

Sedbergh & District

LOOKAROUND

September 2017

Issue 358

Donation £1

Another big issue for September and the nights are now drawing in **BUT** where is/was summer??? It's going to be a long cold winter.

A continued thank you for yet another bumper 96 pages costing

just £1, probably the best £1 you will spend.

Don't forget to support all those many events that will be organised in September.

Dennis & Jacky Whicker

September events

Including ...

National Lacemaking Day 9th Sept

Demonstrations from South Lakes Lace Makers

Heritage weekend 9-10 Sept
free entry weekend



heritage open days

Exhibitions

Makers of Mountains Into the Woods

Continuing until 1 Oct
Local makers from the Crafts Council

Angharad Thomas - Celebration of Knitting

6 Sept- 15 Oct
knitted gloves inspired by 'traditional' patterns from the country

Re-View Textiles - A Small World

13 Sept-29 Oct
contemporary textiles of curiosities including inspiration of natural and manmade world.

AccessArt - The Village Project

13 Sept -21 Oct
Come and see sewn drawing of houses from around the country (includes work from Dent primary school children)

'Shirley' a play about the mill workers (Luddite revolt) based on a book by Charlotte Bronte. You will promenade around the mill with the actors.

Performances **Sat 16 Sept** 1pm, 3pm & 7pm (with refreshments)

Sun 17 Sept 11.30am, 2pm & 4pm

call the mill to book tickets



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** ' **015396 21958**

farfieldmill

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 ~ Web Site: <http://www.sedberghlookaround.org.uk>

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SWIMMING CLUB TIMES

From 12th September

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

Saturdays

10.00 - 11.00am open swim, including Parent & Toddler Group

Their Finest

Gemma Arterton, Sam Claflin, Bill Nighy
Certificate 12A

Saturday 2nd September

film starts **7.30pm**

Sedbergh People's Hall

Our 10th Anniversary Season!

Flicks in The Fells



POPPY APPEAL

Next month will see the launch of the Annual Poppy Appeal. See page 14 if you require any further information.

MOORCOCK & DISTRICT AGRICULTURAL SOCIETY

MOORCOCK SHOW

To be held at Mossdale

Off A684, between Sedbergh and Hawes

Sunday 3rd September 2017

Enjoy a Great Day Out at one of the Yorkshire Dales' Oldest Sheep Shows.

- See and learn about local breeds such as Swaledale, Blue Faced Leicester, Texels and Rough Fell Sheep
- Young Handlers' Competition
- Music on the show field by Hawes Prize Silver Band
- Children's Fun Fair
- Local business, food and craft stalls - from 10.30am
- Vintage Tractor Display and Competition
- Jazz Band

Gates Open 10.30am -- Sheep Judging starts 12 noon

Admission: £5 Adults; Children: Free

-- **FREE CAR PARKING** --

www.moorcockshow.co.uk

August Birthdays

Day	Name	Age
9	Holly COWIN #	7
10	Harry DAWSON	7
13	Eleanor MARSDEN #	6
18	Thomas METCALFE	4
19	Mia COTTAM	5
21	Charlotte GARDNER #	11
25	Thomas DAWSON	8

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

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.*



PROGRAMME FOR SEPTEMBER



Sunday 3rd September

11 am to 1 pm

GROUP MEDITATION
DROP IN - ALL WELCOME

Sunday 17th September

11am-1pm

RAINBOW CHAKRA GONG BATH

Saturday 23rd September

10am-5pm

CREATING FLOW WITH QIGONG

To Book - email meditationcentreteam@gmail.com

Telephone 07582 017 396

The Meditation Centre, Dent, Cumbria LA10 5QR

www.meditationcentre.co.uk

EST. **SEDBERGH • MARKET** 1538

EVERY WEDNESDAY ON JOSS LANE CAR PARK

6 September brings the Macmillan information van ...

13 September is the second Wednesday of the month,
so look out for extra stalls ...

*Regular stalls currently greengrocery, artisan bread, fish, farm fresh meat and eggs,
cakes, bric-à-brac, Greek food and sweet and savoury vegan snacks.*

SEDBERGH PARISH COUNCIL

Janey Hassam – Clerk

This report covers items from the Parish Council meeting on the 10th August 2017. The next meeting is on Thursday 14th September at 7.30pm in the Committee Room, The People's Hall, Sedbergh.

NCS (NATIONAL CITIZEN SERVICE) AWARD

Members discussed the recent approach by a group of young people from NCS with regard to a project to refurbish the shelter 'hut' at the playing field due to its current state or repair and recent vandalism. Three members of the group made a short presentation at the meeting. Cllr Arnold has agreed to lead the project locally with the group who have already set up a CrowdFunding page (<https://www.gofundme.com/sedberghhut>) and completed a car wash at Joss Lane car park to raise funds. Sedbergh Parish Council has agreed to 'grant' them £250 toward the planned refurbishment which has a projected cost of £650. Working to a strict schedule it is hoped the works will be completed by September. Any additional funds raised will be used at

the playground.

AMENITIES

Members had agreed to a 'mini' refurbishment and upgrade of the ladies toilets at Main Street, and will be fitting an illuminated mirror/ improved LED lighting and would also be removing the redundant toilets with the installation of a vanity/baby change unit. Both Gents and Ladies would also have a full steam clean. Funds from the donations boxes in the toilets would be used for the cosmetic improvements. It was noted that the new car parking machines (including card payments) were now operational at Loftus Hill and Joss Lane and Members wished to express their thanks for the patience of residents/visitors in Sedbergh with regard to the limited use of only old £1's coins over the past few months.

The Bowling Club had recently raised concern with regard to the retaining wall at the rear of the Green and Members agreed this appeared to be a significant amount of work which might incur much cost. It was agreed to consider engaging a structural engineer to give advice on the works required.

SEDBERGH TOWNSCAPE PROJECT

The proposed refurbishment of the playground at Maryfell was due to be discussed again with SLDC later this month, with a consultation being arranged for the near future. It was likely that this document would be available in local shops/library for completion, as well as online, for feedback from residents. The proposed refurbishment of Joss Lane car park was also discussed and a local Architect has now been appointed to provide sketch plans for public consultation in the future. Details of the Council's proposals for the improvement of the parking area in front of St Andrew's Church are available for inspection at the

Information Centre. OTHER MATTERS

Various other matters were discussed, including: the recent formation of the Friends of Queen's Garden group and their planned works; the appointment of a gardener/handyperson for Sedbergh Parish Council; signage for Sedbergh Bowling Club and the need for signs to address the problem of dog fouling in the Gardens; concern over responsibility for passageway at King's Yard; adoption of BT phone boxes; the continuing work of B4RN; and concerns over weeds invading pavements throughout Sedbergh.

Members also noted growing concerns over the number of obstructions on the pavements along

Doggie Stylin' Grooming Parlour



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Mon - Fri: 4.30 - 8.00 pm
Saturday: 8.00 - 1.00 pm

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Yoga classes for all in Sedbergh



Classes starting

Wednesday 6th & Thursday 7th 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 Hennedy:

07816 779238

e mail: lahmc@btinternet.com

Main Street, including parked vehicles and pavement signs. Members would, therefore, like to take this opportunity to ask business owners along Main Street to have consideration for pedestrians, in particular mobility scooters/prams/pushchairs/wheelchairs that were increasingly being forced onto the narrow Main Street due to obstruction of the pavement.

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

7.30pm.

If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at

clerk@sedberghparishcouncil.org.uk

Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office. 3

FRIEND OR FOE (PART 3)

Philip Johns

The official bit:

At the last Garsdale Council meeting, Chairman Annette and her fellow councillors welcomed Hamish Wilson of The Retreat, Garsdale, onto the council. This brings the council up

ACT – ACTION with communities in Cumbria Annual General Meeting and Community event Friday 8 September

The People's Hall

You are all invited to attend.



9.30 Registration and refreshments

10.00 Welcome

10.10 Presentations from six of the county's village halls celebrating their success with awards for innovation, community engagement, overcoming adversity and good governance.

11.15 Community Led Housing presentations and discussion.

12.00 Cumbria Rural Panel - Results from the Rural Issues Survey.

12.15 ACT Annual General Meeting.

{You may attend, but only ACT members can vote, eg: People's Hall}

12.45 Lunch & Networking, prepared by local Chef John Crouch

PS: I am very pleased we can show off our Hall and Town to Cumbria.

Contact me for any other details.

Dr Gina Barney, People's Hall. 015396 20790

Please note, booking is essential for lunch,

to reserve a place please contact

Dani Hudson on Tel: 01228 817591 or

Email: danihudson@cumbriaaction.org.uk



Clutterbooks and Clobber Competition

Can you think of better names to describe
the Charity Shops
which reflect the high quality of the goods on sale?

If you think you can, please send your suggestions to:
Sedbergh and District Community Trust.
72 Main Street. Sedbergh, LA10 5AD
including your name, age (if under 16) and address

We are looking for two names,
one to describe the Charity Shop at 86 Main Street &
the other to describe the Bookshop at 77 Main Street

The Competition will close on 30 September.

There will be a prize of £25

to full strength again. Ongoing upgrades to the village hall were still pending but should start shortly. Whilst all councillors praised the work carried out on the A684, there was concern expressed at the steep fall off on the sides in places which could be a danger to cyclist and walkers. The constant problems of motorbike noise and speeding were again discussed and although there appeared to be no easy answer, pressure on the police will be maintained. Progress by B4RN was ongoing and wayleaves were being sourced and digging in ducting could commence shortly. The next council meeting will be on Thursday 21st September and full minutes will be

available after approval at www.garsdaleparishcouncil.com or contact the clerk, philip.johns@btinternet.com 015396 22170

The unofficial bit: In the last two editions of 'Lookaround', I outlined the rather obscure way in which I became clerk to Garsdale Parish Council, all to do with squirrels, horses in trees and general absentmindedness. So there I was, new to the area and about to start a job about which I had not got the foggiest idea. I was invited to meet the vice-chairman and out-going chairman at High Paradise for a chin wag, to which I agreed but secretly hoped I wouldn't be asked to sniff the

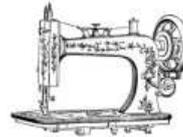
sheep dip or do any other strange induction procedures. Somewhat apprehensively, I arrived to find Tom, our chairman of vice at the time, seated at the table with a look of curiosity on his face, obviously wondering what a fully paid up idiot looked like and as the evening went on, I didn't disappoint. I was invited to sit down with them and a drink was plonked in front of me (is this why it's called plonk sometimes?) and I opened my note book, pen at the ready, eager to learn the inner workings of a parish council. Tom opened his mouth and issued a string of strange, guttural, staccato sounds. After a few minutes, I realized that all had gone quiet and they were both looking expectantly at me. I looked

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www.laurasloom.co.uk

down at my note book hoping for some inspiration but found it completely blank so I had to come clean. "Sorry" I spluttered, "I didn't catch a word of that". After an exasperated sigh, our host carefully explained that as Garsdale was a small parish, the meetings were quite simple and only met every other month in the village hall, usually to discuss the odd planning application and to moan about the road conditions. There were occasion reports, say from Sedbergh Medical Centre, but really everything was quite straight forward. My job would be to prepare agendas, take minutes, write the odd letter and prepare final accounts at the end of the year and, oh, by the way, we have to discuss your salary. My ears pricked up then as I had assumed that my position was voluntary but no, it turns out that although the councillors were volunteers, the clerk was a salaried

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HILL VIEW, COWGILL
Offers Around £295,000

Exceptional Detached Bungalow With Panoramic Views. Immaculate Presentation With Quality Fixtures & Fittings. 2 Double Bedrooms. Shower Room. Open Plan Living Kitchen with Bespoke Units & Granite Worktops. Multi Fuel Stove & Full Height Ceiling. Utility/Boot Room. Double Glazing. Oil Central Heating. Landscaped Gardens. Garage & Parking. Viewing Essential. EER: 23 EIR: 17

Thinking of moving this summer?

Straight forward, straight talking professional advice and local knowledge from your local agent.

If you are contemplating selling or letting your property and would like some expert advice on the current market conditions, call in today or call our office for your free up-to-date market appraisal.



position and could also claim expenses. Thoughts drifted to all the spoils I could claim, maybe even, luxury 'fact finding' trips to exotic places much loved by our government representatives. Then came the crunch, the council was run on a budget of £2000 a year, paid directly from the residents, so I would have to be very judicial with spending. I would be paid for 2 hours a week at the agreed rate set by government and all expenses would have to be accounted for and also the accounts would be audited at the end of the year. The bubble burst and thoughts of luxury and entitlement drifted away. Tom, I was later to learn, was not speaking in 'tongues' but as

a typical Dalesman farmer of long lineage, he has one of the strongest accents around and even after 3 years I sometimes still struggle to 'tune in'. The next council meeting was not for a few weeks yet so I had time to prepare myself for what lay ahead, surely it can't be that bad, can it? To be continued 3

TIM FARRON MP

I had a great time with a group of students from Settlebeck on a rather warm day in London last month. They managed to squeeze in a visit and tour of the Houses of Parliament just before we all broke up for the Summer Recess. As ever with students from our part of the world we

Sedbergh Swimming Club

Swimming starts Tuesday 12th September

Tuesdays: 6.30-8.00pm lessons

8.00-9.00pm adults

Thursdays: 6.30-7.30pm lessons

7.30-8.00 adults and children

8.00-8.30pm adults

Saturdays: 10.00-11.00am

Including Parent and Toddler group

Membership fees Adults £25 ~ Juniors £10

Session Fees Adults £2.50 ~ Juniors £1.50

Lesson fees £25.00

had a really interesting question and answer session. Before they headed off to look around Parliament itself we discussed everything from political policy to what it is like being an MP. I hope that I helped them to understand the connection between what goes on in Sedbergh and what happens in Parliament in London.

I should add that they were a particularly well behaved group and a real credit to both themselves and their school.

We are in Summer Recess now which means more time for me at home in Milnthorpe (although we are taking advantage of the break to get away to the sun for a few days) and more time to get around the constituency. This is something I feel I was not able to do as much as I would have liked during my time as Libdem party leader. I am about half way through my 18th annual Summer Tour of the Constituency which as I am sure you know is one of my favourite times of the year. We get to your part of the world on the 1st of September and will be in Sedbergh and Dent that morning. It would be great if you could come along and

say "hello", I really want to meet up with as many people as I possibly can during this tour.

I am particularly keen to hear from farmers at the moment. I know that they may be too busy to come along to meet with me during our morning in Sedbergh but I am becoming increasingly concerned about noises coming out of the Government about the type of trade deals they would like to agree when we leave the EU in 18 months' time. I am worried that they may agree to unleash a flood of cheap food imports from countries like the USA which don't have the same high animal welfare standards we have in this country. The result of this would be either that our farmers will not be able to compete and so go out of business or that they will be forced to demand to be able to let their own welfare standards fall. This latter is something that, from what I know of farmers in our part of the world, they would really not want to do but may have to just to keep going.

But this is just my view of things, as I said I would love to hear from some of our local farmers to understand what they think about the situation we face and most importantly what they would like me to try to do about it.

If you can't get along on the 1st September then please feel free to get in touch at any time about anything that you feel I can help with. As ever my email is tim@timfarron.co.uk and the office phone number is 01539 723 403.

Thanks so much for your support.

Best wishes

3

Coffee and Chat

Join us for a tea or a coffee and a biscuit...



Examples of Audio & Large Print versions of Lookaround will be on view.

TALKING LOOKAROUND Audio & Large Print ANNUAL GOFFEE MORNING

10am
Wednesday 13th September
CCC Rooms, Joss Lane
Produce Stall ~ Raffle
Everyone Welcome

Sight Advice South Lakes will be in attendance with useful equipment and advice on sight problems.

This is the only Fund Raising event of the year. Your support would be greatly appreciated.

BOXES OF HOPE CUMBRIA

Pam Dent (20042)

Yes, it's that time of year again, time to start planning what to put in your Christmas Shoe-box! The needs of the poorest families in Romania, as in so many parts of the world, remain as great as ever; the gift of a colourful and attractive shoe-box packed full of goodies not only brightens the life of the individual child receiving the box, but that of the whole family too. The leaflet includes a list of suggestions as to what you might put in your box.

There will be a fresh supply of shoe-boxes and leaflets in the porch at CCC Main St., Joss Lane entrance – please help yourself! Leaflets will also be available from local schools and churches, TIC and the Post Office. The main drop-off point this year will be TIC, aka Sedbergh Information and Book Centre, 72 Main St., opening hours 10 – 4 Mon. – Sat. and 12 – 4 on Sundays. The Post Office will also accept boxes, but please bear in mind that they have very little storage space.

I anticipate that the boxes will leave Sedbergh for Kirkby Stephen, to be checked and packed into cartons

along with others from this area, on Saturday 11th November, with departure for Romania a few days later.



Thank you in anticipation for your continued and much-valued support. Please don't hesitate to get in touch if you have any queries.

Further details about the charity and its work can be found at

www.boxesofhopecumbria.co.uk 3



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ROYAL BRITISH LEGION
ANNUAL GENERAL MEETING

7:15 pm Thursday 14th September

All members are invited

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

You do not need to have served in the Armed Forces to be a member.

Membership costs £17.00 - call 20536 or 20964 or

email: jd@jdifa.co.uk or dmparratt@gmail.com for a form.

For more information, visit our website:

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

THE ROYAL BRITISH
LEGION



DENTDALE CHRISTIAN FESTIVAL

Jn & SE Woof

This now annual weekend was again a much enjoyed time with a variety of events for all ages. Held for the first time in a very large tent in Rhumes garden the programme included; a creative eve with dance, drama and Music, a pub quiz in the George and Dragon, a Christian film in the Methodist Schoolroom, a gospel country & western singer and the Ayrton Family.

On Saturday afternoon a delightful interlude for afternoon tea with the opportunity to make a donation for Dentdale First Responders. Food featured highly from jacket potatoes to meat & potato pies, with sandwiches and cakes in abundance. A cafe was open each day and Soft Play available on Sunday and Monday.

Did you miss it? Note in your diary 1st weekend in August annually, Fri evening to Mon eve.

Our monthly Food with Fellowships continue one Fri a month and also our 4th Sunday Praise & Testimony evenings. Info from us at 015396 25212.

3



Tracy Thornton

Flu Clinics 2017 for those over 65 and those eligible on health grounds.

We will be running flu clinics on Saturday 23rd September and Saturday 14th October - 9am-11am walk in, no appointment necessary

We also offer a daily walk in service during our normal working hours, no appointment necessary from 21st September (subject to delivery).

Dent flu clinic will be held in the Methodist Hall on Monday 25th September, 11.30am - Please ring the surgery (01539 718191) to let us know you will be attending

We will be offering all 2 & 3 year olds as at 31/8/17 the nasal flu vaccination as part of a National Programme - please contact the surgery for dates (01539 718191).

Please note: This year we will be administering the Quadrivalent vaccine, this covers four strains of the Influenza virus. Other health providers may only have the Trivalent vaccine (covering only 3 strains).



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DENTDALE HEAD TO FOOT Strawberry Tea day, 29th July 2017 Mike Steele

Well, amidst the mixed weather we seem to be having now that the children have broken up for their summer holiday, we picked a pretty clear day for our annual fund-raising event of the Strawberry Tea Day on 29th July.

Our visitors were steady and seemed to appreciate not only the strawberry teas, but the other attractions, including for the first time in **Dentdale, Head to Foot**

Belle's "Green" stall, which was a huge success.

In total we raised around £375,

which will go some way to pay for the Dentdale Over 60's annual Christmas Lunch this year.

Many thanks to all who put in the effort to make this such a huge success, both on the day and previously.

We have no meeting as usual in August and will commence again on Friday, September 1st at 2:00 p.m., when Zipha Warcup will be "Cutting Ribbons" with us.

Do come along!

For further details please contact: Mike Steele on 015396 25054 or 07813 806209 or e-mail:

mds@pesdent.co.uk for further details.

3

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CITIZENS ADVICE

Karen Evans

I'm planning a long holiday and have been struggling to find travel insurance for a reasonable price. I've found a good deal from a Facebook advert but my friend thinks it might be a scam. How can I be sure if it's legitimate?

Your friend is right - you should do some research on the company first.

Insurance sellers must be registered with the Financial Conduct Authority (FCA) - check on the FCA website. If they aren't listed, don't use them. If they are, it's still worth doing further checks. Compare the price to similar offers from competitors. Big discounts are often a telltale sign of a scam, but the policy could be cheap because it doesn't provide adequate cover. Ask for a copy of the full policy so you can check what you will get. If the seller won't provide one upfront, don't use

them.

Once you know the seller is legitimate use a secure payment method, not a bank transfer.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 03444 111 444 for an appointment and help, 015394 46464 for debt and on-going enquiries.

South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No: 6113551. FRN: 617574

3

Staveley Amateur Operatic Society

presents

Princess Ida

Wednesday 13th - Saturday 16th

September 2017

Staveley Village Hall 7.15pm



Tickets available
from
Staveley Pharmacy
or
contact 01539 722820

Adults £10

Children £5

Your Rose Theatre Group Needs You



Teenage boys and girls are needed to perform in the RTC's production of 'Sedbergh and the Great War' **Auditions will take place Sunday September 17th** between 5pm to 7pm in the Committee Room in the PH. Call Sandra 21808 for details



*in Sedbergh and District
Anne Pitt (on behalf of the committee)*

We had our AGM on the 18th July with its review of the year's activities. Our committee has seen some reductions due to house moves and changing personal circumstances. The composition of the committee has always been a happy mixture of representatives of all the church communities in the area – a great strength of Christian Aid. At present we need replacements from the Society of Friends and the Roman Catholics as Mrs Val Finch is unable currently to join in and Mrs Sue Bateman has recently stood down from the committee after twenty years. We've had good fun working together with them over the years and wish them both well. Apart from delegates from the various churches we'd be delighted if any others interested in the work of Christian Aid would like to join our efficient small committee.

The treasurer, Mrs Janet Dodds presented the annual accounts with

the totals raised through the year July 2016 – 2017. Although the amount was down overall it is still a commendable sum to help with the ongoing work of Christian Aid worldwide and we'd like to thank everyone who has contributed to it through this year.

Amount raised during the year:-

Oct. Coffee Morning :-	£276.53
Mar. Coffee Morning :-	£213.45
May Coffee Morning :-	£260.40
House to house	£2697.56
Misc.	£82.97
	<u>£3530.91</u>
Last years' total:-	£4672.89

One great help in the door to door envelopes was that 98 Gift Aid slips were enclosed which means that from those donations Christian Aid receive 25% extra from the tax man which will be approximately £213.

We have one remaining activity this year which is our Coffee Morning on Wed 4th October in the CCC rooms in Sedbergh. 3

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DENTDALE METHODIST CHAPEL

Members and friends of the chapel

A sponsored walk for the chapel restoration fund was reported in the July edition of the Lookaround, when a total of £250 had been raised.

I am delighted to report that the total has now reached £1,420, including donations from two charities with local connections, as well as from additional individual sponsors.

We are most grateful for all your support.

3

NW CANCER RESEARCH

Hazel Jackson

On August 2nd 2017 The Sedbergh Support Group of North West Cancer Research held a Coffee Morning in

Cornerstone Community Church Hall Joss Lane, When £336.60p was raised. We would like to say a "Big Thankyou" to everyone who supported us, by giving or buying or just being there & enjoying a Coffee.

North West Cancer Research is a Charity working in the North West; with the Universities of Liverpool, Bangor & Lancaster. (not to be confused with " Cancer Research UK") All money raised is used in The North West . Every little helps!

£10.will buy 1000 tubes to perform vital experiments in. £50 will buy 50 flasks to culture the patient –derived cells that we need to help understand cancer.

If anyone feels they would like to

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Alan & Chris Clowes offer you a warm welcome



We are open daily for home cooked food, (a particular favourite is Ham 'n' Eggs) and offer an extensive menu for residents and non-residents.

Our two guest rooms are both en-suite and we can boast one of the finest views of Cautley Spout and the Howgills.

Every Thursday is Pie Day

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

Closed Mondays unless a Bank holiday.

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

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

but prior booking essential

join our little support Group please have a word with any of us, or ring 015396 20530.

3

DENTDALE MEMORIAL HALL

Sarah E Woof

Will it be fine or will it be wet? Will I survive the day with enthusiasm intact? As I submit this to Lookaround, I can but hope, as we read it in Sept we will know the answers. Either way a HUGE THANK YOU TO everyone who supported DENT GALA in any way at all.

We hope to bring Flicks in Fells back to Dent this autumn.

The facilities now have B4RN Internet communication and we hope to have some type of IT session to

help folks / organisations use it.

New windows should have been fitted in the summer holidays and the floor repaired in Main Hall organised by the school Governors.

We had the Haygarth Room and Accessible WC redecorated and the screen turned around to allow better access to the Acc WC.

An advert went out in July for more help with the cleaning. Some things get sorted quickly while others (broken hot water system) take longer.

Indoor Bowling will recommence this autumn at some point.

For further information don't hesitate to contact the Chairman of the Trustees, me, on 015396 25212. 3



**SEDBERGH
MEDICAL CENTRE**

*will be closed for Training Purposes
at 1pm on the following afternoons:-*
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 Wednesday 11th October
 Thursday 16th November
 2018
 Thursday 8th February
 Wednesday 14th March



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SEDBERGH WI

Moira Folks

With several of our members away on holiday or with other commitments, only a select few gathered to have our brains teased by Sandra Gold-Wood on our Quiz Night, August 9th. Twenty-five questions (some with several parts), several furrowed brows, some muttering and conferring, and a good deal of laughter later, we had a team of winners and a team of runners-up with only 3 points between the two. Many thanks go to Sandra for organising the quiz, and to Anne Pitt and Sandra for providing the refreshments.

Sue Kernahan hosted the book club

the next day. There were only four of us present in body but we had comments sent in by five others, so they too could have their say: this made things much more interesting for all of us! "Things I've Been Silent About: Memories of a Prodigal Daughter" was the intriguing title of Azar Nafisi's memoir of growing up in a privileged, educated family in Iran through the days of the Shah, and then facing severe problems during the Islamic Revolution of 1978-9 and the Iran-Iraq War; this was a period of family, as well as political, turbulence, with some of the large extended family on opposing sides. Much of the book is focused on Azar's immediate family, however, particularly her fractured relationship with her mother, and her affectionate relationship with her father who brings her up to love Persian legends and poetry. This love of literature would affect Azar's choice of career: after her expulsion from her teaching post at the University of Tehran in 1981 because she refused to wear the veil, she has taught at Oxford University and in America, where she and her family have lived since 1997 and she now has

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citizenship. Despite Azar's obvious talents and the interesting and varied background of her family and political life, it was difficult to empathise with her or her very difficult mother and this had a bearing on the score we gave the book. Most of us gave it 7, with one member giving it just 6, while one rated it very highly at 9/10 because she was riveted by the fascinating insights into the culture of Iran and the effect the Islamic Revolution had on people.

The walking group members are planning to walk in the Tebay area on August 17th, with alternative routes planned according to how marshy the first choice is likely to be!

"Autumn Flowers" is the subject of our next meeting on Wednesday 13th

September at 7.30pm in the committee room at the People's Hall. We're looking forward to Heather Askew's flower-arranging demonstration, to which visitors and new members will be very welcome.

Another date for your diary: We would love to see you at our Coffee Morning at the CCC Rooms on Wednesday 20th September between 10am and 12 noon! 3

DENTDALE WI

Thelma Belfield

Over recent years we have had a connection with St. John's Hospice raising funds and most recently visiting to deliver a number of knitted Sensory Muffs (or Twiddlemuffs as our craft group had nicknamed them).

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We were very pleased therefore to welcome Sara Brown, Publicity officer at the Hospice to talk to us. We were not disappointed; Sara gave us a dynamic and comprehensive overview of the Hospice and the care it provides. She described all the options available from in patient facilities with individual, well appointed rooms, with full length glass doors that can be opened to allow patients to be wheeled outside onto the terrace to enjoy fresh air and the beautiful gardens surrounding the hospice. She told us about the Oak Centre which provides day care and also of the outreach home care provision. The Hospice provides a holistic approach not simply a medical one with social activities and facilities. This encompasses the whole family and not just the patient. With great energy and enthusiasm Sara went on to tell us about how the hospice is funded. The NHS provide a small

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percentage of funding but the majority is from donations and dedicated fund raising events. All of us had heard of the Moonlight Walk in Kendal but not the Colour Dash where participants are splashed with multicoloured (? washable) paint. Many other events help to raise the 4.5 million pounds required annually (£7500 per day) to keep the hospice open. Sara and all her colleagues are united in working together to ensure the care provided continues. She ended her presentation by announcing that a new cafe area had been opened at the hospice and all were welcome to visit and enjoy a cuppa whilst there.

At all our meetings there has to be a business section and this month was no exception. First we heard that our Mini Market had been a great success and had raised £198 despite the weather being wild, wet and windy forcing us to hold the event indoors rather than outside as we

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traditionally do. We were reminded that again in accordance with tradition we are providing Afternoon Teas at the forthcoming Dent Gala on August Bank Holiday Monday so cakes, scones and traybakes were needed to feed the hungry visitors. Plans are moving along for the Pie & Peas Supper / Family Quiz Night in November with a sub committee being formed to 'sort out the food'

To end our evening Sue Owen our Programme Secretary had devised a competition entitled 'Where am I'. Some of our more senior members thought this was something to do with the onset of memory loss, but no, it was a series of photographs of well known churches and cathedrals which we had to put names to.

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Everyone took part whilst enjoying a cup of tea and homemade biscuits. Monica won the competition with Anthea in second place, joint third were Anne and Chris. Rita went home with the raffle prize.

Our September meeting is to be an Open meeting when we welcome both visitors and members of other WI's in the Cumbria-Westmorland Federation. Our speaker for the evening is Steve Swithin who will entertain us with 'Long days, Late nights and Hotel rooms'. A buffet supper will served. and a competition for the best Limerick beginning 'There was a young person from Dent

Should be a good event. 3

HOWGILL & FIRBANK WI

Audrey Hoggarth

President Bridget Postlethwaite opened the meeting with the singing of Jerusalem. A warm welcome was given to all members and our visitor

NORTH WESTMORLAND ARTS

2017-2018 Concert Season

All concerts are at 7:30pm in Appleby Public Hall. Tickets £12 at the door.

- Sun 24th Sept:** RICHARD DURRANT - Acoustic Guitar; folk/classical
Sun 5th Nov: EMMA ABBATE & EVVA MIZERSKA - Piano and Cello
Sun 3rd Dec: JOHN LAW - Piano.
Bach's Goldberg Variations with a live interactive film
Sun 28th Jan: THE DELTA PIANO TRIO
Sun 25th Feb: DUO SERAPHIM - Countertenor and Lute
Sun 25th Mar: TRAVELLING BY TUBA - Tuba and Piano

www.appleby-concerts.org.uk

Email: enquiries@appleby-concerts.org.uk

Tel: 017684 83777

Supported by Westmorland Arts Trust, Hadfield Trust, Bryan Lancaster Trust

Judith Stainton.

Our walking group enjoyed the July walk in the Breterdale Valley. The next walk will be led by Anita Carey, to be decided on the day.

We heard good news. Work is to start on Fishermans bridge in helping all the September. Members were reminded of forthcoming events in the Federation calendar. The County Show is on September 14th.

Following the success of the sale of scarves over the Country Festival weekend, it is to be repeated at the show. If anyone would like to donate Scholls could you leave them at the W I office please.

Two members are to take part in the Beading Workshop. Bridget is to be

our delegate at the Annual Council Meeting, to be held at the Villa in Levens. The Table Top Sale, complete with a pop-up cafe is to be held at Preston Patrick.

Bridget introduced our speaker, Tom Atwood of "Tom and Abby's Garden" in Witherslack. Tom had been interested in horticulture from the age of 12 and, along with Abby, dreamed of owning their own nursery. They made the life changing decision to take on Halecat nursery. Over the previous years mother nature had taken over and they realised they had a huge task in front of them.

Following two years of hard work and imagination, the newly restored gardens at Halecat were ready for

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business. They specialise in plants that will survive in our northern climate. Anita thanked Tom for an excellent talk and for all his tips and advice.

The competition for an arrangement of garden flowers was won by Vera Hodgson, with Liz Moore second. Anne Kendal won the raffle. The social, a general knowledge quiz, was won by Liz Moore. We rounded the off evening with tea and cake.

Next month's meeting will be in Howgill Village Hall, when Sarah Brown is our speaker. Why not join us to learn about the services of a Hospice and Fund-raising on September 7th.

3

KILLINGTON WI

The afternoon WI for the entire district W.F.U.

What a lovely way to spend a July afternoon! No WI business to discuss. No speaker to educate or amuse us. Nothing to disturb the grey matter.

Just a wonderful garden to relax in, with views from Morecambe Bay to the Landale Pikes, and the best of friends to chat with whilst enjoying an elegant afternoon tea. We were gathered for our Annual Garden Party, once again at Sally's beautiful home. Truth to tell it was actually rather chilly to start with so cardigans, jumpers and jackets were shared around with total disregard for style, colour or size. Soon the sun emerged to provide the perfect weather for enjoying our strawberries and cream. Sally has gained a splendid reputation for influence with 'the gods that be' – the last three years have been wall to wall sunshine. We have asked her to select the date for our outing in August! We all enjoyed ourselves and went home feeling 'stoufed' or 'Sunday full'. Thank you Sally, and all your helpers. Bernard, Sally's husband had retreated to the farthest corner of the house to watch the cricket, while Arnold, a fluffy

GOWGILL FOLK CHORALE COMMUNITY CHOIR

Mondays 7.30-9.30pm
in the Old School, Cowgill, Dentdale
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Afternoon Tea

Scrumpy



Tibetan Terrier stuck around in the hope of falling sausage rolls.

August found us back at the People's Hall for our usual meeting. Parking was rather tight as work was still progressing on the improvements at the front of the hall. What a smart job they are making of it. We send our thanks to those responsible for planning and executing the scheme.

After our opening song Susan Sharrocks, our President welcomed members to the meeting, especially several visitors. More are always welcome. This month's birthday greetings were extended to Sally Cragg, Margaret Fearnhead, and to Sarah Woof for a special 60th birthday. Margaret Denton brought us

up to date on our finances. We have paid our donation of £68.55p to ACWW., £30 to the Bursary Memorial Fund to honour Mary Bateman, a donation of £200 to the Great North Air Ambulance, and £250 from our coffee morning profit to the Freedom for Girls (for sanitary products). The balance in our accounts is still healthy and regularly topped up by contributions from our Monday morning knitting group. Here, again, more are always welcome and knitting is not obligatory! Margaret asked for orders for the 2018 Federation Calendar at a cost of £4.50p. Susan told the meeting of two invitations. One was from Dent WI to their open meeting on September 13th

Sedbergh First Responders

**COFFEE
MORNING**

10am

Wednesday 27th September

CCC Rooms, Main Street

Produce Stall

Raffle



with speaker Steve Swithin, and the other from Selside WI to an Open Evening at "White Stuff", where a 20% discount will be offered to purchasers.

Marion gave us details of our outing on August 22nd, leaving Sedbergh at 9-45am and returning about 6-00pm. (We are relying on you, Sally!)

It was agreed that the date of our Christmas Lunch will be changed to Tuesday 5th December and the venue will be Sedbergh Golf Club.

Susan guided us through the Newsletter. Susan, Shirley and Margaret will attend the Annual Council Meeting at The Villa, Levens on 21st October. 6 members will join the federation outing to Gawthorpe Hall near Burnley on September 25th. A few members requested tickets for the Westmorland Show.

Our speaker for the meeting was introduced us. Several members immediately recognised Miriam Baird as a familiar figure being the daughter of Barbara Axford, a long time Sedbergh resident and member of Howgill WI. Miriam is a member of the Morecambe Bay Commissioning Group for the Health Authority,

charged with the responsibility of spreading knowledge and understanding about all types of dementia. It was an interactive session aimed at explaining what dementia is, and teaching us how best to interact with those who live with dementia. It was very informative and helpful and we would recommend it highly to anyone looking for an excellent presentation. Miriam concluded by encouraging us all to become members of the Dementia Friends Alliance. Dilys gave the vote of thanks.

Tea followed – excellent as always and with the addition of Sarah's 60th birthday cake. (thanks to Avril). The raffle prize of a colourful plant was won by Avril – a just reward but actually just a coincidence. Lorraine won the competition for a picture of 'a smiling face', so she went home with one.

We meet next at 2-00pm on Tuesday 12th September at the People's Hall when we will be sure to admire the finished car park. Later we shall all listen enthralled while our speaker, Wendy Fraser-Urquhart drones on about "Our Local Landscape". Miss it if you dare!! 3

Daphne Jackson

DO, MsC (Ost)

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Rose Community Theatre 'Sedbergh does the Chase'

Friday September 29th

People's Hall

An evening of Quizzing

7 pm for 7.30 pm start

Fun Prizes ~ Spot Prizes

Bar and Raffle.

Proceeds to PH Stage Curtains



SEDBERGH SWIMMING CLUB

New and existing members are always welcome

Lyn May & Linda Winn

Adult Swimming

Sedbergh Swimming Club based at Sedbergh School Pool offers adult recreational swimming term time on Tuesday and Thursday evenings and on Saturday mornings.

We also offer on a Wednesday and Thursday evenings adult fitness squads based on free style (front crawl).

Thursday evening concentrates on technique whilst the Wednesday concentrates on fitness and stamina.

Both these classes are proving to be increasingly popular and are a great way to get fit/stay fit and have fun! Come and give one a try!!

Enquiries please to Sarah Holton by email sj.holton@hotmail.com

Sedbergh School Pool offers excellent facilities for the community of Sedbergh and district. Please join us!

Early Morning Swim

Will be held on a Monday or a Friday 7:00 to 7:30 (whichever is more popular)

Enquiries please to Kate Thexton by email kate574@btinternet.com
Children & Young Persons Lessons & Training

Also on a Saturday is a Parent/Guardian and Me Class for 2-4 year olds offered as an introduction to swimming.

Children for this class need to be accompanied by an adult in the water (t-shirts welcome)

(a free taster session will be offered for this class on the first Saturday back)

For competent strong young swimmers

Swim Squad returns again on Thursdays

This popular coaching session will move from self motivated swim to instructed swim designed for strong competent swimmers who want to train approx age range 10 to 16

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new children/new siblings ONLY is Tuesday 12th September at 6.30 at the pool. Please do not turn up to enrolment if your child is already a member

Enquiries to Kate Thexton:

kate574@btinternet.com

Tuesdays

Starting 12th September 2017

6.30 – 7.30 Children's swimming lessons

7.30-8.00: Training squad & Advanced swimming practices*

*(Both these sessions for the older child/teenager: see Lookaround for details)

8.00 – 9.00 Adult swim

Thursdays

Starting 14th September 2017

6.30 – 7.30 Children's lessons

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Friday 29th
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7.30 Adults & accompanied children *
8.00 Adults only

*Thursdays 7.30 – 8.30 will continue all year round subject to pool availability

Saturdays

Starting 16th September 2017

10am to 11am Open swim, all ages welcome:

Parent & Toddlers' run by Sarah (A small area of the pool will be dedicated to a structured Parent & Toddler group email

sj.holton@hotmail.com for details)

Enrolment for swimming lessons for NEW children is Tuesday 12th September at 6.30 at the pool.

Existing children please attend at previous lesson time with membership and lesson fees to secure your place.

IF YOUR CHILD IS ALREADY A MEMBER PLEASE DO NOT ATTEND ENROLMENT NIGHT

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SEDBERGH RED SQUIRREL GROUP

Karen Hopps

Red Squirrels at risk? Definitely

With its distinctive russet fur, long bushy tail and ear tufts, the native red squirrel is easy to distinguish from the grey squirrel and what a bounty of reds Sedbergh has had this spring and summer.



They have been spotted in new places and returned to other after an absence of several years. But we cannot rest on our laurels as there have also been sightings of lots of greys.

Sedbergh red squirrel groups' conservation strategy now focuses on

protecting red squirrel populations in this Stronghold, by working with a range of partners to control grey squirrels within and beyond our

boundaries, this work complements the enormous effort being made by local volunteers and private landowners.

These endeavours are contributing to the maintenance of the red

squirrel range in the North West **BUT** they still need your help**YOU COULD**

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Please contact the group for help and advice with this -

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Grey Control

Why Should Grey Squirrels be Controlled?

Unfortunately red and grey squirrels **cannot** live side by side. When grey squirrels enter a red squirrel area, the red squirrels will die out if there is no intervention to remove greys. Grey squirrels carry the squirrel pox virus which is harmless to them but causes death in red squirrels usually within 2 weeks, also grey squirrels out-compete red squirrels for food.

If you feel you could host a trap contact the group for help and advice.

Report Sightings

Please let us know if you see a red or a grey squirrel by reporting at sedberghredsquirrels100@gmail.com
Red squirrel sightings help us gauge

the health and location of our red squirrel population. Grey sightings help us target control to protect the reds from disease and competition for food and habitat.

You can also become a member of Sedbergh red squirrels for £10.00 or if you would like to make a donation please contact us by email.

sedberghredsquirrels100@gmail.com

3

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Our swifts will by now have reached their main wintering grounds in the Congo. Their autumn migration is slower than in spring – taking up to three weeks - as presumably without the urge to breed, they can linger in places where insects are plentiful. They will stay in Central Africa until about the end of January, when they often move further east and south.

At the end of July we had some wonderful evenings with clouds of



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swifts swirling in groups relatively low in the sky, coalescing into screaming parties, then swooping around once more. They really appeared to be enjoying themselves! At that time there would have been newly fledged young among them, and we could imagine them acclimatising to their life on the wing along with the mature birds.

Studies over several decades by Professor David Lack and other researchers at the Oxford Museum of Natural History, where there was a very large colony of swifts in the tower, showed that the young swifts do not return to the place they were born. However, a swift expert in Frankfurt, who has had



a colony of over 50 swifts for many years, has found that a small proportion do come back. So we simply do not know for sure how far or near the young go when they return after their first migrations.

The last of our Lowgill swifts left on August 10th, although some were still being seen around Sedbergh and Dent for several days after that. Our first chicks had left the nest on July 21st which is the earliest we have recorded.

We are delighted to report that the Settlebeck school chick successfully fledged on July 31st. It is, of course, disappointing that after 5 eggs were laid (2 by one pair, 3 by the other) only one chick was reared. Both of its

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parents finally departed on the same day, August 15th, having come into the box every night for 2 weeks after the chick had gone. The swifts without eggs had not only continued to return to their box every night, but the first one did not depart until August 9th and its mate next day on August 10th. Such faithfulness does indicate an excellent chance of breeding again next year.

Some of our colleagues in other parts of the country have reported some unusually late breeding pairs, with fledging of the chicks not expected until the end of August. In one case this was due to a new pair forming very late, which may perhaps have been 3-year olds that were not going to breed until the following year,

but were unexpectedly ready and started rather late in the season.

At the end of June we were asked for help for 2 swift chicks that had fallen out of a nest in New St. Unfortunately one had died but the other was quite lively and we judged it was almost 3 weeks old. One of our group looked after it overnight, in a shoe box, having rushed out to buy waxworms (they can only be reared on those and black locusts) and tried to give water with a syringe. Next day it was taken to the Kendal College Animal Centre for the specialised job of hand-rearing. It thrived and, along with two other swifts, was brought back here to be released, in a field where it could swoop off without danger of collision. The swift is placed on the palm of the hand (when standing on a stepladder) to let it take off in its own time.

Swifts are one of the first summer migrants to leave, but we can still enjoy the swallows and house martins that could be here for the rest of September. They may have finished their second, or even third, brood with several young each time. By contrast, swifts - raising only one

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brood of 2 or 3 chicks – are far more vulnerable to any threat to their existence.

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3

YORKSHIRE DALES NATIONAL PARK

Hen harriers return to the Dales

One of England's rarest breeding birds, the hen harrier, attempted to nest in the Yorkshire Dales National Park this spring for the first time in 10 years.

The National Park has large areas of potentially suitable nesting upland habitat for the birds of prey, but several factors – including persecution – have precluded

breeding.

Several hen harriers, however, lingered in the Cumbrian part of the National Park this spring and started to display. One male paired up with two separate females: an adult female and an immature female. This behaviour – called polygyny – is rare in most bird species but is often found in hen harrier breeding populations.

Both females laid eggs in nests sited on the edge of a moor managed for grouse shooting. The birds were watched by a small team of staff and volunteers from the Yorkshire Dales National Park Authority (YDNPA) and Natural England. The monitoring was undertaken with the close co-operation and support of local landowners, including the shooting

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estate, and residents.

Unfortunately neither nesting attempt was successful. One failure happened very early in the season, the other midway through the incubation period. Both attempts are thought to have failed because of predation by foxes. There was no evidence of human interference. The male and both females were seen in the area after the nesting attempts had failed.

The YDNPA's Chief Executive, David Butterworth, said: "Given it had been ten years since hen harriers nested in the National Park, the presence of these birds was extremely welcome. It was, therefore, incredibly disappointing that the nesting attempts failed, despite the

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best efforts of all involved.

"The Authority is fully aware of all the issues surrounding hen harriers in the uplands, so it was really encouraging that the birds' presence was welcomed by all stakeholders. We would like to thank them all for their cooperation during the nesting period. We hope that the enlightened attitude towards the presence of these birds is the start of a more positive outlook for this species, which will lead to the hen harrier returning as a regular breeding species within the Yorkshire Dales National Park".

Rob Cooke, Director, Terrestrial Biodiversity at Natural England said: "After a decade, we're delighted there are now nesting hen harriers in the Dales. I'd like to pay tribute to the teamwork between all our partners, and especially our dedicated volunteers. Although on this occasion the nests failed we are optimistic that the adults will return next year."

As well as the hen harriers, an adult male pallid harrier was also present intermittently in the area during the early part of the breeding season. The bird was first seen, displaying



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and carrying nest material, on 27 April, at the start of the daily watch of the hen harriers. Given that their normal breeding range is in the Russian steppes and north-west China, this was an exceptionally rare event. That said, another male pallid harrier was present in the Forest of Bowland around the same time. 3

DOG GROOMING IN SEDBERGH

Helga Edmondson

Do you have a 'mucky pup', a 'dirty dog' or a 'scruffy mutt'? Then there's good news on the horizon! I am Helga Edmondson and I am bringing a dog-grooming service to Sedbergh, at Susie Thurlby's shop on Back Lane.

First though, a little bit about me. In

partnership with my aunt, Cicely Robertshaw - who many readers will already know - I breed, show, work and judge Pointers. In addition to my work as an international Kennel Club judge I also act as an examiner for the KC Good Citizen Scheme and, in that capacity, have already met many of Sedbergh's well-trained puppies and older dogs.

I will offer washing, trimming, clipping as well as nail clipping.

As an example of prices, a medium sized dog can be washed, trimmed and nails clipped for £30. All prices are dependent on the size and condition of the dog. Treatments are flexible so if you just want your dog washed - or trimmed - or nails clipped, that's fine!

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3

CUMBRIA WILDLIFE TRUST

Ash Dieback (Chalara)

Jackie Hooley

Ash is one of our commonest trees and is an important and beautiful part of our landscape. In the 1990s a new disease was spotted on the continent resulting in the death of most ash trees. The cause was a fungus, with spores spread on the wind. Whether the outbreaks of the new disease in the east of Britain in 2012 were caused by the import of diseased trees or by wind-blown spores across the sea or carried on the feathers of migrating birds is open to debate – almost certainly all occurred – but the spread across the UK has been unstoppable and there is no cure. We are now seeing the fungus affecting trees in our area. Because the cause is a fungus, whose spores can spread

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10 miles on the wind in a year, there is no point in trying to control the spread by cutting and burning trees. Once you see the symptoms, it is already widespread.

The symptoms are best seen at this time of year. You might spot leaves turning brown at the margins and then shrivelling, folding down and dying within a few days. Or you might just see the bare, dead twigs left at the ends of branches and tops of trees. The extremities of the trees die first and saplings and young trees have the least resistance. In a sapling or young tree this will probably lead to the rapid death of the whole plant. Older trees can survive some dieback and continue to live and grow for some considerable time. In fact some mature trees may be able to live with the disease for many years or even possibly indefinitely.

The good news is that British trees may be proving to be more resistant than their cousins on the continent and there is considerable genetic diversity in our stock. Some trees are more resistant and appear to survive or even escape the disease while others around them die. Those trees

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that survive best will hopefully pass on that resistance in their seeds. Forestry researchers are analysing the genetic make-up of resistant trees and attempting to grow new trees to replace those now dying. This may also happen naturally in the environment and as we all know one tree can spawn very many seedlings – they turn up like weeds in every small patch of ungrazed or unweeded ground. Hopefully our beautiful mature ashes will hang on for many years to come while a new generation of resistant seedlings will eventually take the place of the lost trees, all ready and waiting for the next challenge as climate change and increased movement of bugs, plants and people spread the next set of

new diseases around the globe. 3

SEDBERGH DOG TRAINING

Cicely Robertshaw.

Sedbergh Dog Training is now in its sixteenth year with classes held on Thursday evenings at The People's Hall at 7 and 8pm. Training follows the Kennel Club Good Citizen Scheme which is the largest dog training scheme in the UK. Its purpose is to encourage responsible dog ownership by offering effective training techniques that promote a rewarding partnership between owner and dog. Two or three times a year tests are held for dogs and owners at Bronze, Silver and Gold level. The latest tests were carried out on the 3rd and 10th of August.

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Owners and dogs successful in the Bronze Awards;

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Jill Fearnhead and Airedale Terrier Macey
Chris Greenfield and Labrador Retriever Poppy
Nick Greenfield and Labrador Retriever Maisie
Phoebe Hall and Poodle x Spaniel Reggie
David Hunt and Border Collie Gracie
Margaret Reynard and Golden Retriever Henry

Owners and dogs successful in the Silver Awards;

Vivien Blackstock and German Shepherd Flynn
David Hunt and Border Collie Gracie
Brian Jones and German Pointer Ruby
Rosemary Mason and Pointer Lily
Margaret Reynard and Golden Retriever Henry
Felicity Ryalls and Poodle x Spaniel

Reggie
Congratulations to all dogs and owners especially those who managed to complete both Bronze and Silver Awards. Special mention must go to our youngest handler, Phoebe Hall, who showed poise and calm control in the test. 3

SEPTEMBER GARDENING

Elaine Horne

I am not very good with houseplants and that is possibly why my job in the Palm House at Kew was not the most enjoyable point of my horticultural career. All those things which needed watering and feeding, potting up and preening, and the occasional pesticide blitz against cockroaches (full protective clothing and respirator masks required): It was really not the job for me - even though some of the plants were exceedingly rare and interesting.

Nowadays my houseplant favourites are Cyclamen and Pelargoniums.

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Cyclamen are wonderful because they thrive in the cool conditions of my kitchen and bedroom windowsills, flower copiously all through the autumn, winter and spring and then have the decency to die down and give me a rest whilst they remain dormant all through the summer. Pelargoniums ("Geraniums") flower for months on end and even survive when I forget to water them for weeks.

Both are fairly trouble free where pests and diseases are concerned, so I was mystified when a whole windowsill full of my Pelargoniums failed to thrive this year. I decided to pot them up into new compost and in doing so revealed the cause of the whole problem. Each one had a bad

attack of root aphid. This shows as white smuts on the rootball and if the compost is broken up, the aphids will be found on all the roots throughout the pot. I gave mine a good long dunking in soapy water, then repotted, and am growing them on until I can take cutting from them and discard the originals. The rootballs will probably go in the bonfire - root aphids can affect some garden plants too, so there is no point in recycling them by way of the compost heap.

My cyclamen's main pest is vine weevil, whose grubs eat into the corms and munch new roots as the plants begin into growth. I always knock my dormant plants out of their pots this month to search for the tell-tale signs of tunnels leading to the

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creamy white grubs. They are very easy to squash, or they can be fed to an appreciative robin in the garden - but do contain them within a bowl if you intend to place them out doors - they love the roots Astilbes, Primulas and many other plants in the garden.

3

COGS

Community Orchard Group Sedbergh
Apple Day 2017

Jacqueline Smith

We are delighted to announce that our second Apple Day will take place on Saturday 28 October in the People's Hall, from 10:00 am until 2:00 pm.

What is Apple Day?

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Apple Day gives everyone the opportunity to bring along their apples – any type, cookers or eaters – to be made into delicious apple juice. If you came last year, you will know that you can get a surprising amount of juice: expect over half a litre for each kilo of fruit.

It would be great if friends and neighbours got together to bring in all those apples that would otherwise drop off and go to waste. If you would like us to help gather your unwanted

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apples, please call Ann Parratt 20964 or Jacqueline Smith 20760, from late September onwards.

Sounds good. What's the cost?

There's no charge, but we welcome donations towards the cost of hiring the juicing equipment.

What should I bring?

Apples! They should be clean, undamaged and bruise-free, either windfalls or those you have picked. Please give them a wash before you

come.

You will also need to bring clean glass or plastic bottles containers for your juice. Please sterilise them first.

How long will my juice keep?

It will keep for a couple of days in the fridge. Apple juice - in plastic bottles – will last for months in your freezer.

What else happens on Apple Day?

We plan an apple display and an information desk where experienced growers from South Lakes Orchard Group will help to identify your apple varieties.

Local ceildh band Common Ground will be playing throughout the day

There will also be light lunches, a cake stall, jams and chutneys, plants for sale, children's activities and a raffle. And of course you'll be able to chat with your friends over a nice cup of tea or coffee. 3

FRIENDS OF

QUEEN'S GARDENS UPDATE

David Parratt, Chairman, Friends of Queen's Gardens

Since the last report in the June Lookaround, there have been further developments with the formation of the Friends of Queen's Gardens. The

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Group was formally established at a meeting on 5th July, with an agreed Constitution, a Management Committee and a number of Sub-Groups, including a Gardening Group, a Grant Applications/Fund Raising Group and an Events, PR & Communications Group.

The Friends are keen to undertake some general maintenance work as soon as possible and a walk round of the gardens took place on 9th August. The aim was to identify areas in which practical work can be carried out and formulate a plan of action while at the same time avoiding any actions which could have a detrimental effect on either the planting or the stone structures. The



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removal of brambles, thistles, ivy (where possible) and weeds was a priority and it was decided that the central area of the gardens towards the Queen Victoria memorial would be the most practical place to make a start. This would allow the pruning of the yew hedges on either side and the widening of the pathway to its original dimensions. In addition, the clearing of the octagonal area around the memorial cross back to the low coping wall was agreed.

Further guidance will be available when the Friends meet on site with Hilary Taylor, the landscape consultant on 12th September. A copy of her report together with a plan of the Gardens has been placed on the Parish Council's website.

It is intended to make an initial enquiry to the Heritage Lottery Fund if possible within the next few months with a view to hopefully securing a visit to Sedbergh of the relevant HLF officer before the onset of winter. A positive response would enable a formal bid to be submitted in the Spring of 2018.

The Parish Council are appointing a new 'gardener/handyperson' whose main duties will be the general maintenance of Queen's Gardens, although there will be other tasks. The Friends Group will work in liaison with the council's gardener by organising working parties of members and other volunteers to progress the conservation and management plan.

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The Friends are keen to broaden the membership, to include any residents in the wider community of Sedbergh outside the Queens Drive area. If anyone is interested in joining the group, please contact either: David Parratt (Chairman) 20964, dmparratt@gmail.com or Robin Archer (Secretary) 07725 887737, robinarcher@hotmail.com

3

JULY WEATHER

Yet another wet month with a total of 7.48inches (190.1mm) of rainfall. During the early evening on the 19th there was a mammoth down-pour when an inch (25mm) fell in a few minutes. We arrived home to find the water had washed in through the back door soaking all the rugs!! The month was fairly cool at the start and end but we did have some high temperatures during the third week with a high of 76F (24.44C). The lowest recorded temperature was on 2nd of the month with 44.1F (6.7C).

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Wind chill dropped half the night temperatures into the 40sF (4.5C) Pressure was fairly normal producing a fairly breezy month with a maximum gust of 20.6mph (33.15kph). All but 7 days produced winds from the usual quarter of the North West.

We finally got the sheep clipped!! Let's hope they have grown some wool before the autumn sales! The birds have managed to raise some more young in spite of the crows. The collared doves have obviously had a second clutch of 4. Blackbirds have also been successful again. The wrens took over an old swallow's nest in the kennels and built it up with moss, as they do, and successfully reared a clutch. The pied wagtails have been successful somewhere nearby with a clutch late in the month. A first round here I believe. I have not seen a bat at all this year so far and butterflies have been few and far between. So far they can be counted on one hand including a meadow brown, a small tortoiseshell, a red admiral, a peacock and a small white. Even with the buddleia in flower the rain has prevented much activity. We shall hope for a late flurry.

3

GO GO GAZEBO! NEWS FROM SEDBERGH MARKET

Andi Chapple

Well, I should start with thanks to Sedbergh Parish Council for its support of the Information and Book Centre's work organising the Wednesday market on its behalf. We hope we're doing okay. Thanks also to everyone who comes to shop in all weathers, car park users, and of course the traders.

The mix of stalls on the weekly Wednesday market has changed over the past few years. It used to be that there were hardware and clothes stalls alongside the food, but they gradually went as the number of people shopping declined. Food is something people have to come back for week after week but we need a larger number of customers before non-food stalls can make a go of it again.

Things are building up, though. In recent months All Greek To Me has made a welcome return selling olives, pastries and baklava, and recently the Elephant and Camel Cafe has brought sweet and savoury vegan snacks, some of which are gluten-free as well. We hope the market is now offering the sort of range people are interested in these days. Don't forget that there are still stalls selling farm-fresh eggs from Cowgill, meat from north Lancashire and artisan bread from Cartmel, as well as greengrocery, wet fish and pies and tray bakes. The bric-à-brac stall that raises money for Christie's Hospital has passed £36,000, which is fabulous. When the weather is kind you may find a selection of car boot

stalls as well.

Most traders are set up by 8.30, bread and cakes are available a little before and the greengrocers trade from 7, so if you need to come by before work you can. Most traders pack up around 1.30pm. The quality is excellent and prices are keen, so do come and have a look if you can.

On Wednesday 6 September we are expecting a visit from the Macmillan information van – cancer affects everyone and you will be able to find out what to expect and get information, practical advice and support. On Wednesday 13 we are again having the 'second Wednesday' extension to the market; on the second Wednesday of each month you will find traders who want to come to the market but can't manage every week. Writing nearly a month ahead I can't say definitely who will be there, but traders involved include Sarah M's jams, preserves and cakes, Fudgeadoodledo and beeswax candles and polish from A Bit of a Buzz.

If you want to have a regular or casual stall please get in touch at office@sedbergh.org.uk or on (015396) 20504.

3

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**DENT, SEDBERGH & DISTRICT
ORAL HISTORY SOCIETY**

Anthea Boulton & Veronica Whymant
BACK TO SCHOOL

"We had rather a severe schoolmaster, and I think there was about nine or ten of us out of a class of about eleven, and every one of us got t' stick, for not doing our lessons. Well that night my hand was just partly black, he struck so hard at us. I went out and I was in tears. And I remember me granddad was going by with his hoss and cart with hay on. He'd been at Garsdale station, Hawes Junction station as it was in those days, for some hay, and if he'd had anybody to hold his hoss I think he would a' gone in and dealt with 'im!"

John Pratt, born 1905

"Yes, it was fairly tough [boarding at Sedbergh School]. The old cold baths in the morning, fagging, beating by prefects, by housemasters and by headmasters. It was part of the discipline system. You went up to the bathroom and you leant over the bath and he had a cane that he used ... well, all prefects were allowed to do beating, and you'd get six of the best on the bottom and sometimes there was three of them involved and they just followed one another ... Oh you could get done for having your hands in your pockets, and caught out of bounds, and probably for something to do with cleaning your boots."

David Hutchinson, born 1920

"Mr Teer taught t' lads manners [at Dent school]. You know, he believed



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in a lot of manners which they hadn't in those days. T' boys had to touch their cap and 'Good morning sir' and suchlike, where they would never think of it before if they were going through t' village. But he was very good. His look would be sufficient, but I remember once there was one lad yawnin' away an' he just got a duster an' he threw it at 'im! I think they knew he was well an' truly boss!"

Cissy Middleton, born 1914

From *Telling it like it was – Dent, Sedbergh and district in living memory*, edited by Anthea Boulton and Veronica Whymant. 3

SEDBERGH & DISTRICT HISTORY SOCIETY

PROGRAMME Winter 2017/8

If you would like a lift to an event please ring a member of the committee. All talks will start at 7.30pm in the venue shown. There will be an admission charge of £1 for members and £2 for non-members to

cover expenses and for the refreshments provided.

**Wednesday 4th October
The Shap Stones**

Jean Scott-Smith: An illustrated talk on the once important Shap Stones showing how the ancient sites were linked and what can be seen of them today. SETTLEBECK SCHOOL

**Wednesday 18th October
Liverpool Cowkeepers – a family history**

Dave Joy: An illustrated talk looking at the lives and times of the Liverpool Cowkeepers many of whom came from our area. The speaker's own ancestors from Upper Wharfedale were cowkeepers.

SETTLEBECK SCHOOL

**Wednesday 1st November
Boskin, Skelbuse and Foddergang:
traditional farm buildings in the
Yorkshire Dales**

Jim Brightman: An illustrated talk drawing on new research into historical farming in the Yorkshire



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DENT MEMORIAL HALL

Wednesday 15th November
Monasteries and their influence in North Lancashire and South Cumbria

Alan Crosby: An illustrated talk on the monastic houses in this area and their distinctive local characteristics, particularly in the context of their relationship with the wider community, which might have played a part in the resilience of Catholicism after the Reformation.

SETTLEBECK SCHOOL

Friday 24th November
The Annual Dinner, 7pm for 7.30pm. SEDBERGH GOLF CLUB

Wednesday 6th December
The Highland Clearances
Mike Winstanley: An illustrated talk which will deal with the Highland Clearances of the late 18th and early 19th centuries. The alleged cruelty



and inhumanity of the landowners have become legendary but how justified is this opinion? This talk tries to take a dispassionate view of this tumultuous time.

SETTLEBECK SCHOOL

2018
Wednesday 17th January
How water shaped Kendal
Geoff Brambles: An illustrated talk examining the ways in which the natural behaviour of water and its human management have influenced the physical growth, urban morphology and economic development of Kendal.

SETTLEBECK SCHOOL

Wednesday 7th February
The history of Holme Mill
Geoff Pegg: An illustrated talk describing the history of Holme Mill from its first use as a flax mill in 1790, followed by its conversion to a coconut matting factory in 1864, through to its closure as a mill in 1975.

SETTLEBECK SCHOOL

Wednesday 21st February
St Helena: a final voyage?
Mike Beecroft: An illustrated talk outlining the history of the island, its links to Britain, and the connections

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between Napoleon and the Doveton family from Cumbria. The talk will also review recent developments and the prospects for the future of the "Saints" and their island.

DENT MEMORIAL HALL

Wednesday 7th March
Discovering a landscape of industry

Andrew Lowe: An illustrated talk looking at the wide range of crafts and industries that have made the Lake District a working landscape. The industrial heritage is a vital component of the attractive landscape we see today.

SETTLEBECK SCHOOL

Wednesday 21st March
Iron Age track to motorway: two thousand years through the Lune

Gorge

Graham Hooley: This illustrated talk will include reference to the Roman period and recent archaeological investigations at the Low Borrowbridge fort in addition to considering the different transport routes up to the building of the M6.

SETTLEBECK SCHOOL

Saturday 24th March

AGM 7pm for 7.30pm.

The AGM will be followed by a buffet meal on a Jacob's Join basis.

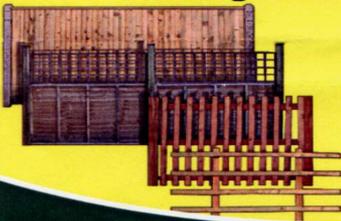
SETTLEBECK SCHOOL

For further information please contact the Winter Programme Secretary, Richard Cann 015396 20771.

In the event of very bad weather, please phone before you set out. 3

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ROSE COMMUNITY THEATRE NEWS

Sandra Gold-Wood.

On June 21 the RCT held a coffee morning specifically for the People's Hall Stage curtains and fittings. The PH has been much updated over the last few years however the Stage curtains are looking rather sad which is a shame given all the updating that has taken place. They need cleaning or preferably replacing and the rails they run on are bowed and in places broken, in short they too need completely replacing. The June coffee morning was the first in a programme of fund raisers. The next was at 'Number Ten' Main Street on Saturday August 26 the same day as the Artisans Market. The proceeds

went towards the PH Stage curtain fund which stands at £240.

The next event is going to be 'Sedbergh does the Chase' on Friday September 29th 7 pm for 7.30 pm start. Work has already begun on rounding up a set of fearsome Chasers. The event will take the shape of an ordinary Quiz evening with the Chase woven in. There will of course be some fun prizes, spot prizes, a bar and a raffle.

On Sunday September 17th the RCT will be holding it's AGM in the Committee room at the PH 2pm start. If you would like to become involved in the RCT in any way please do come along to the AGM we will be pleased to see you. Come and have a chat we always need helpers for



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performances and someone to take on the publicity would be an asset if you enjoy singing and acting all the better.

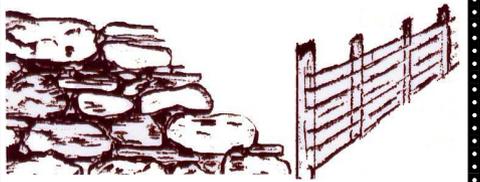
Last year the proposed RCT's first play with a serious nature had to be postponed but it is set to take place on Sunday November 5. Yes, 'Sedbergh and the Great War' is due to be in the People's Hall first performance at 2.30pm and the second at 5.30pm. It is a fictional view of the effects of WWI on a family in Sedbergh. Music will be provided by members of the town band and some wonderful poetry. Teenage boys and girls are needed not to fight as many of them did in the Great War but to play the parts in this production. Auditions will take place on Sunday Sept 17 between 5 pm and 7pm in the committee room at the PH.

Proceeds from the two performances will go to the British Legion Poppy Appeal. Please come along and watch the RCT's small tribute to those who lost their lives or love ones in this terrible conflict.

The Pantomime 'The Wars of the Noses' featuring Richard the Nerd, will take place in March 2018 on

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Thursday 15, Friday 16 and Saturday 17. If you are not into singing or acting then we always need people to generally help out either for the Play, Sedbergh and the Great War or for the Panto next March. Rehearsals for the Great War start on Sunday September 24 2pm Committee room PH or for the 2018 Pantomime rehearsals are due to begin at on Tuesday November 14 so please do give me a call on 015396 21808 or Email sangold.kwood@virgin.net 3

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THE NATIONAL MEMORIAL ARBORETUM

David Parratt

The National Memorial Arboretum near Alrewas in Staffordshire on the edge of the National Forest is the UK's year-round centre of Remembrance; a spiritually uplifting place which honours the fallen, recognises service and sacrifice, and fosters pride in our country. It is a living and lasting memorial.

Since planting began in 1997, the National Memorial Arboretum has been a special place honouring those who have served, and continue to serve, our nation in many different ways.

It's not a cemetery. It's a place of life, represented by the 30,000 trees

planted here, where older and younger generations alike can wander and wonder.

Covering 150 acres, the Arboretum has something for everyone. For some it's a wonderful place to stroll and enjoy the trees; for others it's a peaceful and beautiful place to remember loved ones, particularly those who made the ultimate sacrifice for their country.

The trees and more than 300 dedicated memorials on the site make the Arboretum a living tribute that will forever acknowledge the personal sacrifices made by the Armed Forces and civil services of this country.

Importantly, the focus isn't totally military. There is a large area devoted



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Tony Parrini

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THE ROYAL BRITISH
LEGION



the location of the Armed Forces Memorial; for the Ministry of Defence to pay a significant grant-in-aid to allow for free entry and that The Royal British Legion would accept the gift of the site as the focus for the Nation's year-round Remembrance.

The project began with no money, no land, no staff and no trees. The National Lottery, in the form of the Millennium Commission, granted some forty per cent of the funds needed and this was matched by thousands of donations, both large and small, from a wide variety of organisations both military and civilian, men and women, corporate and voluntary.

The site was developed on reclaimed gravel workings, bordered by the Rivers Trent and Tame, gifted to the charity by Lafarge, which has generously supported the idea from the beginning.

It was created by a staff of thousands: a small paid group; a dedicated and active Friends of the National Memorial Arboretum organisation; and countless others who have either planted individual trees or helped create a memorial for their organisation. The initial planting took place thanks to grants from the Forestry Commission and the National Forest.

It was once estimated that the involvement of so many supporters made the Arboretum the most popular of all the Millennium projects. It will certainly be one of the longest lasting.

The Arboretum was officially opened to the public in May 2001.

From the start it was seen as a place of joy where the lives of people

to Police who have fallen while on duty, as well as other areas devoted to the Fire and Rescue and Ambulance services. National charities representing those who have died in particular circumstances, including children, are also to be found in the Arboretum grounds.

The Arboretum was the brainchild of Commander David Childs CBE who wished to see established a national focus for Remembrance. Following a meeting with Group Captain Leonard Cheshire VC, an appeal was launched in 1994 by the then Prime Minister, John Major.

The future of the project became assured when three proposals were agreed. These were: for the site to be

would be remembered by living trees that would grow and mature in a world at peace.

As planting began in 1997 it seemed appropriate that the site should also celebrate the turn of the century. The Millennium Chapel of Peace and Forgiveness is a central part of the site and was created to offer a place of tranquility and reflection to people of every faith or none.

The Arboretum's planting philosophy has always been inclusive, as can be seen in the many and varied plots. Nearly all were designed in partnership and consultation so that every group could feel a sense of ownership of the memorial to which they had contributed.

Now, more than 10 years on, the

site hosts an abundance of wild plants, woodland areas, grassland, a reed bed and wetland. It is populated by a variety of wildlife including brown hares, skylarks, lapwings, otters, tits and finches, green woodpeckers, buntings and an occasional black redstart. The Wildlife Watch Group meets every month and enjoy activities including, bat detecting evenings, bird watching and walks.

Although many of the trees are still young, they are rapidly growing into a unique living tribute. Every year sees the dedication of new memorials and special events at the Arboretum. Over eighty percent of our visitors surveyed say they will return, many time and again, to see the Arboretum as it develops.

3

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**B4RN
for Sedbergh Area
We dig, dig, dig...**

Martin Stockdale

Hi Ho, It's off to work we go! With any luck (and a little bit of good weather) by the time you read this we will have started digging the first couple of key stretches for the B4RN core fibre.

The core fibre is the "backbone" that connects all the districts of Sedbergh to each other and then out to the wider B4RN network and to the Internet. Once we get the core fibre in place the cabinets will be able to be "lit up" and from there the first few houses will start to get a service.

It's still a long way from a full service for everybody in the area, but "The



journey of a thousand miles begins with one step" as Lao Tzu said (isn't the Internet wonderful for helping to sound intelligent!)

So what can you do to help?

Volunteer. We need more help! Remember that this project will benefit every single resident in Sedbergh and all the surrounding districts, and every little bit of help will get us a little closer. Do you have digging equipment? A mini-digger, a mole plough or even just a spade? Get in touch, we need you. Don't feel up to digging? There's still lots of planning needed, if you want to help the project then why not become a champion for your street, block or hamlet? Can you help while staying at home? Of course you can, we've got plenty of administration and mapping work needed. Most importantly of all, can you make a cup of tea? B4RN is powered almost entirely by tea!

Invest. There is money flowing into the project, which means that we are able to take the first small steps, but if we want to make a giant leap we need more investment so please don't put it off any longer.

If you want more information our leaflets are available in the Information Centre in Sedbergh, there's information on the local project website www.b4sa.org.uk, look at the B4RN website www.b4rn.org.uk or get in touch at b4sa@gmx.co.uk.

3

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MARIE CURIE TEA PARTY

Robin and Caroline Sandys-Clarke

A BIG THANK YOU to all those who helped us in any way, both before and during our Blooming Great Tea Party on the 23rd July. Local businesses were very generous with their support for our raffle, many people gave donations and some delicious scones, cakes and biscuits appeared.

The alpacas enjoyed the attention and the weather was kind until about 5 pm when the heavens opened!

With the addition of money raised with the sale of Quiz sheets, over £1100 has been banked on Marie Curie's behalf. A tremendous total, providing at least 55 hours of nursing time. 3

WATERSIDE FARM COFFEE MORNING

William and Mary Airey

A huge thank you to all who braved a 'slightly damp' morning on Saturday

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August 12 and supported our coffee morning in aid of the Great North Air Ambulance, which raised the fantastic amount of £930.55 p.

Liz hopes to compete again in the Great North Run on September 10th with sponsor money also going to the Great North Air Ambulance. Heartfelt thanks for all your generous donations, and to our 'willing team', without whom it just wouldn't happen.

Thank you all. 3

ANSWER TO PRAYERS

Western Dales Bus

Georgina Devine

My prayers have been answered for a second bus, which came at the end of June.

I am able to go to Hawes on Tuesday and I can go shopping to the local Spar.

I can go to Morrisons on Saturday and Kirkby Stephen on a Friday if I want to.

I like going up to Dent and I get the bus to go to Dentdale Head to Foot and another group on the second Friday of the month.

I sometimes go to Farfield Mill on a Sunday and sometimes go to church

Paul Hoggarth



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on the bus.

I'm really grateful for the helpful and friendly volunteer bus drivers and pray for more drivers. 3

MESSY CHURCH

Pam Dent on behalf of the Messy Church team.

Following the summer break, Messy Church will re-open its doors at Cornerstone Community Church, New St., on Sunday 17th September and on every third Sunday of the month thereafter. A warm welcome is extended to all children of primary school age and their families, including younger siblings. Each session is based on a story from the Bible, with associated games and crafts, singing and re-enacting of the

story. The accent is on coming together to share fun, food and friendship. The afternoon is rounded off with a sit-down meal for up to sixty, by then very hungry, people.

Messy Church is not a purely local phenomenon – at the last count there were over 3770 Messy Churches world-wide, in places as far apart as Iceland and Australia! You can find out all about it by looking at the web-site, www.messychurch.org.uk

We may have had a break from our regular pattern of meetings, but we have not been idle: in early June a coach-load of us attended a Messy Outdoors event at Rydal Hall. The day was warm and sunny and a good time was had by all. A similar (indoor) event is planned at Rheged



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for Sunday 11th March next year – put the date in your diaries now!

Meanwhile we look forward to welcoming as many of you as possible at New St. on Sunday 17th September, 4 – 6 p.m. 3

CHURCHES TOGETHER

St Mark's Church, Cautley

October 4th 2017 marks the 100th anniversary of the death of Private Orlando Garnett of Cautley in the First World War. We shall be holding a special service at St Mark's Church on Sunday 1st October at 2.30pm to commemorate Orlando and all the Cautley folk who lost their lives in WW1. Everyone is welcome at this service. The History Society will be mounting a small exhibition in the

church about the local men and women who served in the forces at that time. St Mark's is open every day of the year, so do come and see. (See also Page 29 of the August Lookaround. Ed)

News from the Pews



Your Parish Church
Susan Sharrocks & Tony Reed
Screen, Churchwardens

How interesting it is to look back and read about the life and times of Sedbergh in times gone by.

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church magazines going back over the years.

One has caught my attention. Dated October 1891 "The Sedbergh and District Parish Magazine for the Parishes of Sedbergh, Cautley, Cowgill, Dent, Garsdale and Howgill" is mostly taken up by articles from "The Church Monthly" which on research I have found took up the majority of space in many Parish Magazines in the country at that time. Each article is beautifully illustrated throughout. Headed "Out-of-the-way Pets"; "The Great Green Grasshopper" makes an interesting and unusual read, whilst a fictional story written by the Vicar of All Saints' Stonecroft, Liverpool "A Tale of Land and Sea" chapters 7 & 8 indicate a

Keith Moorby MAAT

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regular feature. Below the words of a hymn are reminders of jobs to do in the garden during October and elsewhere recipes under the heading of "Cottage Cookery" tell the reader the difference between a puree and a soup, explaining the methods of cooking in wonderful detail. There is a Puzzle Corner and a story for young folk plus "A Meditation for St Luke's Day" and a lengthy detail of "The Church Congress" to be held in Rhyl that month.

News from Dent reported that the juvenile portion of the population had been showered with presents, prizes and entertainment. Farmers lent their carts for the occasion conveying 200 children from the Dale in joyous procession to Gate where presents were given at the end of the annual treat hosted by Mr Burra.

Garsdale reported on more sombre matters about school grants and fees. Cautley mentioned the Sunday

School Summer Treat and the 17 members of the GFS (Girls Friendly Society) enjoyed a substantial tea at their Quarterly Meeting followed by a pleasant evening of games and other amusements.

Howgill announced their new Vicar would be the Reverend Louis Nixon coming to them from Stockport. Rev Nixon has written a letter to his soon to be parishioners, with whom he seems already well acquainted, as he writes he is coming into the midst of friends and not strangers.

Lists of Births, Marriages and Deaths make interesting reading as does a section of the Parish Register.

The article that really stands out for me concerns St Andrew's Sunday School. The plea is for more

teachers both for the morning and afternoon classes of which there were thirteen in 1891, although no mention of how many children attended.

Presently our plea is the reverse of this; we have the teachers and would love to have more children come along. On the second and third Sundays of the month at 10.30am the Sunday School teachers are ready with a welcome, interesting stories and things to do.

In recent years our Parish Magazine contained reports and details of the churches in our Ewecross Deanery as it was called. Once we drew away from the Bradford Diocese to join the Carlisle Diocese and became part of the Kendal Deanery we have relied more on our weekly printed sheet,



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The White Cross for service details and some of the parish news. Copies can be had from the back of the church at any time the church is open, or if you would like a copy can be emailed to you. 3

DENT MEDITATION CENTRE

Sue Stark

The Autumn programme is starting with our monthly Group Meditation on Sunday 3rd September and as usual all are welcome. Whether you have a regular practice or just want to experience the deep peace and stillness of the Meditation Centre this is an opportunity to come along and meet others who want to take time out to be still and peaceful.

On 17th September Kath Reade will again create a wonderful experience of relaxation and healing with a Rainbow Chakra Gong Bath. Kath is a trained Sound Healer and Gong Master, singer and teacher based in Hebden Bridge. To book contact Kath on her website www.deepsong.org.

Creating Flow With Qigong on 23rd September with Tony Bennett offers an opportunity to improve and harmonise emotional, physical and

mental flow through movement, meditation and stillness.

This is the second year that we have run a teacher training course and the new teachers will graduate in September after a five day retreat at The Meditation Centre. The course helps them to deepen their own practice and equips them to go on to teach others both at The Centre and where they live.

As we move into Autumn we invite you to join us and experience the unique peace and stillness of The Meditation Centre.

For more information visit our website www.meditationcentre.co.uk

3

LADIES NFU

Caroline Sandys-Clarke

On 20th June NFU Ladies had an afternoon trip to Tulcan in Cowan Bridge where the Store Manager, Karen Standing, gave us a display of their clothes and a demonstration of scarf tying with suggestions for different colour combinations.

We were then let loose in the store where we could browse at our leisure with the lure of a 15% discount. Many of us made some excellent

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From Tulcan we popped down the road to Ireby Green Farm where we enjoyed a delicious home made tea before wending our way home.

All in all a very successful outing. 3

**SEDBERGH
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Mrs Jean Cope, Hon. Secretary

The Trustees will meet on Wednesday 20th September 2016 to consider **Grant Applications** from suitably qualified persons who have attended local authority schools in SEDBERGH and DENT, and who seek FINANCIAL ASSISTANCE to further their education or for vocational training.

Applications should be in writing and

addressed to: The Honorary Secretary of the Trust, 6, Guldrey Fold, Sedbergh LA10 5DY

3

CASTERTON SCHOOL HISTORY

Katy de la Rivière

Heritage Lottery Fund talks about the history of Casterton School.

Earlier this year the Heritage Lottery Fund awarded a grant to Sedbergh School to preserve and provide access to the archive collection of Casterton School. Over the last six months the archivist and volunteers have sorted and catalogued the collection while gathering information for an exhibition about the history of Casterton School. This exhibition will be launched in September touring local venues. The exhibition will

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accompany a series of talks over the next year that celebrate the history of Casterton School and the women who worked and studied there. The first two talks take place in September.

'The Brontës and their education' by Isobel Stirk of the Bronte Society will take place at 7.30 pm on Monday 18th September 2017 at Fraser Hall, Cowan Bridge. 'Dorothea Beale: championing education for girls in the 19th century' by Rachel Robert, Archivist of Cheltenham Ladies College will take place at 7pm on Thursday 28th September 2017 at Casterton Sedbergh Preparatory School.

Both events are free entry and all are welcome.

3

SCOTTISH DANCING

Calling all Scottish Dancers.

Dr Gina Barney, 015396 20790

A number of us from Sedbergh and district meet with other dancers from Dent, Casterton and Kirkby Lonsdale in Casterton Village Hall on Tuesdays for a social Scottish Dance class. We meet fortnightly up to Christmas starting on 12 September 2017 at 7.30pm prompt. We welcome all from complete beginners upwards. Not formal, but great fun. Come and join us.

More details from me.

3

CARNFORTH AND LUNESDALE DIVORCE CARE SUPPORT GROUP

Heidi Boardman

Our new course starts **Tuesday 26th September. 7.30pm to 9.15pm** at CFM Hunter Street, Carnforth. You will have a chance to meet the team of volunteers and get information on the various sessions involved.

Session 1 is "what's happening to me? " Come along and try us out.

We understand if you are struggling with the pain of separation or divorce, or if you are in a place of loneliness, depression, anger and isolation? These are the normal symptoms of the emotional pain of family breakdown? Perhaps your friends and family around want to help you, but don't know how to. You may be struggling to come to terms with your situation. Are your children angry, hurt and confused? We know it seems such a long hard road to recovery!

We are a divorce care support group which has been running now for over ten years and here to help you and

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your whole family. We understand what you are going through. All courses are free on a donation basis only.

We hope to be offering the children's support group in the spring through our DC4K program.

There is detailed information on all our groups on both of the divorce care websites www.divorcecare.org and www.dc4k.org under find a group postcode LA5 and the website of our sponsoring church CFM is www.cfmchurch.org.uk. There is a promotional video on Google under "Carnforth Divorce care promo" with a You tube film that a past participant has made for us some years ago with local families real experience of the DC courses we run at Carnforth. It

will give you a great flavour of what we are about and hopefully encourage you to come and get some more support for you and/or your family, should you feel you need it.

Or for more details or to book a place, Phone CFM Church office: 01524 736141. 3

NEIGHBOORHOODALERT

Cumbria Trading Standards have received reports of residents being cold called by a London company offering to sell a telephone nuisance call blocking service for £99.00. The company will often claim to work with or on behalf of your telephone company and know some personal information.

The service/device they are offering



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is unlikely to exist and it is simply an attempt to obtain credit card or other financial information from consumers.

Cumbria Trading Standards and Cumbria Police advice is simple; don't give personal or financial information to any cold callers. Often these sellers prey on the most vulnerable. For all your goods and services it is better to deal with reputable traders operating out of fixed premises who you know and trust.

Consumers can register their details with the Telephone Preference Service (TPS) to reduce the number of unsolicited sales and marketing calls. More details can be found at www.tpsonline.org.uk or contact the

TPS registration line on 0345 070 0707.

If you or someone you know has been targeted in this or a similar manner, please contact Trading Standards via the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org.uk

MOORCOCK SHOW

Colin Luckett

It does not seem a year since we were celebrating the 100th Moorcock Show, but time passes very quickly and on Sunday 3rd September 2017 the 101st 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.

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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.

FAMILY MUSINGS

Sarah

When something is planned for many months and then takes place it can be hard to return to normality, seeing as "normality" is undecided here I don't have that problem! The celebrations for my 60th birthday have been exciting, amazing and also challenging.

The theme of a Beach Party grew from an article about easy to make seaside crafts. Sand pits, paddling pools, activities and a hot tub would

all lend themselves to seaside fun. Then a sore on my leg became an ulcer and said leg disappeared under compression bandages. No Hot Tub for me and the nuisance of the sore making everything that bit more difficult.

Then the guest list . Invitations food and so forth and the riddle of the RSVP however the celebration went amazingly well, great fun had by all and even though I couldn't get in the hot tub I enjoyed all the party. The surprises organised by elder daughter (photo booth being a source of great hilarity!) and the kisses and cuddles from our grandchildren and the presence of family and friends from near and far a reeght gud do tha naws.

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Life goes on that great institution the Memorial Hall and Dent Gala, both ingrained in my life. My writing, which takes me to challenging places and provides "escape", my wonderful family and most of all my faith. Not in my own abilities but in Jesus, my beginning, my all-in-all, and the centre of my life.

One day the ulcer will heal, by the time I celebrate my 70th b'day I will be Grannie to 3 teenagers and 2 "nearly there's ".maybe not as willing to 'kiss Grannie' will I still be involved in Gala (think it's for life I love it!) and whatever lies ahead I know God holds me in the palm of His hands.

Meanwhile the challenges of life continue wide awake at 3am being one of them! Sleep well and live well folks.

3

AGAMEMNON

Nick Cross

The government of Mycenae has been in turmoil since the murder of King Agamemnon by his wife Clytemnestra and her lover, the bold, blond, bouncy Aegisthus. Now the time has come at last to deal with that most important of issues, commonly referred to as Mycexit, which sees

Mycenae strike out for independence from Greece, (known in those far off times as the Hellenic Union or HU).

Leading these negotiations is one Polydedees, the proud son of a slave who by his own efforts dragged himself up by his sandal straps. "I stood on me own two feet and so can Mycenae, sithee. We 'ad nowt when I were a lad, twenty on us lived in a cracked amphora and look at me now eh, rubbin' showders wit quality."

Asked by Paxmanides, the court jester, why he had turned up at the negotiations with no papers while his opposite number in Athens, Anaxagoras of Mytilene, had heaps of them Polydedes replied trenchantly: "What do ah need papers for? Ah cain't bloody read!" which makes a sense of sorts.

Meanwhile, his colleague Pygnosius, a former devotee of the Aesculapius, the God of Healing, was dispatched to the court of the Pharaoh Trumpnosis I of the United Kingdoms of Egypt (UKE).

Pygnosius arrives at the golden palace of Trumpnosis to find the Pharaoh in one of his hissy fits, throwing threats around the known world and at his advisors who cringe

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subserviently at his feet. "An y'all can tell them Jebusites if they fit goddam asses jawbones to their chariots then we'll bring 'em fire and fury like the world has never seen. Hell, we got bigger and better asses jawbones that the goddam Jebusites."

"Indeed, Great One." The prostrate officials intone in unison.

"Okay. Do it. Who's the creep in the corner?"

An official whispers in the Pharaoh's ear: "It's Pygnosius of Mycenae and he wants to do a trade deal with you O Son of Ra."

Trumpnosis beckons Pygnosius who prostrates himself before the throne.

"Wanna do a deal creep?" The Pharaoh asks.

"O son of Seth and Bee, may your

might rule the world, we do."

"Okay creep, y'got it. Now waddaye got to trade?"

"We can export temples, O mighty One."

"Hell, we got a ton of them. What else y'got?"

"A few fish and some olives, O wisest of the wise."

Trumpnosis turns to one of his advisors: "We need fish and olives?"

"No Majesty."

"You hear him creep. We got plenty. If you wanna do a deal with this great UK of E, y'godda have sumtin to trade. Right? So waddye got?"

"Not much really, O fount of all virtue."

"Hell, then we can do a deal as quick as wink. You pay for one of



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these new-fangled pyramid things and stuff it full of goodies. Okay?"

Still prostrate, Pygnosius snivels, "Okay great one, but what do we get in return?"

"Look creep, Ah am a great dealmaker, aint dat de troof? Hell, ah bin makin' deals all my life since my daddy left me all this." Trumpnosis takes in all the fabulous palace with a sweep of his jewelled arm. "You don't come askin' me fer nuttin see? Now git. I got serious business with Pootin

and his goddammed Hittites."

Later, on the steps of the Temple of Phoebus Apollo, (Your 25 pee soaraway Sun god), in Mycenae Pygnosius addresses the waiting crowd: "Let me assure you good people that your strong and stable government has struck a most favourable deal with our Egyptian allies. We can leave the HU with confidence. We have many friends around the known world and can do similar deals with them all. I am happy to inform you all that I will shortly be going to Babylon for talks with our Persian friends."

"When will we see this Egyptian deal?" asks Paxmanides.

Pygnosius smiles. "These things take time Paxmanides, as you know. The government cannot be expected to divulge details of such a complex deal as that I have negotiated with the Egyptians."

Paxmanides turns to the waiting crowd. "Thank you Minister for being so full and frank with the electorate and, may I say it, transparent, we will wait for developments. From me Paxmanides goodnight and thank you for watching."

Slaves hold up boards with the credits as the crowd slip, unimpressed, away. "Not worth the licence fee." One was even heard to mutter.

3



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SEDBERGH SCHOOL NEWS

Karen BL

Events

During the summer term the School was inspected by the Independent Schools Inspectorate over a period of three days. The School is delighted



SEDBERGH SCHOOL



New Employment Opportunities

Sedbergh School are 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.

Trainee Chef ~ Events Staff ~ Catering Assistants ~ House Keeping Assistants
Sedbergh School offers:

- Generous remuneration;
- Benefits, including contributory pension scheme with life cover;
- Staff benefits package, including store discount cards;
- Use of the School's sports facilities, including the indoor swimming pool

Please do call **Lizzie Harrison** on 015396 20303 if you would like to know more about any of the above positions that are available or wish to call into the Bursary for an informal chat regarding employment opportunities at Sedbergh.

An application can be obtained by:

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

Emailing Lizzie hrrecruitment@sedberghschool.org

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

that the School was graded as Excellent in every area of review. Among many pleasing comments were "Pupils of all abilities realise their potential, achieving a balance between academic success and striving for excellence in co-curricular activities", and "Pupils' self-knowledge, self-esteem, self-confidence and resilience are exceptionally well-developed.... "

Jessica Chamberlain joined the staff on 18th July weighing 9lb 1 oz.

The CECATS project is gathering momentum, and 60 pupils from Stramongate Primary will have three sessions of Maths, Chemistry and Design & Technology at the Prep School on 7th October.

Martin Powell is thanked by the School Foundation for being one of the sponsors of three courses of the meal at House of Commons on 17th November. 170 tickets have been sold with a waiting list of 20.

On 13th, 14th and 15th a Minor County cricket match took place again this year on the School cricket ground. Cumberland v Buckinghamshire. The first day was a perfect day for such a match with a large number of cars parked on the boundary with rugs and chairs and sunglasses all to the fore. Unfortunately the weather did not quite keep up but cricket was achieved on the second and third days, again with a good number of

cars and some sun.

In the week beginning 14th August the U13 National Children's Orchestra visited the School once more and on the Friday night were due to give a free informal concert, really a rehearsal for their concert in Leeds the following day. It is after this goes to press but they are always very worth attending.

Judging by the tweets the International School, and the various courses, were a great success, even if the weather did not always cooperate.

The Rugby tour returned from New Zealand on 7th August

Sport

The shooting team came third equal in the Ashburton Vlls and IVs at Bisley and Daisy Armstrong (14) was the winner of the Alexandra .

The touring rugby teams had three comprehensive victories in Hong Kong against Hong Kong U19, and two teams against Bishop Wordsworth. In New Zealand they won a hard fought game against Rangiora High School 26-5. They spent an adventurous weekend in Queenstown which included a sky gondola trip, a luge track, bungee jumping from the Kawarau bridge (only 6 boys brave enough!), a jet boat ride, a helicopter ride and white water rafting. Against Christs College at Christchurch the 2nd XV won 52-0, and the 1st XV won against Lincoln University Colts 50-7 Against St Bedes in Christchurch the 1st XV won 48-7, and JBS just lost 19-20. In Nelson the 2nd XV beaten Marlborough College's 2nd XV 32-5 and the 1st XV mismatched against

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Josephine Lade LCSP (Phys)

Nelson's 2nd XV won 89-0. In Wellington the Junior side won 54-7 against St Pats Silverstream U80kg and the 1st XV won 85-7 against Bishop Viard 1st XV.

Harry Brook captains the English U19 one day cricket team v India. Sam Moore captained the U18 English rugby team against France, winning 24-8.

Two OS girls have had success playing cricket: Becky Glen has been picked for Scotland and Ella Telford for Lancs Thunder

Know Your Sedberghian

As there is comparatively little happening in the School at present due to the holidays I thought I would explain some of the dress codes in the School.

A girl in the 6th Form can be identified by two simple signs – she is allowed to have her hair loose, and may wear a coloured jersey and modest jewellery. Both sexes have dark suits for chapel and in the sixth form may also have less strictly controlled suits for ordinary wear (thus often pretty scruffy looking!)

In the winter in particular the scarves tell a lot. Each house has a

scarf in its own colours: Carus blue and red; Evans yellow; Hart green; Lupton black; Powell pink; Robertson turquoise; School blue; Sedgwick red; and Winder purple. You will sometimes see scarves with different coloured tassles indicating that pupils have swapped tassles. A fleece white brown and blue scarf indicates a prefect. Each house also has umbrellas in its own colour (umbrellas no longer indicate a prefect).

The highest award a pupil can achieve is the Headmaster's colours – which are only awarded for really outstanding performance such as representing the country on an international basis. This is a black blazer with two gold stripes. For outstanding contribution in sport a Brown Blazer can be awarded. After appearing for the 1st XV three times a boy may wear white shorts to play in. The blue blazers have been superceded by the school tweed (own choice in the sixth form), but where any still exist the initials of the House are embroidered on the top left pocket in the House colour.

One quite useful fact is that the names of pupils are embroidered (no longer Cash's nametapes nowadays) in their House colours on their clothes so that if you find an abandoned rugby shirt you should be able to tell which House it belongs to. 3

THE TIPPING POINT

Pauline Symonds

Plastic is everywhere; plastic bags and bottles, plastic packaging, plastic in our household goods and appliances, plastic cutlery and takeaway food containers and plastic

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toys. It is lurking in places where we don't expect it; as microbeads in toothpaste, face scrubs and cosmetics, and in the manmade fibres in our clothes. And now it turns out that it is in the fish we eat.

Plastic is so useful because it is durable, but that is also the problem. All the plastic that has ever been made still exists and we are adding to the pile at an ever increasing rate. It isn't even totally durable; how often does a plastic toy break soon after a birthday party, only to be thrown away. Plastic goods can't often be repaired in the same way as things made from wood or metal.

Plastic doesn't break down; it only breaks up into ever smaller pieces and yet we treat it as disposable. 8 million metric tons a year ends up in the earth's oceans. Some scientists think that in a few decades time there will be more plastic in the oceans than fish! There is already a floating soup of plastic known as the 'Great Pacific Garbage Patch' in the North Pacific, covering an area around twice the size of Texas. And this is only the largest of 5 such 'gyres' where the plastic is concentrated by

the ocean currents. Recently there was the story of Henderson Island, a tiny uninhabited dot in the Pacific; a UNESCO world heritage site and home to 38,000,000 pieces of mainly plastic trash weighing nearly 18 tons. 'A Plastic Ocean' (available via Netflix and YouTube) is the name of a film telling the whole sorry story in graphic reality. Fish, sea birds and whales are shown in their death throes, stomachs bloated and hard. Researches cut them open to reveal a collection of plastic debris. Whales eat by just opening their mouths wide and whatever is there, floats in, including the plastic particles. They have no way of filtering them out! Fish ingest plastic particles and chemical toxins migrate into the flesh

that we eat. In trips in a submersible they revealed plastic bottles, old plastic fishing nets and other debris littering the sea bed. Plastic is a poison. Even consuming food and drinks from plastic containers could harm our health with evidence of harmful chemicals leaching from the plastic containers in to our food. People in faraway corners of the world were pictured actually living on giant plastic garbage heaps. Some 15 million people live and work within sprawling municipal rubbish tips around the globe.

We can't carry on generating this toxic, non-disposable waste at an ever increasing rate. It is a problem which many people think is even more serious than climate change. So what can be done?

Around two thirds of the UK's plastic (and an even higher proportion of the world's plastic) ends up in landfill, which means that it will stick around polluting the environment and someday it will find its way to the sea. Once in the ocean the currents will do the job of dispersing it around the world. Moreover, much of the world's plastic bags and bottles are just chucked by the wayside and don't even get to landfill sites! Recycling stops the pollution of the environment and ensures that the material is reused. It is good to see that in Sedbergh we now have doorstep collection of plastics (although not including plastic bags). However, most plastics degrade when recycled; in effect they are downcycled. Recycling is a good start but it doesn't solve the whole problem. The answer is to stop using plastic. It

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is very difficult to do this entirely but not too hard to go a long way down the line. Here are some ideas!

Plastic shopping bags can be replaced with reusable cloth bags. Great steps have been made here with the introduction of charging for plastic shopping bags which more or less overnight reduced use by 85%. Government actions like these can help a lot and we need to push for more.

The consumption of plastic bottles is around a million a minute and rising; most end up in the oceans. We can stop buying bottled water and drinks in plastic bottles and take reusable bottles full of water instead.

Avoid fruit and vegetables packed in plastic or in plastic tubs. This is difficult for sure if you want strawberries or blueberries (which I love) but stuff like apples, courgettes, cabbages etc. don't need packages at all. Reusable mesh bags can be used for things like cherries, tomatoes and beans which need bags.

Say no to plastic straws, single use plastic mugs and plastic cutlery. Carry your own reusable mugs and

spoons to use instead of the 'disposable' ones on offer. People might initially think you are a little bit bonkers, but it may help get the message across and make others think about it. You can even take your own containers to shops for meat and fish.

Buy products in boxes instead of plastic containers, e.g. washing powder. Use bars of soap rather than bottles of liquid soap. It is even possible to get soap shampoo.

Limit the use of bin liners and stick to the bio-degradable variety.

Taking it further things get more tricky. Toothpaste contains plastic microbeads and the tubes are made from a plastic that is difficult to recycle. Microbead free toothpaste in glass jars does exist and can be ordered on-line! However, goods ordered online often include excess packaging. Will companies respond to requests to reduce it? At least Majestic Wine deliver glass bottles of wine in a simple cardboard box! Plants always come with a plastic pot and it's hard to find anyone who reuses them. And then there are all the clothes made out of artificial fibres, i.e. plastic, particularly sportswear. Milk is a daily commodity for most people and often the only option is to buy it in a plastic container from a supermarket; over 80% of milk sold is in plastic of which only a small fraction is recycled material. Fortunately here in Sedbergh we can get it in reusable glass bottles from a local farm. You can taste the difference between milk from plastic and glass. What is the plastic doing to our bodies?



R Lewes Chartered Accountant

15 Guldrey Lane, Sedbergh

- Accountancy & tax services for small businesses
- Business start-ups and business coaching
- Tax returns and tax advice for individuals

Summer holiday over? - Time to get on with your tax return!

Call or email

Rosemary
015396 20088

rosemary@rlcaccountants.co.uk
for friendly and **LOCAL** service

Your first consultation **FREE**



It is probably hopelessly idealistic to hope that the world's population will stop using plastic just like that, but, ultimately that's what we need to do so why not make a start now? There are many people trying to cut down on the use of plastic and there is a host of websites with useful advice. 'Zero Waste' groups are popping up all over the place, including Kendal. Perhaps we should have one here in Sedbergh!

YORKSHIRE DALES NATIONAL PK *National Park report highlights successes and failures*

An annual report on the Yorkshire Dales' National Park Management Plan (NPMP) has outlined a list of

"significant achievements", as well as some issues where there has been "little or no progress".

Of the 53 objectives in the current NPMP 2013 - 2018, 12 have already been achieved, while 26 are on course to be achieved. However, there are 14 objectives where progress is behind schedule and one where little or no progress has been made.

The NPMP guides the work of all the organisations operating in the Yorkshire Dales National Park.

"This is about accountability," said Carl Lis, chairman of the NPMP Steering Group. "It's no good having what is in effect a five-year work programme – which all the different

organisations have signed up to – without keeping track of how we’re doing.”

The short report summarises some of the main achievements in the 2016/17 financial year. They include:

The formal adoption of a new Local Plan for the National Park, which identifies sites for the development of new homes and businesses.

An increase in the value of tourism within the Park, now 16 per cent higher in real terms than in 2012.

The successful start of a £2.5m programme of conservation and community projects around Ingleborough.

An increase in volunteering with the National Park Authority.

However, slower progress has been made on objectives relating to barns conservation, building more affordable homes, safeguarding local services and the condition of Sites of Special Scientific Interest. Little or no progress has been made on an objective to provide basic mobile phone coverage across the Park.

Carl Lis said: “A lot of good work has been done in the National Park in the past year, in what are pretty challenging times. The big positives include work on hyperfast community broadband, volunteering, apprentices and tourism.

“But some objectives are proving more difficult to meet, such as getting enough affordable houses built and getting more of our many nationally-important wildlife sites into favourable condition. These will be two of the issues that we’ll need to tackle as part of the new management plan that we will be publishing next year.”

The 13 organisations represented on the NPMP steering group are:

Craven District Council
Dales Farmer Network
Dales Rural Estates Network
Dales Tourism Business
Eden District Council
Environment Agency
Forestry Commission
Lancaster City Council
Natural England
Richmondshire District Council
South Lakeland District Council
Yorkshire Dales Millennium Trust
Yorkshire Dales National Park Authority

The annual report can be found at: <http://bit.ly/2v6brew>

The National Park Management Plan for the period 2018-2023 is currently being updated. A consultation ran from 22 May to 3 July this year, during which people were asked to identify ways in which the National Park could be improved. The new plan, drawing on people’s responses to the consultation, will be published in 2018. 3

COMMUNITY OFFICER REPORT INCIDENTS OF NOTE

CSO 5251 Martin Boak

Within the wider area that your Parish falls in the last month there have been

21 incidents reported, with 15 relating to the Parish.

Resulting in 3 Crimes being recorded which relate to the parish.

Incidents related to the Parish:
16th July Female cyclist crashed into river at Gawthrop, local residents able to help her from the river and summon Ambulance service.

16th July suspicious vehicle reported Brackensgill area no trace on officer arrival.

25th July suspicious male reported in gardens at Southfield road no sign of male on officer arrival.

Crimes for Sedbergh:

16th July report of criminal damage to a motor vehicle on Back lane two tyres slashed and scratch to paintwork.

19th July report received of parking cones stolen from Joss lane car park.

Also of note:

31st July several forged £20 notes reported being passed in KL

7th August Report of several thousand pounds worth of lead stolen from the roof of Underley garden School, work is ongoing on the roof of the building so vehicle movements may not look untoward but any information relating to strange vehicles in the area welcomed.

CRIME PREVENTION

Any suspicious activity/vehicles please contact 101.

Also during warmer weather do not risk sneak in burglaries by leaving doors/windows insecure.

PARTNER AGENCY MESSAGES

Please be aware of a recent telephone scam relating to PPI where the caller has promised a sum of money to be paid if the victim puts cash onto an itunes card for collection by their representative. Under no circumstances should cash be paid upfront for any such service and no legitimate company would request this.

Tel non emergency: 101

T: 01539567313

E: martin.boak@cumbria.police.uk 3



stramongate press

printers

printers

of

Sedbergh Lookaround

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Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448

fax 01539 730253

e-mail info@strampress.co.uk

website www.strampress.co.uk

PERSONAL & SMALL ADS £1

JOHN RAW

John and Susan Raw thank all those who supported us before, during and after John's operation. For the cards, prayers, telephone calls, food, visits and much more. We have been overwhelmed. Thank you to Sedbergh Health Centre for the care and concern and professional support. Also doctors and nurses Ward 35 at RLI. John is now recovering well.

=====

FOR SALE

880K Rayburn (oil) Range Cooker. 2 ovens; Central Heating; domestic Hot Water. 1070mm wide. Conventional Flue. Ex Condition with Full Service Record. Ready for removal from Middleton. Offers around £2,000. Tel: 015242 76350.

=====

FOR SALE

Kenwood stand Mixer & Tools. Nearly new. Only used twice. £160.00 ono. Mob: 07854 055030.

=====

FOR SALE

Shelf unit which holds hundreds of CD/DVD/Games. H=44"; W=24"; D=5". £5. 9 new Cushions for Garden / Patio / Conservatory furniture. Still in wrapping. New, over £60. £20. Tel: 21960.

=====

PERSONAL MESSAGES

If you wish for a Personal Message to be inserted, please leave details with £1 in the Lookaround Post Box at the Sedbergh Information Centre.

EDWIN MIDDLETON



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We design, manufacture purpose made joinery in our own workshop.

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Free Advice and Estimate

Phone: 015396 25431 or 015396 20074

Mobile: 07779 049103 or 07814 149105

(Continued from page 85)

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.

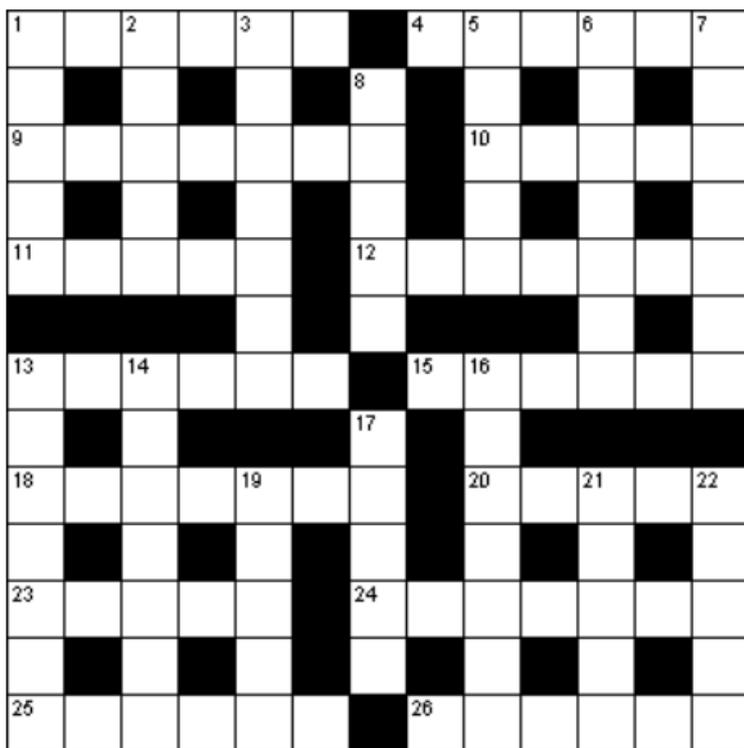
CHILDREN'S BIRTHDAYS

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 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 Voucher, please contact us. Full credit will be given.

D J Whicker

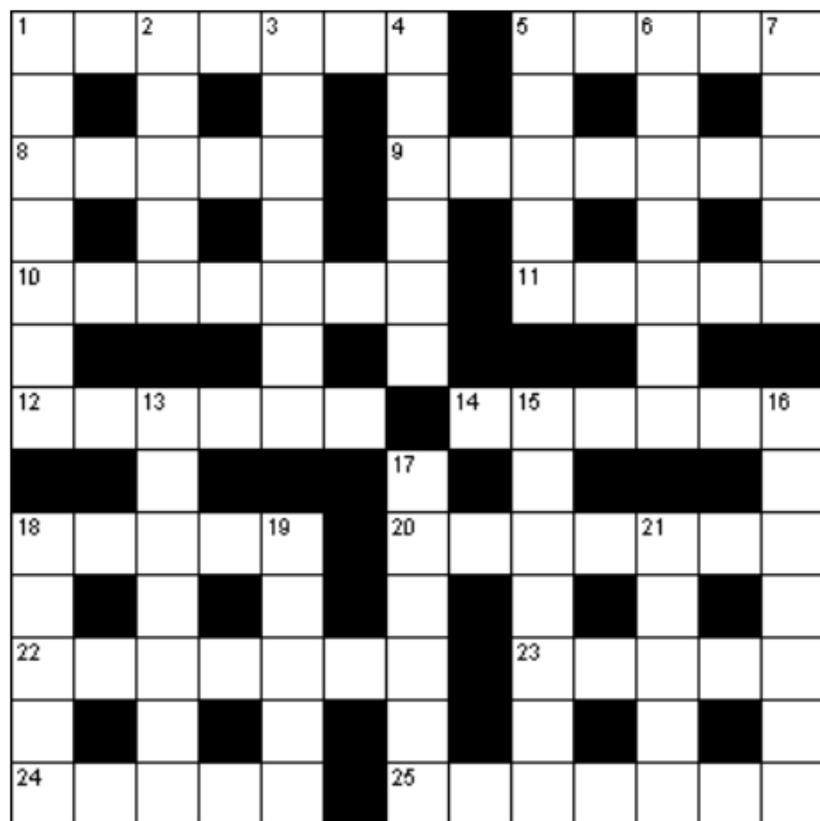


Across

1. Tune (6)
4. Shriek (6)
9. Elaborate ceremony (7)
10. Youngster (5)
11. Plaudit (5)
12. Dried grapes (7)
13. Comfort (6)
15. Slapstick (6)
18. Lamp (7)
20. Legally acceptable (5)
23. Happening (5)
24. Coach (7)
25. Tallies (6)
26. Tiers (6)

Down

1. Tree (5)
2. Licit (5)
3. Extreme (7)
5. Desert plants (5)
6. Building (7)
7. Freedom from vanity or conceit (7)
8. Rear part of a ship (5)
13. Prominent (7)
14. Soft or indulgent (7)
16. Avert (7)
17. Combine (5)
19. Laud (5)
21. Spear (5)
22. Sews (5)

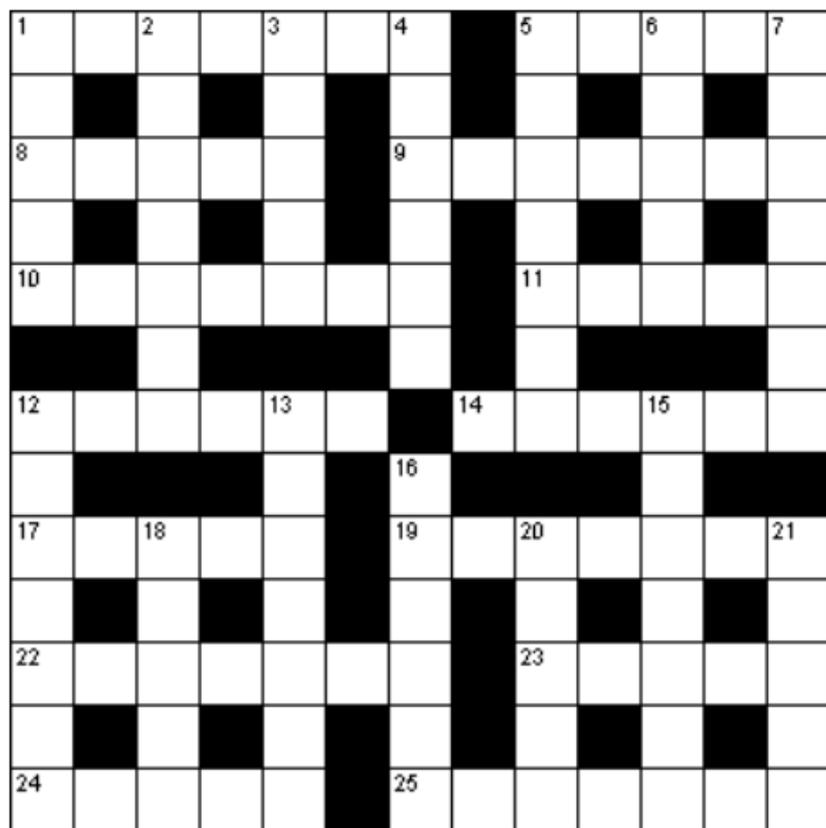


Across

- Theft (7)
- Ambit (5)
- Relating to a city (5)
- Closest (7)
- Foster (7)
- Public square (5)
- Floor covering (6)
- Soldiers (6)
- Percussion instruments (5)
- Burrowing rodent (7)
- View (7)
- Stroll (5)
- Choose (5)
- Pull out (7)

Down

- Curt (7)
- Watercourse (5)
- Leave out (7)
- Distant but visible (6)
- Acute (5)
- Aromatic herb (7)
- Additional (5)
- Habitual method (7)
- Oddment (7)
- Excess (7)
- Opportunity (6)
- Stingless male bee (5)
- Change position (5)
- Shinbone (5)



Across

- Freedom (7)
- Berate (5)
- Rhinal (5)
- Amazing (7)
- Impassive (7)
- Tendency (5)
- Fruit (6)
- Loved (6)
- Banquet (5)
- Gossip (7)
- Embrocations (7)
- Entomb (5)
- Arrows (5)
- Mariners (7)

Down

- Golf course (5)
- Woodwind instrument (7)
- Object surviving the past (5)
- Annual (6)
- Perfumed (7)
- Earth's protective layer (5)
- Feared (7)
- Perplexed (7)
- Countries (7)
- Rice dish (7)
- Dissertation (6)
- Change (5)
- Legal excuse (5)
- Tall tales (5)

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	09/16	Helpline	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	09/17		Sed:	
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	mylesripley52@gmail.com	
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	admin@howgillharriers.co.uk	
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	mylesripley52@gmail.com	
Labour Supporters Group	10/15	Mr Cross	01539	634139

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	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 Woolf	Dent:	25212
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com	
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
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

* = Latest Amendments

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

EDITORS COMMENTS

NEW ADVERTISER

We have another new advertiser this month with Doggie Stylin' on Back Lane.

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

CROSSWORDS

Where were they last month? Sorry there was no room BUT you have a special treat this month. Enjoy!

FUTURE OF LOOKAROUND

Back in 1988 when it looked like Lookaround would finish, the 'Lookaround Support Group' was formed which kept things going. There is currently enquiries being made to form a similar Group. Back in those days, everything came in on paper and it was hard work. Today, most of the information comes in electronically which makes the task so much easier. Regular Editorial Meetings would not be required and not so many people to put things together so just a couple of hours per month would be required. If you feel you would like to volunteer to keep *Lookaround* going, please contact Nick Cross on 015396 34139 (you must ring the whole number).

BACK COPIES

There is a complete set of all the previous Lookaround's in the History Society Room at 72 Main Street. For a donation to Charity (Talking Lookaround), I can supply every issue from 2003 on a (supplied) USB Pen Drive in PDF Format.

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

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 (preferred) 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 everything is 15th of every month.

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999 (*18 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 (for the last 18 years). 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

(Continued on page 78)

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

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				

* 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.

* 1020 Dent Station to Kendal will wait for up to 10 minutes beyond scheduled departure for late running 1016 train from Leeds.

* The bus can be boarded or alighted at any place it is safe to stop. Please give a clear indication to the driver.

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.

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

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

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.

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

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

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.



September Church Services					
St. Andrew's Sedbergh	3rd	10th	17th	24th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	Ecumenical Service @ CCCM	Holy Communion	Holy Communion	Family Service	
6.30 pm	Evening Prayer	Evening Prayer	Evening Prayer	Evening Prayer	
Wednesday	6th	13th	20th	27th	
11.15	HC BCP	HC BCP	HC BCP	HC BCP	
	3rd	10th	17th	24th	
St. Mark's Cautley	2:30pm Holy Communion	9.30am MP (NC)	No Service	2.30pm Harvest	
St. John's Garsdale	10 am Holy Communion by Extension	6.30pm Street Chapel	2pm Low Smithy	10am Harvest	
Lune Parish Services					
	3rd	10th	17th	24th	25th
Holy Trinity Howgill	10.30am @ CCCM	2pm Holy Communion @ Firbank	2pm Holy Communion @ Howgill	2pm Harvest Festival @ Killington	7:00pm Harvest Supper Killington Village Hall
St John's Firbank					
All Saints Killington					
Dent & Cowgill Parish Services					
	3rd	10th	17th	24th	
St. Andrew's	10.30am Holy Communion	10.30am Holy Communion	10.30am Holy Communion	10.30am Harvest Festival	
St. John's	2.30pm Holy Communion	2.30pm Baptism	No Service	No Service	
Cornerstone Community Church (CCCM/N) Services (Formerly URC & Methodist)					
	3rd	10th	17th	24th	
10.30 am	CCCM/PH	CCCN	CCCN	CCCN	
worship@peopleshall					
	3rd				
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

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

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 A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789
Mrs Lappin	The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05) <i>4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL</i>	20200
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB; Free Wi-Fi</i> e-mail: sangold.kwood@virgin.net	21808
Mrs 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:- gill.durie@hotmail.com	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:- stay@drawellcottage.co.uk	21529
Mrs S Sharrocks	Holmecroft, Station Road, Sedbergh LA10 5DW (2017/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754

CAMPING, CARAVANNING & SELF-CATERING

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

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
1600	3rd Sunday	Messy Church	CCCN
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	StAS
1800	Every Friday	Cub Scouts	SHQ
1930	Every Friday	Scouts & Explorers	SHQ
1330	1st Friday	Dentdale Club	DMH
1000	Every Saturday	Swimming Club	SS

= School Term Time Only

See Group Page for contact details & Diary Page for Keys

PLACES OF INTEREST TO VISIT IN THE AREA

Bowling Green, Queens Gardens
Bruce Loch Nature Area, Busk Lane
Cautley Spout, A683 towards Kirkby Stephen
Community Office, 72 Main Street
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

SEPTEMBER

1	1030	Craft Council Exhibition (1)	FM
1	1030	Anne Mackinnon Exhibition (1)	FM
1	1400	Dentdale Head to Foot	DMH
1	1000	Lucy Pittaway Exhibition	DCMH
2	1000	Saturday Coffee Morning	DMH
2	1930	Flicks in the Fells - (4)	PH
3	1030	Moorcock Show (4 & 65)	Moorcock
3	1100	Monthly Meditation Drop-In (5 & 61)	MCD
3	1300	Let's Get Knitting	DCMH
5		SS Term Begins	
5	1400	Hawes Town Trail	DCMH
6	0830	Sedbergh Weekly Market (6)	JLCP
6	1000	CM - St Johns Hospice	CCCM
6	1000	Yoga Classes Start (7)	HVH
6	1030	Angharad Thomas Exhibition (1)	FM
7	1800	Yoga Classes Start (7)	SPS
7	1930	WIHF - Servicing & Funding a Hospice	HVH
8	0930	Action with Communities AGM (8)	PH
9	1030	Heritage Weekend (1)	FM
9	1030	National Lacemaking Day (1)	FM
10	1030	Heritage Weekend (1)	FM
10	1030	Anne Mackinnon Exhibition Ends (1)	FM
10	1330	Barns, Walls & Bridges	DCMH
12	1400	WIK - Local Landscape	PH
12	1915	Dentdale Choir (August)	DMH
12	1930	Domino Drive	FCH
13	0830	Sedbergh Weekly Market (6)	JLCP
13	1000	CM - Talking Lookaround (13)	CCCM
13	1030	View Textiles Exhibition (1)	FM
13	1030	Village Art Exhibition (1)	FM
13	1915	WID - Steve Swithin	DMH
13	1930	WIS - Autumn Flowers	PH
13	1915	Princess Ida (16)	Staveley
14	0800	Westmorland Show	Crooklands
14	1200	Age UK Lunch Club	Red Lion
14	1915	Royal British Legion (14, 53 & 52)	WHC
14	1915	Princess Ida (16)	Staveley
15	1915	Princess Ida (16)	Staveley
15	1930	1,000 years at Hornby Castle	DCMH
15	1930	Torchlight Procession	Kendal
16	0930	Artisan Market ()	Sedbergh
16	1300	Shirley (1)	FM
16	1500	Shirley (1)	FM
16	1900	Shirley (1)	FM
16	1915	Princess Ida (16)	Staveley
17	1100	Rainbow Chakra Gong Bath (5 & 61)	MCD
17	1130	Shirley (1)	FM
17	1400	RCT AGM (17 & 50)	PH
17	1400	Shirley (1)	FM
17	1600	Messy Church (17 & 57)	CCCN
17	1600	Shirley (1)	FM
17	1700	RCT Auditions (17 & 50)	PH
18	1930	Brontes & their Education (62)	Cowan Bridge
19	1930	Ladies NFU Home Guard	PH
20	0830	Sedbergh Weekly Market (6)	JLCP
20	1000	CM - Sedbergh WI	CCCM
20	1300	Medical Centre Closed for Training (20 & 14)	MC
21	1330	Casterton Recital	HTCC
23	0900	Flu Clinic (20 & 14)	MC

23	1000	FLOW with Qigong (5 & 61)	MCD
24	1400	RCT Rehearsals (17 & 50)	PH
24	1930	North Westmorland Arts Concert (24)	Appleby
25	1130	Flu Clinics (20 & 14)	DMC
25	1930	Cowgill Folk Chorale (25)	Cowgill
27	0830	Sedbergh Weekly Market (6)	JLCP
27	1000	CM - First Responders (27)	CCCM
28	1900	Champion Dorothea Beale (62)	Casterton Sch
29	1000	CM - MacMillan Cancer Support (29)	No. 6
29	1530	CA - MacMillan Cancer Support (29)	Cautley
29	1900	Sedbergh Does The Chase (28 & 50)	PH

OCTOBER

1	1030	Craft Council Exhibition Ends (1)	FM
1	1030	Angharad Thomas Exhibition (1)	FM
1	1030	View Textiles Exhibition (1)	FM
1	1030	Village Art Exhibition (1)	FM
1	1430	Private Garnett Memorial Service (58)	StMC
2	1000	Lucy Pittaway Exhibition Ends	DCMH
4	0830	Sedbergh Weekly Market (6)	JLCP
4	1000	CM - Christian Aid	CCCM
4	1930	HS - The Shap Stones (47)	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 - (4)	PH
8	1100	Monthly Meditation Drop-In (5 & 61)	MCD
8	1845	Casterton Harvest Festival	HTCC
10	1400	WIK - Windermere's Lakeshore Villas	PH
10	1930	Bingo & Tattie Pie Supper	FCH
11	0830	Sedbergh Weekly Market (6)	JLCP
11	1000	CM - Ladies NFU	CCCM
11	1300	Medical Centre Closed for Training (20 & 14)	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 (14, 53 & 52)	WHC
13	1930	National Memorial Arboretum (14, 53 & 52)	PH
14	0900	Flu Clinic (20 & 14)	MC
14	1930	Olde Time Dance (45)	PH
15	1030	Angharad Thomas Exhibition Ends (1)	FM
17	1930	Ladies NFU St John's Hospice	PH
18	0830	Sedbergh Weekly Market (6)	JLCP
18	1000	CM - Firbank Church	CCCM
18	1930	HS - Liverpool Cowkeepers (47)	SSAT
19	1330	Casterton Recital	HTCC
21		SS Half Term Begins	
21	1030	Village Art Exhibition Ends(1)	FM
25	0830	Sedbergh Weekly Market (6)	JLCP
25	1000	CM - Garsdale Church	CCCM
28	1000	Apple Day	PH
29		Clocks Fall Back	
29	1030	View Textiles Exhibition Ends(1)	FM

NOVEMBER

1	0830	Sedbergh Weekly Market (6)	JLCP
1	1000	CM - Bowling Club	CCCM
1	1930	HS - Boskin, Skelbuse & foddergang (47)	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 - (4)	PH

COVER PHOTO

Killington Reservoir

By Bill Lewis

5	1100	Monthly Meditation Drop-In (5 & 61)	MCD
5	1430	RCT Sedbergh & the Great War (RCT)	PH
5	1730	RCT Sedbergh & the Great War (17 & 50)	PH
5	1930	North Westmorland Arts Concert (24)	Appleby
5		SS Half Term Ends	
8	0830	Sedbergh Weekly Market (6)	JLCP
8	1000	CM - Royal British Legion (14, 53 & 52)	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 (14, 53 & 52)	WHC
14	1400	WIK - AGM Plus	PH
14		RCT Rehearsals (17 & 50)	PH
14	1930	Church Domino Drive	FCH
15	0830	Sedbergh Weekly Market (6)	JLCP
15	1000	CM - Vacant	CCCM
15	1930	HS - Monasteries in Cumbria (47)	SSAT
16	1300	Medical Centre Closed for Training (20 & 14)	MC
18	1000	FLOW with Qigong (5 & 61)	MCD
21	1930	Ladies NFU Kendal Chocolate House	PH
22	0830	Sedbergh Weekly Market (6)	JLCP
22	1000	CM - Vacant	CCCM
23	1330	Casterton Recital	HTCC
24	1900	HS Annual Dinner (47)	Golf Club
29	0830	Sedbergh Weekly Market (6)	JLCP
29	1000	CM - Vacant	CCCM
30		St Andrew's Day	

DECEMBER

1-4		Dent Folk Carols Weekend	Dent
1	1400	Dentdale Head to Foot	DMH
1	1845	Casterton Carol Service	HTCC
2	1000	Dentdale Chapel CM	DCS
2	1930	Flicks in the Fells - (4)	PH
3	1930	North Westmorland Arts Concert (24)	Appleby
5		Town Band Christmas Concert	StAS
6	0830	Sedbergh Weekly Market (6)	JLCP
6	1000	CM - Vacant	CCCM
6	1800	Late Night Shopping	Sedbergh
6	1930	HS - The Highland Clearances (47)	SSAT
7	1930	WIHF - Christmas Party	TBA
12		WIK - Christmas Lunch	
12	1930	Ladies NFU Old Sedbergh	PH
12	1930	Christmas Domino Drive & Mince Pies	FCH
13	0830	Sedbergh Weekly Market (6)	JLCP
13	1000	CM - Vacant	CCCM
13		WID - Christmas Lunch	TBA
13		WIS - Christmas Dinner	TBA
14	1200	Age UK Christmas Lunch Club	Red Lion
14	1915	Royal British Legion (14, 53 & 52)	WHC
14		SS Term Ends	
20	0830	Sedbergh Weekly Market (6)	JLCP
20	1000	CM - Vacant	CCCM
20	1930	Christmas Domino Drive	HVH
25		Christmas Day	
26		Boxing Day	
29-5		Lakeland Voice New Year Singing Week	Sed

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	= Fairfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HTCC	= Holy Trinity Church, Casterton
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
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

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

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

Tel: 015396 20125/20504

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."

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