjoy longer or more useful rides,
- ◆ Provide valuable exercise without putting strain on your joints and muscles,
- ◆ Are cheap to run and environmentally friendly,
- ◆ Are great for keen cyclists, but also for those of us who just prefer to enjoy the scenery and fresh air or just a gentle commute to work,
- ◆ Can either replace or supplement your conventional bike,
- ◆ Have no need for tax or insurance and are classed as pedal cycles (if certified),
- ◆ Qualify for the government's Cycle to Work Scheme, offering savings on your bike if your employer is enrolled.

One or two bikes will be available for

demonstration purposes on the night.

Paul's talk will be at the Peoples Hall, Sedbergh, on Monday the 26th of September at 7:30pm. (There will be a charge of £2 at the door to defray the Group's expenses).

See www.eden-e-motion.co.uk for further information about Eden-e-Motion and their electric bikes, and www.sedberghgateway.org.uk for information about walking and cycling in the Sedbergh / Dent / Garsdale / Cautley area.

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SUPERFAST BROADBAND

Have you checked if you have access to Superfast Broadband?

Roll out of fibre broadband is now in full swing across Cumbria and has arrived in Millom and surrounding the area, with more to come.

The Connecting Cumbria project to build a fibre network around the county is ahead of schedule. The multi-million pound project will run until 2018 and more than 120,000 business and home premises can now benefit from the superfast technology since the first connections were made in October 2013.

Including commercial rollout, nearly 90% of premises in Cumbria now have access to fibre broadband. *1300 homes and businesses (just about everyone) in the area can upgrade to superfast broadband, using fibre broadband as well wireless and 4G. Digital Inclusion- How to benefit from Broadband*

Using the internet delivers great benefits to everyone; getting better deals, saving money, gaining new skills and qualifications, finding a better job, more support at home, keeping in touch with family and friends as well as access to new services and support from GP's, the NHS, local and national government. The financial benefits of using the internet can range from around £1000 per year for a new user to £3500 for an advanced user who is able to access the best deals and offers online or learn a whole new skill via a free online course.

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reduce costs, deliver better service, help differentiate your business and offer new revenues and opportunities. For hotels, B&B's and holiday lets there are new services that your customers now expect.

A workshop for Sedbergh and the surrounding communities has been arranged for 18th October at the People Hall in Sedbergh, starting at 7.00pm where you can find out what's happening. Find out more at www.connectingcumbria.org.uk or come along to the event.

Phil Rushton

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B4RN

The installing of the backhaul ducting along Barbondale continues at an impressive pace and, thanks to the efforts of stalwart volunteers, should arrive at Dent School as planned by late summer. Planning approval has been granted for building the 'node' plinth in Dent

Primary School grounds and the node cabinet is currently being assembled in the B4RN workshops.

Hopefully everyone had the opportunity to see for themselves the newly-installed switch at the node at Dent School during Dent Gala, and quizzed a volunteer for details. The switch will not actually be on until mid-late September, as the fibres have to be blown down the ducting to make the final connection possible. This will be the occasion for celebration, a date for which will be announced.

A general flyer has just been produced by David Pilgrim with further details about the progress of B4RN, which will be delivered to every household over the next month.

The planning of the B4RN system and connections is truly phenomenal. In a recent report to Dent Parish Council, plans have been set out for distributing fibre from strategically positioned chambers along the main route to zones consisting of 20-30 properties within Dent and smaller groups of houses along the dales. Every household has been accounted for - its distance from the main route, the quantity of ducting and fibre calculated, the number of hubs required for each section of the backhaul; all this has been painstakingly documented on a dazzling array of spreadsheets, charts, diagrams and highly detailed maps so the materials manager can get things to the right place at the right moment. A mole-digger is being specially adapted to deal with difficult terrain in some areas.

The funding team deserves praise for its continuing success and



dynamic efforts: additional investments have been received and the team are working on a number of new initiatives. The launch of the Local B4RN Investment Programme following the connection of Dent School is being planned for October.

The achievements of B4RN in dozens of schemes already established in the north were further validated in July's Which? Magazine: in a feature on how to get broadband, the B4RN option was the most positive. The survey interviewed a householder from Dolphinholme, Lancaster, who cited low cost, unlimited usage and incredible speeds of around 500Mbps, and described B4RN's service as 'absolutely fantastic'. Other options being investigated included satellite connection, which was deemed unreliable, the speed rarely matching the promised 20Mbps, and much slower in bad weather or at peak times, with high connection and hardware costs.

The number of volunteers in Dentdale and Garsdale B4RN is now over 50 though we are putting out a call for more to support the team leaders. If you think you may be able to help in any way please contact a member of our communications team on 015396 25321.

*From your Hyperfast Broadband
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Communications Team*

Community Learning Courses Autumn 2016

Subject	Tutor	Wks	Start	Times	Full	Conc	Town
Free GCSEs							
GCSE Maths - Free to adults	Jo Jones	30	14 Sep	Eve	FREE	FREE	Kendal
Computing & Photography							
Digital Photography	Chris Wood	5	4 Oct	Eve	£35	£18	Sedbergh
Tablets, Phones, Apps & Settings	Chris Wood	1	10 Nov	PM	£15	£8	Sedbergh
How to Buy & Sell on Ebay	Chris Wood	1	19 Nov	AM	£15	£8	Sedbergh
Writing & Poetry							
Capturing Nature in Poetry	Janni Howker	12	22 Sep	PM	£82	£41	Kendal
Creative Writing	Janni Howker	12	23 Sep	PM	£82	£41	Sedbergh
Personal Skills							
Confidence and Communication (NOCN)	Kirsty McEwan	10	27 Sep	AM	£96	FREE	Kendal
Confidence Building (Taster)	Kirsty McEwan	1	19 Oct	AM	FREE	FREE	Kendal
Confidence Building	Kirsty McEwan	6	2 Nov	AM	FREE	FREE	Kendal
Assertiveness for Women	Kirsty McEwan	6	11 Jan	AM	FREE	FREE	Kendal
Emotions and Family Relationships	Kirsty McEwan	6	1 Mar	AM	FREE	FREE	Kendal
Mindfulness Based Living	Helen Towers	8	20 Sep	Eve	£68	£34	Kendal
Deepening Mindfulness	Helen Towers	4	22 Nov	Eve	£35	£18	Kendal
Mindfulness - Extended Practice Day	Helen Towers	1	26 Nov	Day	£32	£16	Kendal
Art & Crafts							
Sketch Book Club Taster Session	Sonja Vietoris	1	20 Sep	PM	£15	£8	Kendal
Sketchbook Club	Sonja Vietoris	10	4 Oct	PM	£99	£50	Kendal
Using photos to inform & inspire your paintings	Frances Winder	1	29 Oct	Day	£36	£36	Sedbergh
Experimental Watercolour	Frances Winder	1	3 Dec	Day	£36	£36	Sedbergh
Dynamic, Dramatic Landscape Painting	Frances Winder	1	11 Feb	Day	£36	£36	Sedbergh
Buildings and Structures in Paint	Frances Winder	1	18 Mar	Day	£36	£36	Burton
Outdoor Skills							
Lowland Navigation	Tim Deighton	1	1 Oct	Day	£39	£39	Dent

Subject	Tutor	Wks	Start	Times	Full	Conc	Town
Languages							
French Beginners	Ian Platt	11	26 Sep	Eve	£75	£38	Kendal
French Continuing	Florence Tourne	11	26 Sep	Eve	£75	£38	Kendal
French Encore	Ian Platt	11	29 Sep	AM	£90	£45	Sedbergh
French Improvers	Ian Platt	11	27 Sep	PM	£75	£38	Kendal
German Early Intermediate	Catherine Bond	11	28 Sep	Eve	£75	£38	Kendal
German Improver	Ian Platt	11	28 Sep	Eve	£75	£38	Kendal
Italian Beginner	Ian Platt	11	27 Sep	PM	£75	£38	Kendal
Italian Continuing	Ian Platt	11	27 Sep	AM	£90	£45	Sedbergh
Russian	Katya Whitehead	11	27 Sep	Eve	£90	£45	Kendal
Spanish Beginner	Neil Stanley	11	28 Sep	Eve	£75	£38	Kendal
Spanish Beginner Plus	Pilar Valera	11	28 Sep	PM	£75	£38	Kendal
Spanish Continuing	Pilar Valera	10	29 Sep	AM	£68	£34	Kendal
Health & Fitness							
Pilates in Old Hutton	Danielle Hone	6	12 Sep	Eve	£42	£42	Kendal
Pilates in Sedbergh (Early morning class)	Danielle Hone	6	12 Sep	AM	£36	£36	Sedbergh
Pilates in Sedbergh (Late morning class)	Danielle Hone	6	12 Sep	AM	£36	£36	Sedbergh
Yoga at Crosthwaite	Imogen Field	6	14 Sep	Eve	£45	£30	Kendal
Yoga in Sedbergh	Lesley Henneidy	12	15 Sep	Eve	£90	£45	Sedbergh

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LADIES N.F.U.

Our Summer Break has come to an end, and it is good to see lots of Bales of Hay at the edges of fields in spite of the very mixed weather we have had.

We are looking forward to our meeting at 7:30pm on Tuesday 20th September when we have a return visit from the Rev Carole Marsden of Kirkby Stephen who will speak about her Lancashire Childhood.

Do come and join us a warm welcome awaits you at the People's Hall.
Marlene Mason

SEDBERGH WI

'Balancing a Pulse of Life: a craniosacral approach': this was the intriguing subject for our meeting on

August 10th. Eileen Noble is a craniosacral therapist practising in Kendal who is passionate about her job. She works with people suffering from various ailments including MS, dementia, arthritis and rheumatism who find this alternative therapy helpful. No medicines are used, though patients are advised to consult their doctor about their condition. The therapy involves using gentle touch to manipulate the vagal nerve which stretches from the cranium in the head to the sacrum in the lower back via various organs, including the digestive system. Many people find this process relaxing. Eileen had brought a couch with her and asked for a volunteer to demonstrate how she goes about her



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practice. Gaynor volunteered to be the guinea pig: it certainly looked very relaxing! Eileen generously donated a free therapy session to the winner of our monthly raffle: June Mudd was the lucky winner!

After tea and delicious cakes provided by Marjorie Fishwick and Rosemary Mason, our business meeting included discussion of our stall at the Artisan Market on August 27th and the sheep we will submit for display at Sheepfest in September. We are also planning for our Coffee Morning at the URC Rooms on September 28th to which all are welcome.

Gaynor's home was the venue for our book club discussion on August

11th. "Rogue Herries" by Horace Walpole is set in an area many of us know well, Derwentwater and Borrowdale. Francis Herries, the "Rogue" of the title, takes his mistress and his family from Doncaster to settle in the family home, Herries, at Watendlath, which he loves, but not all the family share his enthusiasm so tensions mount. There are many strong and memorable characters and dramatic episodes but we were all carried away by Walpole's wonderful descriptions of his adored Lakeland landscape which reminded some of us of the Impressionist masters who painted it. Walpole followed "Rogue Herries" with three more novels in this series, known as

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"The Herries Chronicles", which takes the family from the 18th century to the 1930s. Some of us will certainly be reading more of them! We gave the novel about 8.5 points.

"The Baroness of Belsfield" is the subject of our next meeting on Wednesday 14th September at 7.30pm. Ian Jones will be revealing to us the colourful life of a former owner of what is now the Belsfield Hotel at Windermere. Do come and join us!

Moira Folks

DENTDALE WI

The August meeting was our Open Evening and Jacob's Join supper. Our president Marion Feltham welcomed members and guests

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before we all joined together to sing Jerusalem ably accompanied on the piano by Rita Corpe.

The Business Meeting started with a feed back on the summer outing to Leighton Hall. Apparently it had been a lovely day with the staff at the Hall very welcoming and the tea after the tour excellent.

There was a report on the Mini Market which had been set up outside the Memorial Hall. Customers had arrived early and cakes and

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pastries disappeared very quickly from the table and we were soon sold out. Quite a few of the beautifully made craft items sold too, so financially, it was a good result as a fund raiser.

Earlier in July, six members had attended the celebration Gala Dinner at Castle Green Hotel which was an event to mark the Queen's 90th Birthday. It was a very smart affair with about 90 WI members attending

from all over the federation. Thelma Belfield had brought along a photo of the Dentdale ladies and mentioned that the beautiful floral table displays were to be taken home by a member on the table with the nearest birthday date and in this case it was Thelma!

Looking ahead it would soon be time for the Dent Gala and of course in the time honoured fashion, Dentdale WI would be in charge of afternoon teas. Lists were out for volunteers to man the kitchen behind the scenes, serve cakes and teas and more importantly, donate baking for the event.

It was a lengthy business meeting and many subjects put before the members including ideas for the 2017 programme, suggestions for a challenge to raise funds, and a name

for the Federation Rose. So if you have any thoughts on the above, do get in touch with secretary, Thelma or a member of the committee.

Our Speaker for the evening was Jackie Huck on the subject of 'How to drop a brick' we have all had many experiences of dropping bricks but in some ways age gives an exemption from embarrassment and we look back with a certain amount of amusement at the experiences. Jackie has just produced a book detailing her first two years of training as nurse in the 1960's. Plenty of chances it would appear to drop a brick!

Jackie read a couple of passages from her book in between the reminiscing. She had a light hearted

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touch and it was all very hilarious.

It was then time to socialise and enjoy the wonderful spread from savouries, fruit kebabs and cakes of every description.

Marion Feltham's competition entry of an embarrassing moment in a maximum of 50 words caught the judges eye and first prize in the raffle went to Sheila Richards. It had been a very good evening.

Our next meeting will be on September 14th in the Memorial Hall. If you would like to come along, new members and visitors will be most welcome.

Pat Allen

HOWGILL WI

Our Summer Outing was held on 30th June and the weather was perfect. Thirteen members and two children boarded the train at Kirkby Stephen. Our Tour Guide pointed out interesting landmarks on our journey to Settle.

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Garsdale Station, formerly known as Hawes Junction, provides a local service for Hawes six miles away and Sedbergh nine miles away. The Memorial "Ruswarp", a life-sized Bronze statue is a popular attraction.

Dent Station is the highest main line station in England, being 1,150' above sea level. We passed over the Ribbleshead Viaduct with its twenty four arches also Blea Moor Tunnel one and a half miles long.

On our arrival in Settle we visited the Folly Museum, a very impressive 17th Century building, built in 1679. We spent time viewing the displays on local history.

As our visit coincided with the anniversary of the Battle of the Somme, an exhibition was on, focusing on the early stages of World War 1 and the effects it had in our area, such as on agriculture, industry and village life. It gave us an understanding of the sacrifices that were made throughout the war.

Free time and refreshments were enjoyed before the return journey. Stopping off at Cross Keys in Cautley for a meal of our choice concluded a most enjoyable day. Thank you to Liz

Moore for the efficient organising.

The July meeting proved popular when Mike Leece introduced us to TaiChi. A great way to develop physical and mental strength, control stamina, and leave you feeling energised and happy. We joined in with movements of Qigong which promotes the flow of energy.

The competition for an arrangement of flowers in a jam jar was won by Anne Kendal. Social time was a quiz connected to sport.

In August our booked speaker could not be with us. We are grateful to David Allison who stood in and gave us an illustrated talk on a rail journey through the Canadian Rockies along with wife Jennifer. Being a train enthusiast this was the ideal choice.

The scenery was spectacular, travelling through miles of forests admiring snow capped mountains, lakes and rivers. Plus spotting bears and mountain goats. Tanya Hoare thanked David for sharing the experience and bringing amazing memories for them.

We meet on 1st September when Pam Hetherington will be giving us advice on footcare.

Do join us at Howgill Village Hall at 7.30pm. Visitors and new members are always welcome.

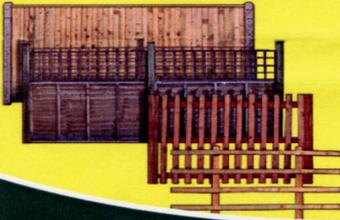
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so we had better be careful or Old Father Time with his scythe will be here before we can turn round. Our first dose of fun was our Annual Garden Party on July 20th in Sally's beautiful garden. The weather was kind to us so this was the second year in a row when we were able "to sit out". I will not make you both jealous and hungry but suffice it to say that the bill of fare was as long as your arm. When we had all had a more than ample sufficiency, lo and behold!, a beautiful birthday cake appeared. It was Happy Birthday to our hostess, Sally, for a special birthday. Of course, I wouldn't dream of telling you how old she is, but I might say that I believe that in these

times of austerity she still hasn't got her Bus Pass. Poor young thing! Our thanks to our hostess, those who produced all the culinary wonders and those who did other things to help. This year I did absolutely nothing. It was lovely! At about five-ish we waddled happily back to our cars and home.

Now, I am sure that some of you will have heard of Browsholme Hall, (pronounced Brewzum Hall), but until we went there for our Annual Outing, I was not one of you. This is a privately owned Elizabethan House in the parish of Bowland Forest Low in the borough of Ribble Valley. It is claimed to be the oldest lived in family home in Lancashire. The first part of the



Malcolm Sedgwick



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adventure was getting there. Our four laden vehicles chose different routes but eventually all assembled in the Tithe Barn in time for coffee. This 300 year old barn has recently been restored to a very high standard with part of it decorated for a wedding venue with the beamed roof being draped in pure silk (or maybe, polyester!) but surprisingly producing a very appropriate effect. A short, shower-dodging walk brought us to the main house and all its treasures. Our guide, Janet, an enthusiastic and knowledgeable volunteer, regaled us with stories and information about the house, owned, lived and brought by to life by the Parker family. It is a far cry from half a century ago when the hermit-like owner occupied only two rooms and left the rest to go to rack and ruin. It was an enjoyable and enlightening visit. Our secretary, Susan Sharrocks has a talent for finding great places for us to visit, and then sorting things out to ensure that

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we all get there. Thank you. Sue!
 A late lunch followed at the lovely Barn & Farm Shop at Bashall Eaves. (I am sure everybody knows where that is!). This also proved to be a restaurant and wedding venue, likewise with a draped roof. I have noticed that Wedding Venues are springing up all over the place –quite an industry. Another thing I noticed on a recent journey is that nearly every village/town between here and Timbuctoo now has a themed summer fest celebrating something. I understand that, thanks to Margaret F. and Cynthia, our offering for Sheepfest is nearing completion. We all look forward to seeing that and all the others.

At our next WI meeting on Tuesday 13th September at 2-00pm in the People's Hall, the intriguing title of our talk is, "Daft, I call that!" Our speaker is Steve Swithin, former roadie for Mike Harding. This is a change from our published programme as the previous speaker is at present a guest in one of H.M.s prisons!! Do come. You will be both safe and welcome!

Wendy Fraser-Urquhart.

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SEDBERGH CHURCHES

Sedbergh United Reformed Church and Methodists Church to Unite – September 2016

There has been much talk recently of the ongoing changes affecting the churches in Sedbergh and area. A few times over the past week or so I have been asked; “ so is it true the URCh is shutting?” and “ I hear the Methodist site has been sold”. Neither of these are true as I write so we thought it a good idea to explain and share what is happening within the Churches to avoid confusion and misunderstanding.

Sedbergh Methodist Church and Sedbergh United Reformed Church will formally become Cornerstone

Community Church, Sedbergh from September. This means that we will worship together, share resources and buildings and also share a new Ministry team of Revd Carole Marsden and Revd David Crouchley.

The vision for Cornerstone Community Church is to build a new church building on Main St where the URCh currently sits. A church that is usable, easy to maintain and practical both now and in the future for the church and community. We have been exploring for a number of years how best to use our sites and we will continue to do so over the coming months and years. Our hope is to be able to enable extra care provision for those who need it but there may need

to be changes to that if economics and budgets require it.

In the meantime the new shared church will worship at different times and in different places. A full list will always be available on the Joss Lane notice board so please look there if you are unsure. Baptisms, Weddings and Funerals will continue in both churches as required for now and we will continue to keep everyone informed when developments happen.

Coffee mornings and other bookings in both Churches are unaffected at this time. Both churches can be booked for events, parties and activities. Please

If you have any questions about Cornerstone Community Church

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Cornerstone Community Church, Sedbergh also sits within the Western Dales Mission Community which an umbrella organisation encouraging all Methodist, Anglican and United Reformed Churches to work together wherever possible. As we move through the coming year there will be many developments as we share events and work together so please keep an eye out for everyone is welcome to join in and be part of all the fellowships throughout the Western Dales.

Rev Carole Marsden

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MESSY CHURCH.

Come and join us for our new sessions." Yes we had a break for the summer hols". Now it's all systems Go! Our first meeting is Sept 18th, "Yes we have a sheep for the Fest". (No you can't have the name, wait and see!)

We are a happy band of volunteers with the intention of giving families an entertaining and fun filled afternoon , not to mention a scrumptious tea.

Our theme each month is based on

a bible story. Always there is a moral. We endeavour to convey the meaning through crafts drama and song, with the hope that we can teach the children to love and respect others.

There are so many troubles in our world today.

Messy Church has no denomination, it's organised throughout the whole country in different churches and other venues, but always a place dedicated to pass on the message of Christs love for peace and harmony.

Messy team.

DENTDALE CHRISTIAN FESTIVAL

The Festival in August was great fun, a real blessing, and exhausting and not in equal measure! People

responded to invitations to join us and the team worked well together.

Friday night was a great joy with "creative" being the theme, there was music and various worship in dance.

Saturday saw the Men's breakfast and Ladies Brunch, the latter outside in glorious sunshine. Sooty came from Sports Reach and an energetic game or two took place on the school field; kids v adults. The pub quiz was very popular and well supported and then we showed the film "War Room" which is about prayer.

Sunday and the weather stopped anything outside but brought people into the Hall to hear Sid O'niel share the gospel. Little People had the opportunity to bounce on a castle and then "cafe church" style service with

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Andrew Woof speaking and Ben and Ellie Hilbrook singing.

Monday and we ran the cafe all day as well as prepared food for the evening where 50 people sat down to the meal and listened to the Ayrtton family. Then we cleared out and up and went home rejoicing! Tired? Yes! But the best sort of tired there is, and trusting outcomes of the festival to God .

If you missed it .. come next year!

Meanwhile DDCF continues to meet every 4th Sunday eve and one Friday eve and more is being prayed about.

Jn & S Woof. (D 25212)

CHURCHES TOGETHER

News from the Pews



Members of the Missionary Committee braved the high winds and pouring rain to raise funds for the Christian workers both locally and abroad that we know and offer some financial support on an annual basis.

Familiar faces and a number of

visitors supported the stall that raised £55.00. Lots of chat and laughter brightened the day and we heard how one family's purchase of a large suitcase would be journeying with them to New Zealand in the New Year.

How different was the Coffee Morning in the URC on 18th August. A beautiful sunny summer day raised a wonderful total of £270.50, again for the Missionary Funds.

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knowledge of the Christian faith as expressed in the Bible through assemblies, clubs and lessons at schools and Christian camps plus youth services out of school hours.

Brian Sedgwick, born and brought up in Sedbergh is the schools worker for Christian Union in Prague. Brian had to master the Czech language before taking up his post.

Catherine Lee whose father is Rev Robert Lee (now living in a retirement care home in the south) has been based at St John's University Taipei Chaplaincy in Taiwan at the very small, but very active, Taiwan Episcopal Church since 1999. Her role is to encourage and support mission and outreach of the church

as it tries to witness in a politically isolated, fearful and insecure nation. She helps churches and kindergartens within the Diocese of Taiwan through English and Bible classes. Catherine also liaises in international mission partnerships and communications support for the Bishop of Taiwan.

Many will remember Catherine's visits to Sedbergh wearing her wonderful brightly coloured far Eastern style jackets whilst telling of her experiences with great joy and energy.

The CMS ... Church Missionary Society supports Catherine.

Another name possibly known to many of you is Bob Dawson whose

Steve Hopps



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origins lie in Sedbergh. Bob works for Friends International (founded in 1994) where he is Director of Ministries. The aim of Friends International in the UK is to support international students of all cultures and religions as they pursue their studies far away from their homelands, families and friends.

Active in almost 40 of our university cities opportunities are given for the students to experience real British culture and hear about the Christian Faith whilst enabling them to meet together and make friends.

From time to time Bob makes a welcome return to Sedbergh and is always eager to speak about his work.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

St Mark's Church, Cautley

Every six months we have a special service of healing and wholeness at St Mark's. The next one will be on Sunday 2nd October at 2.30pm and is open to anyone who wishes to come.

News from St Andrew's Dent and St John's Cowgill

Recently, we have been delighted to see the completion of two projects which have been developing quietly this year. Firstly, in August, parishioners at St Andrew's Dent enjoyed the use of the new facilities in the old bier room for the first time, namely the new toilet and kitchen. It was very useful to have these facilities for an organ recital given by Roger Bush in aid of Cowgill Church funds. We do thank Roger and Judith for sharing their musical talent with us. The following Sunday, parishioners could enjoy coffee together after the service for the first time. All this is a key element of a plan for mission to welcome and look after everyone properly who comes to church.

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At Cowgill, we dedicated a new memorial to the 72 navvies and their families, who until this August, were buried without commemoration in Cowgill Churchyard. The beautiful stone memorial was carved by Pip Hall and funded by the Friends of the Settle to Carlisle Railway and the Yorkshire Dales National Park Authority's Sustainable Development Fund. A recent discovery in the Cumbria Archive Centre revealed the names of 27 Navvies who built the railway, together with 45 of their women and children who were buried in Cowgill between 1870 and 1877. Although we cannot locate them, we now know who they all are and all their names are recorded in a commemorative booklet, as well as on some special display boards, which will explain the project to all who visit the church. Huge thanks to Pip Hall for this wonderful memorial, which puts right an injustice to all those killed building the railway.

Church Services in September:

St Andrew's Dent welcomes everyone to Holy Communion each Sunday at 10.30am in September, with a Family Communion for Harvest Thanksgiving on Sept. 25th

St John's Cowgill:

Sept 4th: 9am Holy Communion

Sept 18th: 2.30pm Evening Prayer

HOLIDAY CLUB 2016

The Churches Together in Sedbergh Holiday Club for primary age children took place between 25th - 29th July. For 2 hours each morning, between 50-55 children enjoyed stories, songs, games, crafts, exercise, jokes and other activities at the People's

Hall. This year's theme for the club was MISSION POSSIBLE and the children were secret agents who, through the stories of Jesus, discovered events that humanly seemed impossible but Jesus made possible.

This annual event can only take place with the help of many and, each day, there were 30 leaders/ helpers who freely gave their time and talents. On occasions, we had guests who came in to talk about their faith and we were also joined in the second half of the week by two young ladies from Taiwan, Yi Li and Tiffany, who are involved with a similar Holiday Club in their own country.

Thank you to everyone who loaned equipment for the club to use. Generous financial assistance from Sedbergh and District Community Fund (whose funds are generated by Clutterbooks Charity Shops) and Lookaround covered the clubs' expenses. *Gordon Hosker*

Philip Horner

Fencing Contractor

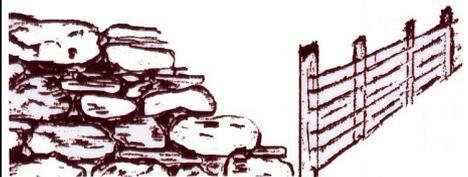
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SEDBERGH RED SQUIRRELS TEA PARTY

I hope that some of you reading this will have been able to come to Sedbergh's first ever tea party in aid of the red squirrel. It was a lovely sunny afternoon and many people took the opportunity to sit outside in the sun or wander through the gardens of Greenbank. Some undertook the red squirrel challenge and found out more about the life of the red squirrel (did you know that red squirrels can swim?).

The tea party was a great success. We raised over £800 for red squirrels; this money will go towards supporting the work of our unpaid volunteer rangers. Thank you for all your donations and support.

I would like to thank the many individuals who donated items for the raffle, baked wonderful cakes and helped out on the day. I would also like to thank the local businesses who supported the event through their donation of raffle prizes. Many thanks to: The Green Door Sweet Shop, Number 6, Powell's, The Three Hares and Rycrofts. Finally an enormous thanks to Barbara and Chris Hollett, for coming up with the idea, for

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preparing their garden for weeks in advance and for sharing their garden and home with us for the afternoon.

Volunteer work to support the red squirrels continues. If you have some spare time we would love to hear from you. We need someone to keep our list of contacts up to date, several people to distribute red squirrel leaflets and posters and volunteers to construct red squirrel feeders. Please ring Emma on 07584 285 923.

Finally, keep sending your sightings of red and grey in to us (sedberghredsquirrels@hotmail.com). If you have any photos of reds in your garden we would love to see them. We are also on Facebook – so do follow us to see what is happening.

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NATIONAL PARK NOTES

Many of you will have seen the extensive news coverage on both TV, radio and in the national and local press following the extension of the Yorkshire Dales National Park on the 1st August. I wrote about the details at some length in my previous article so won't repeat what I said then save to say that the celebration held at Orton on the same day went extremely well and we were favoured with the presence of Lord Gardiner the Under Secretary of State at Defra. He made a very gracious speech about how warmly he had been welcomed to the Park both by staff and members of the Authority and also by members of the public who had been invited to the event. He pledged his full support for

National Parks across the country and we now need to wait and see how this pans out in practise following Brexit. Of greatest concern at this moment is the extent to which the British government will retain the various wildlife and habitat directives of the EU and, of particular importance to local farmers and landowners, what the future of the various agri-environmental schemes will be. The Chancellor has already made some pledges about underwriting some of the schemes but as always the devil is in the detail. As Member Champion for the Natural Environment at YDNPA I am keeping a very close eye on developments in this area and will no doubt be returning to the subject again in future

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My name is Dimitris and I am a jeweller. I am from Athens and I live with my family in Sedbergh. I learned my craft in the silver workshops of Jaipur, India where I studied for 4 years. After 20 years spent travelling throughout Asia and Latin America I gained inspiration for my work from

many varied cultures. I design and hand craft jewellery using precious & semi precious stones, each personally selected from the gem capital of the world, Jaipur.

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NOW my work can also be seen at Sedbergh's Tourist INFORMATION Centre.

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articles.

A number of local residents have approached me recently asking how soon a new bridge is likely to be built at Birks following the demise of the old one in the winter storms. I am delighted to say that work has already begun in clearing away the stanchions and debris of the old bridge and design of the new one has been finalised. This will have just the one support so as to allow the river to flow more freely under it and thus

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build up less water pressure on the structure than the previous design. Hopefully construction will commence later this year. I for one will welcome once again being able to walk direct to the golf course and then over to Holme Fell without having to go all the way round by the Dent road! I know one intrepid local person who forded the river at this point a few weeks ago but I will save her blushes and not mention her name – she

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A photograph of DJ equipment, including a turntable and mixer, with colorful light effects.

knows who she is! The only hindrance to construction work beginning straightaway is the small question of finance. Whilst I understand that government grants channelled through Cumbria County Council will be made available the short-fall will need to be made up by local donations. A letter will be going out shortly from YDNPA to various organisations in Sedbergh, with an interest in having the bridge re-built as soon as possible, inviting subscriptions. Members of the public generally would also be free to contribute and to find out how this might be done please contact our County Councillor Nick Cotton or the Ranger Service direct at the National

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Park.

A few days ago it was brought to my attention that at least half a dozen hedgehogs had been squashed by traffic on the Kirkby Lonsdale road in the vicinity of Ingmire Hall. A concerned local resident is in the process of having warning signs erected on private land adjoining the road asking motorists to slow down and exercise caution on this stretch of the road. Hedgehogs are rapidly becoming an endangered species in this country with numbers dropping rapidly so please do your best to avoid killing them on the roads and also by welcoming them into your garden should they choose to visit it or even settle down in it as their home. If you are interested in finding

out more about hedgehogs than I suggest you visit the website of the British Hedgehog Preservation Society at

www.britishhedgehogs.org.uk.

If you have any questions or concerns about National Park matters then as always please feel free to contact me either by phone on 015396 20648 or email me at ianmcperson24@hotmail.com. Best wishes.

Ian McPherson

YORKSHIRE DALES NATIONAL PARK

*Celebrations as National Park
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National Park on Monday (August 1) when its boundary was officially extended to take in a small part of Lancashire and a larger part of Cumbria.

And the historic day was described as “one I will never forget” by Defra’s Parliamentary Under Secretary of State, Lord Gardiner of Kimble.

The extension sees the area of the National Park – which was designated in 1954 - grow by nearly a quarter from 680 sq miles (1,762 sq kms) to 841 sq miles (2,179 sq kms), while its population has gone from 20,000 to around 24,000. This is supported by a proportional increase in funding, and representation from the new areas on the Authority’s

board.

A celebration event organised by the Yorkshire Dales National Park Authority (YDNPA) in the village of Orton within the extension area saw the Minister join YDNPA Chairman, Carl Lis, Natural England’s Director Landscape, Access & Geodiversity, Liz Newton, local farmer and business owner, John Dunning, and councillors from the two new areas and schoolchildren to mark the huge step in the National Park’s history.

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Lord Gardiner said: “Today is a day for celebration. This is an exceptional achievement, making one of the jewels in the crown of the British countryside even bigger and brighter.”

“I want to acknowledge the stewardship of generations of farmers, landowners and countryside managers and the enormous contribution they have made to the landscape we see today.

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Parks combined attract a massive 20m visits every year and generate £1.4bn for the economy. These are immensely impressive figures, providing income for small businesses, jobs for local people and much-needed investment in infrastructure.

“But the National Parks are not just important for the nation’s economic health. They greatly benefit our physical and mental wellbeing, produce great British food and are havens for our most precious plants and animals. People from home and abroad come to enjoy them and we need to make sure they are protected and well maintained, which is why this extension to the National Parks is

so important”.

The Minister spent time enjoying nature activities with schoolchildren, such as stream dipping and bark boat building, and in his speech said how he was “struck by the extraordinary vibrancy” of the event and the “incredible” giant tissue and willow birds adorning the market hall which had been created by Orton C of E Primary School pupils working with artist Carine Brosse and Authority staff.

He said: “I think this is the sort of childhood that everyone should have - discovering wild places and, by understanding them, respecting them.

“The Government’s new National Parks Plan, launched earlier this year,

will help connect young people with nature, engaging them with National Parks at every stage of their education, from schools to apprenticeships and volunteering.”

Carl Lis said: “Today is a truly historic day and it is quite rightly being recognised by the presence of the Under Secretary of State, showing the Government’s commitment to the importance of National Parks.

“I am conscious that the real work



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starts now. There is a lot to do to ensure the future growth and vitality of this area and its communities.

“I have been encouraged by the huge enthusiasm that we have received from so many organisations, communities and individuals and I look forward to working together to achieve all our objectives.”

The VIP guests had the chance to go on a walk, cycle ride or vintage coach tour round some of the new

area.

Liz Newton said: “I am delighted to be here today to celebrate such an historic and significant moment in the history of National Parks.

“For as long as I can remember this has been referred to as ‘unfinished business’ for Natural England and today is the culmination of a lot of hard work by many that will ensure that these special places are given the care and attention they deserve.

“I look forward to seeing the benefits that these extensions will bring to local businesses, local communities and all of those who come and visit.”

Also present at the launch event were Michael and Robin Dower, sons of John Dower, widely considered to

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be the 'founding father' of National Parks in the UK. His recommendations formed the basis of the Hobhouse report which led directly to the 1949 National Parks and Access to the Countryside Act and the creation of the 15 National Parks that we have today.

The extension – announced last October by Environment Secretary Elizabeth Truss – means the area covered by the Yorkshire Dales National Park will increase by 24 per cent.

The new boundary for the Yorkshire Dales National Park now includes the Orton Fells, the northern Howgill Fells, Wild Boar Fell and Mallerstang to the north and, to the west, Barbon, Middleton, Casterton and Leck Fell, the River Lune, and part of Firbank Fell and other fells to the west of the River Lune.

The Lake District National Park was also extended yesterday to take in an

area from Birkbeck Fells Common to Whinfell Common to the east and an area from Helsington Barrows to Sizergh Fell, an area north of Sizergh Castle and part of the Lyth valley to the south.

Nick Oldham

SEDBERGH CYCLE FESTIVAL

After the success of 2016, we are hoping to organise another Cycle Festival in 2017.

A meeting will be held on Monday 19th September at 5:30pm in the Rawthy meeting room above the Tourist Information Centre (access via Joss Lane Car park).

In order that the event continues to grow we are looking for volunteers to help run next years event, in particular a main organiser. If you can help please come to the meeting or contact Jacky Baines at No.6 Finkle Street - 015396 20298 or 07876234598.

WESTERN DALES BUS

Winter Services

Western Dales Bus will be starting its winter timetables on 27th September. The S2 Sunday service between Dent Station, Sedbergh and Cautley will be finishing for the winter, but the S3 and S4 services will continue, with more journeys between Sedbergh, Dent and Kirkby Stephen, and between Sedbergh, Dent and Hawes.

The S3 service will be making three return trips to Hawes each Tuesday, and on Fridays the S4 service will also make three return trips to Kirkby Stephen. This will not only give passengers from Dent and Sedbergh more flexibility about when they travel, but it will also make it possible

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for passengers in Hawes and Kirkby Stephen to use the bus to visit Sedbergh.

The S1 Saturday service between Dent Station, Sedbergh and Kendal will continue, with only one minor change. The last journey at 1840 from Sedbergh to Dent station will only run if a request has been made to the driver on the day; otherwise the service will finish at Sedbergh Library at 1820.

These changes will have two additional benefits. In addition to more connections with trains at Garsdale and Kirkby Stephen stations, it will now be possible to use the Western Dales Bus to travel between Dent and Sedbergh on Tuesdays, Fridays and Saturdays, as there will be three return trips between the two places on each of these days.

Full timetables will be available on the bus and from the Sedbergh Information Centre towards the end of September, and they will also be published in the October Lookaround and on the bus website, westerndalesbus.co.uk.

Jock Cairns

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JULY WEATHER

Yet another wet month with a total of 11.12 inches (282.5mm) of rain falling. In spite of this we did have 11 dry days with some high temperatures. A maximum of 83F (23C) and a minimum of 41.5F (5.5C). For the first month this year even the wind chill temperatures were all positive. It was quite a breezy month with only 4 days when the wind did not get into double figures. On only 4 days did the maximum gust not come from the north westerly quarter with a high of 19.9 mph.

The rain has again prevented any hay timing though the growth is lush. I am continuing to supplement the tups with branches of leaves and armfuls of chickweed. The fly struck tup is

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improving with his twice daily covering of Sudacrem! There have also been more cases of scald than usual even though the Ryelands are far better than the Rough Fells with regards the condition of their feet. The bumper crop of sparrows are emptying the feeder full of corn on a daily basis. For the first time in the 20 summers we have lived here the song thrush, collared doves and wood pigeon have raised young even though the magpies have too raised a couple of youngsters. The buddleia is bursting into bloom so lets hope that coincides with a crop of butterflies. No bats to report again.

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SEDBERGH COMMUNITY SWIFTS

Overall 2016 has been a good, but very variable, year for watching swifts. We've had weeks of some of the most spectacular activity ever, yet also had cold wet spells when we feared for their prospects.

As I write this we still have some groups of swifts screaming on 17th



August, which is later than usual, and could be due to some late breeding pairs. Most of our Lowgill chicks had

fledged by the end of July, although one was seen peering out at the wide world beyond as late as August 5th. After the chicks have departed from the nest the parents still continue to return to it at night for variable lengths of time – often for about 4-5 nights. We were surprised that one of our Lowgill swifts kept coming back for 15 nights, even though its mate had left after 6 days.

By September our swifts will have reached the area in Central Africa where they spend much of the winter, in the Congo. Compared with the spring, they take longer over their autumn migration, which can be up to 3 weeks. Many of our UK swifts linger over north-central Spain as, presumably, without the urge to

breed, they can take advantage of insects wherever they can. A pair does not migrate together, nor spend the winter together, so it is incredible that next year those two birds will find their way back to the exact same nest site as before to breed once again.

And equally astonishing is that the newly fledged young swifts manage migration within only a couple weeks or so of leaving the nest, that swifts remain entirely on the wing for the next 9 months, and that juveniles do not land for anything up to 4 years until they are old enough to breed themselves.

However we can still enjoy our house martins and swallows (which are totally unrelated to swifts) as they remain with us through September

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and even into October. They both produce more than one brood a year and have more chicks per brood, often 4-5, unlike swifts which come all this way to raise just one family and usually lay only 2, or sometimes 3, eggs. This low rate of reproduction shows how vulnerable swifts are to anything that hampers their breeding.

One of the heartening aspects of the community swift project is the number of people we've been able to meet and talk to after they've phoned and emailed with information, or stopped by our stall to chat. It is lovely to hear from you, about what's going on and see how enthusiasm for helping our swifts is spreading. We've been kept very busy visiting all the people who wanted to put up boxes and already

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many of these have been prospected by swifts – and, when calls were played, they have even been attracted to places that previously had none.

During the past few months you may have seen us searching for nest sites around the area, and we are always pleased when you come out to speak to us. Your information has led to finding nest sites in rather unexpected places such as Sycamore and Woodside Avenues and Maryfell, where properties are newer than in the central part of Sedbergh. And we suspect there may be many more nests in the hot-spots like Highfield and Bainbridge Roads, Back Lane, parts of Main St and the Guldrey area.

If we are to continue to enjoy the spectacle of swifts hurtling around our town and villages, one of the most important things is to look after existing nest sites, ie. not blocking up the entrance holes when repairs or pointing are done. Sadly, because swifts are so faithful to their nest sites, they have been seen repeatedly trying to get into blocked holes, without success, resulting in

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the probable loss of another breeding pair.

There is no down-side to having swifts nesting, as they are not messy, don't enter the building and don't do any damage. And please pass this message on to your friends and neighbours if they have swifts.

Only by making a place for swifts in our houses, offices and public buildings will we give them a future.

To contact SCS: email ta.hoare@btinternet.com or ring 01539 824043

Tanya Hoare

SEPTEMBER GARDENING

Grass, in lawns, has to put up with an awful lot. Normal lawn care requires that we trample over the whole surface regularly, chop off most of the leaves, and, if your mower has a roller on it, squash it, and the ground beneath.

Fortunately, grass is built to withstand most of our treatment, but if you wish to encourage it to thrive, now is a good time of the year to work on it.

Compacted soil has little space for air which makes grass root growth

difficult. It can also impede drainage and consequently, water gathers on top of the lawn giving ideal conditions for moss growth.

The first task on lawns in this damp part of the country is usually to remove as much as possible of the moss and the "thatch" – dead dry grass material which collects at the base of grass plants and can build up to form an impervious layer. For those who like hard work, a spring tine rake will do the trick, otherwise, a small electric scarifier will do the job quickly, and produce phenomenal amounts of moss.

Next you need to relieve the compaction.

The best way to do this is to aerate the lawn by spiking it – either with a

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garden fork, or more successfully, with a hollow tine implement which takes cores of soil out of the lawn surface. Hand tools of this type are available, but not easy to use if your soil is stony. For those who really mean business you can hire a large, heavy machine – an aerator - which has a rolling drum on which the hollow tines are mounted. Being a power machine you have to handle this with care or the action of the spiked drum digging into the lawn surface can drag the machine off in the wrong direction, and you might find yourself digging neat holes in the flower borders, the driveway, or, in extreme cases, the greenhouse or the road outside the property. Whichever method you choose, the resulting cores need to be raked off, before a top dressing mix of horticultural sharp sand and open compost (old grow bag compost is useful) is spread over the dry lawn surface and pushed into the holes with a stiff brush. The resulting open texture to the soil surface, should result in improved root and leaf growth and lead to a much healthier, greener, lawn.

Elaine Horne.

CUMBRIA WILDLIFE TRUST

Ospreys

Some of you may have been watching images from the Cumbria Wildlife Trust's webcams set up at Foulshaw Moss to follow the activities of our very special ospreys and their offspring.

www.cumbriawildlifetrust.org.uk/osprey-cam

Ospreys were severely persecuted

across Europe in the past but thankfully are beginning to increase in number today.

OSPREY FACTS:

Common name

Osprey

Latin name

Pandion haliaetus

Category

Birds

Birds of prey

Statistics

Length: 56cm Wingspan: 1.6m

Weight: 1.5kg Average Lifespan: 9

years Breeding: Female Ospreys begin to lay their eggs in late April.

Incubation period: 5-6 weeks (35-43 days) average being 37 days Age at

first breeding: 3-5 years Number of eggs: Usually 3 Colour of eggs:

blotched reddish-brown

Conservation status

Classified in the UK as an Amber List species under the Birds of Conservation Concern review and listed under CITES Appendix.

The ospreys that favour Foulshaw Moss Nature Reserve near Witherslack as their breeding ground migrate to their wintering grounds in Autumn, most likely West Africa or Europe. The male, identified by his

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'White YW' leg ring, hatched at Bassenthwaite in 2008. The female, identified by her 'Blue 35' leg ring, hatched at Kielder in 2010. Ospreys pair for life and usually return year after year to their original nesting site. The chicks have been ringed so their future can also be tracked.

LATEST UPDATE: 15th August: All four ospreys are still at the nature reserve and will begin their migration towards the end of this month/early September. Do take a visit to Foulshaw Moss nature reserve if you get a chance - you may catch a glimpse of the birds from the viewing platform (a scope is available to use when staff/volunteers are on-site). Juveniles are catching fish themselves and finding comfortable

trees nearby to perch and eat. Their Indefatigable parents are still bringing home their catch as well.

If you have any questions for Simon who looks after the Nature Reserve do send them in via the Cumbria Wildlife Trust Twitter page using #FoulshawOspreys or contact the Trust direct at Plumgarths, Kendal 015398 16300 or look at the webpage to check if the birds are still on their nest. New members of the Trust are always very welcome and there are opportunities to join or contribute to the osprey camera appeal on the website. We hope to be able to add a night vision facility. Do have a look at the footage before our ospreys depart for warmer climes!

Susan Garnett



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

Maria Gallego-Calderón, HR & Recruitment Administrator
at HRAdmin@sedberghschool.org or by ringing 015396 20303.

Also check the School's website regularly for details of individual posts as they arise.

Please return completed Application Forms by email to HRAdmin@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.

SEDBERGH SCHOOL NEWS

A tweet from a visitor appeared on the School site this month praising the Sedbergh golf course and it's excellent condition

At Bisley 19 pupils entered the Schools meeting and 14 stayed to enter the Imperial meeting. In the schools meeting Struan Freeman & Harry Weld won the Cadet pairs and Harriet Bramwell came first of over 500 & won the Fox Quaich and Silenta Trophy. The School also won the North of England trophy & the Royal Regiment of Fusiliers trophy. In the Imperial meeting Katherine Fleck was too Tyro (junior) in the England XX's short range and had the top score in the Interservices short range match in which the UK cadets beat

the regular army convincingly Old Sedberghians Ali Crossdale (for the second year) and James Botham, together with Sam Moore the 2916/17 school vice captain, have been chosen for the English U19 tour of South Africa. Old Sedberghian Emily Hirst has gained a PGCE from Bath and will teach at All Hallows' Bath from September.

41 girls went to South Africa to play hockey and netball very successfully, as well as such activities as visits to Elephant and cheetah sanctuaries. They raised money to build an AstroTurf at Astra Primary School, Port Elizabeth. The boys hockey tour of Malaysia was also a success. Besides their wins they drew with the Singapore National team.

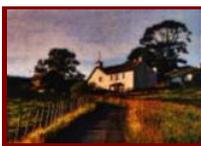
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During the holidays Fraser Sproul added another national championship, making it four so far this year.

The summer school events went with a swing judging by the tweets on the website. And the National Children's U13 orchestra gave a splendid concert at the end of their week – a rehearsal for a their concert in Leeds the next day. The weather cooperated brilliantly for the Minor counties match on 14-16 August, and the ground lived up to its reputation of one of the most attractive cricket grounds in the world. Norfolk won by 32 runs. It was good to see the ground surrounded by several ranks of cars and people enjoying picnics in the sun

The Estates department has had a busy summer. Visitors to the school may be caught out by the new "bumps" on the main school drive, and the drive in the Bursary entrance. The building above the school shop in Main Street has been turned into flats for staff. Repairs have been carried out to the roofs of Sedgwick and Hart. School House Tower is being restored although with the

complications of bat surveys, structural engineers and listed building consents. The chapel – also a listed building – is having a new lightening protection system as the original one does not meet modern regulations, and also a new fire alarm system. A new "square" is being created on the Akay cricket field. It is hoped that work on the new Sports Hall will start in the autumn. And walkers passing the 1st XV pitch on Buskholme will no doubt be glad to see that – at last – the hedge in front of the benches has been cut back

The Michaelmas Term officially begins on 7th September, but activity begins well before that. The first and second Hockey teams will return for pre-season training on 30th August and have a tournament at Rugby on 2nd September . The net ball and rugby pre-season training starts on 1st September with a friendly netball match against Stoneyhurst on the Saturday, and a Rugby Festival at Tynedale and match v Lymm RUFC (at home 12 noon) on Sunday. There is also the NSEA National Show Jumping and Dressage Qualifiers on the Friday and Saturday. The next

week starts with a staff meeting on the Monday and continues with a busy programme of INSETs, departmental meetings, inductions and other meetings. The new year 9 pupils arrive at 4 pm on the Tuesday and spend Wednesday meeting such people as the Headmaster, Second Master. and Deputy Heads and the music and games masters and mistresses. The new pupils in the more senior years arrive at 12 noon and get their briefing and inductions. And the term officially begins with the rest of the pupils arriving at 7 pm and a chapel service at 9pm. Term kicks off properly with the first lessons at 9am on Friday but the next week or so is taken up with a lot of sorting of teams, clubs, auditions for the school

and School play (A Christmas Carol this year), and other interests.

The A Level results again improved on the year before with 56% of pupils gaining A*/B. Four pupils also gained the maximum in five subjects in their BTEC exams. A local success was Kathrine Fleck who gained three A* and an A to secure her place at Newnham College to study veterinary medicine

The third Old Sedberghian pilgrimage to the WW1 graves will take place between 19th and 2nd September, this time to the Somme. There is a Prep School Rugby Festival on Saturday 11th September at the Prep School. The Anti-Assassins Rugby against the Old Sedberghians will be at 3pm on

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Sunday 11th September. The first official home match for the 1st XV is against Myerscroft Saturday 24th September (at 11.30 am). The Memorial Service for Gerry Blackwell is on Friday 30th September at 5 pm.. This is followed by the Old Sedberghian weekend with the Friends of Sedbergh School lunch at 1 pm on Saturday and the 1st XV playing Merchiston Castle School (at 14.30) Karen BL

AUTUMN YOGA

at Dent Meditation Centre

From September, weekly yoga classes for all abilities

1st September – 15th December 2016 (except 21 & 22 September and 12 & 13 October.

CHAIR YOGA

Thursdays 10.30-11.30am – No age limit. Movements and teaching methods will be adapted for disabilities. Alleviate general stiffness, improve co-ordination, balance, strength and mobility. Drinks and snacks are available after class. It is a great opportunity to meet up with other people in the area. Classes cost £5 per class, or £25 for a block of 6

classes paid in advance (or £55 for the term until the end of 2016)

GENTLE YOGA

Thursdays 5.15-6.45pm – A general level class where movements and postures will be adapted to suit the students' abilities. Each weekly class will focus on a different posture or element of yoga, described in the handout at the start of term on September 1st. Classes cost £7, or £35 for 6 classes paid in advance (or £75 for the term until the end of 2016)

ACTIVE YOGA

Thursdays 7-8.30pm – A stronger class, based on ashtanga, suitable for those with a reasonable level of fitness. Each weekly class will focus on a different element of the practice, described in the handout at the start of term on September 1st. Classes cost £7, or £35 for 6 classes paid in advance (or £75 for the term until the end of 2016)

HATHA YOGA

Wednesdays 5.15-6.15pm – An hour long general level class similar to the gentle yoga class. Movements and postures will be adapted to suit the students' abilities. Classes cost £5 per class, or £25 for a block of 6

classes paid in advance (or £55 for the term until the end of 2016)

MID WEEK YOGA WORKSHOPS

See the notice boards or pick up a leaflet at the Centre for information about midweek 1.5 hour specialist yoga classes to be held this Autumn.

Contact Elly Archer 25458 / ellyarcher@talk21.com / 07980 130077

SEDBERGH TOWN BAND

After a summer break we are pleased to announce that Sedbergh Training Band will begin it's rehearsals on Wednesday 7th September. 6-7pm at Sedbergh School Bandroom. Please note the change of time, day and venue. Many children and families were struggling

with Saturday mornings so we thought we would give it a go at a different time of the week and day.

Beginners are welcome to come and have a go. Instrument, basic tuition, uniform and music all provided for just £1 per week. Children welcome from year 3 upwards and adults welcome of any age!!!

For more information please contact Carole on 22030 or through the Town Band Facebook page.

SEDBERGH BROWNIES

Sedbergh Brownies has moved to a Monday night!

We currently have spaces for girl's aged between 7 and 10. This term we have lots of exciting activities planned including completing the Beatrix

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Potter badge featured on Country file, a sleepover, dancing and Brownie's ready steady cook please get in touch if you'd like more details.

We also need more leaders so if you'd like to join our voluntary team or would like more information about the qualifications and opportunities available in Girl Guiding UK please get in touch.

Thank you

Claire Moore

SEDBERGH INFORMATION & BOOK CENTRE

Moving information around the town is a big part of what we do here at the Centre. With that in mind we aim to have a range of information for residents as well as visitors. Tell us about your events and we'll make sure it goes online and into print.

If you've looked online at www.sedbergh.org.uk you will have seen the What's On section of the site; but did you know that we also post a 'What's On' notice every week in good, old-fashioned paper and ink format? You'll find it on the notice board on the corner of 72 Main Street and we have a copy inside as well.

If you have an event or meeting

please let us know about it by dropping in, emailing tic@sedbergh.org.uk or phoning (015396) 20125. The list is prepared every Friday morning, so you need to get your information to us by the Friday morning before your event date at the very latest. It's very important to let us know the end date as well, or whether it's just in term time if it's a repeating event. If you want to go on the website, you're best off emailing us with a couple of nice images if you have them. I know Dennis is going to want me to remind you to send all that information to him for the Lookaround as well ...

We also have plenty of information about happenings in the wider area which Lookaround readers might be interested in, especially film, theatre, music and exhibitions. We do well in Sedbergh but there is plenty more going on not far away. And our huge range of leaflets about places to go, walks, cycle rides, etc. will give you plenty of ideas of things to do on a day out or if friends and relatives are visiting.

Talking of relatives, we have a large range of Sedbergh-themed items for

sale in the shop, including mugs, trays, bags and tea towels plus our 2017 'Around Sedbergh' calendar is now available for the very reasonable price of £5.99 - all proceeds go towards funding the Information Centre. All of the photographs in the calendar have been donated by some of Sedbergh's large number of talented photographers and all are reproduced on a full A4 page in fabulous colour. Many thanks to all who submitted photographs for this year's calendar. (If you would like to donate a photograph for the 2018 calendar, we'll be announcing details in the February Lookaround).

One of our services is selling parking permits for the Parish Council, so may I remind you that if

you're reading this your purple permit has run out! We are open 10 til 4 Monday to Saturday and noon til 4 Sundays for you to get a new one. Permits cost £40 (day) and £60 (24 hours) this year and we require payment in cash or by cheque. Maybe you can pick up a mug or a leaflet while you're in.

Best wishes, Andi Chapple

ORAL HISTORY SOCIETY

The following extracts are from *Telling it like it was: Dent, Sedbergh and district in living memory* edited by *Anthea Boulton and Veronica Whymant*:

"We were always keen on rabbiting and bird nesting, we'd set off Sunday morning and we wouldn't come back



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helping with grief
tinnitus (a condition in which I have a special interest)
mild skin problems
eating healthily
improving sleep
replacing unhelpful habits

till six or seven o'clock at night when we got hungry. Nobody worried about it, nobody was going to run away with you. ... When I left school, at the end of the war, the butcher in Sedbergh for a really good rabbit he'd pay five shillings. With the rabbiting money I bought my first bicycle from Len Haygarth's garage at Dent, a three-speed Hercules, it cost £14 brand new.

"I was fifteen when I left school. I always wanted to be a garage man. I have always been keen on mechanics, but in those days times were hard. I would have had to lodge in Kendal, my pay would have been thirty shillings a week and my parents couldn't afford to subsidise me, so it was no go. That's what I really wanted to be." Alan Mattinson, born 1934.

As it turned out the garage trade's loss was our gain because Alan became one of the most celebrated stonemasons in the area. He died this summer and will be remembered with respect and affection by many.

*Anthea Boulton,
Dent, Sedbergh & District
Oral History Project.*

SEDBERGH & DISTRICT HISTORY SOCIETY

*Local History Exhibition
Saturday and Sunday 17th 18th
September, URC Room*

The exhibition aims to share members' interests and research. The society hopes that everyone will find something of interest in the exhibition. New material has been added, including many photographs showing the local area in the past, some old and others of more recent times.

Members' researches may highlight particular people and activities but they also pay tribute to all the people, both those who stayed in the dales and those who moved on to wider horizons. Today, many people come from all over the world to consult the Society archives, as they put together their family stories. Each story throws more light onto our collective history.

We can still see traces of the earliest settlers, the Celtic tribes who named Dent and some of our hills and rivers, and the Norse language that survives in many farm names. Mills, quarries, railways and the remains of other structures reveal our industrial heritage, and together with

roads and tracks, show the ebb and flow of economic life. Documents, and more recently photographs, illustrate the lives of the people.

Our exhibition offers small glimpses of past worlds. It does not tell the whole story, or offer a chronological history lesson, but it provides snapshots that remind us that time does not stand still. The clocks tick here just as in other cities and towns around the world.

The archive is available for you to look through or for *your own research*.

We would like to thank all the people, too numerous to mention individually, who have helped to make this exhibition possible.

Please visit this fascinating

exhibition

Sedbergh URC Room, off Joss Lane, 17 and 18: September, 11 am – 4pm.

FAMILY MUSINGS

Sometimes things just conspire against you and recently that has been the case, when someone needs help they need it when THEY need it not when you can fit them in . There is so much "need" around, that of someone to listen or some practical help or mopping up of tears. It doesn't matter if the person in need is 2 or 20 or 90 quick kind response is required. I really don't understand people who haven't time to help. Then there is the techi problems of communication, when Internet and mobile signals are



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"down" and our valley has experienced both at once recently.

There are bright-sides to living next to keen gardeners who have time to enjoy working in their plots, we enjoy their gardens as well as our own!

Work in ours gets curtailed although a project to improve the drive area has taken place with desired results even if it is now known as "the yellow brick road"! Enjoy your projects folks and your gardens.

Sarah

neighbourhoodalert

Online shopping websites are being utilised by fraudsters to advertise nonexistent drones of various specifications for competitive prices.

Drones are personal flying devices that often carry cameras and can be navigated remotely by smartphones or hand-held controllers. Fraudsters are capitalising on their recent popularity and advertising non-existent drones at a lower value than their recommended retail price to tempt buyers.

After victims agree to purchase the drone, the fraudsters request payment to be paid via bank transfer

saying that it will quicken the delivery process. After transferring the money the buyers never receive the drone and the fraudster blocks the victim to prevent further conversation.

How to protect yourself:

- ◆ Check the validity of the post.
- ◆ Avoid paying by bank transfer and instead use an online payment option such as PayPal, which helps to protect you.
- ◆ Check feedback online by searching the associated phone numbers or email addresses of the seller. Feedback will give you useful information about recent transactions other buyers may have made.
- ◆ If the item is below market value consider whether this is an opportunity too good to be true.

If you have been affected by this, or any other scam, report it to Action Fraud by calling 0300 123 2040, or visiting www.actionfraud.police.uk

AGE UK SOUTH LAKELAND

Just an update on the various activities which we run in Sedbergh. Why not come along to our Afternoon Tea Group at the Sedbergh Café

which takes place every first Thursday of the month at 2.30pm. Enjoy sandwiches, scones, cakes and as much tea and coffee as you can drink...Or join us for lunch at the Red Lion Hotel every 2nd Thursday of the month. If you would like to learn to swim or are not very confident in the water, try our Beginners Swimming Class at Sedbergh School pool every Wednesday from 11.45 am- 12.15 pm run by a Qualified ASA Swim Teacher . If you would like to come along to any of these, please get in touch with me via the Age UK helpline number on 01539 728180 .

Ruth Taylor

CITIZENS ADVICE BUREAU

Holiday problems on the rise!

Flights that don't exist, hotels next to rubbish dumps and cancelled transfers leaving people stranded are just some of the problems making holidays a misery. Too often people don't get what they have paid for.

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- * Take out travel insurance from the day you book. Check the excess charges on cheap policies and make sure you insure everything you plan to do, e.g. sports.
- * If the operator significantly alters your holiday before you go, you don't have to accept and can ask

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- * If flights, transfers and accommodation are not as described, complain straight away to a rep, and if still not satisfied, use the tour operator's complaints procedure.
- * If your flight is cancelled, you are entitled to a replacement flight or a refund.
- * Travel insurance normally pays better compensation than airlines for luggage problems.

For more help, contact Citizens Advice.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other

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ANAEROBIC DIGESTION

Cumbria-based JMP Foodservice has become the first company in the UK to begin using electricity directly supplied by a small-scale on-farm dry anaerobic digestion (AD) plant.

Birks Farm, which is next door to the JMP Foodservice depot on Birks Lane, Sedbergh, in the Yorkshire Dales National Park, installed the AD plant in 2015. The system processes farm waste and generates electricity and heat. In addition, it produces a high-quality fertiliser that is used on crops.

JMP Foodservice first started to receive electricity at the end of June, and the business now benefits from a reduced energy bill.

Its sales director Shaun Atherton said: "For us, the benefits of using the



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electricity produced by Birks Farm extends beyond the decrease in our energy bill.

"We have always been seeking to reduced our carbon footprint and help improve the environment. We have quite a high electricity usage on site due to our fridges and freezers related to our operations.

"We looked at solar panels but our roof faces the wrong way, so this was an ideal alternative.

"The system went live on June 22, and we didn't notice. The process was smooth and we have not had any issues.

"It's fantastic that we are able to support the local community."

Brian Capstick, owner of Birks Farm,

said: "The biggest benefit to businesses is the major reduction in their carbon footprint as the government starts to bring in more carbon taxes. AD plants do this far better than wind or solar because they capture greenhouse gases to convert them into electricity.

"For the farm, it increases our profitability, which means we can support the maintenance of the landscape and skill base that has shaped the Yorkshire Dales National Park for centuries.

"For us, the benefits of using the electricity produced by Birks Farm extends beyond the decrease in our energy bill." Shaun Atherton

"Indirectly, the project supports the

creation of new, high-skilled jobs in the region in biochemistry and advanced engineering.”

The electricity being produced from farm waste reduces greenhouse gases on the farm to the equivalent of 1,255 tonnes of carbon dioxide per year. This is equivalent to:

- ◆ Planting 32,525 trees and growing them for 10 years, or
- ◆ Removing 265 cars off the road, or
- ◆ The amount of electricity used in 185 homes per year

Clare Thompson

KATIE WOOF

I would like to thank the Gala Committee and the Sedbergh British Schools Trust for their monetary help towards the cost of my Gap Medic trip to Morogoro Hospital in Tanzania, East Africa. This work placement of two weeks was an experience of a life time having witnessed African culture, practices and poverty. I spent one week working on a Paediatric ward and my second week was spent working closely with mothers' and babies on an Obstetrics and Gynaecology ward.

This trip has helped me gain invaluable experience in a busy third-world working hospital before applying to University to study Child Nursing.

FLU CLINICS

The annual Flu Clinics will be held at the Medical Centre on the following dates:-

Saturday 24th September 2016 – 9am – 11am

Monday 10th October 11.30am.

(Please ring the Surgery to be placed on the list.)

Saturday 15th October 2016 - 9am – 11am

Walk in no appointment needed .

We also offer a daily walk in service during our normal working hours, no appointment necessary from Monday 26th September subject to delivery of vaccines.

Mrs Tracy Thornton

MIND IN SEDBERGH

The local South Lakeland Mind will be commencing 'Drop-In's in the People's Hall every Monday (Except Bank Holidays) and is open for everyone from 10am till 12 noon.

Volunteers are needed for the befriending service. If you would like

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015396 25227 (evening)

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to help, please ring Freddie on 01539 740591 or visit their Web Site at www.slmind.org for further information.

SING JOYFULLY!

Sing Joyfully! is a new choral group with a difference! Active since September 2015 and with a growing body of enthusiastic singers, the ensemble aims to bring people together to have fun whilst making music together and learning how to develop the voice. Choral sessions include training in vocal technique and repertoire covers a wide range of genres and styles from classical western traditions, pop, jazz, folk, world traditions and gospel. We guarantee that there will something for everyone! This year music will include Popular and Easy Listening favourites from the past century (music from the 1920s through to present day) and we will be learning a wide variety of festive music from a range of genres - classical, folk, world and contemporary carols.

Sessions run in Casterton Church on Tuesday evenings from 7:30pm-9pm. Our first session is on Tuesday

September 13th.

Beginners and experienced choral singers are all welcome, irrespective of experience or music reading ability!

For more details and all enquiries, please email Anastasia on amicklethwaite@hotmail.com or call 07952 601568.

SEDBERGH BRITISH SCHOOL TRUST

The Trustees will meet on Wednesday 14th September 2016 to consider **Grant Applications** from suitably qualified persons who have attended local authority schools in SEDBERGH and DENT, and who seek FINANCIAL ASSISTANCE to further their education or for vocational training.

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We are open daily for home cooked food, (a particular favourite is Ham 'n' Eggs) and offer an extensive menu for residents and non-residents. Our two guest rooms are both en-suite and we can boast one of the finest views of Cautley Spout and the Howgills.

Every Thursday is Pie Day

Any home made pie with chips and veg plus tea or coffee only £7.50
Lots to choose from including Vegetarian.

Please note our opening hours from August 2016

Closed Mondays unless a Bank holiday.

Opening Hours: - 9am to 4.30pm Wednesday to Sunday inclusive

Thursday, Friday & Saturday open to non residents from 6.30pm for Evening Meals

but prior booking essential

Applications should be in writing and addressed to: The Honorary Secretary of the Trust, 6, Guldrey Fold, Sedbergh LA10 5DY
Mrs Jean Cope, Hon. Secretary

COFFEE MORNING WATERSIDE FARM, FIRBANK

Once more a big THANKYOU to everyone who supported our Coffee Morning on August 13th. The weather didn't quite make up it's mind, but despite this people came, and enjoyed their morning.

Thank you to the "Kitchen Staff" and "Stall-holders". Without you it just wouldn't happen, and to all those who gave such generous donations - we raised upwards of £750, a wonderful

achievement.

Liz is doing the Great North Run on 11th September and her sponsorship money will also go to Derian House Children's Hospice.

Thank you all. Same place, same time next year?? - We'll see!

William, Mary and Family

TRANSPORT PROBLEMS

Dear Editor,

In the Lookaround, the Western Dale Bus is advertised as a SERVICE.

On Saturday 13th August, several residents and two visitors were waiting at Sedbergh Library. When the bus arrived, only two people alighted. The two visitors, an adult

and child, were planning to catch the train at Oxenholme to Manchester Airport to connect with the flight to Amsterdam. If the child had not informed me of their arrangement, they could have been left stranded, not to mention the extra cost and anxiety involved.

The capacity of the bus is not fit for purpose, particularly as it also travels to Morrison's. There was once a Saturday bus that had at least thirty seats, filled by all age groups

Any funding of Western Dales Company needs a thorough looking into. As I said previously, this tiny bus is totally unsuitable and the community deserves better.

Also, money is being lost by turning away potential passengers.

Peggy Ingham

TALKING LOOKAROUND

The Talking Lookaround is separate from the main Lookaround insofar as there is a small Committee headed by Rosemary Handley who produce an Audio and Large Print version for the partially sighted. Both of these are produced every month and are distributed for free. If anyone would any information or would like to receive a copy, please contact us.

The Talking Lookaround is financed totally separately and apart from very generous donations, we rely on our Annual Coffee Morning which will take place this year on Wednesday 7th September in the URC Rooms from 10 am to 12 pm.

Everyone is invited to attend and any offers of a Raffle Prize, Cakes, Biscuits or produce would be most gratefully received. (Sorry but we

don't have a bric-a-brac stall)

Finally, we have a spare reading magnifier which is available for anyone to make good use of. This again is free and has minimum controls.

Dennis J Whicker

GREAT NORTH AIR AMBULANCE

There are three air ambulance helicopters across the North-East, North Yorkshire and Cumbria under the name of the Great North Air Ambulance. They bring pioneering pre-hospital care to an incident scene, rescuing hundreds of severely injured or ill patients every year.

The GNAA receives lots of support throughout the whole of the north of England and Sedbergh would like to play a part in that.



At 10 am on Saturday 8th October, a "Preloved Table Top Sale" will take place in Gladstone House on Fell Close in support of the GNAA.

There will be many stalls with crafts, cakes, books, jams and much more.

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There will also be refreshments and a raffle.

Donations for the event are invited and if you would like to help or require any further information, please contact Liz on 20541, Melody on 20174 or Donna on 20570.

Further detail about the GNAA can be found on their Website at www.greatnorthairambulance.co.uk

COMMUNITY OFFICER REPORT

Unlike the weather the summer holidays seem to be progressing in an orderly manner with few reports of anti social behaviour being reported for this month.

At this busy time of year with extra visitors in the area we also have to deal with many minor road incidents, a lot involving animals especially sheep on the highways please bear this in mind and drive with care.

Key Crime

Over the last month there have been 46 incidents reported within the wider

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area that Sedbergh sits, from these 12 crimes have been recorded.

Of note or community interests were:

13th July criminal damage to property at Sedbergh school, three youths identified and dealt with, written apologies And contributed to compensate for damage.

26th July Criminal damage to a car parked on Highfield road car scratched.

4th August property broken into at Marthwaite, items removed but discarded nearby.

5th August Two vehicles stolen from the Dent area a transit van and a camper van.

Also on 5th Aug damage to a vehicle on back lane which was scratched and rear wiper removed.

6th August Crime report submitted for a racially aggravated public order offence at the Taj Mahal on main street.

Suspicious Incident / People / Vehicles

As always please report any suspicious persons or vehicles to police on 101.

CSO 5251 Boak

**Paul
Hoggarth**



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PERSONAL & SMALL ADS £1

GERALD BLACKWELL

A service of Thanksgiving for the life of Gerard (Gerry) Blackwell will be held in the Sedbergh School Chapel on Friday September 30th at 5.00pm.

DEREEN & JOE ELVEY

Congratulations to Mum & Dad Elvey on the occasion of your **PLATINUM WEDDING ANNIVERSARY (70)** on 11th September 2016. Living together all these years in happiness is a wonderful achievement! All our love. Michael, Jane & Richard. XXX

SYD McLENNAN

I would like to thank the Parish Council and Sedbergh Scouts for their help in allowing and placing the commemorative bench in the raised Garden by the Information Centre in memory of my late husband Syd McLennan. Particular thanks go to Mel and Bill Mawdsley who undertook the production and placing of the bench on my behalf and to the Scouts would have agreed to maintain it. I hope that residents and visitors alike will rest a while, enjoying the view of the Main Street and the Fells and remember with a smile Syd and Henry. Lyn McLennan

CHARLOTTE ROBSON-PEALL

To Charlotte. Very **Happy 30th Birthday** Mummy on 22nd September. With lots of love and kisses from Jacob

ALAN STANTON

Betty would like to say thank you to all those who attended the Funeral Service for Alan which was very uplifting. Thanks also for all the flowers and generous donations for the North Air Ambulance amounting to £445. Thanks for all the many cards, phone calls and visits. A very big thank you to PPA Carers for their kind and loving care to Alan for many years. Thanks also to Linda, Rosemary and Gwyneth and to Kevin for always being there for us. Thank you to Brian Goad for all his help and to Dorothy for the lovely tea.

FOR SALE

Tumble Dryer (never used) £60. Calor Gas Heater (used twice) £50. Dimplex Coal effect Electric Fire (24"x26") £60. Buyer collects. FREE Large, shabby chest freezer (in good working order). Meakin, Rocklea, Dent 015396-25419 or O'Brien 015396-25376.

WANTED

Have you any pieces of driftwood/ bleached/knotted hardwood you would be willing to donate for an art project? If so, please contact Frank Williams on 015396-22517. Thank you.

LOST

36v Li-Ion Strimmer Battery between Dent & Cowgill on or about 21st July. Please contact Dent 25407.

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland *	09/16	Helpline	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	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	12/15	Mr Parratt	Sed:	20964
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
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	06/16	Dr Ripley	mylesripley52@gmail.com	
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 Primary 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
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
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	04/16	Mrs Woof	Dent:	25212
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 Gilfellon	01524	781907

Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley mylesripley52@gmail.com		
Labour Supporters Group	10/15	Mr Cross	01539	634139
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
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 *	09/16	Mr Steele	Dent:	25054
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554
People's Hall	08/15	Sleepy Elephant	Sed:	21770
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	09/15	Mrs Palmer	07584	285923
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Settlebeck High School P.T.F.A.	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton) *	09/16	Mrs Micklethwaite	07952	601568
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/16	Mrs Thexton kate574@btinternet.com		
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869
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	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287
Youth Club *	09/16	Mrs Wilberforce	Sed:	21562

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect, please let us know.

EDITORS COMMENTS

Apologies to the sender of the 'Personal For Sale' that didn't appear last month. It does this month.

Another new Advertiser this month is Ellie Archer Yoga who will be holding her sessions in the Dent Meditation Centre.

POSTAL LOOKAROUND

Due to the continued large copies of Lookaround being produced at over 100 pages every month, it is also heavier and the cost of Postage has increased. It is therefore necessary to increase the Postal Lookaround from £2 to £2.50 per issue for Mainland and from £4 to £6 for overseas. Sincerest apologies for this increase. Existing Postals will be honoured.

LOOKAROUND INFORMATION

The Sedbergh & District Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker & is printed by Stramongate Press. The content of The Lookaround does not reflect the views of the Editors.

Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions.

Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire).

All items for Lookaround must be sent to the Sedbergh Information Centre at 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to

editor@sedberghlookaround.org.uk

ADVERTISING

For the benefit of advertisers, the following information will assist you.

If you wish to place an Advert in Lookaround, please include the correct money or cheque with the details & place it in the Post Box. A receipt will be issued & left in the Lookaround Tray in the Office for collection or include a SAE.

Our distribution area is the LA10 Postal District which is Sedbergh & the surrounding villages, but it is sent all round the country & the world.

We are published on the 1st of every month (except January).

February to November is printed black ink on white. The December/ January issue is in full colour. All copies have a full colour cover to indicate a new issue & photographs are requested from our readers who will be credited.

We do not have whole page adverts but will allow two half page adverts opposite each other.

The Front Page is given priority to Event Adverts relevant for the appropriate month.

You can supply the information & we can create an advert for you. You can supply an example in hard copy & we will reproduce it (please mention if a particular Font is required). You can supply an original using Microsoft Publisher, a Word, a jpg or as a PDF.

If you order numerous adverts, the content can be the same every month or it can change if you are seasonal.

The closing date for new Adverts is 15th of every month. Renewed adverts & articles are 19th of every month.

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999. (over 16 years ago.)

PERSONAL MESSAGES

These are £1 each & are for sending Good Wishes, Thank You's, Birthday Greetings, Anniversaries & any other celebration or congratulation. You may also sell personal items - not on a business basis, & also make an appeal for wanted items.

Details with respect to people Passing Away are inserted for free.

Please submit legible writing as many mistakes have been made in the past due to not being able to read properly.

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable. All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

Adverts for the Rent or Sale of property are not Personals & can only be included as a boxed Advert.

If you are a new advertiser in Lookaround & you order 3 or more adverts, you will receive one free advert & can also include some text

explaining who you are, what you are, where you are, etc (which can not all go into an advert) up to about 550 words for free.

If you have more than 3 months of advertising, we will automatically send a renewal reminder should you wish to continue. If you order 10 months, we give you one free (making one whole year).

We respectfully request payment with ordering. Please make cheques payable to "Sedbergh & District Lookaround".

Payments by BACS can also be made.

Account: Lookaround
Account Number: 30940267
Code: 20-45-28
Reference: Invoice Number or
your name or reference.

CAN YOU PLEASE INCLUDE THE INVOICE NUMBER WHEN PAYING BY BACS?

Any receipts issued for Adverts will be left in the Lookaround Tray in the Information Centre for collection.

CHILDREN'S BIRTHDAYS

Children's Birthdays are included free on the Birthday page until their 11th Birthday.

Every month, a randomly selected child will receive a £10 Gift Voucher to be used in Sedbergh or Dent from Lookaround who will receive it by post. For this reason, we require the postal address of each child. If we have no address, they are unable to receive it.

If anyone or any business would like to Sponsor the Birthday Gift, please contact us. Full credit will be given.

Dennis J Whicker

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme				
Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC
0815 (M)	0855	Sat	S1	WDB
0940 (L)	1010	M - F	564	W
1015 (L)	1045	Wed	564A	W
1050 (L)	1130 (Mo)	Sat	S1	WDB
1240 (L)	1310	M - F	564	W
1338 (M)	1415	Sat	S1	WDB
1528 (M)	1605	Sat	S1	WDB
Sedbergh to Kirkby Stephen				
1749 (L) (C)	1819	M - F	502	SCC
Sedbergh to Kirkby Lonsdale				
0945 (L)	1018	Thu	567A	W
Sedbergh to Dent				
0935 (L)	0950	Sat	S1	WDB
1330 (L)	1345	Wed	564A	W
1455 (M)	1510	Sat	S1	WDB
1652 (M)	1705	Sat	S1	WDB
1840 (L, R)	1855	Sat	S1	WDB
Dent to Dent Station				
0950	1005	Sat	S1	WDB
1705	1720	Sat	S1	WDB
1855 (R)	1910	Sat	S1	WDB
Trains from Leeds to Dent Station Sat Only				
Arrive Dent	1016		1923	
Trains from Carlisle to Dent Station Sat Only				
Arrive Dent	1038	1732	1920	

Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive			
0900	0935 (L)	Sat	S1	WDB
1030	1056 (L)	M - F	564	W
1245 (Mo)	1325 (M)	Sat	S1	WDB
1300	1330 (L)	Wed	564A	W
1330	1356 (L)	M - F	564	W
1420	1455 (M)	Sat	S1	WDB
1615	1652 (M)	Sat	S1	WDB
1705 (C)	1749 (L)	M - F	502	SCC
Kirkby Stephen to Sedbergh				
0738 (C)	0808 (L)	M - F	502	SCC
Kirkby Lonsdale to Sedbergh				
1215	1248 (L)	Thu	567A	W
Dent Station to Dent				
1020	1035	Sat	S1	WDB
1750	1805	Sat	564A	WDB
1930 (R)	1945	Sat	564A	WDB
Dent to Sedbergh				
1000	1015 (L)	Wed	564A	W
1035	1050 (L)	Sat	S1	WDB
1515	1528 (M)	Sat	S1	WDB
1805	1820 (L)	Sat	S1	WDB
1945 (R)	2000 (L)	Sat	S1	WDB
Last Update: May 2016				

L = Library ~ M = Maryfell ~ Mo = Morrisons

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.

For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)

BUS SERVICES

S2 Cautley Flyer Sunday only until 25th September				
Cross Keys		1135		1715
Maryfell		1144		1725
Library	1000	1145	1615	1735
Spar		1146	1616	
Dent	1015	1200	1630	1750
Lea Yeat	1028			1803
Dent Station	1030			1805
Trains from Leeds to Dent Station				
Arrive Dent	1038			
Trains from Carlisle to Dent Station				
Arrive Dent	1040			1816
S2 Cautley Flyer Sunday only until 25th September				
Dent Station	1045			1820
Lea Yeat	1047			1822
Dent	1100	1210	1645	1835
Spar	1114	1224	1659	
Library	1115	1225	1700	1850
Maryfell	1116		1701	
Cross Keys	1125		1711	

S4 Kirkby Stephen Connect Friday only until further notice			
Dent		0945	
Spar		0959	
Library		1000	
Maryfell		1002	
Cautley		1007	
The Fat Lamb		1017	
Ravenstonedale		1022	
Kirkby St Station Arr		1029	
Kirkby St Station Dep		1039	
Kirkby Stephen		1045	
S4 Kirkby Stephen Connect Friday only until further notice			
Kirkby St Station			1251
Kirkby Stephen Arr			1257
Kirkby Stephen Dep	1235		1310
Kirkby St Station	1241		1316
Ravenstonedale			1323
The Fat Lamb			1328
Cautley			1338
Maryfell			1343
Library	0930		1345
Spar			1346
Dent	0945		1410R

S3 Hawes Hopper Tuesday only until further notice		
Dent		0930
Spar		0944
Library		0945
Maryfell		0947
Farfield Mill		0949
Garsdale Street		0957
Moorcock Inn		1004
Hawes Creamery		1015
Hawes Market Place		1018
Hawes Dales Centre		1020
S3 Hawes Hopper Tuesday only until further notice		
Hawes Dales Centre		1235
Hawes Market Place		1237
Hawes Creamery		1240
Moorcock Inn		1251
Garsdale Station		1253
Garsdale Street		1258
Farfield Mill		1306
Maryfell		1308
Library	0915	1310
Spar		1311
Dent	0930	1325R
Please note that there will be a change in the Timetable in the October issue of Lookaround.		

S	I	E	S	T	A		A	V	E	N	U	E
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R		E		O		R		T		O		E
A	R	D	E	N	T		C	E	L	L	A	R

SEPTEMBER CHURCH SERVICES

St. Andrew's Sedbergh	4th	11th	18th	25th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC CW	HC CW	HC CW	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	7th	14th	21st	28th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
	4th	11th	18th	25th	
St. Mark's Cautley	2.30pm HC	9.30am MP	9.30am HC by Extension	9.30am HC by Extension	
St. John's Garsdale	9.30am MP	9.30am MP	9.30am HC	9.30am MP	

LUNE PARISH SERVICES

	4th	11th	18th	25th	
Holy Trinity Howgill	10.30 am Morning Prayer @ Howgill	2.00 pm Holy Communion @ Killington	2.00 pm Harvest Thanksgiving @ Firbank	2.00 pm Harvest Thanksgiving @ Howgill	
St John's Firbank					
All Saints Killington					

DENT & COWGILL PARISH SERVICES

	4th	11th	18th	25th	
St. Andrew's	10.30 am Holy Communion	10.30 am Holy Communion	10.30 am Holy Communion	10.30 am Family Communion for Harvest Thanksgiving	
St. John's	2:30 pm Family Service & Baptism		2:30 pm Holy Communion		

worship@peopleshall

	4th				
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 Woolf 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: Rosemary Lord 20993

& 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: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am 1st Sunday each month

Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

Single Column 2.56" x 1"	=	£7.50
Single Column 2.56" x 2"	=	£10.00
Single Column 2.56" x 3"	=	£12.50
Single Column 2.56" x 4"	=	£15.00
Double Column 5.2" x 2"	=	£15.00
Double Column 5.2" x 3"	=	£20.00
Double Column 5.2" x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month to Britain	=	£2.50
Postal per month Overseas	=	£6.00

All information to
 72 Main Street, Sedbergh LA10 5AD
 New Adverts by 15th of every month.

*Can all adverts please be
 accompanied with the correct money
 at the time of submission.*

All else by 19th of every month

Last Advert Update August 1999.

Last Postal Update September 2016



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789
Mrs Lappin	The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05) <i>4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL</i>	20200
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB; Free Wi-Fi</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> 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

CAMPING, CARAVANNING & SELF-CATERING

Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	20360
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs Whitfield	Old Station Cottage. Station Road, Sedbergh LA10 5HP (2016/12) <i>Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage</i> www.oldstationcottage.co.uk	20799

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

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	URCR
1000	Every Monday-not BH	Mind	PH
1230	Every Monday	Sedbergh Songsters	GH
1330	Every Monday	Knit 'N' Natter	DHC
1730	Every Monday #	Brownies	SMCR
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1900	3rd Monday	Chamber of Trade	PH
0930	Every Tuesday	Drop-in & Relax (6)	MCD
1300	Every Tuesday	Howgill Toddlers	HVH
1300	Every Tuesday	Knit & Natter	FM
1830	Every Tuesday	Cub Scouts	SHQ
1830	Every Tuesday	Swimming Club	SS
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH
1930	3rd Tuesday	Ladies NFU	PH
0830	Every Wednesday	Sedbergh Market	JLCP
1000	Every Wednesday	Coffee Morning	URCR
1145	Every Wednesday	Age UK Swimming	Baths
1315	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebbras	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Beaver Scouts	SHQ
1800	Every Wednesday	Yoga for All (5)	MCD
1900	Every Wednesday	Sedbergh Town Band	SSBR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1830	Every Thursday	Swimming Club	SS
1830	Every Thursday #	Youth Club	URCR
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	1st Thursday	Age UK Cream Tea	Sed Café
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Age UK Lunch Club	Red Lion
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1100	Every Friday	Mindfulness Course	MCD
1700	Every Friday #	Barrel of Fun	StAS
1800	Every Friday	Cub Scouts	SHQ
1930	Every Friday	Scouts & Explorers	SHQ
1330	1st Friday	Dentdale Club	DMH
1000	Every Saturday	Swimming Club	SS

= School Term Time Only
See Group Page for contact details & Diary Page for Keys

PLACES OF INTEREST TO VISIT IN THE AREA
Bowling Green, Queens Gardens
Bruce Loch Nature Area, Busk Lane
Cautley Spout, A683 towards Kirkby Stephen
Community Office, 72 Main Street
Cumbria Wildlife Trust, Community Office
Dent Heritage Centre, Laning, Dent *
Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
Friends Quaker Meeting House, Brigflatts.
George Fox's Quaker Pulpit, Firbank
Golf Club, Catholes, Sedbergh *
Information Centre, 72 Main Street
History Society, Community Office
Holme Working Farm, Middleton *
Holy Trinity Church, Howgill
Jubilee Wood Nature Area, Castlehaw Lane
Langstone Fell, A684 Garsdale Foot
Methodist Church, New Street
Motte & Bailey Castle, Castlehaw Lane
Pepperpot Folly, Busk Lane
Picnic Site, Ghyllas, Cautley Road
Picnic Site, Settlebeck New Bridge
Play Ground, Dent Village
Play Ground, People's Hall
Play Ground, Maryfell
Queen's Gardens, Station Road
St. Andrew's Church, Dent
St. Andrew's Church, Main Street, Sedbergh
St. Gregory's Church, Vale of Lune
St. John's Church, Cowgill
St John's Church, Firbank
St. John's Church, Garsdale
St. Mark's Church, Cautley
Sedbergh Embroidery, StAS
Tennis Courts, Guldrey Lane
United Reformed Church, Main Street
Winder Fell, above Sedbergh
* = Entry Fee Applicable

DIARY OF EVENTS

Dates are held up to 12th April 2017

SEPTEMBER

1	1000	Coffee Morning - Garsdale Church	URCR
1	1000	Footsteps of Turner Exhibition till 28/09	DCMH
1	1030	Lace Guild Exhibition till 18/09 (11)	FM
1	1030	Planted & Picked Exhibition till 13/09 (11)	FM
1	1930	WIH - Footcare	HVH
2	1300	Woodland Weaving	DCMH
3	1000	StAD Coffee Morning	DMH
3	1000	Meditation Centre Event (5)	DMC
3	1000	Stick Making Workshop	DCMH
3	1400	Music in the Gardens	CANCELLED
3	1900	Flicks in the Fells	PH
4	1030	Moorcock Show (5)	Moorcock, Garsdale
4	1100	Meditation Centre Event (5)	DMC
4	1200	Purcell Violin Consort	KL Church
4	1400	Traditional Knitting	DCMH
6	1100	Walling Demonstration	DCMH
7	1000	Coffee Morning - Talking Lookaround (7)	URCR
7	1330	Upper Wensleydale	DCMH
8	1200	Lunch Club	Red Lion
8	1915	Royal British Legion (24 & 43)	WHC
10	0930	Artisan Market	Main Street
10	1100	Full Steam Ahead	DCMH
11	1100	Full Steam Ahead	DCMH
13	1030	Planted & Picked Exhibition Ends (11)	FM
13	1400	WIK - Daft, I call that	PH
13	1830	Swimming Club Starts (13 & 26)	Pool
13	1930	Domino Drive	FCH
13	1930	Sing Joyfully! Starts (78)	Casterton Ch
14	1000	Coffee Morning - Oral History Society	URCR
14	1915	WID - Humanist Ceremonies	DMH
14	1930	WIS - The Baroness of Belsfield	PH
15	1930	Parish Council Sedbergh (14)	PH
15	1930	Parish Council Garsdale (16)	GVH
16	1545	Chameleons Club begins (17)	StAS
16	1930	Recital of Words & Music (16)	StAD
16	1930	Great Grazing Country of Children	DCMH
17		Sheepfest '16	Sedbergh
17	1100	History Society Exhibition (17 & 71)	URCR
18		Sheepfest '16	Sedbergh
18	1000	Pathfinder Advanced	DCMH
18	1100	Meditation Centre Event (5)	DMC
18	1100	History Society Exhibition (17 & 71)	URCR
18	1400	Pudding Festival	DMH
18	1600	Messy Church (18 & 43)	SMSR
19	1730	Sedbergh Cycling Festival 2017 (56)	SIC
20	1030	Collapsed Weaving (11)	FM
20	1400	Sight Advice South Lakes (12)	PH
20	1930	Ladies NFU - Carole Marsen (K St)	PH
21	1000	Coffee Morning - First Responders	URCR
22	1300	Medical Centre Closed for Training (23)	MC
22	1330	Discover Aisgill Force	DCMH
22	1400	Meditation Centre Event (5)	DMC
22	1830	Sedbergh Youth Club Starts (13 & 22)	URCR
24	0900	Walk In Flu Clinic till 1100 (77)	MC
25	1030	Birds in Watercolour (4)	FM
25	1400	Hawes Town Trail	DCMH
25	1930	North Westmorland Arts Concert (25)	Appleby
26	1930	Electric Bikes (26 & 29)	PH
27	1030	Age UK Walk - Middleton Hall (July Text)	PH

28	1000	Coffee Morning - WIS	URCR
28	1030	Lace Guild Exhibition Ends (11)	FM
28	1930	CWT - AGM & Update	URCR
29	1830	Sedbergh Youth Club (13 & 22)	URCR
30	1000	Meditation Centre Event (5)	DMC
30	1000	McMillan Coffee Morning (30)	No. 6
30	1930	Art Society - Abstraction with Watercolours	SMC
30	1930	The Wish House	DCMH

OCTOBER

1	1000	StAD Coffee Morning	DMH
1	1000	Art Society Workshop	SMC
1	1030	Autumn Glory in Batik (11)	FM
1	1900	Flicks in the Fells	PH
3	1930	The 1st Airborne Battalion (24 & 43)	PH
5	1000	Coffee Morning - Firbank Church	URCR
5	1930	HS Archaeology of the A66 (17 & 71)	SSAT
6	1830	Sedbergh Youth Club (13 & 22)	URCR
6	1930	WIH - AGM	FCH
8	1000	Preloved Table Top Sale (80)	GH
9	1030	Standing Wool - Quilled Rugs (11)	FM
10	1130	Flu Clinic (77)	MC
11	1400	WIK - How to Make a Fabric Pumpkin	PH
11	1930	Domino Drive	FCH
12	1000	Coffee Morning - Christian Aid	URCR
12	1915	WID - Seasonal Flower Arranging	DMH
12	1930	WIS - Lakeland Arts Trust	PH
12	1930	CWT - Birds & Tigers	URCR
13	1200	Lunch Club	Red Lion
13	1830	Sedbergh Youth Club (13 & 22)	URCR
13	1915	Royal British Legion (24 & 43)	WHC
15	0900	Walk In Flu Clinic till 1100 (77)	MC
16	1930	North Westmorland Arts Concert (25)	Appleby
18	1400	Sight Advice South Lakes	PH
18	1900	Superfast Broadband (30 & 58)	PH
19	1000	Coffee Morning - Bowling Club	URCR
19	1300	Medical Centre Closed (23)	MC
19	1930	HS Making a Grand Entrance (17 & 71)	SSAT
20	1830	Sedbergh Youth Club (13 & 22)	URCR
22	1930	Olde Time Dance	PH
25	1030	Age UK Walk - Dent (July Text)	PH
26	1000	Coffee Morning - Garsdale Church	URCR
27	1200	British Legion Poppy Bus (24 & 43)	LHCP
27	1830	Sedbergh Youth Club (13 & 22)	URCR
28	1930	Domino Drive	HVH
30		Clocks Go Back	
31		Halloween	

NOVEMBER

2	1000	Coffee Morning - Middleton Church	URCR
2	1930	HS Dent Marble (17 & 71)	DMH
3	1830	Sedbergh Youth Club (13 & 22)	URCR
3	1930	WIH - Bibby's in a Nutshell	HVH
4	1930	Domino Drive	HVH
5		Guy Fawkes Night	
5	1000	StAD Coffee Morning	DMH
8	1400	WIK - AGM	PH
8	1930	Domino Drive	FCH
9	1000	Coffee Morning - British Legion (24 & 43)	URCR
9	1915	WID - AGM + Sensory Quiz	DMH
9	1930	WIS - AGM & Jacobs Join	PH
10	1200	Lunch Club	Red Lion

COVER PICTURE
Who Ewe Looking At???
By Colin Cowperthwaite

10	1830	Sedbergh Youth Club (13 & 22)	URCR
10	1915	Royal British Legion (24 & 43)	WHC
11	1330	Art Society - Bird Watercolours	PH
12	1900	Flicks in the Fells	PH
13		Remembrance Sunday	
13	1930	Town Band Concert	URCR
16	1000	Coffee Morning - People's Hall (ph)	URCR
16	1930	HS Westfield Village (17 & 71)	SSAT
17	1830	Sedbergh Youth Club (13 & 22)	URCR
18		Friends of Dent School Promise Auction	DMH
18	1930	Domino Drive	MCH
23	1000	Coffee Morning - Vacant	URCR
23	1930	CWT - Flight to Extinction	URCR
24	1300	Medical Centre Closed for Training (23)	MC
24	1830	Sedbergh Youth Club (13 & 22)	URCR
25	1900	HS Annual Dinner (17 & 71)	PH
26	1000	DMC Coffee Morning	DMC
26	1100	Christmas Fair	StAS
26	Day	PH 60 Year Celebration (ph)	PH
27	1930	North Westmorland Arts Concert (25)	Appleby
29	1030	Age UK Walk - Fairfield Mill (July Text)	PH
30		St Andrew's Day	
30	1000	Coffee Morning - Vacant	URCR

DECEMBER

1	1830	Sedbergh Youth Club (13 & 22)	URCR
1	1930	WIH - Christmas Party	TBA
2		Christmas Fair	SSAT
3	1900	Flicks in the Fells	PH
6	1930	Town Band Concert (?)	StAS
7	1000	Coffee Morning - Ladies NFU	URCR
7	1800	Late Night Shopping	Sedbergh
7	1930	HS North Craven (17 & 71)	SSAT
8	1200	Lunch Club	Red Lion
8	1830	Sedbergh Youth Club (13 & 22)	URCR
8	1915	Royal British Legion (24 & 43)	WHC
10	1100	Town Band Carols	Kendal Birdcage
13	1200	WIK - Christmas Lunch	TBC
13	1930	Domino Drive	FCH
14	1000	Coffee Morning - Vacant	URCR
14	TBA	WID - Christmas Lunch	TBA
14	TBA	WIS - Christmas Dinner	TBA
15	1830	Sedbergh Youth Club (13 & 22)	URCR
17	TBA	Town Band Carols	Kendal Morrisons
21	1000	Coffee Morning - Town Band	URCR
21	1930	Christmas Domino Drive	HVH
25		Christmas Day	
26		Boxing Day	

2017
JANUARY

10	1930	Domino Drive	FCH
18	1930	HS Evacuation from Burma (17 & 71)	SSAT
20	1330	Art Society - Textures with Watercolours	PH
22	1930	North Westmorland Arts Concert (25)	Appleby
25	1300	Medical Centre Closed for Training (23)	MC
25	1930	CWT - History of Natural Beekeeping	URCR

FEBRUARY

1	1930	HS Enclosure of Bluecaster (17 & 71)	SSAT
10	1900	Art Society - War Artists	PH

14	1930	Domino Drive	FCH
15	1930	HS Dickens, Charity & Cowgill (17 & 71)	SSAT
16	1300	Medical Centre Closed for Training (23)	MC
19	1930	North Westmorland Arts Concert (25)	Appleby
22	1930	CWT - Madagascar	URCR

MARCH

1	1930	HS The Home Front (17 & 71)	SSAT
7	1930	North Westmorland Arts Concert (25)	Appleby
8	1930	CWT - Flood Prevention	URCR
14	1930	Domino Drive	FCH
15	1930	HS Thomas Garnett (17 & 71)	SSAT
17	1930	Art Society - Wild & Free	PH
18	1930	HS AGM & Jacobs Join (17 & 71)	SSAT
22	1300	Medical Centre Closed for Training (23)	MC
25	1000	Art Society Workshop	SMC

APRIL

1	1200	Spring Show	PH
12	1930	CWT - Butterflies in North West	URCR

DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CTIS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Church
FCH	= Firbank Church Hall
FM	= Fairfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HTCC	= Holy Trinity Church Casterton
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLL	= Kirkby Lonsdale Library
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MCH	= Mansergh Community Hall
PH	= People's Hall
QG	= Queens Gardens
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
STAD/S	= St Andrew's Church, Dent/Sedbergh
StJCC	= St Johns Church Cowgill
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SIC	= Sedbergh Information Centre, 72 Main St
SSAT	= Settlebeck School Academy Trust
SSPS	= Sedbergh School Thornley Studio
URC(R)	= United Reformed Church (Rooms)
WID	= Women's Institute, Dentedale
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

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 ring
111 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, Evan Hurst,
Katie McKay & Sarah Boom (Hygienist)

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

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