

Sedbergh & District

LOOKAROUND

July 2018

Issue 367

Donation £1

A big sincere thank you to everyone this month for the enormous amount of contributions and for the early submissions. This has been very helpful for the 'New Team' to see how things come in and get put

together.

'New Team'? See details on Page 6 for an update but there maybe a couple of names missing at the moment. Maybe yours is one of them???

Dennis & Jacky Whicker



St Andrew's Church
Sedbergh

SUMMER FAIR

Saturday 14th July
10 until 4pm

12 noon:- Children's Entertainment by Joel
PLUS a bouncy castle & children's games
and children's art competition entries on show
Music by Rawthey Rhythm,

Many Stalls including
Cakes ~ Crafts ~ Bric a Brac ~ Books
Tombola & Raffle

Teas ~ Coffee ~ Cakes ~ Lunches

Everyone is invited to attend and enjoy this annual event

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>

Articles

Advertising Rates	93
Bed & Breakfast	84
Bus Time Tables	88
Diary of Events	94
Editorial and Information	78
Groups	86
Personal Messages	78
Places of Interest	85
Puzzles	80
Religious Information	92
Regular Meetings	85
Useful Telephone Numbers	4
Age UK South Lakeland	67
Art Society	70
Artisan Markets	69
B4RN	68
Bowling Club	72
British Legion	68
Citizens Advice	74
Community Officer Report	75
Community Swifts	56
Councillor Corner	6
Councillors Corner	8
Country Harvest	73
Cumbria Scouts + photo	48
Cumbria Wildlife Trust	59
Cupcake Day	51
Dent Gala and Memorial Hall	14
Dent Railway Station	16
Dentdale Christian Fellowship	15
Dentdale Head to Foot	14
Digging for Britons	55
Family Musings	41
Gala Thank You Evening	39
Gardening	53

Golf Club	72
History Society Furness Abbey	29
Holiday Club	70
Ladies NFU	30
Marie Curie	71
Music Festival 1	20
Music Festival 2	22
Music Festival 3	25
Music Festival Catering	28
neighbourhoodalert Fraud	18
neighbourhoodalert Phishing	19
News from the Pews	50
Parish Council Sedbergh	12
Positive Steps	71
Primary School Appleby + photo	43
Primary School Auction	42
Primary School Victorians + 2 pics	47
Queen's Gardens	63
Red Squirrel Group + photo	61
Sedbergh in Bloom	62
Sedbergh School News	43
Settlebeck News	42
Shepherds Dwelling	17
Slovenia Sings + 3 photos	25
Songs of Praise	24
Team Lookaround	6
Tim Farron MP	10
Town Band	20
Weather	52
WI Howgill & Firbank	35
WI Killington	37
WI Sedbergh	31
Wools of Cumbria Carpets	40
YDNP Swifts	65
YDNP Young Ranger	64
Zero Waste	5

Business Adverts

A1 Audio	67	Killington Marquees	29
Able Memorials Stonemason	24	Lakes Scaffolding	48
Andrew Allan Video Transfer	35	Laura's Loom	29
Backyard Blooms	7	LS Pressure Washing	49
Bonney Brides Photography	63	Malcolm Sedgwick Carpenter	68
Brian Goad Funeral Services	25	Mark Barker Gardener	65
British Legion	11	Market Place	77
Byroms Furnishers	44	MB Designs Decorator	31
Capstick Insurance Agent	10	McGarry Solicitors	30
Carl Berry Window Cleaner	70	Medical Centre	11
Cherry Stainton JCB Hire	31	Medical Centre	75
Churchmouse Café	64	Meditation Centre Events	15
Cobble Country Estate Agent	20	MK Conversions Builders	36
Cross Keys Hotel	42	Nicky Ross Plumber	19
Cumbria Stoves	66	No. 6 Finkle Street Lifestyle Store	17
Dalton Burial Ground	25	Parkin & Jackson - Kevin Bateman	25
Daphne Jackson Osteopath	45	Paul Hoggarth Builder	61
Dawsons Coal Yard	18	Paul Tuson Joinery	74
Derek Hayes Gardener	27	People's Hall	47
Duncan Law Plumber	37	Peter Woof Electrician	14
Eddie Lord Plumbing	35	Philip Horner Fencer	63
Edwin Middleton Carpenter	75	Red Squirrel Group	65
Fairbank Society Residential Home	72	Richard Hoggarth Builder	37
Family Villa to Rent	60	Robert Powell Web Design	45
Farfield Mill	9	Rosemary Lewes Accountant	22
First4Homes Improvements	58	Ryan Simpson Septic Tanks & Skips	65
G J Baines & Son Builders	66	Scott Ostle Services *	6
Gardner Mackenzie Plumbers	26	Sedbergh School	69
Garsdale Design Architects	59	Sheila Shuttleworth Dressmaker	74
Gary Allan Metalworker	31	Simon Parkin Carpet Cleaning	28
Gavin Charlesworth Wood Supplier	38	Smart Office Stationery	56
Graham Milburn Weed Control	15	Stefan Kliszat Decorator	53
Graham Moore Chimney Sweep	27	Stephenson & Wilson Builders	71
Green Clean Cleaning Services *	8	Steve Hopps Handyman	35
H&M Craftsmen	14	Stobars Hall Care Home	55
Haddock Paddock Fish & Chips	33	Stramongate Printers	76
Hayton & Winkley Solicitors	34	TDS Decorator	23
Helping Hand	43	Temptations Craft Boutique	59
History Society	6	Three Hares Café	16
House Clearances	71	Tilk Wilkinson Builder	33
Howgill Upholstery	64	Tooby Electricals	32
Ian Higginbotham Decorator	45	Treadwell Flooring	33
J R Hopper Estate Agent	52	Valerie Hinde Architect	50
JHS Joinery	64	W Milburn & Sons Builders	74
Josephine Lade Orthopaedic	41	Walkers Electricians *	5
Jude Jackson Music Teacher	62	Wes Brewer Firewood	46
June Parker Acupuncture	70	Westmorland Veterinary Group	21
K W Electricals *	4	Windermere Windows	54
Kay Whittle Chiroprapist	57	Wools of Cumbria Carpets*	40
Keith Moorby Accountant	57	Yvonne Cervetti Massage	55

Events & Miscellaneous

B4RN	73
Coffee Morning British Legion	11
Coffee Mornings	4
Cream Teas	21
Farfield Mill	9
Gala Evening	13
History Society	6
Holiday Club	23
Medical Centre	11
Meditation Centre Events	15
Shepherd's Dwelling	28
Sports Evening	12
Summer Fair	1
Swimming Club AGM	4
Aug DDCF Annual Festival	43
Aug Dent Gala	67
Aug Summer Schools Soccer	60
Aug Summer Schools Soccer	61
Aug SWFC Family Fun Day & Evening 11	51



Sedbergh Swimming Club

AGM

Wednesday 4th July 2018

7.00pm

Peoples Hall Committee room

All members welcome

July Birthdays

Day	Name	Age
2	Alfie PATON	11
3	Theo OVERSBY	10
3	Martha HUBBARD	7
13	Arthur HAYHURST	10
15	Rachel PARK	1
17	Louis GARDNER	8
29	Jody MIDDLETON	11
30	Sampson KEIGHLEY	6

Weekly Coffee Morning

Cornerstone Community Church
Main Street, Sedbergh
10 am to 12 noon
June

4th Dementia Group
11th Royal British Legion
18th Middleton Church
25th Sedbergh WI

USEFUL TELEPHONE NUMBERS

Age UK South Lakeland

030 300 30003

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.*

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ZERO WASTE SEDBERGH

Suzie Pye

It has been an incredibly busy first month for Zero Waste Sedbergh:

There are now a number of food outlets in Sedbergh who have agreed to offer free water bottle refills. This is a scheme that has been very successful in other towns up and down the country, and I am confident it will work well in Sedbergh. A full list of participating establishments can be found on our Facebook and Twitter pages, and also at zerowastesedbergh.wordpress.com (please do visit these sites for all up to date news on ZWS).

If I look at the single-use plastic in our house, one of the repeat offenders is milk bottles. So it is welcome news that local milkman Liam Kelly is now offering doorstep delivery for Sedbergh residents, in glass bottles, for a trial period. If you would like to know more, or add your order to his round, do contact him ASAP on 07504223968 or email him at liam@lkcomputerservices.co.uk

I have also been in touch with Simply Repair South Lakes to discuss hosting a repair event in Sedbergh later on this year – more news on this

in coming weeks.

And you may well have seen in local news that Booths supermarket has made huge strides in tackling single use plastic head-on.

They have pledged to introduce a number of measures in their stores including: a new bag for life using 90% recycled plastic; cotton bags as a reusable solution for fresh produce; phasing out the 5p carrier bag; replacing plastic drinking straws with paper ones; and they are also testing a starch made, compostable veggie bag to replace the plastic ones.

I can't overstate the huge commitment from Booths on this, and I really hope other supermarkets follow suit. I have been in touch with James Hall & Co. Ltd. who run Sedbergh Spar, but at the time of going to print am yet to receive a reply.

And finally, a date for your diary: Friday July 6th will see the Great Cumbrian Litter Pick taking place in all corners of the county – including Sedbergh! We meet in Joss Lane Car Park at 1pm, and will be finished by 3pm at the latest. Please do come along if you can, and help make Sedbergh cleaner, tidier, and safer for our wildlife.



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NEWSFLASH FROM THE 2019+ LOOKAROUND EDITORIAL TEAM

mylesripley@btinternet.com

We are pleased to confirm that Lookaround will be continuing after Dennis' retirement from the post – he leaves very large shoes to fill and it looks like we have a team of 8 to fill them! I'm sure that we will make mistakes in the first issues so please bear with us. There are no plans to change anything about the Lookaround apart from the contact phone number and bank account.

Here's a list of the people involved:

- Myles Ripley – Coordinator
- Ed Welti – compiler with deputy Paul Saunders
- Advertising – Elizabeth Saunders
- Text proofreading – James

- Palmer and Philip Johns
- Finance – Richard and Susa Ellis
- Consultant – DENNIS WHICKER!!

We would welcome other offers of assistance and in particular we have a need for a website administrator.

Do get in touch if you want to know anything more ... 

COUNCILLOR CORNER

Ian Mitchell

As I write this, the summer seems to have arrived ... Unfortunately, so have the midges!! Dent has really benefitted from the warm weather, attracting many visitors, I'm sure this is the same in Sedbergh and everywhere else in the area. After what seemed a long cold, wet, snowy

SEDBERGH & DISTRICT

HISTORY SOCIETY

**Friday 6th July
HERON CORN MILL**

After the Mill tour and Milling demonstration enjoy your packed lunch and a free tea, coffee, or soft drink. Then watch short films about the history of the Mill and Beetham itself.

Beetham Nurseries are nearby and well worth a visit when you leave the Mill.

10am in Loftus Hill Car Park
11.30am at Heron Mill, Beetham
Charge: £5

www.sedberghhistory.org

Event Organiser - Julie Leigh
015396 20726
mjleigh26@btopenworld.com

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and windy winter this is very welcome indeed.

It has been a whirlwind two months since I elected to represent our ward on South Lakeland District Council.

In May South Lakeland District Council held its AGM, in which I was elected onto the Yorkshire Dales National Park Authority. I'm delighted to be able to represent our beautiful area on this authority.

It is important that we preserve the things that make where we work and live so attractive to visitors as they are crucial to the continuing prosperity of the area. It is essential that we make sensible decisions so younger families can continue to live here, but we also need to make it attractive to those that may want to

move into our area. Without this our schools, pubs and shops which are vital aspects for a vibrant, healthy community would suffer.

As your local district councillor on the 21st May I was privileged to see the inaugural early trains stop at Dent Station, the 6:47am to Carlisle and 7:05am to Leeds, arriving at their respective destinations Carlisle at 8:04am and Leeds at 8:33 This is hugely significant for people in our area, opening up new opportunities for work and pleasure. This happened thanks to pressure from local people, Dent Parish Council, our local MP Tim Farron and myself. It shows that together if we campaign on issues we can make change happen.

If there is anything I can help you

Backyard Blooms



Seasonal flowers, herbs and foliage
grown in our garden and meadows in the Howgills
Picked in their prime, your flowers will be long-lasting,
full of fragrance, and have a relaxed and natural feel

- ~ One-off bouquets or jam jars - a weekly or monthly delivery
- ~ Unique bespoke flowers for any event, large or small
- ~ Weddings, christenings, parties

**Please call Pepy on 07763 201489,
or email: pepyandtom@gmail.com**

with, please do not hesitate to contact me.

Ian Mitchell, 07530 602234

ianmitchell1989@gmail.com



COUNCILLORS CORNER

Kevin Lancaster & Sheila Capstick

It is quite possible to live no more than a couple of miles from the A683 and remain oblivious to the misery caused by travellers journeying to Appleby New Fair. But, sadly, this has been the worst year for trouble for several years. The vanguard entered South Lakeland before the due time and a minority chose to make the most of the excellent weather to cause mayhem within and outside the main towns in our ward. Whilst it is undeniable that elements did great

damage before entering Kirkby Lonsdale and after leaving Sedbergh, within South Lakeland it is the Sedbergh and Kirkby Lonsdale Ward alone which is affected by the annual journey. That makes it our problem.

Let us be honest, the tone of the trouble caused this year has been very different from that around 2009. Then it was invasions of fields with horses and genuine threats of physical violence along the A683. This year it has more been teenagers and young adults marauding through first Kirkby Lonsdale and then Sedbergh. As always South Lakeland's team did excellent work with very limited resources. But, the work expected from Cumbria Highways was delivered both too late

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and with the greatest reluctance.

It is inevitable in these circumstances that the role of the police service will come into question. Back in the late 2000's there were the Police Committees and operational matters were very much under the control of the then Chief Constable. Until the injustice made it into the national press and a change of Chief Constable there was very little helpful intervention. Now we have Police and Crime Commissioners and I claim some prescience in being one of only five members of the 84 on Cumbria at the time who supported the change.

Our Commissioner, Peter McCall was going to visit Kirkby Lonsdale towards the end of June but because

of the pressure from the community, led by Sheila Capstick that was brought forward so he saw for himself the issues in Sedbergh, Kirkby Stephen and Kirkby Lonsdale. His visit will not solve the problem for future years but it will make a contribution towards a solution.

For too long we have relied upon doing the same as in the previous year, with less vigour and less resource: it was inevitable there would come a reckoning time. For next year we need to reconsider our action plans from beginning to end and that must include an examination of the whole legal basis for the policing response to the fair. We will be failing our fellow residents if we do anything less.

farfieldmill

July Exhibitions

Community Connections
an Exhibition
by Settlebeck School
3 to 15 July



Landscapes of the
Mind
EM Lafuente
4 July to 8 August



Beyond 4 walls
Ann C. Haslam Textiles
16 July to 9 September



New children's Craft Activities and Trail around the Mill from 21st July
The Tea Room is open 10:30am to 4:00pm daily
Mill open 10:30am to 5:00pm daily
FREE ENTRY for LA10 residents on Sundays
www.farfieldmill.org 01539621159

If you have any problems please contact either me or Sheila.
District Councillor Kevin J. Lancaster,
Fellgate, Dowbiggin, SEDBERGH,
Cumbria. LA10 5LS
Telephone 07 980 844 695;
email Kevin@Sarthwaite.com
District Councillor Sheila Capstick,
12, Maryfell, SEDBERGH, Cumbria
Telephone 07 818 221 999
email sheillacapstick@hotmail.co.uk

TIM FARRON MP

Much of my time over the past months has been taken up trying to get Northern Rail to run a decent service on the Lakes Line. In fact the service is about as bad now as it can be as there simply isn't one. The Minister of Transport, Chris Grayling,

allowed Northern to stop running a service on the Lakes Line at all until July. This as we enter into the peak season for tourists and just when school children need to be able to get to school on time for GCSE's and A' levels.

But you, the lucky people of Dent, Garsdale (and even Sedbergh at a push), have managed to get an improved service from Northern. I have no idea why Northern can be so rubbish in one part of the area and so helpful in another but they have been. Mind you perhaps saying that they have been "so helpful" is pushing it a bit. It took a lot of effort by the Dent Parish Council and lots of other local people, and I did what I could to help, but now you can catch a train to

J. N. & E.

Capstick

INSURANCE CONSULTANTS

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**SEDBERGH
MEDICAL CENTRE**

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

Wednesday 11th July
Wednesday 12th September
Wednesday 10th October
Wednesday 14th November



Leeds or Carlisle from Dent or Garsdale that gets you into those cities in time for work (or early shopping). This is brilliant news, I doubt that it will turn Dent or Garsdale into "commuter villages" but it should make living and working in the area so much more manageable for everyone. The only problem is that as Dent Station is so far from Dent your day is going to start with a bit of a drive even with this new service.

I had a meeting with the campaign group the Campaign for National Parks the other day to discuss challenges faced by the Yorkshire Dales National Park, along with the Lake District. They are a great organisation who do a lot of work to

help National Parks. They have been working hard on the issue of second homes which, as we all know, turns villages into ghost towns during the week, depriving local schools of children and local businesses of customers. To say nothing of pushing up the prices of homes in the area so young folk simply can't afford to live here. I wanted to press them to support my call for local authorities to be able to increase the council tax that they levy on second homes. This would have the dual benefit of discouraging people from buying second homes and providing some extra money for councils like South Lakeland, to build more affordable homes in the area. I was pleased with how positive they were.

Finally, I was really pleased to be elected the chair of the new, all party, Parliamentary Radiotherapy Group. We met for the first time the other day and agreed that the first issues we will campaign on will be getting the amount the NHS spends on radiotherapy treatment up from the current levels of about 5% and, importantly for us here, push the Government to ensure no-one has to travel for more than 45 minutes to get

ROYAL BRITISH LEGION

ANNUAL COFFEE MORNING

Wednesday 11th July

10 am Community Cornerstone Church, Main Street

For all Legion enquiries call 20536 or 20964 or
email: jd@jdifa.co.uk or dmparratt@gmail.com

For more information, visit our website:

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



treatment. As anyone in Sedbergh unfortunate enough to need radiotherapy treatment knows this is far from the case at the moment.

As ever if I can help with anything please do get in touch. You can email me at tim@timfarron.co.uk or call on 01539 723 403.

Thanks for your support



SEDBERGH PARISH COUNCIL

*Janey Hassam
Clerk to the Council*

This report covers items from the Parish Council meetings on the 14th June 2018. The next meeting is on Thursday 12th July 2018 at 7.30pm in the Committee Room, The People's Hall, Howgill Lane, Sedbergh.

Co – Option Sedbergh Parish

Council

Following the Uncontested Election Result published by SLDC for 2018 - Mr Edward Welti and Miss Samantha Farrell were co-opted as Members to Sedbergh Parish Council. There remains one vacancy.

Finances

Members were updated on the completed Annual Governance and Accounting Statement for 2017/2018 – noting that Public Notice would commence on 2nd July 2018 and the notice would be displayed in the Parish Council notice board.

Appleby Horse Fair

Members noted the recent issues and concern over the recent migration of Travellers through the town in May/June. Noting, that this



Sedbergh Sports Evening

Fell Races and Fun Events

FRIDAY 13TH JULY 2018
AT BUCKBANK FARM

Gates Open- 5:00. Racing Starts -5:30
With Bar and BBQ

All Proceeds to Sedbergh Primary School
for the refurbishment of the Infant Area



had also been addressed by District and County Council and that a public meeting is now planned in late June.

Other matters

Various other matters were discussed, including: Planning Applications, Amenities, the Tennis Court resurfacing and perimeter fence project, Grant Applications for the Book Town Literacy Trust – Book Festival and Sedbergh Ladies Netball Team and a request from Sedbergh Wanderers FC in regard to continued proposed pitch improvements. Additionally, it was noted that there had been concerns raised again about the inadequate and problematic parking available at Maryfell and the Clerk will again highlight this matter

with SLH, in the first instance.

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 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 and online at www.sedbergh.org.uk

PEOPLE'S HALL GALA EVENING
Friday 13th July
NOMINATION FORM

I would like to Nominate the following persons for a
People's Hall Community Award

1st _____

2nd _____

3rd _____

Nominator

Post Code _____

Please only complete one form per nominator

DENT GALA & MEMORIAL HALL

Sarah E Woof
015396 25212.

Dent Gala is annual and always takes place on the Bank Holiday Monday at the end of August. It happens on the playing field behind the primary school, in the yard and in the Hall and has taken place in one way or another since the 1960's.

We are planning for this year, there will be "The Painted Bean" selling sweets, and a children's entertainer is booked to entertain in the main ring in the field. Children are invited to dress up and enter the Fancy Dress. (Theme to be announced soon) . A live band will entertain and the ever popular stuff like coconut shy, pillow fight and races will take place. As will

H & M

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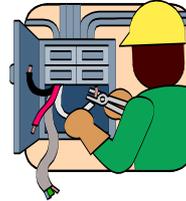
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and Districts**

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WI Teas.

The proceeds of the Gala help the running of the Memorial Hall and keep the rent static.

We always need more helpers please come and join us... it is great fun! 

DENTDALE HEAD TO FOOT

Mike Steele

Our outing to Barnard Castle we thought was going to be dogged by thunderstorms, however it only rained on the return journey whilst we were all safely ensconced on the Western Dales Bus, so we all enjoyed a very warm and sunny day, some in the Bowes Museum, some in the castle itself (I did not realise that Richard III

was its owner prior to his last fatal battle and eventual burial place under the Leicester car park) and in the rest of the town and to the rather splendid parish church which again was improved by, guess who, Richard III.

Barnard Castle is the sort of place you need to return to, one member told me that the Bowes Museum could have easily taken all day to go around so I think quite a few of us may return in the future.

Meetings remaining in 2018

July 6th: Prosecco, Chocolate and Exotic Fruits.

August: No Meeting.

September 7th: David Wright, Icons, Techniques and Meanings.

October 5th: T.B.A. (Maybe the problem of plastics waste viz the Blue

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Planet)

November 2nd: Caroline Sandys-Clarke, Alpaca farming.

December 7th: Christmas Jacobs Join.

Our July meeting is the "Prosecco, Exotic Fruits and Chocolate" afternoon, which has been successfully run now for the past three years, so do make a note in your diary for an afternoon of tasting and fun.

For further information please contact Mike Steele on 015396-25054, 07813-806209 or mds@pesdent.co.uk.



DENTDALE CHRISTIAN FELLOWSHIP

Jun & SE Woof. 015396 25212.

For Pentecost we celebrated by having a bonfire in the garden and for once the weather was kind and supper was outside, inside with help from Andy and his guitar we sang and



PROGRAMME FOR JULY 2018

**Sunday 15th 10.00am - 4.30pm
SILENT RETREAT DAY**

**Friday 20th 6.00pm - 9.00pm
CONTEMPLATION AND COMMUNICATION
Independent event
contact June Parker 015396 20972**

**Saturday 21st 10.00am - 5.00pm
LEARN TO MEDITATE**

**Sunday 22nd 11.00am - 1.00pm
DROP IN MEDITATION
ALL WELCOME**

To Book:-
e-mail meditationcentreateam@gmail.com
Telephone 07582 017 396
The Meditation Centre, Dent, Cumbria LA10 5QR
www.meditationcentre.co.uk

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www.threeharescafe.co.uk

James, Nina & staff offer you a warm welcome for
Artisan Bread including Sourdough baked daily

*Regularly changing Homemade Seasonal Menu
using Sedbergh Reared Rare Breed Meat*

Farrers Coffee & a Range of Tea's,
Craft Beers & Full Independent Wine List

Open Thursday and Weekend Evenings

We also provide Bespoke Outside Catering

prayed and chatted before wending our ways homeward. Earlier in the year we celebrated Passover with a meal etc in the Sedgwick Room and later in the year will celebrate Tabernacles.

Why? What are they? Come along and find out! Everything is open to everyone.

In future our monthly Sunday evening gatherings will start with a buffet supper rather than have the food at the end.



DENT RAILWAY STATION

Scott Thornley
Clerk to Dent with Cowgill Parish
Council

Local MP Tim Farron, District

Councillors, Members of Dent with Cowgill Parish Council and members of the public, all made the early morning journey up to Dent Station on May 21st, to greet the two new services stopping at the station.

Many of your readers will be aware that the 6.47am to Carlisle and the 7.05am to Leeds both now stop at Dent which is a big coup for locals and visitors alike. Dentdale can now say it is a commuter village with trains now arriving in Carlisle and Leeds well before 9am (full timetable on Page 91). Shoppers and tourists too can have a full day in these two cities, and walkers coming to the Dale can arrive early enough to enjoy a full day.



Following the installation of new telephone masts, mobile signal is also very good at the station now for a number of mobile phone networks that run on the EE network.

Pictured above are the members of the greeting party on the Eastbound platform awaiting the arrival of the Leeds service.



SHEPHERD'S DWELLING

Sarah Woolf

Do you crave a quiet place, a change of scene, somewhere to just be away from your routine? Then come on Saturday July 28th between 11am and 3pm to the 'Shepherds Dwelling' in Rhumes garden at Dent.

Bring something to read, or write, or just come, listen to nature, enjoy the views, be still..

Parking available, refreshments on a help yourself basis, shelter available from the sun/rain and no charge.

Prayer trail to follow if you wish, thought provoking statements among the plants, just arrived but if you need more information ring 015396 26212.



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neighbourhood alert

The National Fraud Intelligence Bureau has identified an increasing number of reports submitted to Action Fraud from the public concerning courier fraud.

Fraudsters are contacting victims by telephone and purporting to be a police officer or bank official. To substantiate this claim, the caller might be able to confirm some easily obtainable basic details about the victim such as their full name and address. They may also offer a telephone number for the victim to call to check that they are genuine; this number is not genuine and simply redirects to the fraudster who pretends to be a different person.

After some trust has been established, the fraudster will then, for example, suggest;

- Some money has been removed from a victim's bank account and staff at their local bank branch are responsible.
- Suspects have already been arrested but the "police" need money for evidence.
- A business such as a jewellers or currency exchange is operating fraudulently and they require assistance to help secure evidence.

Victims are then asked to cooperate in an investigation by attending their bank and withdrawing money, withdrawing foreign currency from an

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Just because someone knows your basic details (such as your name and address or even your mother's maiden name), it doesn't mean they are genuine. Be mindful of who you trust – criminals may try and trick you into their confidence by telling you that you've been a victim of fraud

Stay in control

If something feels wrong then it is usually right to question it. Have the confidence to refuse unusual requests for personal or financial information.

For more information about how to protect yourself online visit

www.cyberaware.gov.uk and
www.takefive.stopfraud.org.uk



exchange or purchasing an expensive item to hand over to a courier for examination who will also be a fraudster. Again, to reassure the victim, a safe word might be communicated to the victim so the courier appears genuine.

At the time of handover, unsuspecting victims are promised the money they've handed over or spent will be reimbursed but in reality there is no further contact and the money is never seen again.

Protect Yourself

Your bank or the police will never:

- Phone and ask you for your PIN or full banking password.
- Ask you to withdraw money to hand over to them for safe-keeping, or send someone to your home to collect cash, PIN, cards or cheque books if you are a victim of fraud.

Don't assume an email or phone

neighbourhoodalert

We have been made aware of a number of phishing emails being sent to residents in South Lakes entitled 'Notice of intended prosecution', from Cumbria Police. These are not sent from your local police, therefore do not open these emails they are simply a method of extracting personal information including bank details.

The emails that have been sent out will look very authentic with the Cumbria Police crest, requesting £100 fixed penalty notice for speeding in your local area.

For more information of what to look out for go to;

<https://www.getsafeonline.org/protecting-your-computer/spam-and-scam-email/>

Please note that if you do receive a speeding fine of a fixed penalty notice, it will always be through the post.



MUSIC FESTIVAL

Elsbeth Griffiths

Grateful thanks from Sedbergh and much further afield to Tony Reed Screen and his excellent team for arranging the Music Festival which was much enjoyed. What a variety of musicians, talent, energy and great enthusiasm and, as to excellence, the whole was exceptional. There was talent as well from local musicians. Sedbergh School and staff, Pepperpot, and attendance of some pupils from Settlebeck School for the performance of the talented Chetham's young musicians.

It takes a long time to prepare and arrange for concerts. Cooks, producers and proofreaders of programmes and so much else have

be thanked as well. *Mabon* and *Red Priest* praised the organisers and those who cooked and put the musicians up for which they were very thankful.

Again great thanks to you all. 

SEDBERGH TOWN BAND

Keith Wood

The band could not get Kate Adie or John Simpson so they had to settle for me (Keith Wood) as the new media correspondent. So here goes. With a brief starter.

The band (as you will all surely know) is a brass band and was created from practically nothing by the late Alan Lewis and is a wonderful legacy to this community

The band is one of the most highly



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regarded and popular small town/village bands in the country. We are now brilliantly led by Alan's son Iwan who, I would suggest, is a master in the areas of patience, skill and enthusiasm.

For such a small community we are able to boast some 30 regular players with a healthy learner band of people of all ages.

We are however always on the lookout for new blood. If you are a lapsed player, if you have some musical skills, if you can read music, if you simply admire brass music, if you know nothing about music but would like to try. (Most of us came from the last bit so we are used to the idea that you will make a hideous noise for a few weeks). Then you can

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invited you to a

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Saturday 21st July
3pm to 5pm



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019871 or me on 015396 21808 or
speak to any band member.

Tuesday 12 June 7.30pm saw us at
St Andrew's church for our annual
summer concert performance. This
was part of The Sedbergh Music
Festival and was as always brilliant.
Thank you to all our regular
supporters to any newcomers and to
any waifs and strays who wandered
in to see what was going on. Some
wonderful stuff this year from 'Aces
High' to 'The Godfather theme'.

The Band are scheduled to play at
the Artizan's Market on Main Street
on Saturday 28 July. We will have a



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collection of brass instruments (plus hygiene dips) for anyone to have a try. Because of the school holidays We are aiming this at adults but kids can certainly have a go if they would like to.

(Parts of this article were submitted last month but was omitted in error. Sorry all. Ed)

MUSIC FESTIVAL

Stuart Manger

Well, the hills have indeed been vibrantly alive with the sound of music!

The 2018 Sedbergh Music Festival came to a rousing end in - where else? - but St Andrew's Church on Sunday, 17th June with a service led

by the Sedbergh School Chapel Choir. It has been many journeys of surprise, discovery and re-acquaintance, a cocktail fizzing with that very special relationship between live audiences and very live performers.

We have had world-class musicians at the very top of their game, and ensembles from all over UK, but especially Cumbria and the North West. And in the audience, too, the smiling, familiar faces of a core of devotees who have booked into Sedbergh for almost every gig in every festival since Deryck Cox started the whole thing in 2000 - which says a lot for how welcome and enthused these returnees have felt.

Highlights? Crikey, where on earth to start? Red Priest's manic virtuosity has to be up there, Tasmin Little and Martin Roscoe's soul-stirring César Franck Sonata, Julian Cann and David Battersby's revelatory York Bowen Sonata, Chet's Christina Thomas's violin piece, The Spookies' 'Dancing Queen' and the men then getting *us* all on our feet to dance the night away too! There was Peter Noke's mighty Liszt, Sarah Beth Briggs's muscular Debussy, Mabon's joyously infectious toe-tappers, and the wondrous tale of 'Sir Gawain and the Green Knight' from Cornucopia, and Levens Choir's Parry. But as soon as you start listing great moments, the blaze of terrific sessions floods back and it gets even

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The Western Dales Mission Community will be running a Holiday Club at the People's Hall with a 'Global Games' sports theme. This is open to Primary age children, including those who have just left at 11+ and those who are about to start in September 2018.

Monday 23rd to Friday 27th July
10am -12noon



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more impossible to choose.

We have had harpists, duos, string trios, string quartets, wind quintets, the extraordinary world of medieval legend, dance and music, songs from the shows, songs from opera, poetry reading, notable choirs, our own Town Band, our own Town Orchestra. We have had smashing lunches and suppers from a ferociously hard-working catering team. My season ticket worked it out that I spent less than £4 a concert! And that's what I call a right good bargain.

The big names drew marginally smaller audiences than heretofore, but we were constantly surprised by lunchtime numbers, and never disappointed by the sincere enthusiasm of those audiences. We'd have liked far more young people – after all, the future of ALL musics of every kind is in their hands – but we do fully understand exam pressures on schools. Nevertheless, if you have

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world-class performers quite literally on your doorstep, it can be both a puzzle and a worry that ways and means cannot be found to encourage attendance.

Huge awed thanks to the organising team who worked frighteningly hard for two years behind the scenes with agents and performers, exploiting social media for PR, fixing accommodation for tired stars, writing for newspapers, doing interviews for radio stations, dashing to and from rail stations to meet soloists, kept cooking, washing-up, doling cushions and smiling. It is a mighty tribute to Sedbergh as a community that so much was achieved by so few, voluntarily, delightedly, successfully.

2020, here we come!



SONGS OF PRAISE

Emyr Afan

On Tuesday 3rd July, Songs of Praise will be held in Kendal Parish Church, Kirkland from 6.30pm. Admission for the event is free. There is an open invitation for anyone to attend. Dress is casual and clean teeth.

To apply, please send your **name** and **postcode, voice parts** (S, A, T, B) and the **number** of people taking part to

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Please include '**Kendal Recording**' in your subject header and please mention Lookaround.

We ask that you apply for this free event as soon as possible, to enable us to cater for the correct number of people.

If you have any queries, please don't hesitate to contact the team at SOPcongregations@avantimedia.tv or call us on 0161 873 7073. If you would like to opt-out of future invitations, please let us know.

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over 55 years and continues to be enormously popular. For this to continue we need the participation of people like yourself and we'd be grateful if you could encourage others to take part too. 

MUSIC FESTIVAL

Shirley Smith

The Peppercot Coffee Concert was held in St Andrew's Church on Saturday June 9th at 11.00am with a

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workshop performance of The Toy Symphony & other 'fun' items played by young musicians with some members of Sedbergh Orchestra with Mr Roland Fudge in charge.

A good time was had by all. 

SLOVENIA SINGS

David Burbidge, Sedbergh 21166

Our choir Lakeland Voices once again had an excellent visit to our twin town Zreče, and other parts of Slovenia on our recent tour.

We now sing over a dozen songs in 4 part harmony - the narodni pesmi, the national folk songs of Slovenia - which are well known by most Slovenians over a certain age (in the way that many of our national folk songs are well known by those who

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remember Singing Together on the wireless in our schools.)

The advantage of singing these songs is that everywhere we went complete strangers were able to join us in the singing, many of those we met not just knowing the tune, but also harmony parts from these well known arrangements. Walking up from Zreče to sing on the Brinjeva Gora with our friends, on trails to the

mountain lodges in the Triglav national park, in the church on the island of Bled, at concerts in Bohinj - and a wonderful train ride on the Soca valley railway where all the passengers joined in as we sang Zdravljica as our train glided through this heavenly mountain scenery.

And then one night under these Slavic stars, after our concert in Bohinjska Cestnjica near Triglav, singing the Slovenian mountain song Planinska - an anthem to the joys of mountain walking - alongside 100 Slovenian singers from the different choirs who had performed.

If you would like to sing with us - or



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down to London in June, having been invited by the embassy to attend the Slovenia National Day celebration in Westminster - a wonderful occasion where we met many others who spoke very highly about our combined singing projects with Slovenian and English singers, and the Sedbergh town twinning in general.

Some of the singers in our choir

even just listen - do please come and join us at the Black Bull Hotel in the centre of Sedbergh where we'll sing many of these songs on Tuesday evening July 17 - we'll be joined by visiting Slovenians, and can also give a hearty encouragement to this fabulous new venture in the centre of our town.

If you would like to sing with us on a regular basis you will be most welcome on Tuesday evenings - once you've joined I can send recordings of our Slovenian songs for you to practice over the summer so you can catch up. On the first weekend in October we are travelling down to London to sing at the Slovenian Embassy and other parts of the capitol alongside Gallus Aeternus, a choir made up of Slovenians living in London who sing many of the same songs as us. Their choir will be visiting Sedbergh next spring, but we first met them when we travelled

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have also formed a Slovenian language group which you might like to join. Singing Slovenian songs gives a great introduction to the language and very quickly you find you know words and sentences which can be used in conversation. We're not alone in using songs as an aid to learning - on our recent visit to Ljubljana we joined an English language class where they use English songs to teach the language. In our language group there is an opportunity to see how the sentences are formed, with more formal instruction in grammar and vocabulary.

Sedbergh and Zreče are now at the centre of a wide web of choirs which encompass a large area throughout Slovenia, Northern England and Scotland - in part because visitors to or from Zreče and Sedbergh like to travel further afield, and having choirs to host our visits in these other places allows us to have a more personal

visit than just being tourists and sightseers. Although we are based in Sedbergh, our singers are drawn from those who love Slovenia from across South Lakeland - all are welcome equally, though perhaps those from Sedbergh even more equally!

As we sing in one of our songs: "Naj v srcu ni strahu, tujev ni tu, le prijatelji, ki him se ne poznas," which the Slovene scholars among you will instantly recognise as: "Let your heart feel no fear, for there's no strangers here, just friends that you never knew."



MUSIC FESTIVAL CATERING

Anne Reed Screen

Once again many visitors to the Festival have enjoyed a meal beforehand and refreshments during the intervals. Kind words have been spoken about the quality of the home cooked food which has been prepared by a host of volunteers. It has been greatly appreciated. Many thanks to all who have produced dishes of food and biscuits for the intervals which has added so much to the Festival. (... *and yes, I was seen to be eating a salad!!! Ed.*)



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SEDBERGH & DISTRICT HISTORY SOCIETY

Julie Leigh

Our first summer outing of 2018 was to Furness Abbey which is situated in the outskirts of Barrow- in- Furness. Its majestic towering ruins provided an interesting comparison with Rievaulx Abbey which had featured in our 2017 programme of visits. Like Rievaulx , Furness Abbey is surrounded by woodland (in this case called the 'vale of nightshade'). The layout of the two abbeys is similar. However, the main difference between the two abbeys is that the chief building material at Furness is striking red sandstone. The softness of the stone has led to considerable crumbling in some areas of the abbey and there are numerous examples of reparations to be seen. Other conservation work has been necessary following the discovery of serious cracks in some walls which could have resulted in parts of the building sinking into the soft ground. The Abbey was founded in 1124 by a group of French monks. Although it was originally built for the Order of Savigny, it later became second in importance only to Fountains Abbey as a Cistercian establishment. Over the next few centuries it became very wealthy and owned much of south Cumbria as well as territory in Ireland and the Isle of Man. It survived many raids by bands of marauding Scots until it became the first large abbey to be dissolved in the reign of Henry VIII. Soon after the current abbot Roger Pyke surrendered to the King's Agent the demolition of the buildings began.

We were lucky to be given a tour of



the site by Jill Jepson who is an excellent guide. She began by showing us some of the artefacts that had been discovered during some archaeological work which had taken place when emergency repairs were being carried out in 2012. Most importantly, the skeleton of an abbot had been unearthed. He had been buried with a very rare mediaeval gilded crosier and jewelled ring. Evidence about the abbot's health and lifestyle has been discovered from detailed examination of his bones.

Jill led us through the extensive ruins, identifying the different parts of the monastery. The great abbey church which still stands to its full soaring height in some places is very impressive. Other notable buildings are the ornately decorated chapter house and the large rectangular cloister. Dormitory, refectory, parlour, abbot's lodging and the living quarters of the lay brothers have also been identified.

Jill's introduction to Furness Abbey which was very detailed and interesting kept us engrossed and provided us with a memorable afternoon.



LADIES NFU

Caroline Sandys-Clarke

At the beginning of the meeting on the 15th May members had a short presentation from Dave Smith appealing for help from the local community to help keep Farfield Mill open and running.

There are far fewer grants now available for places such as Farfield, which has had a lot of problems in the past and has a lot of historic debt.

Changes are already taking place to try and improve the situation. A new manager has been appointed, local schools are getting involved, over 20 studios are let and in September, shares, at £1 each are being launched. People are being urged to get involved either as individuals or

groups to support this venture.

Following this, Robin Sandys-Clarke gave a talk, illustrated with slides, about alpacas and his involvement and experiences with them over the past 18 years.

After quite a few questions he was thanked by Barbara Escolme for a most amusing and entertaining talk.

A short meeting followed.

The coffee morning on 23rd May raised over £340 for Bay Search and Rescue.

The summer outing in June is to Appleby Castle, for a conducted tour of the Castle and gardens followed by afternoon tea.

The next meeting will be on September 18th at 7.30pm when the talk will be about the Fell Pony

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SEDBERGH WI

Moira Folks

Our members have been out and about in the past month without ever setting foot in our People's Hall base! On May 17th about seven members of the walking group plus one dog met at Arnside for a level walk along the rather muddy shoreline to Holgates Holiday Park, thrilled to spot an elegant little egret pecking in the mud on the way past the nature reserve. We then turned upwards towards Arnside Knott, stopping to eat our picnic lunch not far from Arnside Tower, but parted company at the

main road where two of us who had climbed the Knott in our younger days (!) made our way leisurely back into Arnside to book a café table while the more energetic members continued up the Knott to admire the wonderful views across the estuary to the Lakeland Fells. We all finished the afternoon with tea and cake in one of the sea-front cafés. Many thanks go to Ellen for organising a most enjoyable walk.

By May 21st we were all accustomed to glorious summer weather and set off dressed accordingly for Dent Memorial Hall for the Lune Valley Group Meeting. We were a bit concerned by heavy clouds gathering on the fells as we rounded the bend

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into Dentdale and sure enough a few spots of rain were falling as we reached the Hall but later arrivals were caught in much heavier rain. We were entertained by the Burneside Ukelele Band who took us down Memory Lane by playing a lot of songs which many of us recognised from our youth. The WI competition, consisting of composing words on a WI theme sung to the tune of the chorus of "Side by Side" was won by Dent WI. (If there had been a Bravery award it would have been won by Sedbergh WI's intrepid duo, Anne Petyt and Sandra Gold-Wood, who, dressed up in black and white suits and bow ties, took to the stage for their rendition – as we were expecting everyone to have to do: all the other

WI groups chickened out of this and just sang their songs from the tables they were sitting round!) Anyway, congratulations to Dent for winning the cup and also for providing a splendid supper: thank you very much for your hospitality. On our departure, the heavens opened again with torrential rain and I'm sure a lot of us won't forget the drenching we experienced before reaching our cars!

The Western Dales minibus, ably driven by Barbara from Dent, took us for our Summer Outing on June 13 to Lancaster Grand Theatre for a backstage tour. The theatre manager, Carol Williamson, told us that there had been a theatre on that spot since 1782 when Lancaster was a busy

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port with sailors looking for entertainment. Travelling players – including illustrious ones like Charles Dickens and Wilkie Collins – used to perform. In 1908 the theatre burnt down to a shell but within 7 months it had been rebuilt and was ready for use – amazing compared with today when plans for an extension have been awaiting approval for years. The current theatre is a delightful intimate space where the audience must feel really caught up in the action. Carol showed us the scenery and the screen ready for the projection of, for example, the snow scene in the current play; also the props and costumes ready to be



picked up by the actors in this week's performance of "The Lion, the Witch and the Wardrobe", which brought back memories for any of us who have been involved in production or acting in the past – and some who still are! Carol took us down to the dressing rooms and showed us the little orchestra pit with frequent reminders to mind our heads when going through the low entrance. Finally, she took us out through the foyer which they are hoping to extend. It was a very interesting tour. By this time we were ready for some sustenance so Barbara drove us to The Barn at Scorton, a popular restaurant attached to a shop and

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garden centre which we were able to walk round after our lunch. Several of us returned to Sedbergh with bags of plants, some of which we hope may still be flowering next June to remind us of this successful outing. Thank you, Sandra GW, for arranging a memorable trip!

What makes a good book? What makes it enjoyable? Only five members of the book club were available to meet at Moira's house the next day but four of the others had sent comments and scores. With marks ranging from 5 to 8/10 you might have wondered whether we'd read the same book, which was Cumbrian author Jane Emerssen's "The Plain and Simple Truth". It was an easy read but maybe a bit long for

the subject matter, some thought; one or two thought that the characters were stereotypical, others that they were convincingly drawn; some liked the descriptions, others thought that the writer was a bit heavy-handed in her use of adjectives and didn't like the style! The setting is basically this: three men all grieving for the same woman meet at her funeral. This meeting will shatter their lives and lifestyles as figurative skeletons are pulled out of family cupboards. If you are a fan of "Who do you think you are?" or "Long Lost Families" or novels on the same sort of theme you will probably enjoy this book, as will family historians; and if you have found a mystery or a skeleton in your own family cupboard you may well be



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hooked!

Now for some dates for your diary:
Our next WI meeting is on July 11th in
the People's Hall committee room at
7.30pm. Local broadcaster Martin
Lewes will speak to us about his "30
Years behind the Mike". New
members and visitors are always
welcome.

Our annual coffee morning with all
the usual stalls will take place in the
CCC Rooms in Joss Lane on
Wednesday 25th July from 10 till 12
noon. Everyone is welcome.

Please note a change of programme
for our August meeting: we are
pleased to announce that Richard
Cann will be presenting his slides of
"Old Sedbergh" in the PH committee

room at 7.30pm on August 8th. This
will be an open meeting so all are
welcome. (Admission £3.50 for non-
members) 

W.I. HOWGILL AND FIRBANK

Audrey Hoggarth

May Meeting.

President Bridget Postlethwaite
opened the meeting by welcoming
everyone to Howgill Village Hall.

May is the month when we discuss
the resolution "Mental Health Matters"
which will now go forward to Cardiff in
June. All W.I.'s get one vote For or
Against. Our delegate Marion Wood
has been informed to vote in favour
on our behalf. The support was
unanimous.

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During the glorious weather, our walking group have enjoyed walks both locally and further afield.

Bridget introduced our speaker Laura Harker, a very busy and talented lady. On this occasion she was ready to demonstrate 'Quilling', a craft we were not familiar with. It involves rolling, shaping and glueing strips of paper to create a decorative design to add to our greeting cards. We all enjoyed taking part.

The competition for a decorated wooden spoon was won by Audrey with Liz second. And Kendall won the raffle prize.

Dentdale W I were hostesses for the Group Meeting. Six members attended and were entertained by the Bryce Street Strummers, a ukelele

band. The competition was to compose alternative lyrics for the well-known tune "Side-by-Side".

Following this singing performance, Dentdale W.I., were announced winners of the Lune Valley group of W.I's, who were present and had taken part. The competition Was then presented to them. A lovely buffet supper was served in true W.I style, which brought the evening to a close. June Meeting.

Following the business part of the meeting, Bridget introduced our speaker Margaret Watkins who had brought along her large collection of hats. She began by telling us about her life, when she and her husband had the call for Ministry in the Salvation Army. They served all over



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the country but are now retired and living in Carnforth. She had inherited hats from her aunt who had a shop in Lancaster for many years, in the days when buying and wearing a hat was a must.

Our two models, our own members Anita and Jackie, certainly had the "It" factor as they modelled different styles of hats. Small and large, veils and feathers, velvet, cloth and plastic. All with a story to tell, taking us back in time. Anita thanked Margaret for a most interesting and fun evening.

The competition for My Favourite Hat, was won by Pauline with Judith second. Social time was to Name the Vegetables.

We would like to thank everyone who supported our Coffee Morning on June 13th where we raised £200 for W.I funds. We now look forward to July 5th for our outing to Carlisle, travelling by train. There will be a meal on the return journey at the Cross Keys in Cautley.

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KILLINGTON WI.

THE AFTERNOON W I FOR THE
ENTIRE DISTRICT

Wendy Fraser-Urquhart

Wordsworth is my second favourite poet, (Browning precedes), so I was particularly delighted to be making my first visit to Dove Cottage in Grasmere. This was the destination for our summer outing. After more than a week of glorious weather the day dawned rather cloudy - so much more pleasant for travelling. We arrived at Grasmere about noon and were greeted by our enthusiastic guide. Some of our company had arrived super-promptly and already managed an early coffee. On entering Dove Cottage the first thing which struck us all was how dark it was. Dark oak panelling lined the wall of the small living room and the tiny windows were set into the hillside. As we were shown around the cottage we realised what a simple existence the Wordsworth family had led here, but what an inspirational life of family and literary friends it had contained. William Wordsworth had hated writing at a desk and we saw the very chair in which he had sat with his

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manuscripts on his knee to pen his poems. My English teacher would not have approved of that! After our house tour, or rather "cottage tour", we looked around the museum and shop but were not tempted by the numerous 'daffodil' mementos. We crossed the road to the lakeside hotel where our repast was waiting for us. In my memory the hotel was called "The Prince of Wales", but now it has been updated to "The Daffodil Hotel", having been taken over and modernised. Sadly, soon after the major works were finished, Storm Desmond flooded it all so it was back to square one. We partook of a "light afternoon tea", and very delicious it was. Despite having foregone lunch we were all "stoufed" by the time the

board was cleared. The company and the conversation were worthy of anything the Wordsworth family could have produced. Our thanks go particularly to Marion Wood, Chief Organiser, and to Sally Cragg who once again provided a favourable direct line to the weather gods.

Our next Killington WI endeavour will be our annual coffee morning in June. Thank you for your support. (presumed!) I assume that my Lemon Drizzle Cake was fought over as usual! Our next official "sit down on our bottoms meeting" in the committee room at the People's Hall will be on Tuesday 10th July at 2-00pm. The speaker will be Shirley Crisp whose topic is "British from the Bottoms Up" WOW!



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GALA THANK YOU EVENING

Sandra Gold-Wood

Hi Folks, I hope most of you have received or picked up your invitation to the Gala Evening on Friday 13th July organised by the People's Hall committee. The event is by way of a big thank you to the community for all the support it has and continues to receive.

If you haven't been to the PH recently then you will not have seen the new stage and hall curtains which now sit beautifully in place. That in itself is a good enough reason to come along on top of which there is no charge for the event.

The Gala Evening begins at 6.30pm. A Light Buffet will be available from 7pm followed by an Auction at 8pm. Here are just a few of the Lots on offer; Food Hamper, a Chocaholic Hamper, sailing on Killington Lake and Lake Windermere, Gardening, half a Pig from Fell Farm, House of Commons wine, Men's' Retro Burberry Suits, a very large bottle of Champagne, a wonderful Piper for your birthday, wedding or even funeral. Plus, much more.

After you have emptied your bank account bidding on all the Lots enthusiastically encouraged by our very own Kev Kendal. Dennis Whicker will be helping to make you poorer with his exciting 'Chorley Raffle'. It's difficult to described exactly how it works but its lots of fun you will, if you win get the item at a very fair price.

Then it will be time for the Community Awards.

If you have not yet filled in a nomination form you can find one

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within the pages of this mighty tome (on page 13) or pick one up from the Information Centre. Just pop it into the Lookaround box. There will be awards for those with the most votes of course but everyone nominated will get a mention. I'm sure you know folk who go quietly about helping in the community and perhaps you feel they don't get the recognition they ought to. This is your chance to get them a mention or even an award.

Come at 6.30 pm and you can view Auction items and get yourself seated and ready for an evening of friendly fun. Tickets are limited if you would like to come along pick one up at the Information Centre they will not be on the door.





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John Barraclough

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So, they moved in 2013 from their carpet yarn manufacturing background in West Yorkshire to Sedbergh. The main purpose of this was to establish a proper base for the business which offers pure wool broadloom carpets & rugs made

entirely from Rough Fell, Swaledale and Herdwick sheep direct to the domestic and commercial end user all over the UK.

Using small mills, whose skills and quality production systems are well-known to us, graded wool is processed into yarn in Yorkshire and carpets are manufactured by two companies in Lancashire and warehoused in Kendal. From here, they are cut and then despatched to customers all over the UK.

In 2017, their son Charles joined the business and developments under his control have included taking on the shop and warehouse in Kendal from its previous owner, where we can more effectively showcase our

products as well as continue to sell its popular carpets and rugs.

Positioning the business in Cumbria has enabled the Company to support Sheep Breeders' Associations and their events, exhibit at local and trade shows and give credibility to the eco-sustainable concept of using local wools to produce our products all within 100 miles of the centre of the county.

The Company is proud to be using fleeces from the hill sheep of Cumbria to produce breed-specific truly natural, healthy British carpets and give back to the respective sheep Breeders' Associations for every square metre that it sells. It believes firmly that the wools from these sheep produce some of the best quality hard-wearing carpets that are available and is determined that the demand for the wools will continue to raise wool prices to a level which is workable for the future of our upland farmers.



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FAMILY MUSINGS

Sarah

May has been a busy month and the weather glorious, most days we ate every meal outside in the sunshine

and when the grandchildren came we had fun in the sun. With so many play things and a willow dome there is always something to play around. However the train track still remains the favourite and for a week it took up residence on the dining table and as I mentioned we ate outside. Or on top of it!

June looks busy too with people coming to stay and fun things going on along with the mundane.

Gardening seems to have taken over from writing but that is still a big part of my life. As well as writing a novel and short stories I had a phase of writing letters to publications and had one printed in a magazine and won a tin of Tea! Another letter short listed for a national paper but unfortunately not used. I will keep at it. I have a plan to write a book about the history of the formation of the Memorial Hall in Dent and reading the original minutes is fascinating, it will take time but will be done. If anyone has memories or photos to share do get in touch.

My weekly trips to Hull are on hold at present which gives me more time to pursue pleasant pastimes closer to home. Sorting out clutter, pulling up weeds, cuddling my cat, baking cakes and of course writing. Playing with our grandchildren is of course everlasting joy as is watching them grow and develop and some of the things they say ... having established I do not have a baby in my tummy one child now considers it their personal drum! Another can now tell me to "sit here Grannie" whereas for a while I was just called "that".
Gorgeous!



SEDBERGH PRIMARY SCHOOL

*Gemma Suttle
Sedbergh Primary PTFA*

On behalf of everyone at Sedbergh Primary School, we would like to say a huge THANK YOU for supporting our promise auction, which raised an amazing £4,657.

With very best wishes.



SETTLEBECK NEWS

Juliet Proctor

Settlebeck School submitted two bids to the Department for Education Condition Improvement Fund this year. Schools can apply annually for capital funding to make improvements to school buildings and facilities. One of our bids was successful, with the school receiving

£184,000 to replace windows and doors. We narrowly missed out on the other bid by 3% and hope our appeal will be successful so major work on the roof can also be completed. In addition to this, the school and community have raised over £12,000 since September to upgrade sports facilities this summer. Over the next academic year, the focus will be on improving drainage on the sports fields as for several months of the year they are out of action due to flooding. To begin this project, the DFE has asked the school to be part of a flood resilience assessment pilot programme with no additional cost to the school.

Students had a fantastic day at Preston at the district athletics trials.

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Noticeable performances were from CJ Middleton who came second in the long jump and Cally Lawson who came 4th in the 800m, beaten by girls who are in the year above. Well done!



SEDBERGH PRIMARY SCHOOL

Year 2

Year 2 had a fantastic day visiting Appleby Castle on the 12th June. We travelled by train from Garsdale station to Appleby. Some of us had never been on a train before so it was very exciting! When we got to Appleby, we met the Mayor, who told us all about Moot Hall and what we could see in there. We had lots of questions! Our favourite activity at the castle was meeting the birds of prey. We saw some of them fly and had an eagle owl glide over us which nearly



touched our heads.

We also explored the grounds and the Great Hall of the castle before trying on lots of armour. We ended the day by practising some military drills, then we walked back through the town and up the steep hill to the station where we caught the train back to Garsdale. We really enjoyed our day out because there were lots of fun things to do.



SEDBERGH SCHOOL NEWS

Karen BL

Events

Northern Life featured Sedbergh as one of 5 best schools in the north saying it "promises pupils fulfilling school life in a safe, healthy and dynamic environment. With superb exam results and an ethos of challenge, innovation and belonging undoubtedly the thing Sedbergh does best is boarding Provide incredible pastoral care and create a caring environment."

The Prep School have been keeping an appreciative eye on the filming of *Dr Doolittle* in Kirkby Lonsdale.

The Headmaster, Mr Fleck, took part in the Edinburgh Marathon (2.37.33) At the Prep Bella Hubbard (yr 5) has

a helping hand

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been awarded a Meritorious Conduct Commendation by the Chief Scout for rescuing a 2 year old who fell into a swimming pool. She will also attend the Queen's Scout Parade at Windsor Castle.

Some pupils took part in sky dives on the weekend of 16/17 June to raise money for various charities personally selected by pupils.

Years 7 and 8 at the Prep have been on trips to France and the battlefields

Music

Teatime concerts were held on 17th May and 14th June.

The School gave a lunch time concert in the Sedbergh. Music Festival on 4th June. Mr Nokes gave an organ recital in the School Chapel,

and the School Choir sang Matins at the final Sunday morning service

Academic

A junior classics play *Agave* was performed on three nights just before half term

Both schools have been very busy with exams – A Levels, Common Entrance and others such as LAMDA, let alone ordinary internal exams

Sport

The week before half term was taken up by the inter-House athletics culminating in Sports Day on the Saturday, after which the School broke up for half term. Winder House won the Boys's competition and Robertson the girls'.

The equestrian team came second at the NSEA One Day Event at



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Northallerton, and collected an individual first place as well. The team has qualified for the National Schools One Day Event championships in Oxford in October. One Prep School boy will be part of the Pony Club Regional team in July.

The shooters had a Prep School v Senior School match at which the Prep did very creditably and professionally although the senior School won. One prep school pupil achieved a score of 96.6/100. A year 9 pupil was awarded "Best Female Shot" in the North West Trophy.

The athletes produced a girl javelin thrower to rank 5th in Great Britain and the winner in the National Cup Shot Put. The boys won through to

the Athletics National finals at Preston but the girls disappointingly only managed third.

The Prep held its equivalent of the Wilson Run on 9th June known as the Epic. 125 finished after 7 miles and 1200 feet of elevation. The winner was Jamie Macmillan in 50.20. A parent Rob Fielding came in 5th and Mr Fleck came in 11th.

Before half term the 1st Eleven won by 4 wickets against XL, against Bolton by 116 runs, and against Myerscroft with two balls to go, putting themselves into the NWT20 to play Cheadle Hume or Merchant Taylors at a date to be announced. They made hard work of a low target against Lancaster Royal Grammar

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School but got home by 4 wickets. After half term they lost to Kings Macclesfield.

Archie Davies has been called to take part in the European Boys' Tram Golf Championship in Kaskada, Czech Republic, in July.

Tom Aspinall has continued his high scoring since graduating from the Prep, scoring 101 not out in the U15 T20 County play off.

By the time this is published the athletics for U9 and U11 involving Sedbergh Prep School, Sedbergh Primary School, Dent Primary School and St Mary's Kirkby Lonsdale will have taken place. As will the U11 6-a-Side cricket Festival.

There are numerous home cricket matches (as reported last month)

between the submission of this article and the end of June but I will have to report the outcomes in August. The shooters will be at the Scottish Long Range Match at Blair Atholl, and the Gallagher Cup & Anderson Trophy at Newcastle. They will also be at Bisley during the holidays. The athletes will attend the North West Combined Events Championships.. The sailors will be 1st the Laser Grand Prix at Bassenthwaite and the National a junior 12 Hour Endurance Race. The equestrians will be at the National Schools Equestrian Dressage Qualifier. The tennis players will take part in the U14 Tennis Festival, Hymers, and the Independent Schools Tennis championships at Eton. The Prep



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those matches having to be rearranged.

The Michaelmas term begins on 2nd September. 

SEDBERGH PRIMARY SCHOOL

Victorian Week

The first week after Spring Bank Holiday was Victorian week at Sedbergh Primary School. We learned all about how the Victorians lived.



School 1st Eleven will have been on tour.

Future Events

Speech Day is on 7th July coinciding with the Opening of the Hirst (sports hall) Centre – there are bound to be a lot of cars around as it is also the end of term.

Also on 7th July the Leavers' Ball takes place in the evening, and as forewarned there will be fireworks in the late evening, and the School apologies for any inconvenience this may cause.

The 1st Eleven will be at the Bows Festival between 2 and 4 July.

There will be performances of *Trial by July* on 2nd July at 2 pm and 3 pm.

The athletes will be at the ESAA Track and Field Championships in Birmingham on 12-14 July.

An expedition to Ladakh will take place during the school holiday.

Much training has been put into this About 1,000 children are expected to attend the the various courses taking place at the two schools during the summer holidays

Unfortunately there will be no Minor Counties match this August apparently due to the timetable for

On Thursday we all dressed up as Victorians, even the teachers. We found out that teachers were very strict and gave children the cane if they didn't do as they were told. During the day, to commemorate 100 years since the suffragette movement, we had a visit from Flourish Theatre who held a 'Votes for Women' performance and drama workshop.

We all thought that Victorian clothes were too hot to wear on a warm day!



CUMBRIA SCOUTS

Toby Hubbard

Scout group celebrates rewarding year!

"What an amazing year we have all had!" so Michael Ryan of 5th/8th Kendal Scout Group told young scouts, leaders and family and friends assembled at their annual Group Council in June. The evening was a celebration of scouting successes over the last twelve months, as well as the chance to welcome new young people into the group.

Several of the young people present were awarded their Chief Scout's Award. Young people in Scouting start their journey to gaining skills for life with the Bronze Award in Beaver Scouts, the Silver Award in Cub

Scouts, and the Gold Award in Scouts. Leaders from each section presented one Bronze, seven Silver, and one Gold award, each award marking the culmination of several years of hard work, fun and adventure for the recipients.

After the leaders told the assembly about the great year that each section in the group had had, Michael Ryan, deputising for County Commissioner Eddie Ward, presented Leon Bisland with a Commissioners Commendation for providing exceptional support to his family at a time of difficulty.

But there was one more award to come! Last year, when out on a trip to the swimming baths, Scout Bella Hubbard was the first person to react

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Tim Keegan presents Bella with her Meritorious Conduct Award and Medal

when a toddler ran away from parents and jumped into deep water. Bella rapidly acted, dived in, and rescued the sinking toddler before anyone else moved.

Already honoured with a Commissioners Commendation, Bella was nominated for and now received the prestigious Chief Scout's Commendation for Meritorious Conduct. This rare honour recognises the outstanding bravery and skill that Bella demonstrated in saving the life of the young child at the pool that day. After the presentation, her father, Cub Scout leader Toby Hubbard said "Both Bella's mum and I are very proud of what she did. She is an amazing young lady!" After watching the presentation, Assistant County Commissioner Matt Sanderson said "Bella's actions are an example to us all. By being always aware of what is going on around us and remembering the life skills that we learn in Scouting, all of us have the potential to help someone as Bella did".

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Although he couldn't attend to present the medal in person, Chief Scout Bear Grylls has sent a personal letter to Bella, and afterwards sent this message to 5th/8th Kendal Scout Group "Every child has the right to an adventure. Life is about grabbing opportunities. The prizes don't always go to the biggest, the best and the strongest – they go to those who persevere. These are simple life lessons that Scouting teaches. I want the public to know how Scouting continues to open young people's eyes to a world of extraordinary promise and possibilities."

Anyone wanting to join Scouting, or more information, can view website cumbriascouts.org.uk or pop into their local Scout Hut. 



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NEWS FROM THE PEWS



Your Parish Church

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

July is here again. Plans are formulating for the Summer Fair in and around St Andrew's Parish church building. The entertainer, musicians, bouncy castle and gazebos have been booked. We hope to have plenty of stalls and games plus a colourful exhibition of the competition entries from the Primary School children.

Our usual request for a dry sunny day went in a long time ago, but after last year when it rained all day who knows what will happen? In our favour the church is waterproof allowing "business as usual" inside but alas, without the bouncy castle as it is a tad too big to take indoors.

One major ingredient to make the day go with a swing is PEOPLE we cannot do without you! Do come along anytime between 10am and 4pm; bring the children, your next-door neighbour, your friends, your visitors. There should be something for you to enjoy, morning coffee, lunch, afternoon tea, why, you may win a coconut or hook a duck with a little luck on your side.

Saturday 14th July is the date of the Fair.

We hope it will be a good day, with lots of smiling faces of people enjoying themselves.

We also hope to see you there. 

CUP CAKE DAY

Alan Clowes

Our event which took place on the 14th June at the Cross Keys, Cautley was to raise funds for the Alzheimer's Society to help fund research into the debilitating effects and to find a possible cure.

Between 10.00 and 3.00 tea, coffee and cupcakes were served at no charge but a strategically placed bucket accepted donations. Between 10.00 and 12.30 pm, the Cross Keys was buzzing with visitors which kept our two special waitresses, Liz Newson and Judith Bush, quite busy. Judith had to leave us at lunch time but we were delighted to have Deni Chambers join our team.



The entire day ran without a hitch and we were privileged to have four generations of the Dawson family with us.

My thanks go to my wife Chris and to Eileen Labbate and Alisha Brewer for making and decorating nearly 120 cup cakes. To Liz, Judith and Deni for being honorary waitresses and officiating in the awarding of prizes for the competition winners and for counting the money!.

The final total raised was £331.60. Thanks to all who attended, and Dennis, we are saving your cupcake till your diet is finished (*much appreciated and congrats Alan et al. Ed*).



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7pm Start

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11th August



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MAY WEATHER

Generally May was a pleasant month giving us a bit of everything weather-wise. Temperatures varied from a high of 78.4F (25.78C) to a low of 34.3F (1.28C) and several nights the wind chill took the effective temperature below freezing. No doubt those of you who had seedlings unprotected would have noticed this. Rainfall totalled 40.2 inches (1021mm) for the month but we did have several dry spells, 2 of 5 days and 2 of 4 days. It was quite a breezy month with only 4 days when the gusts did not get into double figures. A maximum of 21.9mph(35.24kph) was recorded with all but 7 days coming from the North West.

May is my favourite month for

several reasons. Generally winter is behind us and the burst of new growth is prodigious. I actually got to cast off my wellies in favour of boots!!! The lanes are bursting with growth and colour from bluebells early on to umbels and dandelions later with the reds of campion in the mix. The trees are in full leaf in varying shades of green from the pale whitebeam to the dark holly plus the lovely dark copper beech.. The lilac is fully out and smells gorgeous especially first thing in a morning. The birds are nesting, even the late arriving swallows got round to building a new nest. I destroyed last year's after the mite infection. Where they found their mud was a mystery. I haven't seen swifts or house martins

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around us. The blue tits have eggs in the old nest box and a new one is being investigated even pecked around the hole so let's hope they use that as well. The oystercatchers have been successful with an early brood down on the river. We are getting woodpeckers regularly feeding on nuts with occasional visits from siskins on the niger seed. My biggest surprise was to see a hedgehog on the drive. Unfortunately it was during the daytime, not a good sign. I moved it into the shade in the undergrowth and it had gone by morning so let's hope it was OK and just hungry. 

JULY GARDENING

Elaine Horne

Over that last few years I have tried out a variety of different types of lily in the garden. Some are short lived and seem to best if grown in pots, whereas others are very robust and flower from year to year in the garden

borders.

The earliest into bloom here are the sturdy, hardy "Yellow Turk's Cap Lilies" (*Lilium pyrenaicum*). They have flowers with recurved petals of a clear yellow with maroon spots, and have an overpowering fragrance which is best sniffed from a distance of at least 6 feet away. (They are known affectionately, in our household, as "Stinking Lilies")

Following them into flower are the "Martagon Lillies" (*L. martagon*). The white flowered ones, which were planted many years ago, always flower here before the purple/pink species. Both are very hardy and robust, but can take a couple of years to settle in and flower from newly planted bulbs.

Yellow Turks Cap and Martagon Lilies are both European species. My favourite American species – another turks cap -is the "Leopard Lily" (*L. pardalinum*). These crimson/red/orange flowers with large maroon



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spots, are born on tall stiff stems, 5 – 6 feet tall.

This year I am growing on some baby bulbils from the “Orange Lily” (*L. bulbiferum*). The bulbils are produced at the bases of the upper leaves and can easily be picked off and planted in trays of compost – just buried under the compost surface – and left to grow on – potting them on as they increase in size - until they reach flowering size. This usually takes at least 3 years but at the end of that time I should have some hardy plants with bright orange/red, cup shaped, upward facing flowers, which I can plant out into the border.

No garden is complete without at least one pot full of “Regal Lilies” (*L. regale*). The large, white, trumpet

shaped flowers of this Chinese species have one of the most intoxicating and delicious fragrances of any plant in the garden. I always place my potfulls beside the garden bench so that I can appreciate them to the full. Regale lilies do not persist for more than 3 or 4 years with me, but the bulbs are easily available and worth replacing from time to time.

All lilies are susceptible to attack from “Lily Beetle”, an insect pest which has spread widely across the UK during the last few decades. It has not yet arrived in my garden, but I have seen it in some Lancashire gardens. Lily Beetles are beautiful, bright red insects, a little longer than a ladybird, which feed on lily leaves and flowers and lay their eggs on

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stems and bulbs. Damage to plants is unsightly and the munching leads to lack of flowers and bulb rot. In a small garden, the best control is to pick the beetle off plants and jump on them! 🐞

DIGGING FOR BRITONS !
Community Excavations in
the Lune Gorge

Graham Hooley

Lunesdale Archaeology Society (LAS) has been awarded a Heritage Lottery Fund grant to investigate a pre-historic settlement site just south of the known Roman fort at Low Borrowbridge in the Lune Gorge. The investigations will be conducted over the next two years and will offer an opportunity for volunteers to learn about archaeological techniques

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while revealing something of the lives of ordinary people at the time of the Roman occupation. The site on farming land in the Lune Gorge was discovered through aerial photography in the 1970s, surveyed in the 1990s, but has not otherwise been examined before.

Graham Hooley of LAS commented: "It is fantastic to be able to examine this intriguing settlement site in detail over a two year period thanks to National Lottery players. We know that the Roman fort, half a mile to the north, was occupied throughout the Roman period (from around 70AD to at least 350AD) but we know little about how the soldiers stationed there interacted with the local population, where their food came from and how they spent their wages. And we know very little about the locals, how they lived, farmed and went about their daily lives. The study will enable local volunteers to get

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involved in answering some of these questions. With the help of experts we will be running workshops in archaeological techniques, such as surveying, excavating and analysing dating finds so that those with no prior archaeological experience can play a part”.

In true ‘Time Team’ style the work will begin with ‘geophys’ – geophysical surveys that allow us to identify remains below ground that may not be visible above but could be of archaeological significance. These surveys will help us to locate targets for excavation later this year and early next. LAS will be recruiting volunteers of all abilities to help with aspects of the study. Some may be

keen to get down and dirty excavating in the trenches, while others may prefer to help with cleaning, sorting and identifying the finds. If you are interested in helping, or in finding out more about the project as it progresses, please visit our website at www.lunesdale.wordpress.com or email us at lunesdale.archaeology@gmail.com.¹

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

July is a great month for watching swifts, and often it’s their screaming we hear even before we see them swooping around the sky. When flying high they are busy feeding, catching insects (such as midges, gnats,

aphids) and tiny spiders that they collect in their throat pouches.

It has been a very strange year for swifts, with fewer than usual for the first 3 weeks of May. Then, the weekend of May 19th, suddenly there was a mass influx of swifts, and again this appeared to have happened in many other parts of the country. It almost seemed as if their late return, and the fine weather for several weeks, had made the screaming parties even more frequent and exuberant. The screaming parties remind us of bikers as they hurtle around at roof top level at speed, especially in Main St and Back Lane. And one resident of Bainbridge Rd called that area 'swift central' ! Screaming parties are an indication

Keith Moorby MAAT

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that there are breeding swifts nearby which is why we are especially keen to hear about places where you see them.

By July both the parents are kept busy feeding the chicks – on average an adult goes in and out of the nest about every 40 minutes. We are pleased to report that swifts are breeding again in the nest bricks at the People's Hall. So far we have confirmed that three pairs are in occupation, but are not yet sure about the fourth. The field at the Peoples Hall is a good place to watch swifts, one evening we counted more than 35 swifts.

It was a relief that at Settlebeck school the swifts that had arrived so early were finally reunited with their mates - although they had to wait for over two weeks before they returned. Three eggs have been laid in one box and two in the other, and we expect the chicks to be in the nests until

around 27 – 29 July.

As you read this you will be able to see, via the webcams, the chicks feeding and growing. One of the most exciting activities is when chicks, after about 20 days of age, do vigorous press-ups, pressing down on their wings and lifting their tails. These are wing-strengthening exercises to prepare them for the next few years of living entirely on the wing. Details again for accessing the webcams: at

www.settlebeckschool.org, click on the swift tab for instructions.

Most chicks will fledge and make that crucial maiden flight at the end of July or early August to join the adult swifts flying around. The chicks then



do not return to the nest, are not fed by the parents, must be fully independent and only a couple of weeks later they will undertake their first long migration back to Africa. So let us make the most of next five weeks and enjoy these wonderful birds before they leave us at the beginning of August.

Our aim is to discover more new nest sites and also to monitor existing sites, so we can get an idea of how they are doing. Would you like to volunteer and help us occasionally, maybe around where you live? You don't need to be an expert, do join us, it would be an enormous help.

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Awareness Week took place after the time of writing (15 June) so reporting on those will have to wait until the August issue.

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



CUMBRIA WILDLIFE TRUST

Jackie Hooley

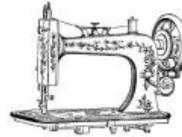
Some wildlife is difficult to get close to, either because doing so causes disturbance, or it is remote and inaccessible, or it is dark. Plants don't mind being stared at but animals are generally not so keen. That is where strategically placed cameras can allow us an up-close view of the personal and private life of some amazing animals.

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The Cumbria Wildlife Trust reserve at Foulshaw Moss is a wonderful, large, water-filled lowland bog and is home to a wide variety of birds and insects, worth a visit in any season. At this time of year visitors flock to the site to see the rare ospreys that have made the site their home for several years. There are only around 200-250 breeding pairs in the whole of the UK, with most in Scotland, so we are incredibly privileged to be able to see them here. They return from Africa in April to breed in the UK and are faithful to their partners and to their nest site. Each year we wait to see if the birds will return and hope that they will nest again on the remote platform provided for them. A visit to the reserve is always a joy, with plenty to see, including rare bog plants and the recently reintroduced white-faced darter dragonfly, but the highlight in the summer is a view of the osprey nest. However, even with

the telescope, manned by ever-helpful volunteers on the viewing platform, it is difficult to make out the adult birds, never mind eggs and chicks. Now everyone can see the nest and its occupants in glorious detail on the CWT website thanks to live-streaming from a camera perched right on the side of the nest. By the beginning of June there were 3 delightful (OK very ugly) chicks and with luck and a good season they should be leaving the nest by the end of July, by which time they will be very beautiful, like their parents. Have a look at the website to see them live for yourself. You might see the adults bringing back fish from Morcombe Bay to feed their ever-hungry brood before they all leave for their long



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migration back to Africa sometime in August.

The Trust also has a live camera watching the beach on its South Walney reserve and last autumn saw seal pups being born there for the first time. Again this camera is streamed live to the website for everyone to see. Seals will haul out on the beach throughout the year and give birth in late autumn so it is worth keeping an eye on the comings and goings. More and more seals are using the beach and hopefully there will be pups again this autumn and winter.

In our own gardens we can also get a private peek at the lives of our own wildlife with cameras in nest boxes and trail cameras are also becoming more affordable. These are triggered by motion during the day and heat at night, to produce some tantalising pictures of the wild animals that share our spaces.



Sedbergh Summer Soccer Schools

Monday 6th - Wednesday 8th August

£16 a day or £45 for all 3 days



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RED SQUIRREL GROUP

Karen Hopps

The sun shone for the weeks before but on Saturday 2nd of June it rained. We were so unlucky! But still a happy band of hardy red squirrel lovers gathered together - people of all ages, local and otherwise, relaxed in Barbara & Chris Hollett's beautiful home, some amongst them wandered along paths throughout the garden and even higher to the motte and bailey and its wood, where red squirrels have been seen for a couple of years now.

The members of the "Common Ground" Ceilidh band, who practice in Sedbergh, sat in the exquisite stained glass bay window with the picturesque fells behind them sending their cheerful rhythmic ceilidh music all over the house, setting a wonderful atmosphere for people to enjoy. Represented also were the red squirrel children's' author, Wendy



Ellwood, and the rangers offering discussion, also superb live webcam images to enjoy. The plant sale in the greenhouse was a very popular venue along with afternoon tea, which featured homemade cakes available all afternoon.

The raffle was drawn, with some immense prizes given so generously by Sedbergh's local businesses, thank you, the audience was eager



Summer 2018 Soccer Schools



Below is a list of the Soccer Schools No. 7 Coaching is running this summer.

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For boys and girls aged 4-12

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Settlebeck Field, Sedbergh
For boys and girls aged 4-12

Monday 20th - Friday 24th August
£16 a day or £65 for all 5 days

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COACHING

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Sports Hall, Kirkby Stephen
For boys and girls aged 4-12

Tuesday 28th - Friday 31st August
£16 a day or £55 for all 4 days

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07929 373564 or e-mail shaun.gardner@yahoo.com



No. 7 Coaching

with anticipation. The icing on the cake was that, despite the weather, we have banked £745 ... The rangers need this money to protect and encourage our native reds with food, care and rescue and by reducing the greys where possible with the necessary equipment, feed and fuel. Next month we will let you know how Sedbergh red squirrel group spends the money so kindly given by local people.

Thank you to all those who helped in so many ways... special thanks to our local businesses who were so charitable to our important raffle and everyone who donated; to Lesley who knitted the lovely red squirrel; everyone who baked; to all who served and did it so well; to the

efficient raffle organisers; to furniture movers who helped inside and out!; and we are very grateful to the band; the lenders of mugs, long tables etc and Settlebeck School for the use of their tea urn. A very special THANK YOU to Barbara & Chris for the mammoth organisational task they took on, on behalf of the group and for letting us "raid" their home and gardens once again. 

SEDBERGH IN BLOOM

Dorothy Blair

As many of you will know it is the Centenary of the Royal Air Force this year and to celebrate this we planted up the flower bed at the entrance to Main Street with the colours of the R.A.F.



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We have of course now planted up more of the flower beds in town and hopefully they will put on a good show throughout the summer for all to enjoy.

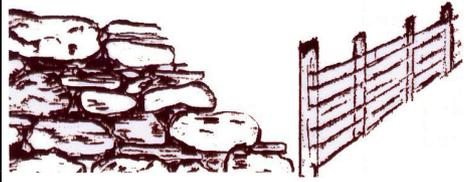
Some of the plants in the beds at the Fire Station did not survive the winter and we shall be replacing them in the near future.

We would not be able to create and maintain many of the flower beds and tubs without the support of grants from a number of sources and we must thank the Community Fund and the Parish Council who have been generous with their grants. Thank you very much.

We hope to replace some of the rather well worn planters which will require compost, plants etc, etc, and

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of course as stated earlier we will be replacing some of the plants at the Fire Station, and also replacing some of the plants which simply outgrow their space and deny other plants/ shrubs of space to grow .

My personal thanks to the rest of the committee for their continued work and commitment required to keep the beds and flower tubs in good shape. 🙏

**FRIENDS OF QUEENS GARDENS
 ANNUAL GENERAL MEETING**

*David Parratt
 Chairman*

The Annual General Meeting of the Friends of Queens Gardens will be held on Monday 23rd July at 7 pm in the Rawthey Rooms above the Sedbergh Information Centre.

If anyone is interested in finding out more about Queens Gardens and would like to become a 'Friend', you are very welcome to attend. We are always looking to recruit new

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Andrew Fagg

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as a [Young Ranger Leader](#) in the Yorkshire Dales National Park.

The three Young Ranger groups in the Park, for 11 to 16 year olds, meet once a month to carry out vital conservation work such as tree planting, rights of way maintenance and wildlife monitoring.

'Dales Learning and Engagement Volunteers' are urgently needed to help the Young Ranger West group (based around Sedbergh) and the

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Young Ranger North group (Hawes and Reeth). Volunteers would be asked to give six days a year, and would receive training in time for the new season of Young Ranger meetings starting in September.

It's the third time this year that the Yorkshire Dales National Park Authority has appealed for volunteers – with the first two call outs, for '[Dales Volunteers](#)' and '[Wildlife Volunteers](#)', leading to a total of 150 people coming forward.

A current Young Rangers volunteer, David Robinson, who travels into the Park from Bingley, said: "All the young people have been enthusiastic; they get tremendous enjoyment and satisfaction out of the experience. It's

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very rewarding to be a volunteer and it's good to meet other people from the area."

Young Rangers Officer at the Yorkshire Dales National Park Authority, Rachael Alderson, said: "Young people in the Dales are crying out for opportunities to get involved in conservation. They want to get close to nature and to help it thrive. All they really need are adults prepared to give up a bit of their time to make it possible. I can promise that volunteering will be a rewarding experience. We get up to all sorts, from 'Balsam bashing' to making bird nesting boxes." 

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YORKSHIRE DALES NATIONAL PARK

*Celebrating (and helping) Sedbergh's
swifts*

Andrew Fagg

The "Save Our Swifts" community project in Sedbergh – which is being supported by the National Park

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www.sedberghredsquirrels.org.uk



Authority's Sustainable Development Fund – has reported encouraging news from its nest boxes, on the eve of the UK's first ever Swift Awareness Week (16 – 23 June).

The two swift boxes and cameras that were installed last year at Settlebeck School are both in use – with chicks expected to hatch any day now. There are three eggs in one nest, two eggs in the other. See LIVE footage by clicking <http://www.settlebeck.org/swifts/live.html>

Meanwhile all four internal nest bricks installed in the People's Hall are also occupied by pairs of swifts. A total of 120 nest boxes and internal nest bricks have been put up in Sedbergh and the surrounding area



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since the project started in 2015.

Four events took place in the National Park (or on its border) during Swift Awareness Week, including a Swift Celebration Evening at St Andrew's Church in Sedbergh.

Tanya Hoare from the Sedbergh Community Swift Group said: "This year the swifts were late. Usually they come in the first week of May, and we spotted the first swift in Sedbergh on the 5th of May. But it wasn't until the 19th of May when they came in any great number. We had a

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mass influx coinciding with the nice weather – and they were very exuberant.

"Nationally swifts are fast disappearing from our skies. Numbers have fallen by 51 per cent in the past twenty years. The problem is that swifts are faithful to their nest sites and householders and developers aren't aware that swifts are nesting in nooks and crannies inside the eaves. Buildings are re-roofed, refurbished or demolished and when pairs of swifts return to breed in May, they find their nesting places have disappeared.

"What the 'Save Our Swifts' project has shown is that with a little bit of help and awareness from local people, colonies can establish and thrive. These birds – and their 'screaming parties' – bring great pleasure."

Andrea Burden, Sustainable Development Fund officer at the Yorkshire Dales National Park Authority (YDNPA), said: "It is very exciting to see the results of the 'Save Our Swifts' project. Seeing the swifts hurtle about has been one of the highlights of the spring. The nest



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boxes and bricks, and all the awareness-raising activity such as the cameras at Settlebeck School, have made a huge difference to the swift conservation effort in the Sedbergh area.

The "Save Our Swifts" project received £4,760 from the Sustainable Development Fund. It has also received support from the Yorkshire Dales Millennium Trust and the Sedbergh Community Fund. SDF grants are on offer to individuals, businesses or community groups – and projects can be wide-ranging. The fund has £175,000 to award this financial year and applications are being welcomed

Senior Wildlife Conservation Officer at the YDNPA, Tony Sergeant, added: "The Sedbergh Community Swift Group is doing a great job. It would be fantastic if their work could inspire other people, so that we might have swift groups forming across the National Park.

"I'd like to hear from people who have seen large parties of swifts feeding over Dales villages and towns. That could help us to identify areas where it would be worth putting up more swift boxes."



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DENT GALA

11am 27th August BH Monday
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Ring Sarah 25212

Such sightings can be reported by emailing Tony and the wildlife team at:

wildlifeconservation@yorkshiredales.org.uk

AGE UK SOUTH LAKELAND

Ruth Taylor

Here is an update on some of the activities which we run in the local area. The venue for our lunch club has now changed to The Dalesman .Why not join us for a delicious lunch every 2nd Thursday of the month at 12 noon. You will be made most welcome. If you would like to come along, please contact Age UK on 01539 728118 to book your place.



A new fortnightly Walking Netball session is starting on 26th July at the Old Sports Hall, Queen Elizabeth School in Kirkby Lonsdale from 5pm-6pm . Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level. Come and give it a go. To book a place or to find out more please contact Kim Bradshaw Community Sports Coordinator on 07966 55 6944.

ROYAL BRITISH LEGION GREAT PILGRIMAGE 90

David Parratt

The Royal British Legion is recreating its 1928 pilgrimage to World War One battlefields with thousands of Legion members involved from branches across UK. This will take place between 5th – 9th August 2018. Great Pilgrimage 90 (GP90) will be the largest membership event in the history of the Legion and will mark 90 years since the last Great Pilgrimage.

A decade after the end of World War One, veterans and war widows visited the battlefields of the Somme in France and Ypres in Belgium before marching to the Menin Gate in Ypres on 8th August 1928.

On 8th August 2018, two representatives from each branch of the Legion will carry their Standard and a wreath along the same route in Ypres to the Menin Gate, representing an entire generation that served while defending their country. Keith Wood and Sandra Gold-Wood, both Sedbergh Royal British Legion branch committee members will represent the local community at this

event. Attendees will visit WW1 battlefield memorial sites, trenches and cemeteries. On 8th August they will take part in a parade where a wreath from each branch will be placed on the memorial at the Menin Gate. The wreath will contain a special message of Remembrance from the pupils of Sedbergh Primary School. A march past will then take place, observed by civic and military guests from the UK, Europe and Commonwealth countries. Following the service, members will join spectators in the Great Square for an afternoon of comradeship with exhibitions and musical performances.



B4RN

House connections

Douglas Thomson

As it is expected that some properties in the Sedbergh area will be connected to B4RN's hyperfast broadband this summer a house installation training course has been arranged for property owners and contractors. The training evening will be on 19 July at the Corner Community Church in Joss Lane



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

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

You can collect an Application Form from the Bursary, download one from the School's website www.sedberghschool.org or request one by sending an email to

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

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

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

We look forward to hearing from you.

starting at 7.00pm.

The training will help property owners to plan, and maybe install, the equipment both in their gardens and up to and into their property. B4RN supplies the materials for property connections but it is the owners' responsibility to organise for the work to be done whether that is by him/herself or by use of a contractor.

The meeting is also for builders/gardeners and anyone interested in carrying out garden and house installations for a fee. Such work is a direct relationship between property owner and the contractor. The local B4RN group would not be involved. It is expected that many property owners will require such a service.

Please let me know

douglas@ddathomson.co.uk if you wish to attend as places are limited by the size of the room. 

MORE THAN A MARKET!

Andi Chapple

The Saturday Artisan Markets are well under way now. If you've managed to get down you'll have noticed that we've organised more than just excellent self-produced food of all sorts and craft work from the makers themselves. There's been music – May saw the Cumbria Gaita Band parading their pipes and drums – and plenty to do for children, with games and activities in St. Andrew's church yard as well as treasure hunts among the market stalls. Music and children's activities will continue for

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the rest of the markets.

Why are we doing this, apart from it being a great idea? We want to develop the idea that these Saturdays are 'more than a market'; we hope people will get in the swing of coming into Sedbergh because there is plenty for them, and their children, to do and see. Next year, we hope that we will be able to shut Finkle Street for the markets, which will make things a lot safer and even more interesting, but before we can go to the District Council for permission we have to do two things: consult with those affected and develop the Artisan Markets into a genuine celebration day for Sedbergh. Watch this space.

Best wishes



SEDBERGH HOLIDAY CLUB

24th – 28th July

Sandy Roy

Sedbergh Holiday Club

The annual Holiday Club, supported and organised under the banner of the Western Dales Mission Community, will be held in the first full week of the school summer holidays, commencing Monday 24th July.

The Holiday Club will be held at the People's Hall from Monday 24th to

Friday 28th July 2017, 10.00am – 12 noon each morning, with a special event for children & families on the morning of the following Sunday 30th July, 10.30am. Open as usual to children of primary school age, notionally 5-11 years. For registration details see separate advert in this issue.

The Holiday Club team value the support we receive from the community in organising this annual event, and trust that you will once again encourage the children to attend, and get the summer holidays off to an enjoyable start.



SEDBERGH ART SOCIETY

Jenifer & David Alison

This is the time of the year when we are busy working on pictures and cards for this year's exhibition. Once again, the Exhibition will take place in the Sedbergh School Library and run from Thursday 23rd August until Monday 27th August inclusive. Once

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again, as you see, it runs for 5 days only and over the Bank Holiday. We found this timing to be very successful last year and look forward to showing you all again what we have been up to!

April

Our workshop on the 20th April with Alex Jakob-Whitworth was a valuable day, and a great variety of work was the result. We tried out an interesting range of textures and media.

June

On Friday 22nd June HELEN SHIELDS gave a wonderful demonstration of pastel painting entitled 'Flowers and Foliage'. Helen shared with us the techniques she uses and inspired us with her creative skills. This was a good introduction for all those who came to the workshop the following day, Saturday 23rd June.

Helen supported and gave advice during this day which was invaluable to us. Many thanks to Helen!

If you wish to find out more about Sedbergh Art Society, you are welcome to contact me, Jenifer Alison, Tel: 01539 824666 or 07785 964008. Email :

jen.alison10@gmail.com or
Gill Impey, Tel: 01539 726640 or
07522 264187. Email:

gillimpey@hotmail.co.uk

See you at the exhibition in August.↑

MARIE CURIE

Robin and Caroline Sandys-Clarke

A big thank you to all who helped and supported us on the 27th May. We had a wonderful afternoon weatherwise and lots of people came to enjoy the gardens, entertainments and tea. Local Businesses were generous with their gifts of raffle prizes and with the addition of extra donations both before and after the event we have raised over **£1000** for MARIE CURIE which is a magnificent total. This equates to about 50 hours of nursing time. ↑

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information, advice, support and practical solutions for people adjusting to and living with sight loss.

Up and coming sessions to be held at Sedbergh People's Hall, Howgill Lane, Sedbergh LA10 5DQ are on Monday 2nd and Monday 9th July from 1:30 to 3:30pm.

Want to find out more, or to book your place?

Please contact Sarah, Amy or Tim
Tel: 01539-769055

Email: info@sightadvice.org.uk 

SEDBERGH BOWLING CLUB

Linda Killops

We are offering free Taster Sessions of Crown Green Bowling. Come along and have a try. Please wear flat shoes. Bowls will be provided.

Sunday's 1st and 22nd July between 1 and 4 pm. If these dates aren't suitable please ring Linda on Sedbergh 20279. 

SEDBERGH GOLF COURSE

.... 25 YEARS ON !

David Lord

August 2018 will see the 25 anniversary of the opening of the new Sedbergh Golf course, at Catholes -

Abbot Holme, by the late Rt. Hon. The Viscount William Whitelaw . K.T., C.H., M.C., In 1896, seven masters of the Hostel of Sedbergh School, created the first course, over common land, The Riggs, on ground described in The Field magazine as "ideally suited to the playing of golf. In reality, it was very rough and excessively sloped, also grazed by sheep and cattle, eventually needing fenced greens.

Around 2000 golf clubs and societies were established in the UK between 1890 and 1900 as the game became fashionable with the late Victorian middle classes. Several made way early for building development land, and others fell foul of the financial difficulties associated with two World Wars.

Many, including Sedbergh, survived, and the primitive course on The Riggs, with its tiny wooden pavilion, provided social golf for local residents and the students, staff and parents of Sedbergh School for close on 100 years, until the idea in 1991, to create a course on the present beautiful location at Catholes - Abbot Holme, the result of an initiative by two

neighbouring farmers.

Twenty five years on, and the current course really is " ideally suited to the playing of golf" set in undulating parkland, with mature oak, ash and birch, the course is on the confluence of the rivers Dee and Rawthey. Both feature prominently over the opening five holes!

Bill Squires, the course architect, created a fine test of golf for all ability levels, memorable par 3's, inviting par 4's, and a couple of seriously challenging par 5's. Manicured fairways and excellent USPGA spec greens facilitate golf in majestic countryside in this most beautiful corner of the Yorkshire Dales National Park.

The long relationship with Sedbergh School persists. Students play regularly and inter-school matches are hosted. Going back to its origins, The Hostel Cup, first presented by those seven Masters in 1896, is still the prize for the Match-Play Champion every year.

In putting together this article, I am obliged for significant help and information from Mr John Pearson, of the British Golf Collectors Society. 

COUNTRY HARVEST

Celebrity Baker joins Birthday Bash
Susan Riley

Can you bake cakes worthy of a champion? That's the challenge being launched by Country Harvest in Ingleton...and what's more, the Food Hall wants not one but 25 champion cakes to mark its 25th anniversary.

Yorkshire baker and a former winner of TV's Great British Bake Off Nancy Birtwhistle will be the celebrity judge

at the fun event alongside Country Harvest owner Mike Clark. The judges will taste each of the 25 cakes in a marquee at Country Harvest on August 9th, before deciding on the top three winners who will receive prizes totalling £450.

Nancy, who won the television show in 2014, is well known for her no-nonsense bakes and the ability to troubleshoot kitchen problems. After the judging on August 9th she will demonstrate how to make an open fruit tart as she discusses pastry and cake making. Tickets for the Perfect Pastry event at 6pm cost £7.50 and include a cream tea to enjoy while watching Nancy's masterclass.

"We think the whole day will be a real celebration of Country Harvest and our 25th anniversary. We'd love 25 people to bake a celebration cake for us...apart from a size restriction it can be any sort of cake and decoration you like and it doesn't have to be connected to Country Harvest at all," said Mike Clark. The winner of the first prize will receive £250 in cash and also be asked to create a special celebration cake for the business's official 25th anniversary on October 20th. "We will provide all



Broadband for the Rural North

Are you interested in carrying out fee paid work to install B4RN equipment in gardens and/or properties?

If you are interested please see the B4RN article on page 68.

the ingredients for that cake, after all we have a fabulous Food Hall to source things from," said Mike.

Anyone wishing to bake a cake should email suecountryharvest@gmail.com with details about the bake they would like to do. The only rules are that it needs to fit on a cake board measuring a maximum of 12in by 12in and you need to bring it into Country Harvest on the A65 at Ingleton on August 9th, ready for judging at 5pm that day. ↑

CITIZENS ADVICE

I do not think the company that sold me a doorstep loan carried out proper affordability checks and now I cannot afford to pay it back. What can I do?

The Financial Conduct Authority - which regulates the doorstep loan market - says a loan is unaffordable if you cannot make repayments without borrowing again. Lenders must check your finances and situation to make sure you can pay back the loan.

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you would like to happen.

The lender must acknowledge your complaint promptly and has eight weeks to respond fully. They may agree to write off the balance or refund some of the interest you have paid.

If you are not happy with their response, or they don't respond at all, you can complain to the Financial Ombudsman Service using a form on its website.

If they uphold your complaint, they can force the lender to write off the interest or the remainder of the loan, and possibly order them to pay a small amount of compensation. The decision is binding.

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

- 30/5 – Burglary Peoples Hall Gym.
- 30/5 – Shoplifting Main St.
- 30/5 – ASB Settlebeck Bridge.
- 30/5 – Assault Main St.
- 31/5 – Burglary Loftus Hill.
- 31/5 – Report of sulkies racing on Back Lane.
- 31/5 – Burglary Cautley Rd
- 31/5 – Assault near Settlebeck School.
- 31/5 – Report of horses tethered too long.
- 31/5 – U/K Horses put in Hayfield.
- 31/5 – ASB reported at Scroggs.
- 31/5 – ASB reported on Maryfell.
- 1/6 – Criminal Damage Dry stone wall / windows. Cautley Rd.
- 1/6 – U/K horses in Hayfield.

**COMMUNITY OFFICER REPORT
 INCIDENTS OF NOTE**

Mandy Coleman

- 11/5 – Assault reported at the Play Park.
- 22/5 – Burglary Main St Toilets.
- 22/5 – Burglary Sedbergh School.
- 22/5 – Burglary Childrens Centre.
- 22/5 – Burglary disused toilet Loftus Hill.
- 28/5 – ASB Main St.
- 30/5 – Burglary Peoples Hall

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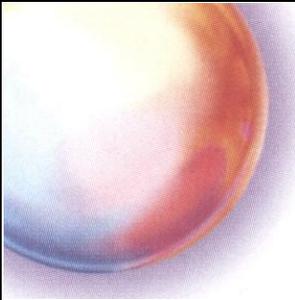
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- 1/6 – Criminal Damage Long Lane.
- 2/6 – Making off without payment.
Main St.
- 2/6 – U/K horses/bowtops in field.
- 2/6 – 4 reports of horses tethered too long in the area.
- 3/6 – Gate broken, horses obstructing footpath.
- 3/6 – Vehicles parked with boulders.
- 3/6 – Horse/Bowtop/Vehicle parked at the Health Centre.
- 4/6 – As above, loud music playing.
- 4/6 – Suspicious person entering yard, pipping horn asking if anyone wants free road plainings.
- 4/6 – Report of road being closed to race sulkies.
- 4/6 – Shoplifting Boots Main St.
- 4/6 – Report of suspicious activity, persons being chased by travellers.
- 5/6 – U/K horses placed in a field , padlock broken.
- 5/6 – Theft of a dog, a 2 year old basset hound.
- 6/6 – Vehicle causing obstruction, Long lane. All I order.
- 6/6 – U/K tethered horses causing obstruction on the pavement at Pinfold.
- 6/6 – Report of dangerous driving.
- 7/6 – Cold calling reported.
- 12/6 – Assault reported on Finkle St.

CRIME FIGURES

Crime figures can be obtained via the Cumbria Police Website:

<https://www.cumbria.police.uk/Your-Area/Your-area.aspx>

Alternatively use the following link:

<https://www.police.uk/>

CRIME PREVENTION

_Reports are still being made regarding Scam calling across the

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county. Please be cautious with any phone calls, the Police will never ask for your personal banking details and will not give advice on money transfers etc. we would direct you to your bank and may suggest you cancel cards etc.

CUMBRIA COMMUNITY MESSAGING

Please pass this message onto friends, family and residents of your areas to re highlight the issue.

If you would like to join Cumbria Community Messaging then please contact us or visit:

www.cumbriacommunitymessaging.co.uk

It is managed by the Cumbria Neighbourhood Watch Association and offers you and other members of communities across Cumbria the means to receive crime information from Cumbria Police. You can select which information you wish to receive by managing your own settings, and it is completely **FREE**. Anyone can join, you do not have to be a member of Neighbourhood Watch (NHW), or become a member of NHW to join. Farm Watch, Church Watch and

Camping and Caravan Watch are a small example of the schemes that you can register for. You can join as an individual or as a group. If you want to receive information but do not wish to be responsible for a larger group, you are still welcome to make use of this messaging system.

As well as Cumbria Constabulary the partners providing information are Cumbria County Council, Cumbria Fire and Rescue Service and Cumbria Neighbourhood Watch Association. If you do not have internet access, contact your local PCSO and they will aid in registering your details on the system.

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=====

EDITORS COMMENTS

APOLOGIES

Another one last month insofar as I forgot to change the Dates on the Church Page so I hope not everyone turned up on the wrong days!!!

I also omitted the Second History Society visit to Browseholme Hall In their Advert and somehow missed the Town Band article!!!

GDPR

I have looked at the new Legislation for GDPR and the only Data stored and used with Lookaround are details of Advertisers, Groups and Individuals that have communicated to Lookaround. This information will never be shared with any other Third Party.

FUTURE OF LOOKAROUND

Please see Page 6 with an update from the New Team.

The December issue will be my last compilation and the new Team will commence from February 2019 so watch this space for future updates and details.

I am not taking any Advertising after December. New Contracts will be made from February 2019 with the new Group.

NEW ADVERTISERS

Yet another **SIX** new Advertisers this

month with K W Electricals, Scott Ostle plumbing Services , Wools of Cumbria Carpets, Walkers Electrical Contractors, Sam Capp Guest House & Green Clean Cleaning Service. Please mention Lookaround if you make any enquiries.

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 to read at the History Society Archive 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

ARTICLES

All articles and reports are inserted for free and photographs are included pending on space. Could text be submitted either typed out our written in BLOCK CAPITALS as sometimes, it can be difficult to established what is written.

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
(*Over 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 the text 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 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?

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.

COVER PICTURES

If you have any suitable pictures to go onto the Cover of Lookaround, please send a High Quality copy with the location and your name and you will be credited. Please remember that the picture will be split into two by the Spine so try and get a picture of two halves.

Dennis J Whicker

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

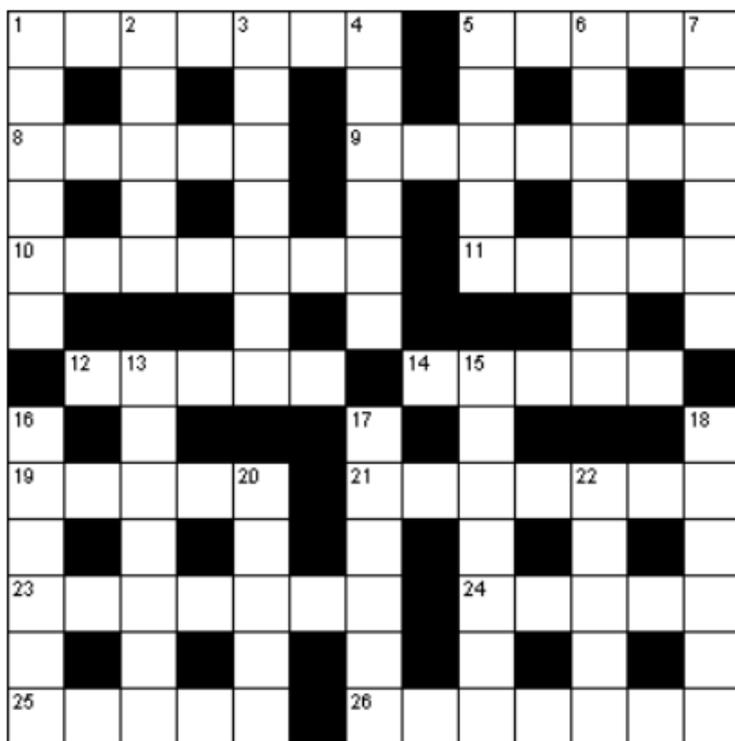
	9							
6			7					
	5		2			9	4	3
	4				9	8		
	7		3		2		5	
		5	4				2	
9	1	8			5		3	
					3			4
							9	

Each letter in this puzzle is represented by a number 1-26.
 Can you crack the code and solve the crossword? Every letter of the alphabet is used at least once. Three letters are already in place to get you started.

9	8	16	12	9	11		16	19	9	16	12	
8		17		15		22		9		12		6
22	21	22	2	10	6	21		5	21	16	7	26
23		21		23		12		21		18		9
1	23	17	9	11		25	20	9	10	9	15	10
		24				1		6				7
16	24	9	8	7	1		6	10	2	10	7	3
11				2		6				4		
7	16	21	6	10	2	7		11	23	23	8	1
23		25		16		23		16		13		23
14	16	25	2	17		4	16	20	11	23	7	26
9		9		9		11		14		11		9
	13	20	2	11	11		14	16	8	17	16	11

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Answer on Page 83

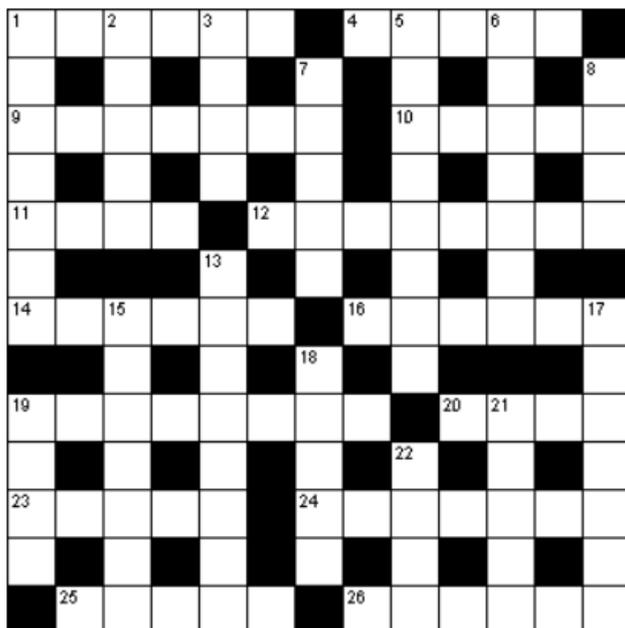


Across

- Slow moving ice mass (7)
- Lawsuits (5)
- Sacred song (5)
- Hide (7)
- No longer in existence (7)
- A select few (5)
- Avid (5)
- Shrimp-like crustaceans (5)
- Implements (5)
- Grisly (7)
- Irksome (7)
- Ice hut (5)
- Church officer (5)
- Throw away (7)

Down

- Burrowing rodent (6)
- Conform (5)
- Vast (7)
- Repeat aloud from memory (6)
- Small boat (5)
- First and most important (7)
- Found a solution (6)
- Staved off (7)
- Draws back with fear (7)
- Sculpture (6)
- Entertained (6)
- On the far side (6)
- Examine minutely (5)
- Strong lightweight wood (5)



Across

1. Find a prophet or a clever person (6)
4. Extra dark but found detection device (5)
9. Slipped on wet spot to form a dance (7)
10. Some echo reverberation job (5)
11. Look for a short man, urgently (4)
12. Writhing serpents make gifts (8)
14. A few winks and family for protection (6)
16. Romance hideaway made from a tree (6)
19. Container conduits make music (8)
20. Part of a hat, so correct the deletion (4)
23. Looks like a party could be a hit (5)
24. Mixed up singer, so no rap (7)
25. Acquire knowledge with poker end of the day (5)
26. Some future market comment (6)

Down

1. Can go to confusing shape (7)
2. Fruit and thick skin? (5)
3. Garbled tale is delayed (4)
5. Romance story involves someone from the past (8)
6. Decorated and redo at random (7)
7. Not together but a role (5)
8. Sounds like a swarm of letters (4)
13. Ended fiendish confusion (8)
15. Leaf insect, a spectacular ceremony (7)
17. Communicate and catch employment (7)
18. Refugee seafarer finds birds (5)
19. Put up with a large carnivore (4)
21. Headdress found in militia ranks (5)
22. Keep eels, found there's a point to it (4)

K	P	G	O	J	U	R	B	Z	D	A	X	V
26	26	24	23	22	21	20	19	18	17	16	15	14
F	M	L	T	E	N	C	S	Q	W	H	I	Y
13	12	11	10	9	8	7	6	5	4	3	2	1



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

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs Whitfield	Old Station Cottage, Station Road, Sedbergh LA10 5HP (2016/12) <i>Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage</i> 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
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi Speight Cottage: sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub sam@thecapps.co.uk	34032
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking; DA = Disabled Access;
 NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); DW = Dogs Welcome
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; EM = Evening Meal
 CW = Children Welcome; TL = Table Licence; DFB = Dairy Free Breakfast

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
1215	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	Dalesman
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

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland *	07/18	Helpline	030 300	30003
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
Christian Aid	11/17	Mrs Thompson	Sed:	22023
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
Cornerstone Community Church Rooms	01/09	Mrs Haworth	Sed:	20428
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	11/17	Mr Todd	07979	569428
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 *	12/17	Mr Cross	Sed:	22566

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	03/18	Mrs l'Anson	Sed:	21757
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554
People's Hall	08/15	Sleepy Elephant	Sed:	21770
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	04/17	Mr Hopps	07870	785322
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Schools				
Dent Primary	03/13	School	Dent:	25259
Dent Primary - Friends of	03/13	School	Dent:	25259
Sedbergh Primary	01/09	School	Sed:	20510
Settlebeck	01/09	School	Sed:	20383
Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279
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
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.

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0754 (C, L)	0838	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)	1745 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0728 (C)	0754 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
					Last Update: May 2018				
L = Library					SCC = Stagecoach				
C = College Days Only					W = Woof's of Sedbergh				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)									

Western Dales Bus S1 Kendal Shuttle Saturdays from 23rd June 2018 ufn							
Kendal Morrisons		11.18	12.38	14.38			
Kendal Blackhall Road Bus Stn G	08.35	11.23	12.43	14.43	16.18		
Kendal K Village	..	11.28	16.25		
Oxenholme Station	..	11.33	16.30		
Killington M6 Bridge	08.50	11.43	12.58	14.58	16.40		
Sedbergh Dalesman	09.00	11.53	13.08	15.08	16.50	18.19	
Sedbergh Maryfell	..	11.55	13.10	15.10	16.52	18.21	
Dent Village	09.15		13.25		17.07	18.36	18.46R
Dent Station	09.30				17.22		19.01R
<i>Dent Station</i>							
<i>Train from Leeds</i>		09.15				18.15	19.42
<i>Train from Carlisle</i>		09.06				17.34	19.38
Dent Station		09.35				17.37	19.01R
Dent Village		09.50		13.28		17.52	19.16R
Sedbergh Maryfell	08.00	10.05	11.58	13.53	15.45	18.07	19.31R
Sedbergh Library	08.02	10.07	12.00	13.55	15.47	18.09	19.33R
Killington M6 Bridge	08.12	10.17	12.10	14.05	15.57		
Oxenholme Station	08.22	10.27	..	14.15	..		
Kendal K Village	08.27	10.32	..	14.20	..		
Kendal Blackhall Road Bus Stn	08.33	10.38	12.25	14.26	16.12		
Kendal Morrisons		10.43	12.30	14.31			
R= calls on request only The 0935 from Dent Station will wait up to 10min beyond the scheduled departure for a late running train from Leeds.							

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.



BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect
from Thursday 21st June 2018 ufn R = Request only

	Thurs	Fri	Fri	Fri	Fri	
Dent			10.25		14.25	
Sedbergh, Spar			10.39	12.44	14.39	
Sedbergh, Dalesman	09.00		10.40	12.45	14.40	
Sedbergh, Maryfell	09.02		10.41	12.46	14.41	
Cautley, Cross Keys	09.10		10.48	12.53	14.48	
Fat Lamb	09.18		10.54	12.59	14.54	
Kirkby Stephen Station arr	09.24		11.01	13.06	15.01	
<i>Trains from Leeds to Carlisle</i>			11.06	12.35	15.01	
<i>Trains from Carlisle to Leeds</i>			11.46	-	15.46	
Kirkby Stephen Station dep	09.24		11.07	13.08	15.03	
Kirkby Stephen Town	09.29		11.12	13.13	15.08	
Kirkby Stephen Co-op	09.30		11.13	13.14	15.09	
Brough, Clock			11.21	13.22	15.17	
		Fri	Fri	Fri	Fri	Thurs
Brough, Clock			11.26	13.27	15.21	
Kirkby Stephen Co-op			11.34	13.35	15.30	16.35
Kirkby Stephen Town			11.35	13.36	15.33	16.36
Kirkby Stephen Station arr			11.40	13.41	15.38	16.41
<i>Trains from Leeds to Carlisle</i>			-	-	-	
<i>Trains from Carlisle to Leeds</i>			11.46	-	15.46	
Kirkby Stephen Station dep			11.47	13.43	15.48	16.41
Fat Lamb			11.54	13.50	15.55	16.48
Cautley, Cross Keys			12.00	13.56	16.01	16.55
Sedbergh, Maryfell			12.07	14.03	16.08	17.03
Sedbergh, Library		10.05	12.08	14.04	16.09	17.05
Sedbergh, opp. Morphets		10.06	12.09	14.05	16.10	
Dent		10.20	-	14.19	-	

Thurs = Thursday only

Fri = Friday Only

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

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

BUS SERVICES

S4/S5 Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green
Thursday Only commencing Thursday 21st June 2018 until further notice

Dalesman	09.00		
Sedbergh, Maryfell	09.02		
Cautley, Cross Keys	09.10		
Fat Lamb	09.18		
Kirkby Stephen Station entrance	09.24		
Kirkby Stephen Market Place	09.29		
Kirkby Stephen Co-op arr	09.30		
Kirkby Stephen Co-op dep	09.35	11.45	14.35
Kirkby Stephen, Market St	09.36	11.46	14.36
Kirkby Stephen Station entrance	09.41	11.51	14.41
<i>Trains from Leeds to Carlisle</i>	09.34	11.06	15.01
<i>Trains from Carlisle to Leeds</i>	09.20	11.46	14.55
Ravenstonedale, Kings Head	09.47	11.57	14.47
Newbiggin on Lune	09.50	12.00	14.50
Tebay roundabout	09.58	12.08	14.58
Killington M6 bridge	10.08	12.18	15.08
Kendal, Castle Green	10.17	12.27	15.17
Kendal, Blackhall Road	10.22	12.32	15.22
Kendal, Morrisons	10.27	12.37	15.27
Kendal, Morrisons	10.38	13.28	15.38
Kendal, Blackhall Road	10.45	13.35	15.45
Kendal, Castle Green	10.50	13.40	15.50
Killington, M6 bridge	10.59	13.49	15.59
Tebay roundabout	11.09	13.59	16.09
Newbiggin on Lune	11.17	14.07	16.17
Ravenstonedale, Kings Head	11.20	14.10	16.20
Kirkby Stephen Station entrance	11.27	14.17	16.27
<i>Trains from Leeds to Carlisle</i>	11.06	15.01	17.03
<i>Trains from Carlisle to Leeds</i>	11.46	14.55	15.46
Kirkby Stephen, Market Place	11.33	14.23	16.33
Kirkby Stephen Co-op arr			16.34
Kirkby Stephen Co-op dep			16.35
Kirkby Stephen Market St			16.36
Kirkby Stephen Station entrance			16.41
Fat Lamb			16.48
Cautley, Cross Keys			16.55
Sedbergh, Maryfell			17.03
Sedbergh, Library			17.05

DENT RAILWAY STATION TIMETABLE

Valid until 8th December

Northbound to Carlisle			Southbound to Leeds		
M-F	Sat	Sun	M-F	Sat	Sun
06 47	07 51	10 34	07 05	09 06	10 40
09 15	09 15	11 01 *	09 38	10 41	14 05
10 48	10 48	13 55	12 10	12 10	16 18 #
12 17	12 17	15 52	16 04	16 04	18 41
14 43	14 43	17 47	17 35	17 35	19 03 *
16 45	16 45	20 19	19 38	19 38	20 27
18 15	18 15				
19 44	19 44				

* = Dales Rail Services until 9th September to/from Blackpool

= To Nottingham

Combined plans for Western Dales Mission Community - July 2018

	Sunday	1 st	8 th	15 th	22 nd	29 th
St. Andrew's, Sedbergh LA10 5BZ	8am	Angela Whittaker HC-BCP	Gary Wemyss HC-BCP	Gary Wemyss HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United Service at Cornerstone Community Church or People's Hall	Gary Wemyss HC	Andy McMullon HC	Andy McMullon & Judith Bush FS	Andy McMullon BCP HC
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	William Allen	David Crouchley HC	David Crouchley	Own Arrangement	At People's Hall
People's Hall Sedbergh LA10 5DQ	10.30am	Richard Gorst				Holiday Club Celebration
St. Mark's, Cautley LA10 5LZ		2.30pm Judith Bush HCx	9.30am Judith Bush MP-NC	At Sedbergh	2.30pm Judith Bush Taize	At Cautley Methodist Chapel
Cautley Methodist Chapel LA10 5LY	11am	Gordon Middleton	Brian Park	June Allen	David Crouchley HC	United Service Heather Radford
St. John's, Garsdale LA10	10am	Judith Bush HCx	At Low Smithy United Service	At Garsdale Street United Service	Gary Wemyss HC	Bill Mawdsley SW
Garsdale Low Smithy Methodist Chapel LA10 5PF	2pm	At St. John's United Service	United Service Pam Dent	At Garsdale Street United Service	Own Arrangement	June Allen
Garsdale Street Methodist Chapel LA10	6.30pm	At St. John's United Service	At Low Smithy United Service	Philip Nolan	Gordon Middleton	Own arrangement
All Saints, Killington LA6 2HA	2pm	At Sedbergh	At Firbank	Andy McMullon HC	At Howgill	At Firbank
Holy Trinity Howgill LA10 5JD	2pm	At Sedbergh	At Firbank	At Killington	Andy McMullon HC	At Firbank
St. John's Firbank LA10 5EF	2pm	At Sedbergh	Judith Bush HCx	At Killington	At Howgill	Gary Wemyss HC
St. Andrew's, Dent LA10 5QL	10.30am	Gary Wemyss HC	Christine Brown HC	Christine Brown HC	Christine Brown HC	Christine Brown HC
St. John's, Cowgill LA10 5RJ		At Dent	9am Christine Brown HC	2.30pm Church Warden	At Dent	At Dent
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Chris Fawcett	June Allen	Brian Park	Pam Dent	Philip Nolan
Dent Foot Methodist Chapel LA10	2pm	Pam Dent	Gordon Middleton	Camp Meting	At Dentdale	Pam Dent
	Wednesday	4th	11th	18th	25th	
St. Andrew's, Sedbergh LA10 5BZ	11.15am	Mark l'Anson HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP	
HC- Holy Communion (HCx- Extended Communion) SW- Service of the Word FS- Family Service HS- Healing service				Ecu- Ecumenical CM- Choral Matins (BCP) MP-NC- Morning Prayer- Northumbrian EP- Evening Prayer		

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. David Crouchley Tel: 20329

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
 Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ
 Every 4th Sunday 1900
Sarah Woof Tel: 25212

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. 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

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

Amanda Reynolds Tel: 07545 375721

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*

DIARY OF EVENTS

Dates are held up to 13th March 2019.

Dates in **BOLD** are start & finish events.

Numbers in Brackets indicate Advert/Article on a Page.

Month in Bracket relates to issue that details last appeared.

JULY

1 1030 Life & Tradition in the Dales	DCMH
1 1300 Bowling Club Taster Session (72)	QG
2 1330 Positive Steps (71)	PH
3 1030 Community Connections Begins (9)	FM
3 1030 Life & Tradition in the Dales Ends	DCMH
4 1000 Weekly CM - Dementia Group (4)	CCCM
4 1030 Landscapes of the Mind Begins (9)	FM
4 1930 Swimming Club AGM (4)	PH
4 Town Band AGM (20)	
5 1930 WIH&F - Members Evening	HVH
6 1000 HS Heron Corn Mill (6)	LHCP
6 1300 Great Cumbrian Litter Pick (5)	JLCP
6 DHTF Prosecco, Chocolate etc (14)	
7 1000 StAD Coffee Morning	DMH
7 Summer Fayre	GVH
7 2230 SS Fireworks (43)	SS
9 1330 Positive Steps (71)	PH
10 1400 WIK - British from the bottom up	PH
11 1000 Weekly CM - Royal British Legion (4)(11)	CCCM
11 1300 MC Closed for Training (11)	MC
11 1915 WID - Weather & Climate	DMH
11 1930 WIS - 30 Years Behind the Mike	PH
12 1200 Lunch Club Age UK	Dalsman
12 1915 Royal British Legion (11 & 68)	WHC
13 1700 Sedbergh Sports Evening (13)	Buckbank Farm
13 1830 PH Gala Evening (13 & 39)	PH
14 1000 Summer Fair (1)	StAS
15 1000 Silent Retreat Day (15)	MCD
15 1030 Community Connections Ends (9)	FM
16 1030 Beyond 4 Walls Begins (9)	FM
18 1000 Weekly CM - Middleton Church (4)	CCCM
19 1900 B4RN House Connections (68 & 73)	CCCM
20 1800 Contemplation & Communication (15)	MCD
21 1000 CM - Dentdale Chapel	DCS
21 1000 Learn to Meditate (15)	MCD
21 1500 Cautley Cream Teas (21)	StMC
22 1100 Drop-In Meditation (15)	MCD
22 1300 Bowling Club Taster Session (72)	QG
23 1000 Holiday Club Starts (23 & 70)	PH
23 1900 Friends of Queen's Gardens AGM (63)	RR
25 1000 Weekly CM - Sedbergh WI (4)	CCCM
27 1000 Holiday Club Ends (23 & 70)	PH
28 0930 Artisan Market	Sedbergh
28 1100 Shepherd's Dwelling (17 & 28)	Rhumes

AUGUST

1 1000 Weekly CM - Allotment (4)	CCCM
1 1030 Landscapes of the Mind (9)	FM
1 1030 Beyond 4 Walls (9)	FM
2 1930 WIH&F - YDNP Ranger Paul Wilkinson	FCH
3 DDCF Annual Festival (15 & 43)	Dent
4 1000 StAD Coffee Morning	DMH
4 DDCF Annual Festival (15 & 43)	Dent
5 DDCF Annual Festival (15 & 43)	Dent
6 1000 Summer Soccer Schools (60 & 61)	SSAT
7 1000 Summer Soccer Schools (60 & 61)	SSAT
8 1000 Weekly CM - North West Cancer (4)	CCCM

8 1000 Summer Soccer Schools (60 & 61)	SSAT
8 1030 Landscapes of the Mind Ends (9)	FM
8 1915 WID - Blood Bikes	DMH
8 1930 WIS - Old Sedbergh	PH
9 1200 Lunch Club Age UK	Dalsman
9 1800 25th Anniversary (73)	Country Harvest
11 1000 Family Fun Day (51)	PH
11 1900 Family Fun Evening (51)	PH
14 1400 WIK - Khiraule Education in Nepal	PH
15 1000 Weekly CM - Garsdale Churches (4)	CCCM
18 1000 CM - Dentdale Chapel	DC S
20 1000 Summer Soccer Schools (60 & 61)	SSAT
21 1000 Summer Soccer Schools (60 & 61)	SSAT
22 1000 Weekly CM - Beekeepers (4)	CCCM
22 1000 Summer Soccer Schools (60 & 61)	SSAT
22 Art Society Exhibition (70)	SSL
23 1000 Summer Soccer Schools (60 & 61)	SSAT
24 Communication & Connection (15)	MCD
24 1000 Summer Soccer Schools (60 & 61)	SSAT
25 0930 Artisan Market	Sedbergh
25 1400 Afternoon Tea	GVH
27 August Bank Holiday	
27 1100 Dent Gala (14 & 67)	Dent
29 1000 Weekly CM - St Andrew's Mission (4)	CCCM

SEPTEMBER

1 1000 StAD Coffee Morning	DMH
1 1030 Beyond 4 Walls (9)	FM
1 1930 Flicks in the Fells (TBA)	PH
5 1000 Weekly CM - Garsdale Church (4)	CCCM
6 1930 WIH&F - The Smokery Haverigg HM Prison	HVH
7 DHTF Icons, Techniques etc (14)	
8 1000 FLOW with Tony Bennett (15)	MCD
9 1030 Beyond 4 Walls Ends (9)	FM
11 1400 WIK - Why Not Alpacas?	PH
12 1000 Weekly CM - Talking Lookaround (4)	CCCM
12 1300 MC Closed for Training (11)	MC
12 1915 WID - Open Meeting	DMH
12 1930 WIS - A Little Bit of Art	PH
13 Westmorland County Show	Crooklands
13 1200 Lunch Club Age UK	Dalsman
15 0930 Artisan Market	Sedbergh
18 1400 SASL - TBA	PH
18 1930 Ladies NFU - Fell Pony Society	PH
19 1000 Weekly CM - St John's Hospice (4)	CCCM
26 1000 Weekly CM - First Responders (4)	CCCM

OCTOBER

3 1000 Weekly CM - Firbank Church (4)	CCCM
4 1930 WIH&F - AGM & Advisor	FCH
5 Sedbergh Booktown Festival	Sedbergh
5 DHTF Alpac Farming (14)	
6 1000 StAD Coffee Morning	DMH
6 1930 Flicks in the Fells (TBA)	PH
6 Sedbergh Booktown Festival	Sedbergh
7 Sedbergh Booktown Festival	Sedbergh
9 1400 WIK - Life of a Reservist RAF Padre	PH
10 1000 Weekly CM - Christian Aid (4)	CCCM
10 1300 MC Closed for Training (11)	MC
10 1915 WID - Julehygge (correctly spelt)	DMH
10 1930 WIS - Uplifting Stories	PH
11 1200 Lunch Club Age UK	Dalsman
11 1915 Royal British Legion (11 & 68)	WHC
12 Release, Rebalance & Renew (15)	MCD

COVER PHOTO

Heron at Holme Farm Pond

John Rice

13	1930	Olde Time Dance (ph)	PH
16	1400	SASL - TBA	PH
16	1930	Ladies NFU - Volunteering in Zambia	PH
17	1000	Weekly CM - Middleton Church (4)	CCCM
22	1930	Beetle Drive	GVH
24	1000	Weekly CM - Garsdale/Cautley Ch's (4)	CCCM
27	1000	Apple Day	PH
28		Clocks Fall Back	
31		Halloween	
31	1000	Weekly CM - Bowling Club (4)	CCCM

NOVEMBER

1	1930	WIH&F - Morecambe Bay Safari	HVH
2	1930	Autumn Domino Drive	HVH
2		DHTF Plastic Wastes (14)	
3	1000	StAD Coffee Morning	DMH
3	1900	Bonfire & Fireworks Night	GVH
3	1930	Flicks in the Fells (TBA)	PH
7	1000	Weekly CM - Royal British Legion (11 & 68)(4)	CCCM

8	1200	Lunch Club Age UK	Dalsman
8	1915	Royal British Legion (11 & 68)	WHC
11		Remembrance Day	
11		Remembrance Day Concert	CCCM
14	1000	Weekly CM - LNFU (4)	CCCM
14	1300	MC Closed for Training (11)	MC
14	1915	WID - AGM	DMH
14	1930	WIS - AGM & Jacobs Join	PH
19	1930	Domino Drive	GVH
20	1400	SASL - Christmas Lunch	TBA
20	1930	Ladies NFU - Weaving with local wool	PH
21	1000	Weekly CM - TBA (4)	CCCM
24	1100	Christmas Fair	StAS
28	1000	Weekly CM - Town Band (4)	CCCM
30		St Andrew's Day	

30 Folk Carols Festival Starts DECEMBER

1	1930	Flicks in the Fells (TBA)	PH
3		Folk Carols Festival Ends	Dent
4		Town Band Christmas Concert	StAS
4	1930	Ladies NFU - Collecting Vintage Clothes	PH
5	1000	Weekly CM - TBA (4)	CCCM
5	1800	Late Night Opening	Sedbergh
6	TBA	WIH&F - Christmas Party	TBA
7		DHTF Christmas Jacobs Join (14)	
8	1000	FLOW with Tony Bennett (15)	MCD
11	TBA	WIK - Christmas Lunch	TBA
12	1000	Weekly CM - TBA (4)	CCCM
12		WID - Christmas Meal	TBA
12		WIS - Christmas Dinner	TBA
13	1200	Lunch Club Age UK	Dalsman
13	1915	Royal British Legion (11 & 68)	WHC
20	1930	Christmas Domino Drive	HVH
25		Christmas Day	
26		Boxing Day	

There are many events that are occurring in our area every month but details, which are free to submit, do not appear in the Diary making it difficult for groups that *do* use the Diary to arrange a free date.

DIARY KEY

AS	= Art Society
BF	= Brigflatts
BVH	= Barbon Village Hall
CCCM	= Cornerstone Community Church, Main St
CCCN	= Cornerstone Community Church, New St
CM	= Coffee Morning
CTis	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DCS	= Dentdale Chapel Schoolroom
DHTF	= Dentdale, Head to Foot
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Chapel
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KPH	= Killington Parish Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
PH	= People's Hall
QG	= Queens Gardens
RR	= Rawthey Room, 72 Main Street
SASL	= Sight Advice South Lakeland
SCC	= Sedbergh Cricket Club
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

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

Monday by appointment only

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

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

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:

March 2018