

Sedbergh & District

# LOOKAROUND

August 2017

Issue 357

Donation £1

A continued big thank you to all contributors for creating yet another bumper issue, this is despite more and more people using the Internet for most of what they do in life. But it is always nice to have something to hold and refer to without having to switch on and making sure you have a signal!!!

Don't forget to support all those events that will be organised in August. *Dennis & Jacky Whicker*

*Sedbergh Art Society*

## Annual Exhibition

Sedbergh School Library

From Thursday August 24th  
until Monday August 28th  
10.00am to 5.00pm

Open every day  
including Sunday

Admission Free



*Dentdale Christian Fellowship*  
"OPEN HEARTS"  
August Festival



**Friday 4th**

7pm: Jacket Potato & Worship  
Rhumes

**Saturday 5th**

9.15: Breakfast - Rhumes  
2.30pm: Garden Party - Rhumes  
5.15pm: Quiz & Supper - G&D  
8.15pm: Film - Methodist Chapel

**Sunday 6th**

10.30am: Café Church - Rhumes  
2pm: Café & Play - Rhumes  
6.30pm: Music with Michael  
Ramplin - Rhumes

**Monday 7th**

All Day: Café - Rhumes  
7pm: Music & Meal with Ayrton  
Family - DMH

[www.dentdalecf.co.uk](http://www.dentdalecf.co.uk)  
015396 25212

**CLOSING DATE: 15th of every month for everything**

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960  
e-mail: [editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

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### SWIMMING CLUB TIMES

#### Tuesdays

6.30 - 7.30pm children's lessons,  
7.30 - 8.00pm training squad,  
8.00 - 9.00pm adult swim

#### Thursdays

6.30 - 7.30pm children's lessons,  
7.30 - 8.00 open swim children and  
adults,  
8.00 - 8.30 adults only (7.30 - 8.30pm  
continuing during holidays if sufficient  
demand)

#### Saturdays

10.00 - 11.00am open swim, including  
toddler lessons 10.15 - 10.45



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*Sedbergh Lookaround*

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website [www.strampress.co.uk](http://www.strampress.co.uk)

## August Birthdays

Day	Name	Age
1	Annie RAINFORD	11
2	Harvey CAPSTICK	4
4	Jessica MILBURN #	4
4	Lucy ANDERSON #	6
6	Malachi LONGFELLOW	6
11	Lewis SEDGWICK	9
13	Elsa RAINFORD	9
15	Eva HOGGARTH #	11
17	Luke LEWIS	6
19	Michael CHARNLEY #	11
27	Thomas CASH #	10
29	John-Lucas STAINTON #	6
30	Abbie WILSON	9



Alexander Ffinch

# ORGAN REGITAL

7:30pm

**Friday 4th August**

St Oswald's Church, Ravenstonedale

**FREE ENTRY**

*Donations Invited*

Light refreshments available

Further details Tel: 015396 23308



### USEFUL TELEPHONE NUMBERS

#### Age UK South Lakeland

01539 728180

#### Electricity in any area

105

#### Medical in any area

111

#### Pension Service Surgery

Stricklandgate House every Tuesday 1400 - 1600  
01539 795000 or 0845 6060265

#### Police in any area

101

#### Sight Advice South Lakes

01539 769055

#### South Lakes Citizens Advice Bureau

03444 111 444

#### South Lakeland District Council

01539 733 333

#### Yorkshire Dale National Park

0300 456 0030

*If you would like to see any numbers listed here,  
please let us know.*

## Sedbergh Young Farmers

### Presents....

Age range between  
10-16

DJ Danny

Tuck Shop

Mock-Tails and  
Drinks



Times: 7:30-11:30

Venue: People's Hall Sedbergh

When: Friday 4<sup>th</sup> August

Price's: £4 for tickets in advance  
£5 on the door

To order tickets please contact Connie on:  
07812673556

## Mini Mayhem



## BROWNIES & GUIDES

Do you have a spare couple of hours a week?

Sedbergh Brownies and Guides really needs some extra leaders to help them continue!

If you'd like to join our voluntary team as a leader or would like more information about the qualifications and opportunities available in Girl Guiding UK please get in touch. Claire Moore - 07973768433 or [claire.huntington88@gmail.com](mailto:claire.huntington88@gmail.com)

## VOLUNTEERING

If you took all the volunteers out of the activities that run in and around Sedbergh, it would be devastating: the gaps in our community provision would be vast. Well over half the

*Yoga classes  
for all  
in Sedbergh*



*Classes starting*

*Wednesday 6<sup>th</sup> & Thursday 7<sup>th</sup> September*

*Wednesdays 10 -11.30am  
Howgill Village Hall.*

*Thursdays 6 - 7.30pm  
Sedbergh Primary School*

*Classes are suitable for everybody  
regardless of age, fitness or gender.*

*block of 7 = £45 or Drop-in £7.50*

*For more information and to book*

*contact Lesley Henedy:*

*07816 779238*

*e mail: [lahmc@btinternet.com](mailto:lahmc@btinternet.com)*

reports in Lookaround are based on volunteer activities.

For some, volunteering can be a route to employment, or a chance to try something which may lead to a career change. Volunteering can be a way of:

- Gaining new skills, knowledge and experience
- Developing existing skills and knowledge
- Enhancing a CV
- Improving one's employment prospects
- Gaining an accreditation
- Using one's professional skills and knowledge to benefit others (usually described as pro bono)

**Below are some of the reasons people choose to volunteer.** For some it provides an opportunity to:

- Give something back to an organisation that has impacted on a person's life, directly or indirectly
- Make a difference to the lives of others
- Help the environment
- Help others less fortunate or without a voice
- Feel valued and part of a team
- Spend quality time away from work or a busy lifestyle
- Gain confidence and self-esteem
- Meeting new people and making new friends
- A chance to socialise
- Getting to know the local community better.

### How volunteering helps YOU

*Volunteering England* commissioned a report on the impact volunteering has on people's well-being. Their summary finding is ..... "Volunteering

can increase volunteers' longevity, improve their mental health, keep them fitter, and enable them to cope better with illness when it occurs. Volunteering also has a positive impact on a range of factors affecting health service users including their self-esteem, disease management, adoption of healthy behaviours, compliance with medical treatment and relationships with health care professionals." The full report of this study can be found <http://www.ivr.org.uk/images/stories/news-item-attachments/summary-report-21st-july-20082.pdf>

**How can you make your volunteer team value what they are doing and encourage new people to volunteer?**

- 1. Thank your volunteers and thank them again (and again....!)** Show appreciation in varied ways and always mention volunteers who make your organization successful.
- 2. Reward your volunteers.** Volunteers have many motivations. Really work to get to know your volunteers and what excites them about what they do.
- 3. Provide an experience connected to your cause.** Nurture engagement—not just tasks needed by your organization. The stories of those whose lives are enriched or changed by your non-profit organisation's work will inspire your volunteers.
- 4. Create a community or team from your volunteers base.**

farfieldmill

## Exhibitions from 4th August

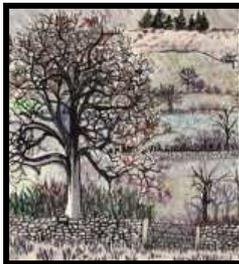
### Craft Council UK Cumbrian Makers

A collaboration of designer makers using wood all based here in Cumbria



### Anne Mackinnon 'North and South'

Paintings from her travels around the north of England and Southern Europe



### Summer Fun for children

Find the Mice around the Mill. Small treat when you find them all!



Children's felting workshop £10  
Sat 19 Aug 10.30-1



Mill open 10.30-5 adults: £4.05, Students £3.18, children: FREE

Weavers café now open 015396 21159

for Soup & Sandwiches, drinks & cakes 11-3pm

FREE ENTRY for LA10 residents on Sundays

: [www.farfieldmill.org](http://www.farfieldmill.org) ' 015396 21958

Maintaining open communication channels among your staff and volunteers helps to build community. In person thanks and feedback events are the best ways to fuel connection between volunteer work opportunities. These can be supported by discussion forums and feedback e.g. surveys. But there's nothing like thanking volunteers with a party or just picking up the phone.

**5. Showcase your volunteers** and how their time and talent contribute to your organization's growth.

**6. Honour top volunteers in both big and small ways. Small recognition efforts mean a lot.**

Volunteers understand that the constituents receiving your programmes and services are top priorities. But those donating their time and assistance will appreciate being recognized by name in print, online, and in event settings. A token or certificate for volunteer service is always a nice touch. Maybe a

"Volunteer of the Month" recognition?

**7. Cultivate your volunteers for bigger roles.** Your volunteers may also be leaders — staff advisors, board members, and consultants. Your volunteer pool may yield those who just want to show up and assist with whatever task you provide.

However, care and feeding of all of your volunteers is critical for your organization's reputation and growth.

**8. Grow your volunteer pool through recruitment of volunteers by...your volunteers!** Word of mouth is great advertising. Your

volunteers are your best recruitment asset. Provide ways for volunteers to invite others to join them.

Think about who volunteers with your organization. Know them well enough to make the best assignments and to provide the perks that will make your volunteers keep coming back—and telling others about your mission and the roles they play in your success.

*Dr Myles Ripley*

## Lunesdale Agricultural Show

**Tuesday 8th August 2017 from 8:30am**

Underley Park, Kirkby Lonsdale LA6 2DS

A traditional local country show with classes for Cattle, Sheep, Horses, Poultry, Dogs, Sticks & Crooks and Home Industries

***A great family day out***

with catering and free parking on site, Children's Entertainment, Archery, Meerkats, Food Hall, Craft Marquee, Vintage Vehicles, Trade Stands and Cumberland & Westmorland Wrestling.

Admission £8 (£7) : Concessions £6 (£5) : Children 15 and under £4 (£3) : under 5's FREE  
Prices in Brackets = Advance Tickets available from Sedbergh TIC

[www.lunesdaleshow.org.uk](http://www.lunesdaleshow.org.uk) [info@lunesdsaleshow.org.uk](mailto:info@lunesdsaleshow.org.uk) Tel: 07444 403982



## CAPSTICK'S INSURANCE

Local Insurance Consultants J N & E Capstick, have recently welcomed another new member to their team.

Helen Hoggarth has worked for Barclays for over 40 years and has vast experience in helping clients and striving to provide a first class, competitive and personal service, particularly in her last 7 years as a Premier Relationship Manager.

Helen said "Capstick Insurance have been our own brokers for both personal and farm insurance for many years and I have always admired and respected the way they look after their clients year on year. They have been particularly efficient and supportive whenever we have needed to make a claim. I feel



privileged to be invited to become part of their expanding team".

David Capstick, partner of J N & E Capstick, stated "We are really looking forward to using Helen's knowledge and experience and am sure she will be a valuable asset to the continuing growth of our family business".

J. N. & E.

*Capstick*

INSURANCE CONSULTANTS

**36 Main Street, Sedbergh LA10 5BP**

**Tel - 015396 20124 Fax - 015396 20791**

Market Street, Kirkby Stephen, CA17 4QT

Tel - 017683 72285 Fax - 017683 72346

[www.capstickinsurance.co.uk](http://www.capstickinsurance.co.uk)

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Open until 7.00 pm on Wednesdays  
to help with all your general insurance needs.

*J. N. & E. Capstick Insurance Consultants  
are authorised and regulated by the Financial Conduct Authority*

## FRIEND OR FOE? (PART 2)

The official bit:

As the July Garsdale Council Meeting is after the deadline for copy for Lookaround, there will be a report in next month's magazine. However, at this meeting the council is hoping to fill the vacancy left after Neville Woodfine resigned due to a work overload. A B4RN representative will also be bringing council up to date with the rapid progress being made installing ducts for the fibre optic broadband. Representations have also been made to Cumbria County Council regarding repairs to the retaining walls along the A684.

And so:

In last months' article, I was explaining the role of a parish clerk

and why I became one to Garsdale Parish Council and then went on to say that it was all down to squirrels, perhaps I should elucidate a little further.

My wife and I moved to Garsdale, where we had previously been 'visitors', to become permanent residents, three and a half years ago. We previously lived in rural Nottinghamshire where the fields were populated by cattle and horses, whereas in Garsdale, it is sheep and red squirrels. Shortly after we moved in, we were aroused from our stupor in front of the TV one evening by a furious knocking on the door. I opened it to find a wild haired, rosy cheeked woman, eyes ablaze with fervour. She said, "I'm in High

# W. DAWSON AND SON LTD



## Schools out for Summer!

Make the most of the school holidays with family and friends by enjoying a BBQ.

*Here at Dawsons Fuels we have*

Charcoal, Chimeneas, Fire Pits, Swedish Fire Torches & Garden Seating.  
*Everything can be delivered locally or call in to collect at your convenience.*

<b>*NEW* 10kg Bags of Charcoal</b>	<b>£9.99</b>
<b>*NEW* Disposable BBQ's</b>	<b>£2.50</b>
Elidir Cast Iron Fire Bowl	£64.99
Large Bronze Cast Iron Chimenea with Grapes design	£99.99
Wooden Garden seats	From £122.99
Swedish Fire Torches	£3.00

Station Yard, Sedbergh LA10 5HP

Tel: 015396 20210

e-mail: [office@dawsonsofsedbergh.co.uk](mailto:office@dawsonsofsedbergh.co.uk)

[www.dawsonsofsedbergh.co.uk](http://www.dawsonsofsedbergh.co.uk)

Paradise". I bet you are, I thought, thinking she'd been sniffing the sheep dip or something. "I live at the top". Noting my puzzled look she then carefully explained that the properties above ours were all called "Paradises" and she lives in the top one. "You're Phil, aren't you?" she asked, "you've got to help me save the red squirrels, they're in danger from the grey ones, they'll kill them if they meet!"

"OK", I replied, "I'll fetch my coat, I haven't got a gun but maybe I can whack a few with a spade?" It was her turn to look puzzled, I think it was dawning on her that she was dealing with a total numpty. Exasperated, in words of one syllable, she explained that the greys give the reds the 'pox'.

"What, a sexually transmitted disease?" I asked. She started looking around to see how she could make a quick escape. "The 'pox' is a virus that the greys carry but if they pass it onto the reds, it can kill them, so if they share feeders they can get it and it can also be passed on by the drays in the trees" she explained.

Now, to me, coming from a horning community, a dray is a shire horse that pulls the brewery wagons but I have never seen one up a tree before, I thought I had better not ask as she would more than likely whack me with the spade. "The drays are where the squirrels have their kittens". I looked blankly at her, we were really in Alice in Wonderland territory now, wondering why squirrels

## Law with the personal touch?

We are accredited under the Conveyancing Quality Scheme as providing services high quality conveyancing services.

We have members of the Society of Trust and Estate Practitioners and of Solicitors for the elderly which provide the benchmarks for wills, powers of attorney, probate and administration of estates.



### Planning

Wills  
Probate and Administration of Estates  
Powers of Attorney  
Care Home Fees  
Tax Planning  
Estate Disputes



### Property

Property Sales and Purchases  
Agricultural Lands  
Leases and Tenancies  
Disputes  
Rights of Way



### Family

Adoption  
Separation  
Divorce  
Contact with Children or Grandchildren  
Civil Partnership  
Dissolution



We provide quality legal services, in a personal, friendly way to people in Cumbria, North Yorkshire, County Durham and beyond.

*Michael McGarry*

**McGarry & Co**  
**Solicitors**

Contact us:

54 Main Street Sedbergh Cumbria LA10 5AB Tel 015396 22340  
Market Place Hawes North Yorkshire DL8 3QS Tel 01969 666290  
21 Galgate Barnard Castle County Durham DL12 8EQ Tel 01833 600160  
Email: [office@mbmcgarry.co.uk](mailto:office@mbmcgarry.co.uk)

[www.mbmcgarry.co.uk](http://www.mbmcgarry.co.uk)

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SRA No. 606950

wanted pets along with horses up in the trees. From the furious look she gave me, it was me that was starting to have kittens.

“The greys follow the river from Sedbergh so we’ve got to stop them before they get here”. “Oh right” I exclaimed, as the penny dropped, “what you mean is that we’ve got to build a defence along the river, like sentry posts, and man them with guns and what not?” I had visions of building huts either side of the river, with, perhaps a comfy chair and a radio, and maybe a primus stove to warm some food up, a little ‘man cave’ in fact. If we spotted anything I could leap out and ask “Friend or Foe?” as apparently it is sometimes difficult to differentiate between greys

 Cowgill Church   
**Summer  
Coffee Morning**  
**Saturday August 12th**  
 10:00am - 11:30am  
 at  
 St John’s Church, Cowgill





Cakes ✨ Spring Gifts  
 Raffle ✨ Refreshments

*Come along for a Coffee &  
Catch-up with friends & neighbours*

and reds.

I think she was giving up the will to live by now but courageously carried on to say that we needed to set up a squirrel group so that reports of grey sightings could be coordinated so that the greys could be trapped and dispatched, by Royal Mail or DHL, she didn’t say. I said that I should volunteer my services as I had been involved in numerous organisations in the past although she had lost all of her enthusiasm by now. She was about to beat a hasty retreat when she suddenly turned back and said “the parish council needs a clerk, do you fancy it?” My head was full of images of horses with pet cats in trees, man caves and chasing squirrels with a spade and I rather absentmindedly said “OK”. It wasn’t until much later that it dawned on me that I was now a parish clerk, gulp!

To be continued .....


**COFFEE  
MORNING**  
**Saturday 12th August**  
 10 am to 12 noon  
 Waterside Farm, Firbank LA10 5EF



Usual Stalls  
*in aid of*



*Please come and support us*

## SEDBERGH PARISH COUNCIL

This report covers items from the Parish Council meeting on the 13<sup>th</sup> July 2017. The next meeting is on Thursday 10<sup>th</sup> August at 7.30pm in the Committee Room, The People's Hall, Sedbergh.

### PARKING TARIFFS

Following my report in July, the increased parking charges for pay and display car parking will take place from April 2018.

**Resident Parking permit annual fees will remain the same – For reference, Resident Parking Permits will be available from the Information Centre, 72 Main Street from 1<sup>st</sup> August 2017 and are subject to their own terms and conditions as noted on the**

## application form.

### SEDBERGH TOWNSCAPE PROJECT

Members discussed the ongoing proposals for the planned refurbishment of Joss Lane car park, the proposed enhancement works to the parking area in front of St Andrew's Church, the continued discussions relating to the play park at Maryfell and the planned site visit with YDNPA in relation to parking at Maryfell. Further noted was the continued improvement works to the entrance and boundary at the People's Hall.



THE  
MEDITATION  
CENTRE  
be still - be inspired - be free

### PROGRAMME FOR AUGUST

#### **Sunday 13th August**

11 am to 1 pm

GROUP MEDITATION  
DROP IN - ALL WELCOME

During the holiday period, The Meditation Centre and Garden are open during the day for those wishing to experience their unique peace and stillness.



To Book - email [meditationcentreateam@gmail.com](mailto:meditationcentreateam@gmail.com)

Telephone 07582 017 396

The Meditation Centre, Dent, Cumbria LA10 5QR

[www.meditationcentre.co.uk](http://www.meditationcentre.co.uk)

## OTHER MATTERS

Various other matters were discussed, including: the planning application for the development of 20 'holiday retreats' at Lilymere to which the Council has given conditional support; the planned installation of the replacement car parking ticket machines at Joss Lane and Loftus Hill car parks, the recent Integrated Care Commission meeting held at The People's Hall, a grant application for B4RN (not approved but the Council is investigating alternative ways of extending financial support for this important project); improvement works at the playing field and the recent criminal damage at the play area and picnic sites; the recent formation of the Friends of Queen's Garden group; and the ongoing plans for an inspection chamber/sediment trap at Guldrey to



## **SOUTH LAKES DEMENTIA HUB**

2nd Monday every month in Kendal Leisure Centre 2 – 4pm

**August 14th at Sedbergh Peoples' Hall**

A service to help people worried about their memory, or residents diagnosed with dementia, their family and friends, called

### **The South Lakes Dementia Hub.**

The aim is to give those affected with the condition in South Lakes a 'one-stop shop' where they can get information, advice and practical support.

This initiative is hosted by Kendal Dementia Action Alliance with support from South Lakeland Carers, The Alzheimer's Society, Age UK, Lancaster University, University Hospitals Morecambe Bay Trust and many other organisations.

improve the effectiveness of this culvert.

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](mailto: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 Office.

*Janey Hassam – Clerk*

### **SEDBERGH CYCLING FESTIVAL**

Thank you to everyone who supported this year's Sedbergh Cycling Festival, and to those who volunteered their time to help organise it. Visitor numbers were lower than hoped due to the cancellation of the Sportive, but those who came enjoyed cycling themed

activities, excellent music and local food and drink. New this year, thanks to sponsorship by the Yorkshire Dales National Park Open Access team, was the 'Wheels for All' initiative from Cycling Projects.

This is a nationally recognised programme bringing an awareness of inclusive cycling activities for all the family, regardless of ability, disabilities or needs and there was an opportunity to try a range of adapted bicycles.

Our main sponsor for the festival was The Yorkshire Dales Millennium Trust, through the Roger Stott Community Grant fund. We would also like to thank our many local sponsors, including Lakes Scaffolding, JMP and local funding bodies - the Sedbergh Community Fund, Sedbergh Parish Council, Sedbergh C.I.C. and Sedbergh & District Chamber of Trade and Business for their generous grants to support this event.

If you would like to volunteer to help with this or similar events in the future, please e-mail

[project.manager@sedbergh.org.uk](mailto:project.manager@sedbergh.org.uk).

*Gemma Suttle*



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*L-R: Susan, Julia, Dennis, Elizabeth & Elspeth.*

The Audio & Large Print Lookaround which provides very easy to listen to Audio versions and Large Print versions of Lookaround will be holding their Annual Coffee Morning on Wednesday 13th September where there will be examples available. Julia also intends to be there with samples of vital equipment to aid any loss of vision.

*Sue Harper*

## **SIGHT ADVICE SEDBERGH**

We couldn't have had a lovelier summer's day for our customary lunch at the Fat Lamb, Cautley on Tuesday 20th June.

Fourteen of us enjoyed, as usual, a most delicious lunch. Our good wishes go to those who could not attend and we hope to see them again at our next meeting. Dennis warmly welcomed new members, John and Dorothy Estenson to our gathering.

Once again, thanks to Dennis for providing everyone with interest and amusement in the form of entertaining Place Cards, complete with local scenes and riddles. All in all, a most enjoyable occasion.

We now have a summer break until the 19th September, when Linda Green Smith has very kindly agreed to talk to us. So let's hope the good weather continues in the meantime!

In July, Volunteers met the new Sight Advice Volunteer Support Officer Julia Halford who introduced herself and explained her role in Kendal. Julia comes with a wealth of experience which can only do the Kendal based office a lot of good.

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£1 admission charge (inc tea and coffee)

Yummy cakes for sale, raffle and group information/photo stand



## TIM FARRON MP

I had a great time with the Year 6 children from Sedbergh Primary School while they were visiting the Houses of Parliament as part of their London visit last month. We had what I felt was a very interesting chat about the job of being an MP. They had obviously thought about it quite a bit before they came along to see me. I hope that they found it interesting and useful and that it made the connection between what goes on in London and their lives up in the Yorkshire Dales. I know that for a lot of people London seems like a very long way away and what goes on there isn't very relevant to them.

Sadly, we have been seeing recently

how wrong that view is and not in a positive way particularly with regard to schools. The Government has announced that teachers, like those who brought the children down to London, will yet again be limited to only 1% over the coming year. This will be the sixth year in a row that teachers have had their pay rise limited to one percent and with our current inflation rates up near 3% I can well believe the National Teachers Union when they say that teachers are earning about 13% less in real terms than they were when the cap was first introduced. It's no wonder that about a quarter of those who qualified between 2011 and 2015 had already left the job by last year.

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We really cannot carry on like this. I am seeing class sizes rise across our part of Cumbria and teachers becoming more and more stressed as they are asked to do more and more work for no more money.

On top of this as I have mentioned before in Lookaround we are currently facing the threat of a cut of £28 million in funding for schools in Cumbria under the Government's plans. That could easily result in us having to lose about 700 teachers across the county. I have written to every head in our area to ask them what impact they are anticipating from the plans. I have also been trying to speak to every one of them on the phone just to get as accurate a picture as I can. I will keep the pressure up on the Government until they start to show schools and our children's education the respect that it deserves.

On another issues I have been up to

Old Hutton to have a look at the place where a developer is proposing to build a new power station. In case you have not heard about this, it's true there are plans to build a gas fired power station in the village only a few hundred yards from the primary school. Clearly this is inappropriate and I will be working alongside the local campaigners to get the plans changed as soon as possible.

Finally I will be doing my annual Summer Surgery over the coming month. We stop off in Sedbergh and Dent in the morning of the 1<sup>st</sup> September. Please do look out for the posters and come along if you can. I really look forward to chatting to as many people as possible.

As ever if I can help with anything then please get in touch the email address is [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) and the phone number 01539 723 403.

Thanks for your support

*Tim Farron MP*

## **SEDBERGH MEDICAL PRACTICE** *Survey Report 2017*

The 2017 patient survey was carried out during the week of 27 February 2017.

344 patients completed the survey.

The survey was handed out by the patient group. The members volunteered to spend time during that week asking patients who attended the surgery and also patients in the Dent area to give some feedback on their views of the service they received from this practice regarding their health care needs.

Six members of the group took part handing out surveys from 8:30 am to 5:30 pm in slots of one to 2 hours. This covered clinic appointments for over a period of five days.

The surveys were confidential and on completion were handed back to a member of the patient group or placed in a box on the counter at reception. This time in the survey was able to take the views of quite a large number of young people who came into surgery that week for particular medical checks.

90 of the surveys carried out were from young people under the age of 35. There was slightly more females attending the surgery for appointments during that week. The overall impression from the survey was that all the staff were helpful, efficient and good at listening and giving advice on matters regarding health. Throughout the practice and no matter which health professional a

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Quotes from the **OFSTED** report -

The inspirational team of staff are creating a culture where children feel loved and secure.

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The inspector praised the partnership with parents and how the staff value each individual child. That the children "adopt a culture of tolerance and respect for others".

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Or ring to come and have a look around to discuss your needs.

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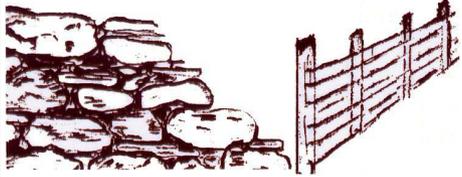
patient saw the response was good according to the patients' needs.

In terms of contact at the surgery over 343 patients surveyed most thought the contact from making an appointment to reception on arrival was very good. Only one person said the response was poor. On a very busy surgery week that is a good outcome.

About half the patients who were offered an alternative GP to that one that they would've liked to have seen were happy. The other group of patients were not so happy at being offered another doctor or health professional to the one that they would really have liked to see. Out of 344 patients only 18 of those were dissatisfied with the alternative health

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professional.

Patients were asked to think about a consultation at the health centre and most people describe the service as good. Some patients made comments about particular healthcare professionals who they thought were not as thorough as the person they usually saw.

Most patients got their information from either the surgery or word-of-mouth by talking to healthcare professionals during consultation.

280 patients felt that the practice help them understand their health care problems out of the number surveyed. Only 4 patients said they did not.

Most patients said they were very satisfied with the service/care they received and only two patients were dissatisfied.

There was an increased awareness by patients that they could use the online services at the practice and



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quite a large number of people about two thirds knew that they could order repeat prescription is booked GP appointments and have access to the medical records. This was an increase in online activity from the previous survey which seem to suggest that patients were taking more control of their health care needs.

Overall this survey shows a high level of satisfaction with the service received from Sedbergh Medical Practice and this includes feedback from the younger patients who have their health care needs met here.

*Trace Thornton*

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### **SEDBERGH FIRST RESPONDERS NEED YOU!**

The Sedbergh and District Community First Responders team have now been active for over two years, and have been called out on over 80 occasions. Thanks to the generosity of local and regional charities, and donations in collection boxes in the town, we have dedicated kit and have installed two public defibrillators, located outside the People's Hall (courtesy of Killington

WI) and outside 72 Main Street. We are proud to be able to support Sedbergh folk when an emergency call is made and before an ambulance arrives.

What do we do? We are volunteers working with and trained by the North-West Ambulance Service (NWS). Our training helps us to deal with, for example, breathing problems, and heart attacks, and to recognise other conditions, such as strokes and sepsis, before the ambulance arrives. Support and reassurance to patients and their families is also an important part of the job. We declare ourselves active by logging on with NWS using our pagers and the team tries to provide 24/7 coverage, if possible.

So, all is well then with the First Responders? The honest answer is no. While we have a small number of dedicated, skilled and enthusiastic responders in our team, our numbers are declining. To continue in the long-term we urgently require new members.

How can you help? Volunteers should be physically active and be prepared to commit for a few hours each week. You will need to have a car. We will provide the kit, including a fluorescent jacket that fits! Training takes about 20 hours spread out over several sessions. We hold team meetings every month, with training sessions to reinforce our skills. The team will be happy to arrange individual support for new members by responding to emergency calls in pairs.

Interested? Please call Andy Cobb on Sedbergh 22541 for further information.

## AUGUST GARDENING

I fell out with my old hedge trimmer a few weeks ago. I retrieved it from the cupboard under the stairs, to trim back a box hedge and a couple of box balls in a friend's garden, but the first attempt left the ornamental ball with the look of a surprised toddler whose Mum has just given him his very first haircut. The hedge, though shorter and narrower was definitely not neater.

The missing teeth from the hedge cutter bar probably do not help, but the main difficulty is that *Buxus sempervirens* 'Suffruticosa' – the small leaved, slow growing form of Box which is favoured for the best of Box hedges, is so dense and springy, that it bends out of the way of the cutter bar, and then bounces back forming lumps and ripples in the straight edge. The leaves become scuffed and, with the first hot sunshine, bleach white. Not a pretty sight.

Box – and many other small leaved evergreens – are best clipped with a sharp pair of shears, and though slightly more time consuming, this is a very satisfying job if you get up a fair head of steam before you begin

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and concentrate hard.

August is one of the main pruning and trimming times of the year. All formal hedges benefit from a cut now as they have enough time to recover, but not to regrow too enthusiastically before the winter.

I also prune my rambler roses – 'Albertine' (peach pink, double blooms) and 'Seagull' (vigorous, double white flowers), 'Veilchenblau' (semi double sprays of purple-violet flowers) and 'Goldfinch' (sprays of double creamy white flowers, golden yellow in bud) at the beginning of the month. Prune out the long, flowered stems back to a new vigorous shoot, or back to the base of the plant, so that all the

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For more information, visit our website:

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



energy of the plant will be directed into the new stems and hence into next year's flowers.

*Elaine Horne*

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### **JUNE WEATHER**

Hardly "flaming June" but along with some hot spells there were some cooler days. We had a high of 80F (27C) but a low of 38F (3.5C) nearly cool enough for a ground frost. In the past I have actually recorded frosts in June. I remember loosing a litter of baby rabbits once to a frost! It was also a windy month, perhaps more than is usual in June. A maximum wind gust of 22.4mph (36.05kph) blew from our usual North Westerly quarter. On only 2 days did the wind not blow from this direction. Rainfall

registered 4.95 inches (125.9mm) for the month with the longest dry spell being 6 days during the 2<sup>nd</sup> to 3<sup>rd</sup> week.

It seems that the thrush and blackbirds have been successful in rearing young, in spite of the attentions of the crows, especially the black and white contingent! There have been many others successful including goldfinch, chaffinch, blue tits and even more house sparrows. The 9 blue tit eggs in one of our boxes have been deserted. Another box has been taken over by bumble bees so I've put up 2 new boxes in the hope something else will use them. We had a rare visit to the feeding station from a pair of starlings with 4 youngsters. They used to nest with us years ago

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but we haven't seen them recently. After last month's disaster the swallows got 4 more chicks off. Unfortunately, as often seems to happen to swallows using the same nest in a season, the nest became infested with mites. On investigation one day I found all was quiet around the nest. I found 2 youngsters, nearly fledged, already dead and 2 others struggling. I brought these into the warmth for a short while and dribble some glucose into their mouths. I tried to de-infest the nest also. Another one died but the last one eventually made it having found it on the floor several times I put it back in an old nest free of mites. It seems a pity they come all this distance and

only raise one chick in a season! A neighbour has obviously stopped putting out any food, the house being up for sale, and so our feeders are being emptied pdq! The hedgerows are flourishing this year no doubt due to a fairly wet season. There should be a good crop of blackberries this year judging by the amount of blossom. The foxgloves have had a good year as have the spear thistles. Again I have removed them all.

Goodness knows from where they reappear! There are scores of young rabbits about at present giving sport for one of our dogs and dropping to eat for both! Midges are around in droves and I've killed numerous cleggs having a go at getting their supply of blood from me. It is good to see the swifts screaming around New Street again making full use of the boxes put up for them as they lost their original nesting site under the eaves of Main Street after repairs.

### **SEDBERGH COMMUNITY SWIFTS**

As you read this in August our swifts may have already departed for Africa. They are one of the first summer migrants to go, usually leaving this area by about the 7<sup>th</sup>, although a few

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swifts may stay longer, often as a result of late breeding. It is sad when the skies are once more empty of their exuberant flying groups and iconic screaming, and it will be a long nine months before we see the return of these wonderful birds..

In July we had some wonderful mornings and evenings of swifts hurtling around, yet many days when hardly any were about. One reason for apparently sometimes seeing fewer around is that the non-breeders, who have only themselves to look after, can travel further afield to find their airborne supply of flying insects.

Typically, chicks fledge towards the end of July. One of our Lowgill pairs laid eggs very early this year and were due to fledge on 17<sup>th</sup> July. What never ceases to amaze us is that, unlike most other birds, when swift chicks leave the nest on that crucial maiden flight, they do not then return to it, nor are they then fed by their

parents. They have to be completely independent. So they sometimes have only a week or so to acclimatise to their new life in the air before undertaking their first long migration to Africa.

We have been delighted to visit three primary schools in the area - Sedbergh, Dent and Kirby Stephen Primary Schools. The staff and pupils welcomed us for sessions to explain why swifts are so special but why they are in trouble. The children were very enthusiastic and asked lots of questions. They all did a quiz and every pupil was given a special booklet about swifts to take home and keep.

Both Sedbergh and Dent primary schools have a TV monitor in reception showing live activity of the webcam swifts. The children enjoy watching their development and it is a great way to introduce an appreciation of wildlife conservation. Before the end of term they would



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have been able to observe the chick doing press-ups, vigorous exercises that swifts perform to strengthen the wing muscles ready for their departure from the safety of the nest. We are grateful for Danny Smith's IT support in setting the systems up, and for all his help at Settlebeck. There are very few schools with webcams showing swifts and so Sedbergh is really at the forefront.

The chick in the Settlebeck webcam box (1) is thriving, the egg hatched on 19 June which means it is expected to fledge about 29 July. The unhatched egg has been visible on the floor of the box for most of the time. Eggs do get knocked out of the nest occasionally and even, in some cases, the adults deliberately throw them out. Why this happens we do not know, and in box 2 one of the swifts was seen to do precisely this with one of the eggs. The pair in box 2, even though they have no



offspring, has carried on coming back into the box each night, which is a good sign for breeding again next year.

Two pictures of the Settlebeck swifts are shown: one of a pair of adults on the nest, demonstrating their magnificent long wings, and the other of the chick at 3 weeks old.

After chicks leave the nest, one or both of the parents often continue to come back in at night, sometimes for several days. So you may still be able to watch them via the website link <http://www.settlebeck.org/swifts/live.html>. The buffering problem has not yet been fully resolved but if you watch on your phone or tablet (instructions for a free app can be found below the video screen) you won't have any buffering.

Once again we wish to express our thanks to the following for supporting our work in helping swifts and for the webcam project: Sedbergh Community Fund, Yorkshire Dales Millenium Trust and Yorkshire Dales Sustainable Development Fund.

To contact SCS: email [ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043

*Tanya & Edmund Hoare*

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### SEDBERGH & DISTRICT HISTORY SOCIETY

On a lovely June day a group of SDHS members travelled through the scenic North Yorkshire countryside to reach Rievaulx Abbey. As we approached our destination our first view of the abbey in its idyllic pastoral setting was breathtaking. We were taken aback by the extensive remains of so many monastic buildings and in particular the towering Gothic arches in the abbey church

As we stood on the grass outside the Visitors' Centre, one of the Guides gave us a concise and interesting introduction to the history and significance of Rievaulx which, when it was established in 1132, was

the first Cistercian Abbey in the north of England. He told us that the monks of the Cistercian order which had been established near Dijon in France by St Bernard of Clairvaux were noted for their strict adherence to rules and their spartan lifestyle.

Evidently, the first twelve monks who arrived on the site were expected to be completely self sufficient and archaeology has confirmed that over the years the abbey was involved in rearing sheep, cattle and pigs as well as growing corn and smelting iron. In addition they diverted the course of the nearby river to provide their water supply.

The Rievaulx website provides a comprehensive map of the ground plan of the abbey buildings which is colour coded to show the date of their erection. This was a very useful aid as we explored the development of the terrain. The first structures in the twelfth century were built of wood on the west side of the site. However, before long, the buildings around the nearby cloister were being constructed in stone. Gradually the rest of the monastic building progressed in a westward direction and included: chapter house;

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refectory; dormitory and an addition to the original church. In accordance with the principles of the order there was little ornamentation in the building style but the remains of a window in the abbot's house indicate a move to more elaborate later Gothic design.

Our Guide had told us about Aelred, the most famous Abbot at Rievaulx. He had a nationwide reputation as a brilliant scholar and by the time he died in 1167, the community had doubled in size to 140 monks and 500 lay brothers. For nearly a hundred years the Abbey flourished but financial problems accounted for the resignation of Abbot Roger in 1239



and in the fourteenth century the loss of most of the lay brothers deprived Rievaulx of its work force. By the time that the Abbey had been shut down by Henry VIII on 3rd December

1538, only 23 monks remained. Henry sold the Abbey to Thomas Manners, 1<sup>st</sup> Earl of Rutland who dismantled the buildings. Over the following centuries the abbey lands were inherited by different families and in 1917 a programme of renovation to stabilise the buildings commenced.

Those of us who went to Rievaulx felt that it was a very special place and well worth the long journey to get there.

*Julie Leigh*

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## CHURCHES TOGETHER

### St Mark's Church, Cautley

Sixteen people enjoyed our Quiet Day, on July 6th. We were blessed by lovely weather, which meant that we were able to spread ourselves around the churchyard and enjoy the beautiful scenery. The Rev. Andy McMullon led the day, which was on the theme of Celtic Christianity, and various prayer stations were in place around the church. These included a finger labyrinth, and also a stone labyrinth which has been constructed behind the church, and will remain there for the foreseeable future. Many thanks to Andy for all his hard work in planning such a special day.

We will be holding a Taizé service on Sunday 26<sup>th</sup> August at 2.30pm.

These services involve, chants, silence and prayer and can have a very calming effect in a busy world. Everyone is welcome.

### News from the Pews



#### Your Parish Church

Every year the sun has shone for the Summer Fair but this year we got wall-to-wall rain.

With such conditions it was not safe to have a bouncy castle and with various other attractions unable to be with us we did wonder if the day would be written off as a rather damp squib.

Rawthey Rhythm, John Hosker and Roger Bush kept toes tapping with their cheery tunes whilst the smell of bacon frying wafting out through the open doors soon had people coming in to see what was on offer.

The Punch and Judy booth was sited in the centre of church. In between shows Alan the puppeteer wearing his gaily-striped shirt and star spangled waistcoat sent as many children and adults as he could home with specially sculptured balloons. Anytime children appeared a Punch and Judy show went into full swing. Popping in to the church particularly to have lunch a group of seven teenagers straight off the plane from Hong Kong were sat on the front row to watch their very first Punch and Judy show. We did wonder what they all made of it but smiles did emerge and they all waved a happy goodbye



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as they left.

The stallholders of the coconut shy, tombola, and a few other games gallantly stayed outside under the gazebos. They and their customers deserved medals for venturing out in such wet conditions.

Thank you to everyone who came to support us, the rain may have been persistent but so was the determination to have a good day, and we did.

*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*

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## **PRIVATE ORLANDO GARNETT**

Orlando Cyril Garnett was the son of William and Ellen Garnett of Burnt Mill, Cautley. He served in the 22<sup>nd</sup> Battalion, Manchester Regiment in the First World War and fought in the Third Battle of Ypres, being wounded on 3<sup>rd</sup> October 1917. Orlando was taken to the 2<sup>nd</sup> Canadian Casualty Clearing Station and died on the 4<sup>th</sup>

October, aged 19. He is buried at Lijssenthoek Military Cemetery, Poperinge, Belgium.

A brass memorial plaque, commemorating Orlando Garnett, was paid for by his friends and placed in St Mark's Church, Cautley. In recent years the plaque has been showing signs of corrosion, so the churchwardens successfully applied for grants from the War Memorials Trust and Sedbergh Community Trust, to pay for conservation work to be carried out. The plaque is currently at the Scottish Conservation Trust, near Edinburgh, where the renovation work is being done.



St Mark's Church is planning a special service on Sunday 1<sup>st</sup> October at 2.30pm to remember Orlando and all the other Cautley folk who died in the First World War. We are hoping that relatives of Orlando will be able to attend the service, as well as anyone who is interested. Sedbergh History Society will be providing a display about the Cautley WW1 links, and this will remain in the church for several days.

For more information please contact Judith Bush 20058. *Also Page 81.*

## KILLINGTON WI

### THE AFTERNOON WI FOR THE ENTIRE DISTRICT

Enthusiasm is everything! Way back when she was a young lass Sally had travelled to Africa and fallen in love with it. Throughout her busy life she had had it in her mind, and when lovely husband had decided to give her a special birthday trip she had no hesitation in selecting the destination. Poor Bernard who had hoped that it would be to somewhere in Italy was rather wary of the wildlife and open spaces of Africa. Nevertheless, Sally's meticulous planning triumphed and the trip of a lifetime was to follow. Uganda was the first objective to see the mountain gorillas in the Bwindi National Park. This was followed by

visits to other renowned game parks where they saw and photographed magnificent animal at seemingly very close quarters. A river trip brought them close to wallowing hippos, families of elephants, marauding crocodiles, and herds of wildebeest crossing the river on their annual migration. The countryside varied from verdant green to dry and dusty and the animals differed accordingly. The photographs were outstanding (look out for them at next year's Spring Show!). Their four-week African odyssey ended at Dar Es Salaam on the Indian Ocean. What a spectacular holiday. Thank you for sharing it with us, Sally.

Before Sally spoke to us we had conducted our usual business



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meeting. We were very pleased to welcome Anne Petyt from Sedbergh WI, who had been our representative at the AGM of the National WI held in June at the Echo Arena in Liverpool. It was really good to have a personal report – thank you, Anne. Our Coffee Morning which had been held on a day of absolutely foul weather had nevertheless been a financial (and social) success and refilled our coffers. (but not enough for our treasurer to make a run for it!). Tea was as usual delicious with freshly baked cakes and lovely Drop Scones. Life goes on getting better! Don't forget it will be Digestive Biscuits when it is my turn. Margaret Fearnhead won the raffle- chocolates, (*again???? Ed.*) and the competition

for a picture of wildlife was won jointly by Susan Sharrocks and Lorraine Millington (no- they weren't "Selfies"!)

By the time you read this we shall have enjoyed our annual Garden Party and be looking forward to our outing – a sail on Ullswater and lunch at Pooley Bridge provided by their WI.

Our next meeting at the People's Hall will be at 2-00pm on Tuesday 8th August, when we shall be having a Dementia Awareness Workshop. Do come. It will be very informative.

*Wendy F-U.*

### SEDBERGH WI

Mystery solved! On 12th July we discovered that 'On the Rocks', the cryptic title of our meeting, would take us to Greenland, Antarctica and North

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Pakistan, guided by our speaker, Dr Ernie Hailwood. His presentation was entitled 'From Pole to Pole: A brief glimpse of a geologist's work and adventures'.

We were intrigued to discover that the terms 'continental drift' and 'tectonic plates', now so commonly used, were only invented in the twentieth century. The theory of continental drift was put forward in 1912 by Alfred Wegener and the concept of tectonic plates only came into use in the 1960s. It was an exciting time for a young geologist! Ernie's excellent diagrams showed clearly how the shapes of our current continents could have fitted together in a single huge land mass sometimes named as 'Pangaea', with

geographical features such as mountains running continuously from one continent into another. Volcanic activity along fault lines gradually pushed the continents apart, creating mountain ranges and more sea floor between them. I'll say no more for fear of misquoting Ernie, suffice it to say that he introduced us to many fascinating ideas new to us, as well as telling us about his own work collecting sediment samples among the bleak ridged basalt mountains of Greenland, and in Antarctica, and an expedition in conjunction with the Natural History Museum to North Pakistan which discovered a handmade stone tool dated to nearly 2 million years ago, considerably earlier than anything seen there

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before: he brought along a copy of this stone made from resin which we were able to handle. Many thanks to Ernie for a fascinating and mind-opening evening!

Overnight the book club members were transported from Greenland's icy mountains to England's green and pleasant land, and specifically to Anne Petyt's lovely colourful garden with the beck gurgling below us as we enjoyed the sunshine. The setting of the first part of the book we were discussing was extremely grim, however. 'The Girl I left Behind' by Jojo Moyes begins in a French village under German occupation in 1916-17. The two sisters left to run the village inn after their husbands have left to fight at the front are obliged to

cook meals for the local German Kommandant and his men, leaving them in the awkward situation with their fellow French neighbours of appearing to pander to the enemy while trying to keep them at arm's length, and at the same time having to look after their undernourished children as best they can. It's an uncomfortable and dangerous path to tread. The book revolves around a painting whose title is the title of the book, and very precious to Sophie, heroine of part one. In part two, 90 years later, the painting belongs to a young woman in London to whom it is equally precious but who is on the brink of losing it. Tension mounts in both parts with a cast of well-drawn characters. We almost all agreed on



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a score of 8/10, so we highly recommend it. Some of us would also recommend other books by Jojo Moyes.

The sad part of our WI meeting and the book club was that we had to say goodbye to Gaynor who has made the difficult decision to return to Australia to live close to her children and grandchildren, despite enjoying her life in Sedbergh over the last few years. She has made a valuable contribution to our book club discussions as well as valiantly undertaking the position of treasurer for Sedbergh WI for a couple of years. Thank you for all you have done for our WI, Gaynor. We will miss you but our good wishes for the future go with you and we hope to keep in

touch.

Our next meeting, at 7.30pm on Wednesday 9th August in the committee room of the People's Hall, will be a Quiz Night arranged by Sandra Gold-Wood. A warm welcome awaits any ladies who would like to join us.

*Moira Folks*

---

### **DENTDALE WI**

We were back in the Dentdale Memorial Hall for the July meeting. Marion our president, welcomed members and we sang Jerusalem to open the evening.

Straight into Institute business as Marion read through the outcome of the Resolutions put forward at the National Annual Meeting held in

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Liverpool. They were firstly, Action to tackle the release of microplastics through the washing process and secondly, a resolution to identify and support the hidden epidemic of loneliness. Both of these worthwhile resolutions were passed and we have received a very full account of the debate from our link delegate Anne Petyt.

Last month, Dentdale WI had been on their summer outing by coach driving to Acorn Bank a National Trust property for a coffee stop. The 17th century manor house, which is now being restored and partially open to visitors, has a beautiful walled garden and a medicinal herb garden in a superb tranquil setting. Members would have liked to have stayed

longer. However, Gretna Gateway was the ultimate destination for lunch and a little retail therapy.

Coming up soon in the programme is the Mini Market, now an annual event. A general request for baking was put out as such is the reputation of the WI cakes etc. they soon disappear from the stall. Baking is also needed for the WI afternoon teas at Dent Gala to be held on 28th August, Bank Holiday Monday.

Dates for the diary next as The Federation Annual Council Meeting is advancing on 21st October and a delegate will be needed, so is anyone willing? Our fund raising event for Air Ambulance will be on Friday 10th November and will take the form of a Family Pie and Peas Supper with a

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Quiz and will be open to all. Rita Corpe volunteered to form a sub committee to organise the food etc. I am sure there will be more details on this as the date gets nearer!

Our Speaker for the evening was Vivienne Gate talking on Ancestry. She started with a few historical facts telling us that The General Register Office was introduced in 1837. Prior to that, births, marriage and deaths were recorded in Church of England Parish Registers by the officiating clergy. Nowadays there are so many computer sites that have a wealth of information that one can use and Vivienne took us through one of the sites, namely, Ancestry.com showing us how to make that initial search. Finally, Vivienne showed us her own

family tree now on a reel of paper about ten feet long! It was an interesting talk and most of us would like to start the quest to look up our ancestry.

Over tea and biscuits there was a chance to talk to Vivienne personally. Jean Haygarth's entry for the competition of a family memento was considered the most interesting, and Thelma went home with the first raffle prize.

Next month's meeting is on August 9th in the Memorial Hall. Visitors always welcome. *Pat Allen*

---

#### **HOWGILL & FIRBANK WI**

Our summer outing was held on June 29. On leaving Beckfoot the weather was wet and windy. We took

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the scenic route through the Yorkshire Dales arriving at Bolton Castle mid morning. First stop was the castle cafe for an early lunch before the steep climb up the spiral staircase to the top of the tower to witness the spectacular views over Wensleydale.

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location, TV series Heartbeat and All Creatures Great and Small, and as a backdrop for Tomorrow's World.

By this time the weather has improved. We visited the gardens which included a maze, herb garden, rose garden, vine garden and wildflower meadow, all on-site.

We visited the Birds of Prey area and the Wild Boar park. We saw the bees in the observation hive. They were active at the time. The village of

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We moved on to Aysgarth and walked through the pretty woodland to the Falls, which are on three levels. Due to the recent rainfall they looked at their best. Lots of water and powerful. Then it was time to relax in the cafe, where enjoyed a cream tea before our journey home. We would like to thank Liz Moore for the efficient organising.

The July meeting was held at Howgill Village Hall. Our thoughts are with Liz Moore on the loss of her sister Dorothy. We have sent our best wishes to Maggie l'Anson who was recovering at home after being whisked off to hospital by the air

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ambulance.

We would like to thank everyone who supported our coffee morning. We raised £189 for W. I. funds.

Thanks to our delegate Anne Petyt, who attended the AGM in Liverpool, a most interesting report has been received. This is available for all members to read. The two resolutions were passed with majorities. We were pleased to see Lesley Hennedy who dropped in to join us.

Bridget introduced Lynn Marston, our own member, who has gone from horse handler to dog handler. She is the proud owner of Firbank Fell Fergus and Millie, who she brought along to give us an obedience demonstration. Lynn explained her training technique. Four simple

commands:- sit. Down. Stay and come, with a happy voice, lots of praise and some rather special treats. The dogs had a job to do which they did well, resulting in happy dogs and happy trainer. Bridget thanked Lynn for giving us a real treat we all enjoyed.

The competition to complete the lyric "There once was a dog handler called Lynn" was won by Tanya Hoare with Vera Hodgson second. Lynn went home with the raffle prize. The evening was brought to a close with our usual Jacobs Join.

On August 3rd our speaker Tom Attwood will be teaching us some Failsafe Gardening. The meeting will be held at Firbank Church Hall.

*Audrey Hoggarth*

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## CUMBRIA WILDLIFE TRUST

Are there weeds in your garden? It is often said that a weed is a plant in a place where it is not wanted- so how did they get there?

Every child knows the daisy parachute of dandelion seed, blown by the wind to a new destination where it may take root. Other plants also rely on wind dispersal. The propeller like seeds of ash and sycamore waft down while the wind drifts them away from the parent tree. Poppy seeds form in a nice container like a censer. Some garden weeds are early opportunists, spreading seed while the soil is still bare.

Plants have many ways to spread themselves. We all enjoy the fruits of plants. Birds, too eat berries. The enclosed seeds are carried far and wide, finally coming to earth in the bird's droppings covered in fertiliser. Tomato seeds remain viable after passing through the human gut, and plants often appear at sewage works. Some plants have hooked seeds (burrs) which attach themselves to animals; others, like brambles, arch to the ground and form new roots when they reach the soil. In some cases the plant does not set seed at

all, but forms new miniature plants where seed might be expected. This happens with some grasses.

Some of the most invasive plants spread by overground runners (stolons) or underground rhizomes. The creeping buttercup and strawberry are examples of the former; bindweed and ground elder of the latter. Even a small piece of the underground root will form a new plant.

Aliens can be particularly good at spreading themselves. Himalayan Balsam produces seed pods which explode at the slightest touch. Japanese Knotweed operates more secretly, spreading by penetrating underground roots, making eradication difficult.

You may like to set aside a corner of your garden for wild flowers. It is a little late to collect seed of the early flowers, though there is still some around. Most wild flowers prefer poor soil and don't like too much competition. If you have space it is easy to grow rowan or holly from their fruits. Larger trees like oak ash and beech grow readily; why not plant a few and give the young trees away.

*Roger Moore*

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## LOCAL YOUNG PEOPLE'S FUND

This Fund is provided by the Governors of Sedbergh School for the benefit of all young people (under 25) resident within the parishes of Sedbergh, Dent and Ragsdale, as well as Killington, Dillicar, Firbank, Howgill, Lambrigg and Middleton for educational purposes

The grants are not means tested and applicants are required simply to justify why they be awarded a grant and to give some idea of the cost of the purpose for which the grant is required. It should be borne in mind, however, that only two such grants can be awarded to any one person. It may not be sensible to apply for a comparatively small grant for a primary child, who may need a much

more substantial sum later in their educational career. For instance, a talented musician aged 8 might need a violin, but later in his or her career may require a very much more expensive instrument, or even two, over the years. The purpose must, of course, be educational but this covers sports training, music, and travel abroad as well as purely academic purposes.

At a recent meeting of the Trustees it was felt that it might be helpful to those considering whether to apply for a grant to know the types of grant that have been awarded recently, and accordingly the following is a list of the grants awarded on the last occasion

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| College :   | £300 |
| 2) A grant towards the cost of text books at University       | £200 |
| 3) A grant towards the cost of travel expenses                | £100 |
| 4) A grant towards the cost of tuition fees at College        | £500 |
| 5) A grant towards a residential field trip                   | £300 |
| 6) A grant towards a gap year placement in abroad             | £500 |
| 7) A grant towards the cost of travel and books at University | £200 |
| 8) A grant towards the cost of text books and equipment       | £250 |
| 9) A grant towards the cost of a laptop                       | £300 |

The awarding of a grant and the amount thereof depends very much

on the justification put forward in the application. One applicant might want a laptop simply for ordinary use, another may be embarking on an extremely technical electronic university course which requires an very expensive computer. Another may be going on a two week course in Europe, while yet another may be going for six months to work with a charity in a third world country. It is also helpful to know what other steps the young person has taken to raise funds.

The next consideration of applications will be early in November, and the Trustees hope that young people of the district will give early consideration to applying for such grants.

*Karen Bruce Lockhart, Chairman.*

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## DENMARK EXCURSION

*Scandinavia here we come, or  
Sedbergh girls loose in Denmark*

Although most people are still at school, summer is well underway for those who sat their GCSEs in June and are now on study leave. Making the most of the cheaper term-time flights and our extended holidays, a

group of girls from the Sedbergh area recently took the initiative to plan a week-long trip to Denmark, catch a two hour flight from Manchester airport and to attempt to survive alone abroad.

After landing in Copenhagen, we faced our first real challenge: the metro. Now, it is important to note that Scandinavian transport, as we would later learn, is very different to English transport. It is undeniably better, and more advanced in its every aspect, with travel cards that work in a similar way to our Oyster cards, and video-game style sound effects that can be heard whenever you check in on a bus or train. However, it is also somewhat more complicated, at least to the

uneducated British. But, nonetheless, we made it to the summer house with two metro-changes, two buses and an hour long walk, with complete success.

We spent the majority of our time in Jaegespris, a small town only one bus journey away from where we were staying. Despite the fact that the town had a rich history and was home to King Frederik VII's second castle, the real reason for this was, of course, the ice cream parlour. Having said that, we did spend many hours exploring the castle grounds and even found a dummy tree. A Danish tradition is for children to hang their dummies on the branches of a dummy tree when they are no longer young enough to use them, creating

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what can only be deemed an interesting but slightly unnerving thing to come across in the forest.

Of course, we also visited Copenhagen, the highlight of which was definitely the boat tour. We were able to see the Royal Danish Opera House, part of the Tivoli Gardens, the (very) little mermaid and some of the famous canal-boat villages, all from the Nyhavn river. The part of the tour that I personally found most interesting, though, was seeing the Christiania district. Established in 1971, Freetown Christiania occupies abandoned military barracks and functions as a mainly anarchist society. To live there, you must apply for a house and be granted one, rather than buying one, but tourists

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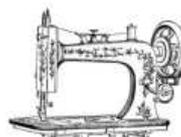
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are welcomed to visit provided that they respect the community and do not take pictures. Although we did not get the chance to visit the town, we were able to see some of the colourful buildings from the boat and to learn about their culture.

At last, though, it was time to return home and face, for the final time, the aforementioned nightmare that was the metro. And, of course, it wouldn't be a satisfactory journey home without some sort of terrifying situation or another! 'Isabel did you check us in?' 'I think so!' – the famous last words of five girls now faced with fourteen days to pay or apply to repeal a total fine of 3750 kroner, or £450 (£90 each).

Nevertheless, this trip provided us with the invaluable experience of living as a group without help or input for the first time. This meant meal planning, budgeting, shopping for food and supplies, planning day trips,

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cleaning, laundry and generally just fending for ourselves. We are very privileged to have had the opportunity to develop these skills, become even closer as friends and to have visited such an incredible part of the world.

*Cara Ellis*

### SEDBERGH & YOUNG PEOPLE

It's a tricky question as to what Sedbergh "needs" for the young people of Sedbergh. I have lived in Sedbergh my entire life and personally I don't think there's anything I would change about it. The rolling fells provide more than enough to keep one entertained for a lifetime.

The scouting association was also thoroughly enjoyable and available to

all and several of us also completed Duke of Edinburgh awards through the scouts. BOF of course was also a highlight.

Other than these, there were also lots of sports clubs available at school and I imagine this is still the case. So personally I think Sedbergh provides more than enough if you look for it. I also thoroughly enjoy meeting at one of the many cafés with friends which is yet another option.

I may have a bias viewpoint but Sedbergh provides more entertainment and accessible/free leisure activities than any city could due to the generous community and beautiful location. Of course, there are some things unavailable but that

is to be expected in the countryside and I feel lack of a McDonalds and shopping centre is a huge benefit given we have endless freedom in the outdoors in return.

The problem therefore, I feel, lies not with the town as there is plenty to do if you proactively look for things to do. This would lead me to the conclusion that in reality "young people" who the town have sought to entertain with various suggested clubs/facilities simply do not want these activities. The young people are either content as it is or have little motivation to change things or look for things to do. I would argue strongly that there is more than enough if you look for it as I have managed for the last 18 years.

This leads me to try and reassure the community that you certainly are not letting the young people down. Sedbergh has provided a lot for young people and generally this has not been taken up or has been



abused. So would anyone say that many younger people now are content or ungrateful/lazy hence why there is little proactive movements from them as to what they want to change in the town? I don't know. Maybe there'll be some 'letters to the Editor' on the subject!

*George Hinson*

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### **SEDBERGH CRICKETERS**

Cricketers from Settlebeck School recently went to Headingley to receive coaching from Pro Coach Yorkshire at the Yorkshire CCC Cricket Centre.

Like last year, the session was a great success and it is intended that the experience will be repeated once



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more in 2018. After the coaching, the students stayed to watch the 20/20 match between Yorkshire and Nottinghamshire.

The coaching is funded by the Yorkshire Ridings Society, which promotes a greater understanding of the traditional and proper boundaries of Yorkshire, which if course includes Sedbergh!

*Michael Pulford*

### **SEDBERGH PRIMARY SCHOOL**

*Your local primary school needs you!*

Sedbergh Primary School is looking to appoint new Governors.

#### **Why become a Governor?**

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- To make your own individual and particular contribution to the local community.
- To use your current skills in what might be a new, yet always challenging, environment.
- To gain new skills in human resources, finance and management.

#### **What do governors actually do?**

A governing body 'governs' the school in partnership with the

Headteacher.

They work together to ensure that all the children receive an education that helps them reach their full potential.

Governors give strategic direction and focus through agreeing plans and aims, setting budgets, deciding priorities, appointing staff, supporting the work of the school and challenging it to improve.

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this community. The most important thing you can bring is that commitment alongside your time and enthusiasm.

The Governors meet once every half term (six meetings a year) for about one and a half hours each time with additional meetings as required for members of sub groups. There are two of these committees – one dealing with finance and premises and the other focusing more on educational and school provision - and you will be required to serve on one of these.

If you are interested or want to know more about the role then please do contact Sedbergh Primary School on 20510 or email Mrs Scarr at [admin@sedbergh-pri.cumbria.sch.uk](mailto:admin@sedbergh-pri.cumbria.sch.uk)

once term starts again in September. Alternatively you could chat to one of the current Governors – the school staff will let you know who they are.

*Dorothy Vernon*

---

## **SEDBERGH SCHOOL NEWS**

### Events

The Governors gave a very enjoyable farewell dinner for Mr and Mrs Carnochan (Headmaster of the Prep School) on 23<sup>rd</sup> June at Casterton.

A group of pupils and staff climbed 31 peaks in 26 miles.

While the Upper School winds down following the exams toward the end of term with the only non sporting event being the Leavers' Ball, the Prep School undoubtedly winds up. They



## **SEDBERGH SCHOOL**



### *New Employment Opportunities*

Sedbergh School are looking to employ enthusiastic people who would like a varied working environment, with the potential to develop their careers in the longer term through the collaboration between the School and local colleges and providers.

The School is currently looking for staff to work in Catering, Events & House Keeping. You will be a valued and appreciated part of the team and the ideal candidates would be happy working flexibly in accordance with the changing requirements and needs of the School. Jobs are available for full time, part time evening, and weekend work.

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An application can be obtained by:

Downloading from our webpage <http://www.sedberghschool.org/senior/Information/Vacancies>

Emailing Lizzie [hrrecruitment@sedberghschool.org](mailto:hrrecruitment@sedberghschool.org)

by calling in to the Sedbergh School Bursary or telephoning 015396 20303



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had two excellent performances of Pride & Prejudice by Year 8, a farewell drinks party for Mr and Mrs Carnochan given by the Friends of Sedbergh Prep School, Sports Day, a Hog Roast & Family afternoon, Parents cricket and rounders matches, a cricket tour to Oxfordshire, a sponsored charity walk for the Northwest Air Ambulance and a Grenfell Disaster Charity, a concert in the Church, Speech Day, a summer concert by years 3-8 and the Big Sing (450 children from the North), a Sailing Regatta, a trip to France, and numerous short trips to such places as York, Grisedale Forest and Derwent Water for various groups, besides the usual cricket and

other matches. And some work was done as well. Both staff and pupils at the Prep ended the term in need of a holiday!

The enormous hole dug for the new sports centre (to be called the Hirst Centre) has confirmed that the hill was man made, being the spoil from flattening the sports fields, and was not a natural feature. Construction work has now begun. The new spoil in the field below will eventually be flattened to form a practice area – it is unfortunately not large enough an area to form an actual playing field

The Head of School next year will once more be a girl, Sarah Long  
Chris Hattam, Housemaster of School House, has been appointed

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Headmaster of The Elms, a prep school at Malvern.

CWO C Dale was awarded a Certificate of Merit as "an exemplary senior cadet".

Imogen Boddy completed her triathlon in "fairly filthy weather" (swimming 10k, running 26.2 m, cycle 30m) for charity on 29<sup>th</sup> June raising £8,000 for Cancer Research.

Year 10 have been on their usual trip to the Battlefields of the 1<sup>st</sup> World War, while Year 9 went to CCF camp. The 1<sup>st</sup> XV is in New Zealand and has been to Hong Kong on the way, and the Choir has been to Italy. The Choir have sung in Santurio della Madonna del Francino by Lake Garda, the Basillica di San Pietro de Castello, a

concert and mass at Madonna della Corona and in Venice at St Marks. Their final concert was at Chiesadi Santa Maria in Organo.

The International Summer School is taking place at the Prep School, Casterton, and began on 9<sup>th</sup> July going through to 5<sup>th</sup> August. Eighteen different countries are represented this year.

For two years in a row now the School has been said to be the most influential school on social media, measured by its use of twitter

### Sport

Harry Brook played for Yorkshire against Middlesex at Lords and scored 38 (caught) batting no. 3, not bad for a 17 year old playing in his first 'First Class' game and still



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officially a school boy. But the second innings brought a duck (and Yorkshire lost). He also played in the Yorkshire v Surrey match which was abandoned. In Yorkshire v Somerset he made 31 in the 1<sup>st</sup> innings and took 2 wickets. He is to captain the English U19 team against India in the summer. Despite his departure the future looks bright with Thomas Aspinall coming up from the Prep next term having already played for the Senior School 1<sup>st</sup> Eleven.

The 1<sup>st</sup> XI won against St Peters York by 97 runs. Their great triumph was the National T20 title against Millfield, and colleagues and pupils lined the road to welcome them back to school. Kyme took three wickets in an over to reach a new School record

of 55 wickets in a season. It has been a strong side and did not miss Harry Brook. The games against Canberra and Bromsgrove had to be cancelled due to weather. And the 2<sup>nd</sup> XI won the North of England Schools T20. At the BOWS tournament the 1<sup>st</sup> XI were beaten by Wellington and Oakham but in their final game won against Brighton scoring a record 411-7 in 50 overs, and bowling Brighton out for 125.

The U13 tennis boys at the Prep have retained their County title and will progress on to the national stage next year, and the U11 cricketers have reached the County Final.

The U9 A team at the Prep deserve mention having been unbeaten at netball, hockey, rounders, cross-

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country running and athletics against other schools and have won all tournaments they entered

George Riddal finished 4<sup>th</sup> in the 15-18 year old National Independent Schools Triathlon.

In the last year six Old Sedberghians have represented their country at shooting including the Captain, British Shooting, and six current pupils have also done so.

The Headmaster has spent a weekend cycling 1000 km round the north.

The girl athletes took part in the Finals of the Nationals at Oxford and came 11<sup>th</sup> in a strong field with some outstanding results

Josh smashed his Decathlon score

by over 1,000 points winning the North West and ranking 9<sup>th</sup> nationally.

On a very wet day over 120 runners took part in the Sedbergh Prep Epic 6.9 miles run including about 30 runners from the Upper School and staff. Both the male and female Wilson Run winner took part. Joe Bird who won the Wilson came in first with Fraser Sproul only 2 min 33 sec behind him. Alicia Newing from the Prep led Maria Page (the Wilson winner) at the top of Casterton Fell and Maria finished only one second ahead of Alicia.

#### Future Events

The Minor Counties cricket match this year on the School ground is Cumberland v Buckinghamshire and

will be on 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> August.

The Summer School courses began on 24<sup>th</sup> July and run through to 10<sup>th</sup> August

Term starts again officially on 5<sup>th</sup> September, but there will be considerable activity in the previous week including team practices and the early arrival of the new boys and girls.

The Rugby tour involves two matches in Hong Kong against a local side and Bishop Wordsworth, and in New Zealand against Rangiora High School, Christ's College, St Kevins College Omaru, St Bede's College, Christchurch, Waimea College Nelson, and Bishop Viard College Wellington.

Karen BL

### CITIZENS ADVICE

Have you had problems with on-line parcel delivery?

Citizens Advice research has found that two in three online shoppers have had parcels delivered late, damaged, left in non-secure places like rubbish bins, or 'failed' -where they wait in, only to receive a note saying they were out. Most people don't complain, or find that the sender says it's not their fault.

The retailer is responsible for getting orders delivered to you, not the parcel company. Contact the sender if an item hasn't arrived by the date agreed or within 30 days. You can cancel the order and get a refund for the goods and basic (not premium) delivery costs.

If a parcel is damaged, contact the retailer and they should either offer to send you a new item or refund you.

If someone was waiting at home for

the parcel, but a note said it couldn't be delivered, you can cancel the order and get a refund if it's been less than 14 days since you bought it – or just arrange another delivery time.

Although legally you're not entitled to compensation, it's worth complaining to the delivery firm and retailer.

If you get a note saying your parcel has been left in a certain location but it isn't there, the retailer should replace it or give you your money back. If you receive the item but aren't happy with where it was left, complain to both the retailer and delivery firm, though there is no legal right to compensation.

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## AGAMEMNON

### *The Story Continues.*

The Story so far: Agamemnon has returned from the Trojan War only to be murdered by his faithless wife Clytemnestra and her lover, the blonde bombshell Aegisthus. In attempting to justify herself to the Mycenaean masses Clytemnestra falls from the high walls of Mycenae to her death, or does she?

The rosy fingers of dawn climb up the walls of old Mycenae where the people have been kept awake all night by a furious sawing, chiselling and pounding coming from deep within the Temple of the Soar Away Sun God, Phoebus Apollo.

The Agora in front of the Temple begins to fill with the curious and the

idle. Then, from the interior, emerges Ambriseis, the High Priestess of the 'Temple that supports our Boys' Sun God.

"Good news!" She cries, raising her hands to the rising sun. "A miracle has occurred. Our beloved leader Clytemnestra has been restored to us."

"Pull the other one!" The ungrateful crowd reply, "We saw her fall. Whee, Splat! No more."

"No, No. Your value for money Sun God whisked her off to Mount Hymettus before she hit the ground and now she is restored to us. Praise the Sun wot done it.

The growing crowd is unconvinced: "Show us then."

Ambriseis disappears back through



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the Ionic pillars into the still dark interior. Suddenly Aegisthus, blond and bouncy leaps from the depths into the light of day clutching a broomstick wrapped in white linen and topped by a plank of wood bearing a smiley face and a handful of straw for hair.

"Be awed, O Poloi, by the power of your 25pee Sun God. He has restored our beautiful and wise leader to us. Behold Clytemnestra!"

"You've just dressed up a broomstick and stuck a plank of wood on top for a head." A wag observes.

"No, no. What you see is the real Clytemnestra." To prove it Aegisthus begins to shake the broomstick:

"There, she moved."

"You shook her."

"No, no I didn't. You just don't understand the ways of the Gods that's all."

"Alright Aegisthus, get her to say something."

"Like what?"

"Bottle of beer."

Aegisthus grits his teeth and gyrates the wooden head. "Gottle of gear. There!"

"Your lips moved."

"No, they didn't."

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"Get her to say something else then."

"Like what."

"I want to build a strong, compassionate and inclusive society."

Aegisthus is about to reply when the very walls of the city began to shake as a noise like that sound of a deep base drum approaches the city.

"Not only is Clytemnestra alive, but we have support for her too." He says, shaking the wooden figure towards the crowd."

Before he can say any more the city gates crash open and in march thirteen of the hugest one-eyed Cyclopes. "We done a deal 'ere and we want cash up front or we go." Says the leader, Polyphema,

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threateningly, her single eye shining at the prospect of untold wealth.

Still carrying his wooden doll, Aegisthus descends from the Temple and waves it in front of Polyphema.

"Here O Poloi is the support Clytemnestra needs to give you a strong and stable government."

"But they're Cyclopes." The terrified people cry.

"They'll eat us."

"No, no." Aegisthus assures them.

"They ate Odysseus' men."

"My old man was drunk, so he was." Polyphema booms. "And they put out his eye." She picks up one of the crowd and stuffs him into her mouth, chews a bit and burps. "I needed that."

The crowd flees leaving The Cyclopes and Aegisthus alone.

"A million drachmae as we recall it." Aegisthus bumbles.

"Billion. For now, that is."

Polyphema reminds him threateningly.

"Yes yes, silly of us. A billion over five years."

"Two!" Boom the Cyclopes.

"I was never good at figures."

"And all the people we can eat."

"That wasn't in the deal." Aegisthus whines.

"It is now." Polyphema assures him, wickedly.

The story continues next month in your Soar Away Lookaround.

*Nick Cross*



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### **DENT GALA**

From its earliest beginnings as the annual Vicarage Garden party to raise money for the purchase of land on which to build a village hall the Gala is a much loved event which includes Pillow Fights and Coconut Shy, fun sports for all the family, home made WI Teas and much more.

This year we are having all the stalls etc usually on the yard in the field and having a central area for the children's fancy dress and the Dog Show. A live band will entertain us and there will be more activities for little children.

Obviously we hope for a lovely day but will continue whatever the weather.

More information available from Sarah on 25212. Could you help for a little while? Do get in touch. Do come and be part of DENT GALA 2017!

### **DENTDALE CHRISTIAN FESTIVAL**

The 1st weekend in August is jam packed with fun and fellowship with events for ALL ages and open to all.

"Payment" when required is by donation and not compulsory.

"Open Hearts" is the theme this year and most of the events are taking place in a huge tent in "Rhumes" garden. Bouncy castle, soft play, a creative eve (Fri) prayer breakfast and cafe, Michael Ramprill and on Sat Afternoon tea with donations to First Responders. Then in G&D pub a

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*J & SE Woof.*

**DENT SATURDAY MARKET**

This probably conjures up a picture of brightly covered stalls nestling along a street. We are not quite that but are in the Memorial Hall with the opportunity for folks to "rent" a table and make money for themselves paying the Hall £6 for the hire.

There is always a huge array of goods on sale, a soft play area for under 5 year olds and home made refreshments on sale.

Details of the Gala on Bank Holiday Monday will be available and all are welcome. A very pleasant way to earn some money. To book a table, ring 25212.

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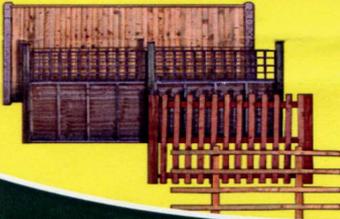
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to sit and be still. It is a haven for wildlife and there is a constant hum of insects. The mature trees provide shade and cover for the many birds that visit and nest in the garden.

In the Spring the Snakeshead Fritillaries discretely grow amongst the gravestones and in Summer Herb Robert and Herb Bennet are as welcome as the Roses and Geraniums. The scent of the Lavenders either side of the main garden doors mingle with the climbing Roses.

In the Autumn and Winter the seed heads and berries provide food and shelter for insects and birds as well as adding natural sculptures to the area. The wind and rain sweep through the trees adding a

soundscape along with the sound of Flintergill which rushes down through the trees. Over time it has worn a waterfall & deep bed in the limestone, in a dry spell it is silent beneath the ground, but after rain it surfaces adding energy to the garden.

Walking meditation is often part of the teaching at The Centre and the mossy carpet of grass provides a wonderful sensory experience for those who choose to walk barefoot. The small graveyard full of soft grasses is a reminder of the history of this sacred space and a connection to the community in the dale who worshipped here over the years.

If you are passing you are welcome to visit and enjoy this peaceful place. *"Look at a tree, a flower, a plant."*

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*Let your awareness rest upon it.  
How still they are, how deeply  
rooted in Being.  
Allow nature to teach you stillness.”*  
Eckhart Tolle “Stillness Speaks”  
Sue Stark

---

### DENT DALE CHRISTIAN FELLOWSHIP

In June our speaker was a Dent lad born and bred who shared snippets of his early life and coming to the place of personal realisation of God.

Andrew Woof who grew up in the dale and attended the primary school came from Carnforth where he was one of the Pastors of the Free Methodist Church. With humour and sensitivity he shared his testimony and of the big decision he and Tina have taken recently to move to ministry in Garstang knowing God is leading them.

Over supper everyone had the opportunity to chat and the singing part of the evening was as ever much

helped by Brian playing his piano accordion. Brian comes to join us from his home in Blackpool and we are blessed to share fellowship with him. As ever, all are welcome. 4th Sunday monthly (not Dec!)

J & S Woof. (25212)

---

### DENT, SEDBERGH AND DISTRICT ORAL HISTORY SOCIETY

*Haytime – a serious business*

“Any visitor to the farm during haytime who did not want to help with the hay was thought very little of indeed. Haytime was an extremely serious business.” **Helga Frankland** born 1920

“If it was an early haytime our school holidays were early. If it was a late season our holidays were late. They used to rope us in. Yes, they used to fix the holidays, did the managers, ‘cos they were all farmers.” **Willie Whitwell** born 1914

“We just had one horse, Tommy he was called. It was to mow with

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machine and in those days you had to start off with a scythe so horse could get through the gate. Me mum and dad used to get up at three or four in the morning to start mowing before the heat of the day. Then they'd have to come out, get horse unhitched, bring cows in to milk and breakfast, so it was a hard life." **Alan Mattinson** born 1934

"My grandfather went to the Great Exhibition of 1851 and brought back with him the first mowing machine which was known in Westmorland, or so I'm told. That must have made a great difference. They're horse drawn, usually with two horses, though on the small farms they were often just a single horse. And they had a reciprocating cutting bar, which was very efficient but of course it was liable to be damaged by the stones, much more so than the present rotary mowers." **Ingram Cleasy** born 1920

From "Telling it like it was: Dent, Sedbergh and District in living

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*memory*" edited by Anthea Boulton and Veronica Whyman.

## FLICKS IN THE FELLS DENT

Perseverance can pay off .. or so it seems! We should see films back in the Memorial Hall in Dent come the autumn. Anyone keen to be involved in any way please contact the Memorial Hall Committee.

*SE Woof.*

## DENTDALE CHOIR

The Dentdale Choir is delighted to be planning ahead for its 2017/18 season. Fresh from the success of our spring concert, which featured a programme of works by, among others, Elgar, Lauridsen and Todd, and a performance of the Duruflé Requiem, we are looking forward to tackling new repertoire **and, importantly, welcoming new members.** This will be the second season under OUR new Musical Director Richard Bruce.

As a community choir, The Dentdale choir prides itself both on introducing new music to its members and its audiences but also on welcoming all

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who want to sing. An ability to read music and experience of singing is an advantage but not required. Where possible we make resources available online for singers to learn in their own time. This year we will be learning new pieces by composers including John Tavener, Jonathan Dove and Eriks Esenvalds, practising for December carol services and working on a major work for our spring concert.

Our first rehearsal of the year will take place in the Memorial Hall, Dent on 12th September at 7.15. As well as introducing some of our new music, new and returning members will be meeting for wine and nibbles. If you are an experienced singer or musician we promise new music to

learn and work through. If you are relatively new to singing, you will find that we are a group that will allow you to learn and join in at your own pace.

Either way we would love to see you there!!!

Please contact our secretary John Feltham in advance to allow us to plan for numbers of copies of the music we'll sing:

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### CHOIR TOUR TO ZREČE AND SLOVENIA

I have been to Slovenia over 35 times over the past twelve years - but this year's choir tour to our twin town and other parts of Slovenia was far and way the best .

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choruses which are easy enough for everyone to join in with.

Despite the common refrain that "everyone speaks English in Slovenia," this is not true - and many of the older people, for whom German is their second language, were very appreciative of our efforts to include them in our cultural exchange.

Drinking songs like Majolka (a love song for the wine jug!) and Kol'kor

It wasn't just that all the 26 Lakeland Voice singers who joined us spent time learning over a dozen songs in Slovenian (and a few dances too,) they also learnt the rudiments of the language so that when we stayed with Slovenian singers in their homes, or shared meals and drinks in our twin town, we were able to have conversations and a real sharing of our two cultures.

As well as learning our choir songs in 3 and 4 part harmony, I prepared a book of over 50 songs in both languages so that we could join singalongs - the Slovenian song Siva Pot was especially popular having been a hit in Slovenia when Alexander Mezak recorded it, and easy for our English singers because the tune is the same as John Denver's Country Roads. The Wild Rover and Rolling Home have been sung to extinction in the UK, but in Slovenia they are still popular with

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Kaplic Tol'kor let ("May you have as many years as there are drops of wine in the glass") were especially useful as on several occasions we would be walking past a farm up in the hills near Zrece and after singing the farmers a few songs were invited in to their wine cellars. We also enjoyed a wine tasting afternoon at the vineyard of Vojko, who many of you will remember from when he visited Sedbergh for the filming of the Town That Wants a Twin and worked at the Bull Hotel. Our church songs like the evening hymn Vecernica, and songs in praise of the Virgin Mary, were also useful when we visited many of the beautiful mountain churches - and well known enough for us to invite the villagers to join in

with us singing the tune.

We stayed in the fabulous Pod Rogla hotel, tucked into the forest with a river flowing past our windows, and had the best party I can remember in Slovenia, singing alongside the Zrece Firemen's Choir and Marjan Hren's group Vinski Brat (the brothers of wine) and others from the town - accompanied by a barrel of the hotel's best home made beer. Our concert at the biggest hotel in Zrece alongside the Zrece Town Choir Zbor Jurij Vodovnik was also a great success - appreciated as much by the local people who came to enjoy it as a visiting tourist group from Nottingham. After the concert we split up into smaller groups with our singers sitting alongside the Zrece

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singers for an exchange of conversation, wine and food, with occasional outbursts of song as the spirit moved.

We were so lucky with the weather that every morning on the days we stayed in a tourist farm near Bled we were able to swim in the lake before breakfast - possibly the fittest choir I have led: most of the singers swam out to the island every day, although

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we were quite understandably stopped from visiting the island's church in our swimming costumes having walked up the steps from the lake. For our concert in that iconic church we rowed out in several boats - having sung the well known Yugoslavian folk song Plovi Barko to a young couple setting off in a boat (Sail o boat, in the boat is Anka, my heart and soul) which encouraged the boatman to produce both floods of tears and a bottle of Slivovic to thank us.

In Ljubljana we sang in the city centre under the statue of the national poet Franc Preseren, and alongside our many friends at the Waldorf School; in Bohinj we sang at the wild flower festival where we displayed our fabric squares showing wild flowers and scenes from the Sedbergh and Kendal area which our singers had made at home - their embroidery group were very

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impressed. We sang on the electric launch as it sailed up the lake, and then on a walk back along the northern shore to our minibuses, with some fascinating descriptions of the wild flowers given by one of our singers, a botanist from Oxford University. And alongside the Franc Urbanc male voice choir in the mountain village Stara Fuzina tucked into a dale beneath Slovenia's highest mountain Triglav, and in the farmhouse micro brewery where Monika produced her home made beer and liquers with such a wealth of warmth, good humour and stories about life in old Slovenia.

For all its beauty, and for all the abundance of nature, for our singers

and me, what remains the most attractive feature of Slovenia is the hospitality - an experience which never fails to renew my faith in humanity - which we brought back with us, and passed on to over 40 choirs visiting Kendal for the June Street Choir Festival which we arranged. Many of the visiting singers said that our's was the most hospitable of all the festivals which visit a different town each year - an experience which hopefully they will pass on in their own towns.

Our choir starts again in the second week of September every Tuesday evening. As more of the singers come from Kendal than from Sedbergh, we practice in the Castle Street Centre in

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Kendal - but there are lifts for anyone from Sedbergh who might like to join us. Alternatively you can join our sister choir, the Cowgill Folk Chorale in upper Dentdale on Monday evenings from September. Get in touch if you would like to join us regularly - or as a one off experience on our next tour of Slovenia over the October half term when we will visit some of the places we missed in June such as the seaside town of Piran, the caves at Postojna, and the Vanishing Lake near Cerknica.

A warm welcome awaits you.

*David Burbidge, Sedbergh 21166*

## ORGAN RECITAL

Organ enthusiasts should be on red alert for the occasion of a recital by well-known organist, Alexander Ffinch.

Alexander who gives concerts on quality organs at high profile venues worldwide, including Europe, the USA and the Far East has booked himself in to play on Friday, August 4<sup>th</sup> at the rather less prestigious venue of St Oswald's Church, Ravenstonedale on a more modest and elderly but nonetheless good quality Harrison & Harrison organ. Why? Because he was brought up in Newbiggin-on-Lune, went to Ravenstonedale primary school and later, Sedbergh

## SING JOYFULLY

The vocal ensemble *Sing Joyfully!* will enter its third year of joyful song in September and is welcoming new singers. Weekly rehearsals take place on Tuesdays during term time at Casterton Church at 7:30pm. First rehearsals of the term (starting on September 12<sup>th</sup>) will allow new members to have a flavour of some of the music to be sung during the year.

We will explore jazz, swing, easy listening and Bond film favourites in our Spring and Summer programmes.

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School. Attending a service at St Oswald's church last year, when told that our steadfast regular organists found the organ a struggle to play he offered to have a go. What followed was an impromptu rendering of part of Widor's Toccata from Symphony No 5 much to everyone's amazement and delight. As one parishioner put it 'he made our organ sing'.

Alexander is a professional organist used to playing on all sorts of organs but he agreed that it was difficult to play and was in need of regular care and attention and he promptly offered to put on a recital to help with its upkeep. We are in for a treat ... don't miss it!

Entry to the Recital is free but donations towards the upkeep of the organ will be gratefully received. Light refreshments will also be available.

Further information contact: - [davidandcaroline@ravenstonedale.org](mailto:davidandcaroline@ravenstonedale.org)  
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### SEDBERGH ORCHESTRA

The Imperial War Museum commissioned a musical score by composer Laura Rossi to accompany the silent film "The Battle of the Somme" made in 1916 in the field.

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The Museum planned to have the film shown, and the music performed nationwide by 100 groups of musicians, of which Sedbergh Orchestra is one, as part of the World War 1 commemorations.

On Saturday 8th July St. Andrews Church was filled to capacity for this ambitious undertaking. The Orchestra gathered 50 players, and added contra bassoon, xylophone, kettle drums and wind machine to the usual instruments enhancing the sound and experience for the large audience of local people and from further afield.

Insight into the work of the production of the film was provided by Alistair Fraser, a Durham academic who has made a special study of the battle. Numerous soldiers on the celluloid have been identified and conversations transcribed from lip movement. The film was shot over 9 days and a steady hand was needed to wind the film as the fighting continued around. The morality of faking elements arose, as it does today, amongst documentary makers and news providers.

Peter Crompton the conductor donned headphones, needed to



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maintain a tight rhythm and contact between pictures on the screen and the musicians who could not see any, intently following scores.

The composer had been careful the work should not dominate the visual impact, the music quietly reflecting the events occasionally increasing with tempo as success on the battlefield emerged, and volume as field guns sent off shells.

The film had been shown recently in the silent version in Sedbergh with captions to explain who and what was watched. They were used at this performance, but the music added a further element and the viewer was left with a stronger recollection of what had been seen on the screen.

The evening ended with tributes to the fallen and as is customary at solemn performances applause was discouraged, but one was left with a feeling of wanting to do so, to salute the achievement of the town orchestra in staging this work, which they undertook again the following day at Skipton.

*Graham Dalton*

### **CASTERTON CONCERTS**

Casterton, Sedbergh Prep School's music department has a busy schedule for next term. We are working in conjunction with Holy Trinity Church to arrange services, community events and more lunchtime recitals during the coming

months, featuring members of music staff and guest musicians and enabling both the village and school communities to hear live musicians:

- Harvest Festival 6:45pm Sunday October 8th
- Thursday September 21st 1:30-2pm, lunchtime recital
- Thursday October 19<sup>th</sup> 1:30-2pm, lunchtime recital
- Thursday November 23<sup>rd</sup> 1:30-2pm, lunchtime recital
- Friday December 1<sup>st</sup> at 6:45pm an informal community carol service

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### SEDBERGH BOOKTOWN

*Is Sedbergh Really a Book Town?*

Occasionally I meet people who suggest that the book town image of Sedbergh is really not worth retaining. Be assured it is very important to retain and develop it for a number of reasons.

It is true that currently we now have

fewer shops selling quality second hand books than when the Book Town was first launched. This mirrors the rest of the country where such shops are closing at an alarming rate. Hay-on-Wye has seen their numbers halve in the last few years. Not surprisingly Sedbergh is affected by this trend.

Actually the closure of so many second hand book shops makes centres like ours even more valuable and important and this is becoming very evident when asking buyers why they come to Sedbergh to purchase books.

Second hand book sales at the Information and Book Centre (I&BC) are increasing every year. Other book shops in the town report a similar trend. Such sales increase the economic viability of Sedbergh and particularly for us at the I&BC where they provide the funds to keep the Tourist Information Centre financially solvent. Without these sales the Centre might have to close.

People coming to buy books are often surprised by what else Sedbergh has to offer. Unsurprisingly they often use the cafes but occasionally indicate that they could return to holiday in the area at some time in the future. Certainly most buyers return for further book purchases.

Plans are now afoot to involve more shops in the town in the Book Town. This is proceeding but only slowly due to the number of shop changes at present. More on this later but when done we will be able to attract even more visitors to our town which is good for us all. *Douglas Thomson*

## YORKSHIRE DALES NATIONAL PARK

*Comprehensive rights of way survey carried out in National Park*

Volunteers have begun the mammoth task of surveying the condition of every public path, stile, signpost, gate and bridge in the Yorkshire Dales National Park.

A total of 93 volunteers will between them walk all 1,628 miles of public rights of way in the National Park by the end of the summer.

Armed with clipboards and detailed survey sheets, they will assess 18,419 pieces of infrastructure and 1,047 bridges.

A further 23 volunteers will input the information onto the Yorkshire Dales National Park Authority's (YDNPA) computer system, used by the ranger service to plan and record rights of way work.

The chairman of the YDNPA, Carl Lis, said: "I'd like to sincerely thank all the volunteers. They are carrying out a huge and essential piece of work. What many people will find extraordinary is that this survey takes place every year."

"The information our volunteers will gather will give us a full picture of the

state of the rights of way network, which we shouldn't forget is an asset of crucial value to both residents and visitors. A lot can change in a year. The volunteers have already found fallen down trees across stiles, rotten signposts, an occasional locked gate and all manner of other issues, all of which will be resolved by the ranger service throughout the year."

One of the volunteers is Bob Emmerson, from Richmond. He said: "Doing the Parish Paths Survey ultimately enhances the enjoyment for visitors. It's vital to ensure that the public rights of way network is kept up to a very high standard of repair. Being involved also means that I get to walk paths that I probably would not normally walk.

"I am very proud of being a Dales Volunteer and being part of such a dedicated group of people who give their time and expertise to the special place that is the Yorkshire Dales National Park."

The YDNPA keeps a record of volunteers' contribution to the public rights of way network, in terms of both the annual survey and maintenance work. In 2016/17, 2,272 working days were completed by



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volunteers, comparable to 11 full time equivalent members of rights of way staff.

The YDNPA's self-imposed target – to ensure that 90% of public rights of way are easy to use by members of the public – has been met for the past four years.

*Andrew Fagg*

## **YORKSHIRE DALES NATIONAL PARK**

*National Park seeks to shape post-Brexit farming policy*

The Yorkshire Dales National Park Authority has today committed itself to bringing forward detailed policy proposals for upland farming in the Yorkshire Dales by the end of this year.

The chief executive, David Butterworth, told the authority's annual meeting that now was the time to seek to influence the government's policy on agriculture post-Brexit.

He described farming as a "critical

industry" to the Dales and said the starting point should be to set an "extremely ambitious" target of retaining the present number of farm holdings in the National Park.

Members agreed to set up a formal working group, made up largely of Dales farmers, to develop proposals for new farm payment and agri-environment schemes.

Mr Butterworth said: "The Brexit negotiations have begun. The day when the government puts in place a new agricultural policy for England is getting nearer. We need to make sure that the voice of Dales farmers is heard. One thing is for sure: a one-sized-fits-all policy will not work for us.

"This is a time of great uncertainty for many farmers. As they do more than anyone to conserve and enhance the natural beauty of the National Park, it is an uncertain time for the Authority, too. However, Brexit does represent a significant opportunity to improve the profitability of farming and the environmental outputs that are so critical to achieving our statutory purposes."

The working group will be made up of six people:

- ◇ Chair and Member Champion for the Natural Environment, Ian McPherson
- ◇ Chairman of the Authority, Carl Lis
- ◇ Member Champion for Cultural Heritage, Julie Martin
- ◇ Dales farmer, Allen Kirkbride
- ◇ Dales farmer and Member Champion for Sustainable Development, Chris Clark
- ◇ Dales farmer, Neil Heseltine

The group will draw inspiration from

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a 'policy discussion paper' put together by National Parks England earlier this year, and submitted to the Department for Environment, Food and Rural Affairs. The paper said it was vital that new English farming policy should include "locally-led agri-environment schemes".

The working group chair, Ian McPherson, said: "The future of existing agri-environmental schemes is extremely uncertain. Many solutions are being considered both at a national and local level.

"This is a critical time for the future of uplands farming and it is hoped that the Authority, working with partners, can play a leading role in helping to shape the future of a balanced agricultural and environmental policy for our area."

*Andrew Fagg*

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### **FREEMASONRY IN THE COMMUNITY**

In 1919, Winder Masonic Lodge was Consecrated in Sedbergh so will be Celebrating their Centenary in two years time. If you have any memories or memorabilia relating to Winder Lodge that you wish to share, please contact me.

Winder Lodge has supported many Charities over the years, many of them in Sedbergh and last year was no exception when the Lodge exceeded its target and made a very good Contribution to the 2016 Royal Masonic Benevolent Institution in which Cumberland & Westmorland (the local Province) hoped to Donate £1,750,00 and fact raised far in excess of this.

Winder Lodge now meets in Kirkby

# **W. MILBURN AND SONS**

Building Contractors

Tel: 015396 20342

Mob: 07890 237845

Lonsdale on the first Tuesday evening of each month from October to May. If you would like any information about Winder Lodge in particular or Masonry in general, please contact me.

On 9th September in Kendal Leisure Centre, there will be a Concert by VOCES 8 after which there will be Presentations of £60,000 to local charities plus a Blood Bike. If anyone would like to attend the Concert, please contact me for details.

On 24<sup>th</sup> June of this year United Grand Lodge of England Celebrated its 300<sup>th</sup> anniversary.

Brigantes Masonic Lodge of Kendal moved its meeting by dispensation from the first to the fourth Saturday in June in order to celebrate the event to the day. They did so by their Demonstration Team performing a special Ceremony of a 1717 lodge meeting at the Castle Green Hotel.

The audience, included Norman Thompson DL, Provincial Grand Master and Bill Bewley and Bill Morley BEM, Assistant Provincial Grand Masters, who were entertained by a sort of committee meeting before the formal lodge meeting, and then a

1717 Initiation based on the early Masonic exposures around at that time.



The team also visited the Kendal Museum, which is currently hosting an exhibition on Freemasonry, to inspect what was on display. The Exhibition is on until September and is free entry.

Afterwards, Brigantes Lodge held a celebration and buffet at the Kendal Masonic Hall along with Ladies and non-Masons.

Brigantes Lodge Meets on Saturday afternoons 4 times a year after which Ladies and non-Masons are invited to attend the Meal. *Dennis J Whicker*

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### **SEDBERGH & DISTRICT COMMUNITY TRUST**

A reminder that the cut-off date for applications for grants from the Community Fund is Friday 11 August. Applications will be considered by the Grants Committee on Wednesday 23 August

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### **B4RN DEVELOPMENT**

*Sedbergh and surrounding area*

What development you may well ask as you will have not seen any field activity in and around Sedbergh.

However, be assured there is a huge amount of activity being put into the planning of fibre routes. The main ducting routes to and from the two cabinets are being planned at the

same time as the main routes around Sedbergh Town and through the surrounding area. For Sedbergh Town it is particularly difficult as the planning involves some 15 farmers/landowners and around 30 residents with gardens.

We do now have permission to use Plank Bridge to cross the Rawthey. A major effort is being put into installing the cabinets at Sedbergh School and Waterside Caravan Park and on the planning of the major routes to them.

Whilst as yet we are not ready to carry out field work we would like to hear from people who feel they will be able to help with the installation of the ducting and chambers. It is field work but not particularly arduous. I am pleased to be contacted with offers [douglas@ddathomson.co.uk](mailto:douglas@ddathomson.co.uk).

For Sedbergh Town there is a special need for sector leaders. The Town has been divided into sectors for fibre installation. A map of these sectors can be found <https://>

**Paul  
Hoggarth**



**Building Contractor**

**6" Wood Chipper For Hire  
Small Plant Hire**

**015396 21413  
07968 977429**

[www.B4sa.org.uk](http://www.B4sa.org.uk). Do look for the sector in which you live and decide if you can lead or help the installation of the B4RN service in your sector. For leaders in Sedbergh Town there is plenty of support, advice and help available from me and B4RN staff.

Please consider volunteering to speed up the success of this project.

*Douglas Thomson*

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### MARIE CURIE TEA

The Marie Curie Tea held in Rhumes garden in July was blessed with a lovely sunny afternoon and those who came enjoyed the garden and home made cakes.

£48 was raised including donations.

*Sarah Woof*

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### MALABAR

A Sedbergh business that has only been open for just over 12 months has won a coveted tourism award.

The Malabar B&B, on the edge of both the Lake District and the Yorkshire Dales, picked up the award for 'B&B of the Year' at the Cumbria Tourism Awards on Wednesday evening (21<sup>st</sup> June 2017).

The stylish six-bedroom B&B saw off competition from Hill Crest Country

## Painting and Decorating

- Internal and external
- House makeovers

*to attract buyers*

20 years experience

Excellent references



**MB Designs**

015396 23239

0770 99 77 619

Guest House at Newby Bridge and Lanercost B&B near Brampton to win the award at the prestigious black tie ceremony at Cartmel Racecourse on the longest day of the year.

Owners Graham and Fiona Lappin opened the Malabar in a fully refurbished 18<sup>th</sup> century barn last May after moving back to the UK from India.

Their previous exotic lifestyle is reflected in the design and decoration of The Malabar, which has Indian and Far Eastern inspired furniture and brightly painted walls and boat baths.

By winning the award, The Malabar will now have the opportunity to represent Cumbria at the national VisitEngland Awards for Excellence next year.

The judging process included a mystery shopper visit to The Malabar, which highlighted the efforts the couple have put into the accommodation, and the pride they have in their new business. Judges said: "Graham & Fiona's website promises a luxurious bed and breakfast experience, resulting in high customer expectations, which were actually exceeded during the

**Steve Hopps**



Property Maintenance  
Painting and Decorating  
Gardens tidied & maintained  
All types of work considered

Tel: 015396 23388

Mob: 07870 785322

[steve.hopps2@gmail.com](mailto:steve.hopps2@gmail.com)

visit itself. The location, building, interior, design, food, comfort, and service made for a delightful visitor experience at The Malabar.”

On receiving the award, which was specially commissioned by Ulverston architectural and sculptural metalworkers, Chris Brammall, Fiona said: “We are delighted to have received this recognition from Cumbria Tourism at the end of our first year. We laive in the most beautiful spot and guests are amazed

at the unspoilt surroundings and spectacular Howgills backdrop when they arrive at The Malabar.

“We are also very fortunate to be just outside Sedbergh – a bit of a well kept secret and a very charming market town where we’ve been warmly welcomed and we’re so happy to call it our new home.”

For more information on The Malabar, visit [www.themalabar.co.uk](http://www.themalabar.co.uk) or call 015396 20200 and for more information on all of the Cumbria Tourism Award winners, visit <http://cumbriatourism.org>.

*Julie Darroch*



- **Project Management**
- **New Builds**
- **Extensions**
- **Roofing**
- **New Fitted Kitchens**
- **Ground Works**
- **Plant Hire**
- **Drains**

Unblocked/Cleaned/Repaired

**Contact George on:**

**Tel: 015396 21287**

**Mob: 07977514229**

**Email: [info@gjbainesandson.co.uk](mailto:info@gjbainesandson.co.uk)**

**Web: [www.gjbainesandson.co.uk](http://www.gjbainesandson.co.uk)**

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### **AGE UK SOUTH LAKELAND**

Age UK South Lakeland are providing a course called “Get Safe Online and Be Fraud Smart”.

The session will be held on Monday 14<sup>th</sup> August 1.00p.m and 4.00p.m at People’s Hall, Howgill Lane, Sedbergh, LA10 5DQ and will be provided by Barclays Digital Eagles.

To book a place, please ring Helen 01539 728118 or email to:

[hprince@ageuksouthlakeland.org.uk](mailto:hprince@ageuksouthlakeland.org.uk)

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### **MOORCOCK SHOW**

It does not seem a year since we were celebrating the 100<sup>th</sup> Moorcock Show, but time passes very quickly and on Sunday 3<sup>rd</sup> September 2017 the 101<sup>st</sup> Moorcock Show will take place at Mossdale Farm, Hawes, which is on the A684 Hawes/ Sedbergh Road approx. 21/2 miles Sedbergh side of Hawes. The gate opens at 10.30 am and judging begins at 12 noon.

The show is a traditional Dales sheep show where you can see the

best of the local breeds - Swaledale, Blue Faced Leicester, Mules, Rough Fells, and Texel - with the addition this year of Herdwick sheep.

At lunchtime the popular Young Handlers competition will take place, followed by music from the Hawes Town Band.

Apart from the sheep, there will be a Craft Tent selling a range of both local produce and crafts; and for the children there will be a bouncy castle and other games. *Colin Luckett*

### LUNESDALE AGRICULTURAL SHOW

Tuesday 8<sup>th</sup> August 2017

The Lunesdale Agricultural Show will be held this year at its usual venue of Underley Park, Kirkby Lonsdale LA6 2DS.

The Craft Marquee, featuring all hand crafted items is already full, the Food Hall is promoting locally sourced produce and a wide variety of trade stands are booked in for the show. There will be plenty of children's entertainment to suit all ages as well as the popular Cumberland and Westmorland Wrestling competition. In the main ring the Vale of Lune Hunt will display

their hounds before the Grand Parade of prize winners at 2.45pm and this will be followed by the Parade of Vintage Vehicles and then the show jumping.

Email [info@lunesdaleshow.org.uk](mailto:info@lunesdaleshow.org.uk) or call into Sedbergh TIC for advance tickets at Adult £7, Child aged 15 or under £3, Concessions £5. Under 5s free. *Irene Wharton*

### COMMUNITY OFFICER REPORT

6/6 – Theft of a Compressor from Guldrey Yard.

8/6 – 1 person arrested for a public order offence on Cautley Rd.

22/6 – A burglary was reported at Baliol School, the mains water was ripped off the wall, windows smashed, paint thrown and fire extinguishers let off, enquiries still ongoing.

5/7 – Graffiti was sprayed on play equipment at the play park on the Peoples Hall.

16/7 – Criminal Damage was caused to a vehicle on Back Lane, tyres slashed and scratched.

16/7 – A suspicious vehicle was seen late in the evening in the area of Sedbergh.

Vehicles have been seen travelling at speed in the area, this is being monitored and we will fine those committing this offence.

Crime prevention advice for this time of year is make sure your sheds/outbuildings are locked and secured. When working in the back garden make sure your front door is locked, especially in hot weather when your windows are open, make sure keys and valuable items are not within easy reach. *CSO 5244 M Coleman*

## Daphne Jackson

**DO, MsC (Ost)**  
*Registered Osteopath*

**Mill Barn, Broad Raine**  
**Killington LA10 5EP**

Please ring Kendal Practice  
for appointments  
01539 740452

PERSONAL & SMALL ADS £1

**DIANA DICKINSON**

I realise I didn't say enough "good-byes" before leaving Stone Close Tea room for Herefordshire but I am not very good at it. The last couple of years have been pretty tough for me but I do want to say a huge thank-you to all who knew us, for your kindness and support. It truly has been appreciated. Now, once more, new people, Andrew & Alison, are coming to run Stone Close Tea Room and Guest house and I am sure they will give their 100% to it and the village. As for myself I will look to visit again as part of me will always hold a special place in my heart for Dentdale. Thank-you again, Diana

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**FOR SALE**

Keep net and carry bag. Rod bag and bank sticks. Unused. £15. Tel 07929 314115

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**FOR SALE**

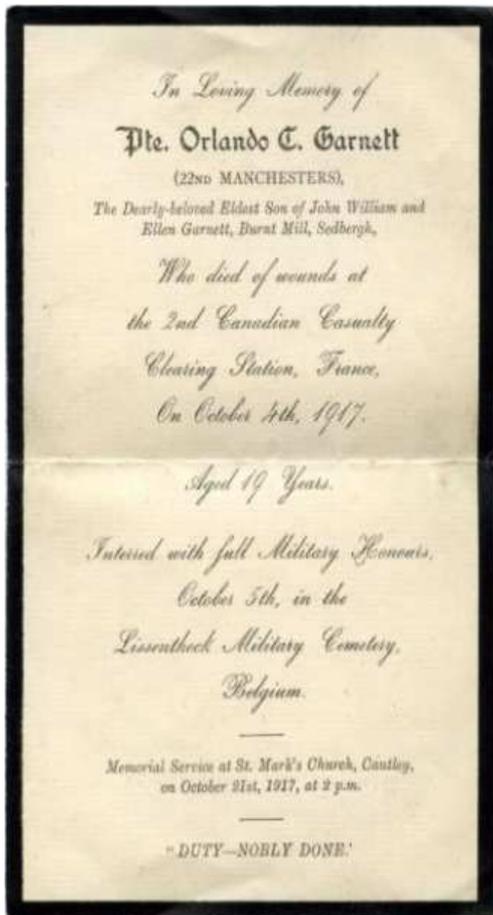
177 BSA Mercury air rifle with telescopic sight and sling. Ideal for vermin (including grey squirrels). £100. Sedbergh 21615 or 07887780629. **NB. Over 18 years only**

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**FOR SALE**

Convecter Heater £25. Tefal Maxi Oven £35. Extendable Camera Tripod £20. Sensible offers accepted. Tel: 07955 286870.

**PRIVATE ORLANDO GARNETT**  
See Page 29 for further information.



(Continued from page 81)  
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.

D J Whicker

<b>Organisation</b>	<b>Updated</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
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
Citizens Advice Bureau	12/16	Kendal	03444	111444
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	<a href="mailto:mylesripley52@gmail.com">mylesripley52@gmail.com</a>	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	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
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
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	11/16	Mrs Labbate	Sed:	22114
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	03/17	Mrs Houghton	<a href="mailto:admin@howgillharriers.co.uk">admin@howgillharriers.co.uk</a>	
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	<a href="mailto:mylesripley52@gmail.com">mylesripley52@gmail.com</a>	
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	02/17	Mrs l'Anson	Sed:	21757	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
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	04/17	Mr Hopps	07870	785322	
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816	
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
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	
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	<a href="mailto:kate574@btinternet.com">kate574@btinternet.com</a>		
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	
Yoga	11/16	Mrs Hennedy	Sed:	20899	
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**

### **NEW ADVERTISERS**

Yet again, we have another new Advertiser this month with Cherry Stainton and his JCB Hire.

If you make any enquiries, please mention that you have seen the Advert in Lookaround.

### **FUTURE OF LOOKAROUND**

There is nothing to report this month.

We are still looking at our last issue being December 2018. To date (July 2017), we have had two enquiries but time is running out.

### **BACK COPIES**

There is a complete set of all the previous Lookaround's in the History Society Room at 72 Main Street.

### **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. If there is an error with your article or advert, it is your turn this month in amongst hundreds of entries each month.

Current Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire). *Back Copies* are available at the History Society at 72 Main Street.

All items for Lookaround must be sent to 72 Main Street, Sedbergh or deposited in the Lookaround Post

Box there or sent to

[editor@sedberghlookaround.org.uk](mailto: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 (*although the quality is reduced when importing it*).

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 17 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. **This account is valid from June 2017.**

Account:	Lookaround
Account Number:	90931551
Code:	20-45-45
Reference:	Invoice Number, 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  
*(Continued on page 77)*

## BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1300	1330 (L)	Wed	564A	W
1015 (L)	1045	Wed	564A	W	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
Last Update: May 2017									
L = Library					SCC = Stagecoach				
C = College Days Only					W = Woof's of Sedbergh				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)									

Western Dales Bus S1 Kendal Shuttle Saturdays from 29th April 2017 R = Request only						
Kendal Morrisons				12:45		
Kendal Blackhall Road [opp bus sta]		09:00	12:50	14:20	16:15	
Kendal Asda		09:06	12:56	14:26	16:21	
Westmorland Hospital		09:07	12:57	14:27	16:22	
Oxenholme Station		09:10	13:00	14:30	16:25	
Killington M6 Bridge		09:20	13:10	14:40	16:35	
Sedbergh Dalesman		09:35	13:23	14:53	16:50	18:40
Sedbergh Maryfell		-	13:25R	14:55R	16:52R	-
Dent village		09:50		15:10	17:05	18:55
Cowgill		10:03			17:18	19:08R
Dent Station		10:05			17:20	19:10R
<i>Dent Station</i>						
<i>Train from Leeds</i>		10:16				19:23
<i>Train from Carlisle</i>		10:40			17:32	19:20
Dent Station		10:20			17:50	19:30R
Cowgill		10:22			17:52	19:32R
Dent village		10:35		15:15	18:05	19:45R
Sedbergh Maryfell	08:15	-	13:38	15:28	-	-
Sedbergh Library	08:20	10:50	13:40	15:30	18:20	20:00R
Killington M6 Bridge	08:32	11:02	13:52	15:42		
Oxenholme Station	08:42	11:12	14:02	15:52		
Westmorland Hospital	08:44	11:14	14:04	15:54		
Kendal Asda	08:45	11:15	14:05	15:55		
Kendal Blackhall Road Bus Station	08:55	11:25	14:15	16:05		
Kendal Morrisons		11:30				
<p>* 1840 from Sedbergh will only operate beyond Dent to Dent Station by request to the driver or for passengers waiting at Dent bus shelter. The 1930 from Dent Station to Sedbergh will only run by prior arrangement with the driver on the day.</p> <p>* 1020 Dent Station to Kendal will wait for up to 10 minutes beyond scheduled departure for late running 1016 train from Leeds.</p> <p>* The bus can be boarded or alighted at any place it is safe to stop. Please give a clear indication to the driver.</p>						

# BUS SERVICES

Western Dales Bus S2 Cautley Flyer  
Sundays from 29th April till 24th September 2017

Dent Station		10:45				18:20
Cowgill [Lea Yeat]		10:47				18:22
Dent village		11:00	12:15		16:40	18:35
Sedbergh Spar		11:14	12:29		16:54	
Sedbergh Library/Dalesman		11:15	12:30	16:00	16:55	18:50
Sedbergh Maryfell		11:16	12:31	16:02	16:56	
Farfield Mill		11:19	12:34	16:05		
Cross Keys, Cautley		11:30			17:05	
<i>Dent Station</i>						
<i>Train from Leeds</i>		10:38			19:17	
<i>Train from Carlisle</i>		10:40			18:16	
Cross Keys Cautley		11:42			17:10	
Farfield Mill			13:15	16:10	17:25	
Sedbergh, Maryfell		11:51	13:18	16:13	17:28	
Sedbergh, Library/ Dalesman	10:00	11:52	13:20	16:14	17:33	
Sedbergh, Spar		11:53		16:15	17:34	
Dent village	10:15	12:07		16:29	17:49	
Cowgill [Lea Yeat]	10:28				18:02	
Dent Station	10:30				18:04	

- \* **\*\*Special offer\*\*** Holders of rail tickets to Dent will be offered a 1/3 discount on return bus fares from the station on Sundays only.
- \* 1045 Dent Station to Cautley will wait for up to 10 minutes beyond its scheduled departure time for passengers off late running train arrivals to and from Leeds
- \* The Cross Keys Inn (Tel 015396 20284) will remain open for refreshment in the afternoon until the bus departs.
- \* Holders of bus tickets will be entitled to a 1/3 discount entry at Farfield Mill
- \* The bus can be boarded or alighted at any place it is safe to stop. Please give a clear indication to the driver

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

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

# BUS SERVICES

Western Dales Bus S3 Hawes Hopper  
Tuesdays only from 2nd May 2017 R = Request only

Dent	-	09:30	-	13:40	15:40 R
Spar	-	09:44	11:20	13:54	15:54 R
Library	-	09:45	11:21	13:55	15:55 R
Maryfell	-	09:47	11:23	13:57	15:57 R
Farfield Mill (entrance)	-	09:49	11:25	13:59	-
Garsdale Street	-	09:58	11:34	14:08	-
Garsdale Station Arrive	-	10:04	11:40	14:14	-
Garsdale Station Depart	-	10:06	11:42	14:16	-
Moorcock Inn	-	10:08	11:44	14:18	-
Hawes Creamery	-	10:19	11:55	14:29	-
Hawes Market Place	-	10:21	11:57	14:31	-
Hawes Dales Centre	-	10:23	11:59	14:33	-
<i>Garsdale Station</i>					
<i>Train to Carlisle</i>		10:21	12:17	14:20	16:16
<i>Train to Leeds</i>		10:02	13:02	15:13	
Hawes Dales Centre		10:35	12:33	14:43	-
Hawes Market Place		10:40	12:35	14:45	-
Hawes Creamery		10:42	12:37	14:47	-
Moorcock Inn		10:53	12:48	14:58	-
Garsdale Station Arrive		10:55	12:50	15:00	-
Garsdale Station Depart		10:57	12:52	15:02	-
Garsdale Street		11:03	12:58	15:08	-
Farfield Mill (entrance)		11:12	13:07	15:17	-
Maryfell		11:14	13:09	15:19	-
Library	09:10	11:16	13:11	15:21	-
Opposite Morphet's Garage	09:11	11:17	13:12	15:22	-
Dent	09:25		13:26	15:36 R	-

- \* R = At 1522 at Sedbergh Spar the bus continues to Dent village only on request to the driver
- \* Connection to Hawes from 1021 train provided by Little White Bus (tel 01969 667400)
- \* The bus can be boarded or alighted at any place it is safe to stop. Please give a clear indication to the driver

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

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

# BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect  
Fridays only from 5th May 2017 R = Request only

Dent	-	09:30	-	-	13:40	15:45 R
Sedbergh Spar	-	09:44	-	11:29	13:54	15:59 R
Sedbergh Dalesman	-	09:45	-	11:30	13:55	16:00 R
Sedbergh Maryfell	-	09:47	-	11:32	13:57	16:02 R
Cautley Cross Keys	-	09:54	-	11:39	14:04	-
Fat Lamb	-	10:00	-	11:45	14:10	-
Ravenstonedale	-	10:05	-	-	14:15	-
Kirkby Stephen Station arr	-	10:12	-	11:52	14:22	-
Kirkby Stephen Station dep	-	10:15	10:36	11:55	14:25	-
Kirkby Stephen Town	-	10:20	10:41	12:00	14:30	-
<i>Kirkby Stephen Station</i>						
<i>Train from Leeds</i>						
			10:34	12:30	14:32	
<i>Train from Carlisle</i>						
				12:49	15:00	
Kirkby Stephen Town		10:25	10:50	12:35	14:49	
Kirkby Stephen Station arr		10:30	10:55	12:40	14:54	
Kirkby Stephen Station dep			10:58	12:43	15:02	
Ravenstonedale				12:50	15:09	
Fat Lamb			11:05	12:55	15:14	
Cautley Cross Keys			11:11	13:01	15:20	
Sedbergh Maryfell			11:18	13:08	15:27	
Sedbergh Library	09:10		11:20	13:10	15:29	
Opposite Morphet's Garage	09:11		11:21	13:11	15:30	
Dent	09:25			13:25	15:44 R	

\* The bus can be boarded or alighted at any place it is safe to stop.

\* Please give a clear indication to the driver

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

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

<b>August Church Services</b>					
St. Andrew's Sedbergh	6th	13h	20th	27th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	Ecumenical Service	Holy Communion	Holy Communion	Family Service	
6.30 pm	Eveing Prayer	Evening Prayer	Evening Prayer	Evening Prayer	
Wednesday	2nd	9th	16th	23rd	30th
11.15	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
	6th	13h	20th	27th	
St. Mark's Cautley	No Service	9.30am MP (NC)	No Service	2.30pm Taizé	
St. John's Garsdale	10 am Holy Communion	2pm Low Smithy	6.30pm Street Chapel	10am Holy Communion	
<b>Lune Parish Services</b>					
	6th	13h	20th	27th	
Holy Trinity Howgill	10.30am @ Joint Ecumenical Service St Andrew's	2pm Holy Communion @ Firbank	2pm Holy Communion @ Howgill	2pm Holy Communion @ Killington	
St John's Firbank					
All Saints Killington					
<b>Dent &amp; Cowgill Parish Services</b>					
	6th	13h	20th	27th	
St. Andrew's	10.30am Holy Communion	10.30am Holy Communion	10.30am Holy Communion	10.30am Ecumenical @ DMH	
St. John's	2.30pm Evening Prayer	No Service	2.30pm Holy Communion	No Service	
<b>Cornerstone Community Church (CCCM/N) Services (Formerly URC &amp; Methodist)</b>					
	6th	13h	20th	27th	30th
10.30 am	CCCM/PH	CCCN	CCCN	CCCN	CCCN
<b>worship@peopleshall</b>					
	6th				
10.30 am	People's Hall				
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		
			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](http://www.sedbergh.org.uk/churches/anglican)

### ROMAN CATHOLIC

St. Andrew's Parish Church  
 Sunday 12.00  
 Holy Days 19.30

**Rev. Dr. Peter Campbell Tel: 20918**

### CORNERSTONE COMMUNITY CHURCH

New Street/Main Street  
 Sunday 10.30

**Rev. Carole Marsden Tel: 22030**

**Rev. David Crouchley Tel: 20329**

### SOCIETY OF FRIENDS

#### QUAKERS

Brigflatts  
 Sunday 10.30

**Tess & Philip Satchell Tel: 20005**

### DENTDALE

#### CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5JQ  
 Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

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

### CHURCH OF ENGLAND

Cautley & Garsdale

**Rev. Andy 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: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

**Rev. Andy McMullon Tel: 20018**

**Rev. Christine Brown Tel: 25226**

### METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

**Rev. David Crouchley Tel: 20329**

**Rev. Carole Marsden Tel: 22030**

### SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

**Tel: 28151**

[www.sedberghchristiancentre.co.uk](http://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  
 Closing Date 15th of every month.

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

*Last Advert Update August 1999  
 Last Donation Update December 2009  
 Last Postal Update September 2016*



## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2017/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: <a href="http://www.holmecroftbandb.co.uk">www.holmecroftbandb.co.uk</a>	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: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- <a href="mailto:wheelwright.cottage@homecall.co.uk">wheelwright.cottage@homecall.co.uk</a> Free Wi-Fi available	20251
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: <a href="mailto:sangold.kwood@virgin.net">sangold.kwood@virgin.net</a>	21808
Mrs G Baines	Howgill View, 11 Bainbridge Road, Sedbergh LA10 5AU (2017/09) <i>2D; CH; L; NS; NP; VB; CW; DFB; Free WiFi</i> e-mail:- <a href="mailto:gill.durie@hotmail.com">gill.durie@hotmail.com</a>	21510
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:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>	21529

## CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09) <i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs 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> <a href="http://www.oldstationcottage.co.uk">www.oldstationcottage.co.uk</a>	20799
Mrs A Bramall Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	20360

## 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	CCCM
1030	Every Monday	Sedbergh Songsters	GH
1730	Every Monday #	Brownies	CCCN
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
1430	Last Monday	Tea & Company	CCCN
0930	Every Tuesday	Drop-in & Relax	MCD
1300	Every Tuesday	Howgill Toddlers	HVH
1830	Every Tuesday	Cub Scouts	SHQ
1830	Every Tuesday	Swimming Club	SS
1930	Every Tuesday	Bridge Club	WHC
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	CCCM
1000	Every Wednesday	Yoga for All	HVH
1145	Every Wednesday	Age UK Swimming	SS Baths
1315	Every Wednesday	Art Society	PH
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Beaver Scouts	SHQ
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
1800	Every Wednesday	Yoga for All	SPS
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	Every 2 weeks	Cameo Club	CCCN
1430	1st Thursday	Afternoon Cream Tea	Duo
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	SIAS
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  
Cornerstone Community Church, Main Street  
Cornerstone Community Church, New Street  
Cumbria Wildlife Trust, Community Office  
Dent Heritage Centre, Laning, Dent \*  
Farfield Mill, A684 Garsdale Road \*  
*Free to LA10 Residents on Sundays*  
Friends Quaker Meeting House, Brigflatts  
George Fox's Quaker Pulpit, Firbank  
Golf Club, Catholes, Sedbergh \*  
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  
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  
Winder Fell, above Sedbergh

\* = Entry Fee Applicable

# DIARY OF EVENTS

*Dates are held up to 14th March 2018*

## AUGUST

1-Oct	Lucy Pittaway Exhibition Starts	DCMH
1-5	Theatre Summer School Starts	DCMH
2	1000 CM - NW Cancer	CCCM
3	1930 WIHF - Failsafe Gardening	FCH
4	1030 Craft Council Exhibition starts (7)	FM
4	1030 Anne Mackinnon Exhibition starts (7)	FM
4	1030 Children Summer Fun starts (7)	FM
4	1300 Bush Craft	DCMH
4	1900 Dentdale Christian Fest Starts (1 & 56)	Dent
4	1930 SYF Mini Mayhem (5)	PH
4	1930 Organ Recital (5 & 66)	Ravenstonedale
5	1000 Saturday Coffee Morning	DMH
5	Theatre Summer School Ends	DCMH
6	1330 Barns, Walls & Bridges	DCMH
7	August Bank Holiday	
7	1900 Dent Dale Christian Fest ends (1 & 56)	Dent
8	0830 Lunesdale Agricultural Show (8 & 76)	KL
8	1100 Drystone Walling Demonstration	DCMH
8	1400 Hawes Town Trail	DCMH
8	1930 Domino Drive	FCH
9	1000 CM - Vacant	CCCM
9	1400 Seeing Red - Squirrels	DCMH
9	1915 WID - St John's Hospice	DMH
9	1930 WIS - Quiz Night	PH
10	1200 Age UK Lunch Club	Red Lion
10	1930 Parish Council Sedbergh (13)	PH
11	1100 Flying High - Kite Making	DCMH
12	1000 Cowgill Church Summer CM (12)	StCC
12	1000 Gt N Air Ambulance CM (12)	Waterside Farm
13	1100 Monthly Meditation Drop-In (13 & 57)	MCD
14	1300 "Get Safe On Line" (75)	PH
14	1400 Dementia Alliance (14)	PH
15	1100 Drystone Walling Demonstration	DCMH
16	1000 CM - Garsdale Red Squirrels (16)	CCCM
16	1400 What does a YDNP Ranger do?	DCMH
18	1300 Painting with Felt	DCMH
19	0800 Sheep Show & Sheep Dog Trials (19)	Barbon
19	1000 Dentdale Chapel Coffee Morning	DMH
19	1030 Children's Felt Workshop (7)	FM
20	1000 Allotments Association Open Day (July)	Birks Ln
20	1330 Discover Aisgill Force	
20	1400 Traditional Knitting Demonstration	DCMH
22	1100 Drystone Walling Demonstration	DCMH
22	1400 Hawes Town Trail	DCMH
23	1000 CM - StAS Mission	CCCM
23	1400 Seeing Red - Squirrels	DCMH
24	1000 Art Exhibition Starts (1)	SSL
25	1030 Nature Printing	DCMH
25	1100 Preserves in the Kitchen	DCMH
25	1930 Children's Domino Drive (June & July))	FCH
26	0930 Artisan Market (26)	Sedbergh
26	1000 Sell Your Stuff (A)	DMH
27	1030 Traditional Rugmaking Demonstration	DCMH
27	1330 Barns, Walls & Bridges	DCMH
28	Late Summer Holiday	
28	1000 Art Exhibition Ends (1)	SSL
28	1100 Dent Gala (28)	Dent
29	1100 Drystone Walling Demonstration	DCMH
30	1000 CM - Garsdale Church	CCCM

## SEPTEMBER

1	1030 Craft Council Exhibition (7)	FM
1	1030 Anne Mackinnon Exhibition (7)	FM
1	1030 Children Summer Fun (7)	FM
1	1400 Dentdale Head to Foot	DMH
1-Oct	Lucy Pittaway Exhibition	DCMH
2	1000 Saturday Coffee Morning	DMH
2	1930 Flicks in the Fells - (tba)	PH
3	1030 Moorcock Show (43 & 75)	Moorcock
3	1100 Monthly Meditation Drop-In (13 & 57)	MCD
5	SS Term Begins	
6	1000 CM - St Johns Hospice	CCCM
6	1000 Yoga Classes Start (6)	HVH
7	1800 Yoga Classes Start (6)	SPS
7	1930 WIHF - Servicing & Funding a Hospice	HVH
10	1030 Anne Mackinnon Exhibition Ends (7)	FM
12	1400 WIK - Local Landscape	PH
12	1915 Dentdale Choir (60)	DMH
12	1930 Domino Drive	FCH
13	1000 CM - Talking Lookaround	CCCM
13	1915 WID - Steve Swithin	DMH
13	1930 WIS - Autumn Flowers	PH
13	Princess Ida (April Text)	Staveley
14	Westmorland Show	Crooklands
14	1200 Age UK Lunch Club	Red Lion
14	1915 Royal British Legion (12)	WHC
14	Princess Ida (April Text)	Staveley
15	Princess Ida (April Text)	Staveley
15	Torchlight Procession	Kendal
16	0930 Artisan Market (26)	Sedbergh
16	Princess Ida (April Text)	Staveley
17	1600 Messy Church	CCCN
19	1930 Ladies NFU Home Guard	PH
20	1000 CM - Sedbergh WI	CCCM
20	1300 Medical Centre Closed for Training (56)	MC
21	1330 Casterton Recital (68)	HTCC
23	1000 FLOW with Qigong (13 & 57)	MCD
24-28	Art Society Exhibition (1)	SSL
24	1930 North Westmorland Arts Concert	Appleby
27	1000 CM - First Responders	CCCM
<b>OCTOBER</b>		
1	1030 Craft Council Exhibition Ends (7)	FM
1	1430 Private Garnett Memorial Service (29 & 77)	StMC
2	Lucy Pittaway Exhibition Ends	DCMH
4	1000 CM - Christian Aid	CCCM
4	1930 HS - The Shap Stones	SSAT
5	1930 WIHF - AGM	FCH
6	1400 Dentdale Head to Foot	DMH
7	1000 Saturday Coffee Morning	DMH
7	1930 Flicks in the Fells - (tba)	PH
8	1100 Monthly Meditation Drop-In (13 & 57)	MCD
8	1845 Casterton Harvest Festival (68)	HTCC
10	1400 WIK - Windermere's Lakeshore Villas	PH
10	1930 Bingo & Tattie Pie Supper	FCH
11	1000 CM - Ladies NFU	CCCM
11	1300 Medical Centre Closed for Training (56)	MC
11	1915 WID - Gift Wrapping	DMH
11	1930 WIS - Finding Voices	PH
12	1200 Age UK Lunch Club	Red Lion
12	1915 Royal British Legion (12)	WHC

**COVER PHOTO**  
**Farfield Bridge & Row**  
*By Colin Cowperthwaite*

- 14 1930 Olde Time Dance PH
- 17 1930 Ladies NFU St John's Hospice PH
- 18 1000 CM - Firbank Church CCCM
- 18 1930 HS - Liverpool Cowkeepers SSAT
- 19 1330 Casterton Recital (68) HTCC
- 21 SS Half Term Begins
- 25 1000 CM - Garsdale Church CCCM
- 28 Apple Day PH
- 29 Clocks Fall Back

**NOVEMBER**

- 1 1000 CM - Bowling Club CCCM
- 1 1930 HS - Boskin, Skelbuse & foddergang DMH
- 2 1930 WIHF - Christmas Crafts HVH
- 3 1400 Dentdale Head to Foot DMH
- 4 1000 Christmas Bazaar DMH
- 4 1930 Flicks in the Fells - (tba) PH
- 5 1100 Monthly Meditation Drop-In (13 & 57) MCD
- 5 1430 RCT Times at Wipers (March) PH
- 5 1730 RCT Times at Wipers (March) PH
- 5 1930 North Westmorland Arts Concert Appleby
- 5 SS Half Term Ends
- 8 1000 CM - Royal British Legion CCCM
- 8 1915 WID - AGM/Charades DMH

- 8 1930 WIS - AGM & Jacobs Join PH
- 9 1200 Age UK Lunch Club Red Lion
- 9 1915 Royal British Legion (12) WHC
- 14 1400 WIK - AGM Plus PH
- 14 1930 Church Domino Drive FCH
- 15 1000 CM - Vacant CCCM
- 15 1930 HS - Monasteries in Cumbria SSAT
- 16 1300 Medical Centre Closed for Training (56) MC
- 18 1000 FLOW with Qigong (13 & 57) MCD
- 21 1930 Ladies NFU Kendal Chocolate House PH
- 22 1000 CM - Vacant CCCM

**DIARY KEY**

- BF = Brigflatts
- BVH = Barbon Village Hall
- CCCM = Cornerstone Community Church, Main St
- CCCN = Cornerstone Community Church, New St
- CM = Coffee Morning
- CO = Community Office
- CTIS = Churches Together in Sedbergh
- CWT = Cumbria Wildlife Trust
- DCMH = Dales Countryside Museum, Hawes
- DCP = Dent Car Park
- DCS = Dentdale Chapel Schoolroom
- DMH = Dent Memorial Hall
- DMC = Dent Methodist Chapel
- FCH = Firbank Church Hall
- FM = Farfield Mill
- GH = Gladstone House
- GVH = Garsdale Village Hall
- HS = History Society
- HTCC = Holy Trinity Church, Casterton
- HVH = Howgill Village Hall
- JLCP = Joss Lane Car Park
- KVH = Killington Village Hall
- L = Library, Main Street
- LHCP = Loftus Hill Car Park
- MC = Medical Centre
- MCD = Meditation Centre, Dent
- PH = People's Hall
- QG = Queens Gardens
- SASL = Sight Advice South Lakeland
- STAD/S = St Andrew's Church, Dent/Sedbergh
- STJCC = St Johns Church, Cowgill
- StMC = St Mark's Church, Cautley
- SIC = Sedbergh Information Centre, 72 Main St
- SPS = Sedbergh Primary School
- SS = Sedbergh School
- SSAT = Settlebeck School Academy Trust
- WID = Women's Institute, Dentdale
- WIHF = Women's Institute, Howgill & Firbank
- WIK = Women's Institute, Killington
- WIS = Women's Institute, Sedbergh

*Entries in Bold indicate more than one date*

*Month in Bracket indicates when information last appeared*

**Does your garden  
 need an overhaul?**

*grass cutting  
 hedge cutting  
 flags laid  
 trees pruning*

**Can't find the time to look  
 after the garden you love?**

**just call  
 07980 154377**

*let me do the work  
 whilst you relax*

# PUBLIC INFORMATION

## Sedbergh Medical Practice

01539 718191

When we are closed please ring  
111 or 999 if appropriate

### 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](http://www.sedberghmp.nhs.uk)

for further details

#### Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

#### Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

#### Location of Defibrillators

72 Main Street ~ People's Hall ~ Fire Station

## POLICE

101 or 999

Crimestoppers 0800 555 111

## DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Ian Dawson,  
Miss 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](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125/20504

[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

If you are an event organiser or accommodation  
provider and you would like a listing on the  
website, or if you are a local organisation and  
want the website to carry information about your  
activities, please email the Information and Book  
Centre on [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)."

## 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 \*

## PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

MARKET DAY

WEDNESDAY

Last Page Update:

May 2017