

Sedbergh & District **LOOKAROUND**

October 2015

Issue 337

Donation £1

This month, we have three new advertisers with Dimitris Dimitropoulos Lindos Silver, Gemma Suttle Dog Walker & Jude Jackson Music Teacher. Please give them your support and mention

Lookaround if you make any enquiries.

We are getting very close to the Festive Season so ensure you let us have your event details for our Diary.

Dennis & Jacky Whicker

Into The Woods

*Meryl Streep, Emily Blunt, James Corden
Anna Kendrick, Chris Pine & Johnny Depp*
Certificate PG

Saturday 3rd October

film starts 7.30pm

**Sedbergh People's Hall
Flicks in The Fells**

Saturday 10th October

Cautley Prayer Walk

led by Rev. Andy McMullan

A walk along the footpaths to Cautley Spout and back, stopping at the Cross Keys for a snack lunch.



Meet at St Mark's Church at 11am.
All are welcome.

Contact J. Bush (20058) for more details.



CHRISTIAN AID

COFFEE MORNING

Wednesday 14th October

10am – 12 noon

in the

URC rooms Sedbergh

coffee, biscuits, homebaking & stalls

ALL WELCOME



GAMES

FUN FOR KIDS

CRAFTS



4 to 6pm

Sunday 20th October

Sedbergh Methodist Hall

**BRING YOUR PARENTS
HAVE A NICE MEAL
ALL FREE OF CHARGE**

SONGS DRAMA

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

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>

Table of Contents

Bed & Breakfast	86
Bus Time Table	87
Cartoon	81
Crossword	83
Diary of Events	90
Lookaround Information	4
Groups	6
Personals	10
Places of Interest	8
Religious Services	88
Regular Meetings	8
Sudoku	91
Action for Blind People	27
Ada Salter	70
Age UK	66
Art Society	31
Bonfire Night Sedbergh	77
British Legion	48
Charity Tea	64
Choral Society	76
Churches Together	32
Citizens Advice Bureau	76
Community Development Centre	67
Community Fund	79
Community Officer Report	80
Community Swifts	56
Community Trust	73
Councillors Report	14
Cycling Word Record	35
Dent Gala	36
Dent Youth Club	37
Dentdale Christian Fellowship	77
Family Musings	34
Farfield Mill	52
Flicks in the Fells 1	78
Flicks in the Fells 2	63
Gala Group	79
Gardening	62
Labour Supporters Group	75
Ladies NFU	65
Life in the Slow Lanes	58
Medical Centre	51
National Park Notes	8
Oral History Society	66
Parish Council Sedbergh	12
Peoples Hall News	55
Sedbergh School News	23
Settlebeck News	20
Sheepfest	74
Sight Advice South Lakes	28
Songsters	79
Spellbound Theatre	68
Swimming Club	36
Talking Lookaround	30
Tim Farron MP	15
Town Twinning	38
Walking & Cycling Group	78
Waterside Coffee Morning	64
Weather	60
Western Dales Bus	72
WI Dentdale	46
WI Howgill	40
WI Killington	41
WI Sedbergh	43
Worlds Biggest Coffee Morning	64
YDNP Forum Vacancies	69

Table of Adverts

A1 Audio	67	Kentdale Property & Garden Services	19
Able Memorials	18	Killington Hydro	33
Andrew Allan Video Transfer	78	Killington Marquees	67
Anna Colton Dogwalker	50	Killington Upholstery and Textiles Services	43
Appleby Concerts	45	Lakes Scaffolding	25
Austin Brown Computing	69	Laura's Loom	36
Bonney Brides Photography	36	Lindos Silver	15
Brian Goad Funeral Services	48	Malcolm Sedgwick Carpenter	32
British Legion	49	Mark Barker Gardener	58
Byroms Furnishers	44	MB Designs	79
Camino de Santiago	26	Medical Centre	28
Capstick Insurance Agent	54	Medical Centre	80
Cautley Prayer Walk	1	Meditation Centre Events	17
Chris Whelan Estate Agent	23	Messy Church	1
Clare Mingins Hypnotherapy	47	MK Conversions Builders	73
Cobble Country Estate Agent	74	Nepetacoons	65
Coffee Morning Christian Aid	1	Nicky Ross Plumber	79
Community Development Centre	20	No. 6	38
Cottage For Rent	24	Olde Time Dance	24
Cottage to Rent	11	Oliver Higginbotham	61
Country Harvest	42	Oliver Higginbotham Garden	64
Cross Keys Hotel	60	Oliver Higginbotham Tress	28
Cumbria Stoves	77	Parkin & Jackson - Kevin Bateman	48
Daphne Jackson Osteopath	35	Patch & Fettle	66
Dawsons Coal Yard	27	Paul Hoggarth Builder	39
Derek Hayes Gardener	16	People's Hall	28
Dignity in Dementia	40	Peter Woof Electrician	76
Duncan Law Plumber	35	Philip Horner Fencer	51
Edwin Middleton Carpenter	67	Quiz Night	16
Ellison Wood Supplier	41	Rawthey Rhythm	63
Fairbank Society	45	Red Flag over Bermondsey	17
Farfield Mill	13	Richard Hoggarth Builder	79
First4Homes Improvements	59	Robert Powell Web Design	47
Fish Express Fish & Chips	11	Rosemary Lewes Accountant	29
Flicks in the Fells	1	Ryan Simpson Septic Tanks & Skips	67
Flu Clinics	12	Sam Konczynski Carpets	57
G J Baines & Son Builders	78	Sedbergh Market	26
Garsdale Design	53	Sedbergh School	70
Gary Allan Metalworker	37	Sheila Shuttleworth Dressmaker	64
Gavin Charlesworth Wood Supplier	71	Smart Office	52
Graham Milburn Weed Control	51	Spellbound	12
Graham Moffat Builder	39	Stefan Kliszat Decorator	30
Graham Moore Chimney Sweep	56	Stephenson & Wilson Builders	41
H&M Craftsmen	75	Steve Hopps Handyman	75
Haddock Paddock Fish & Chips	11	Stobars Hall Care Home	69
Happy Dog Walking	26	Stramongate Printers	55
Hayton & Winkley Solicitors	46	Three Hares Café	68
History Society	21	Tilk Wilkinson Builder	77
Howgill Upholstery	50	Tooby Electricals	34
Josephine Lade Orthopaedic	41	Trevor Gardner Plumber	62
Jude Jackson Music Teacher	14	W Milburn & Sons Builders	61
Jumble Sale	11	Western Dales Bus	22
June Parker Acupuncture	56	Westmorland Veterinary Group	76
Kay Whittle Chiropodist	31	Windermere Windows	72
		Yvonne Cervetti Massage	61

LOOKAROUND INFORMATION

This page has been updated due to a few (welcomed) suggestions from readers. Other suggestions are always invited.

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

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

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

All items for Lookaround must be sent to the Sedbergh Information Centre at 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to
editor@sedberghlookaround.org.uk

ADVERTISING

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

If you wish to place an Advert in Lookaround, please include the correct money or cheque with the details and place it in the Post Box. A receipt will be issued and 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 and the surrounding villages, but it is sent all round the country and 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 and 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 and we can create an advert for you. You can supply an example in hard copy and we will reproduce it (please mention if a particular Font is required). You can supply an original using Microsoft Publisher, a Word File, a jpg File or as a PDF.

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

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

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

PERSONAL MESSAGES

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

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

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

properly.

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

If you are a new advertiser in Lookaround and you order 3 or more

adverts, you will receive one free advert and can also include some text explaining who you are, what you are, where you are, etc (which can not all go into an advert) up to about 550 words for free.

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

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

Payments by BACS can also be made.

Account: Lookaround

Account Number: 30940267

Code: 20-45-28

Reference: Invoice Number or your name or reference.

An e-mail is requested to confirm payment has been made by BACS which will be acknowledged.

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

Dennis J Whicker

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	= £2.00
Postal per month Overseas	= £4.00

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

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

All else by 19th of every month
Last Price Update August 1999.

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - 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	12/08	Mrs Pease	Sed:	21575
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Dent	01/09	Mr Hyde	Dent:	25503
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cub Scouts	02/14	Mr Hubbard	Sed:	20028
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907

Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Labour Supporters Group *	10/15	Mr Cross	01539	634139
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	08/15	Sleepy Elephant	Sed:	21770
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	09/15	Mrs Palmer	07584	285923
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club *	10/15	Mr Bannister	Sed:	21664
Swimming Club *	10/15	Mrs Thexton	07752	748929
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Young Cumbria	01/09	Mr Hartley	01524	781177
Young Farmers Club	02/15	Miss Bainbridge	07975	647566
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect,
please supply details to the Lookaround Office.

Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
1000	Every Sunday	Free Entry to Locals	FM	Bowling Green, Queens Gardens
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch, Busk Lane
1330	Every Monday	Knit 'N' Natter	DHC	Cautley Spout, A683 towards Kirkby Stephen
1400	1st Monday	Bridging the Gap	MC	Community Office, 72 Main Street
1930	1st Monday	Dent Parish Council	DMH	Cumbria Wildlife Trust, Community Office
1930	1st Monday	People's Hall	PH	Dent Heritage Centre, Laning, Dent *
1900	3rd Monday	Chamber of Trade	PH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1300	Every Tuesday	Howgill Toddlers	HVH	Friends Quaker Meeting House, Brigflatts.
1300	Every Tuesday	Knit & Natter	FM	George Fox's Quaker Pulpit, Firbank
1830	Every Tuesday	Cub Scouts	SHQ	Golf Club, Catholes, Sedbergh *
1930	Every Tuesday	Bridge Club	WHC	Information Centre, 72 Main Street
1930	Every Tuesday	T'ai Chi	URCR	History Society, Community Office
1330	1st Tuesday	Age UK Games	GH	Holme Working Farm, Middleton *
1400	2nd Tuesday	Killington WI	PH	Holy Trinity Church, Howgill
1400	3rd Tuesday	Sight Advice Group	PH	Jubilee Wood, Castlehaw Lane
1930	3rd Tuesday	Ladies NFU	PH	Langstone Fell, A684 Garsdale Foot
1000	Every Wednesday	Coffee Morning	URCR	Methodist Church, New Street
1315	Every Wednesday	Art Society	PH	Picnic Site, Ghyllas, Cautley Road
1315	Every Wednesday	Zebras	SMCR	Picnic Site, Settlebeck New Bridge
1730	Every Wednesday	Sedbergh Juniors	PH	Play Ground, Dent Village
1730	Every Wednesday	Brownies (term time)	SMCR	Play Ground, People's Hall
1730	Every Wednesday	Beaver Scouts (Term Time)	SHQ	Play Ground, Maryfell
1930	Every Wednesday	Sedbergh Seniors	PH	Queen's Gardens, Station Road
1930	1st & 3rd Wednesday	History Society (Winter)	SHS	St. Andrew's Church, Dent
1915	2nd Wednesday	Dentdale WI	DMH	St. Andrew's Church, Main Street, Sedbergh
1930	2nd Wednesday	Sedbergh WI	PH	St. Gregory's Church, Vale of Lune
1400	3rd Wednesday	Age UK South Lakes	Library	St. John's Church, Cowgill
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	St John's Church, Firbank
1930	1st Thursday	Howgill WI	FCH	St. John's Church, Garsdale
1200	2nd Thursday	Lunch Club	Red	St. Mark's Church, Cautley
1915	2nd Thursday	Royal British Legion	WHC	Sedbergh Embroidery, StAS
1930	2nd Thursday	Sed. Parish Council	PH	Tennis Courts, Guldrey Lane
1930	Every Friday	Scouts	SHQ	United Reformed Church, Main Street
1330	1st Friday	Age UK Dentdale Club	DMH	Winder Fell, above Sedbergh

See Group Page for contact details & Diary Page for Keys

* = Entry Fee Applicable

OCTOBER BIRTHDAYS

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

Every month, a randomly selected child will receive a £10 gift Voucher 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.

Please furnish us with the relevant information asap.

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

Dennis & Jacky Whicker



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

Day	Name	Age
3	William BLACKBURN	8
4	Isabella WOOF	5
4	Cally LAWSON	11
7	Ross HORNER	6
9	Jed HARPER	7
9	Emily LISTER	10
10	Rosie NEWBOLD	11
11	Phoebe HALL	10
15	Kelly Ann SCOTT	7
19	Amelia GARDNER	4
19	Edward WILSON	11
20	Jade HUMPHREYS	4
20	Rosie HODGSON	9
25	Hector GUBBINS	4
25	Alex SAYNER	8
25	Charlie BROWNBILL	11
27	Jessica WOOF	4
27	Sam WILSON	9
30	Jessica PARKER	2
30	Olivia HUBBARD	6

PERSONAL & SMALL ADS £1

GILBERT & SHEILA BAINBRIDGE

Gilbert and Sheila Bainbridge celebrate their **Diamond Wedding Anniversary** this month. They were married at St. Andrew's Church, Sedbergh by Rev. Thomas on 22nd October 1955. They have lived in Sedbergh all their married life and have 4 children, 11 **grandchildren** and 3 great grandchildren.



GILBERT & SHEILA BAINBRIDGE

Congratulations on your **Diamond Wedding Anniversary** Mum and Dad. With all our love, now and always, Carol, Gill, Gerald and Ken xxxx

=====

GILBERT & SHEILA BAINBRIDGE

Congratulations to Gran and Grandad on your **Diamond Wedding Anniversary**. With lots of love from all your grandchildren.
Congratulations to Great Gran and Great Grandad on your **60th Wedding Anniversary**. With lots of love from your Great Grandchildren.

BIRTHDAY GREETINGS

Happy Birthday on 31st October to Nigel. With love from Laura, Anne-Marie, Ben, Jenny, Dawn and Georgina.

=====

AGNES BRACKEN

I would like to thank my family for the lovely surprise party for my 90th birthday. Also all the people who came, for the cards, flowers and presents received and for the money which was given to Cancer Research.

=====

BETTY DARK

I would like to say Thank You to everyone who has supported me over the past few weeks following the tragic death of my beloved daughter. The prayers, cards, phone calls and visits have been a great comfort to me. Special thanks to Ann and Brian Wright who have been a tower of strength during the darkest hours. I couldn't have managed without you. God Bless you all.

=====

NITA PATTINSON

Eighteen years at Leighton's
Now I'm leaving Lynn and Co.,
The time has gone so quickly
With many a cut and blow.

My thanks to staff and customers
You've made the job much sweeter,
It's been so good to meet you all
With grateful thanks from 'Nita' xx

PERSONAL & SMALL ADS £1

THANK YOU

I would just like to say thank you to Mike and the staff at The Bull for providing the community of Sedbergh with a fantastic weekend of fine beer and entertainment. This was long awaited and much appreciated by many. Please advertise the next one well in advance as the people who missed out due to other commitments missed a great time, something the people of Sedbergh should be doing more of for their community. P. Hartley

=====

FOR SALE

Velbon Camera/video monopod complete with two quick release adaptors. LowePro cameras zoom lens case. £18 for both. Walking boots Vibram soles, virtually as new, size 42. £35ono. Tel: 015396 20869.

=====

FREE

Parker Knoll teak wood frame rocking armchair in good condition. No retardant flame back and seat cushion. Can deliver in Sedbergh area. Tel. 015396 20956.

=====

FREE

Complete set of Lookarounds from 2009 free to anyone. Can deliver locally. Please ring 25327.

COTTAGE TO RENT

Two Bedroom Cottage in Flintergill, Dent
For more Information
Tel: 015396 25364 or 07792 835217

The Haddock Paddock

Takeaway & Café

015396 20468

 Facebook us - The Haddock Paddock



Every Monday - Fish & Chips £4

Every Wednesday - Jumbo Sausage £2

Sunday Night Chippy

4th October ~ 5 - 7pm

JUMBLE SALE

Saturday 10th October

2pm - 4pm

People's Hall, Sedbergh

Proceeds towards Middleton Church



Fish Express, Kendal

Takeaway & Café

 Facebook us - Fish Express

Pensioners special/light bite

Fish & Chips, bread & butter

Tea or Coffee

To eat in £3.99

Every Monday
Fish & Chips Takeaway
£4.00

Many more daily offers

SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held on the 10th September 2015. The next Parish Council meeting will be on Thursday 8th October 2015 at 7.30pm in the People's Hall, Sedbergh.
POST 16 TRANSPORT

Cumbria County Council has now issued an apology to Sedbergh Parish Council, as they have advised that Home to School Transport was not included in their recent review (see previous Lookaround). Cllr Libby Bateman (Kirkby Stephen) has supplied us with details of the current 'Get us to School' Campaign and their petition which will be available in Sedbergh for signature until mid October.

PROPOSED BMX/SKATE PARK

Members of the public attended to express their views following the Public Consultation event hosted by Sedbergh Community Trust on 9th September 2015. It was agreed that

FLU CLINICS

The Flu Clinic will be held at
Sedbergh Medical Practice

Saturday 10th October
9am – 11am Walk-in



If you are unable to attend, then we are offering a walk-in service during our normal opening hours 8.30am - 6.30pm Monday – Friday.

There may be a short wait at busy times.

See full article on page 51

Spellbound Theatre

Auditions for
Alan Ayckbourn's Comedy



3pm
Sunday 11th October
People's Hall
Hope To See You There

Sedbergh Parish Council would now make approaches to Yorkshire Dales National Park and Environmental Health at SLDC to seek further advice.

PLANNING & TOWNSCAPE

The Planning Committee Report detailed applications and related matters, full details can be found on the Parish Council Website.

Proposed Recycling facilities at SPAR. By the time you read this report, Sedbergh Parish Council hope that four plastic and four cardboard recycling containers will have been relocated to Spar from Joss Lane car park. This is initially for a three month trial basis, if you have any queries please do let me know.

Enhancement Works to the Gardens at 72 Main Street – the works should be substantially completed in September.

A contract has also been awarded for the restoration work to the Jubilee



New Exhibitions- from 10 Oct

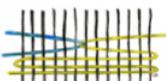
Jenny Bullen, Lynda Gray,
Shelley Rhodes, Dorothy Tucker
Kutch to Kantha-

The work of these artists is inspired by the embroidery of India.



Caren & Peter Threlfall

Husband and Wife Caren and Peter - team up for this exciting, vibrant and colourful exhibition of Peter's paintings and Caren's felt work



Clasped Weft Weaving with Jan Beadle

Tuesday 10th Nov- £50 + £5 for materials on the day.
Perfect for beginners, but weavers with a little more experience will enjoy experimenting with this technique to create a scarf, hanging or runner.



Half Term

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PUBLIC PARTICIPATION

Two residents wished to express their concerns in relation to the current Refugee Crisis across Europe and asked Sedbergh Parish Council to consult with SLDC with regards to becoming a facilitator, advising that some residents would accommodate refugees. Also noting the current empty buildings in Sedbergh, Beamsmoor and Baliol School. A letter will be issued to the Chief Executive of SLDC.

Other matters included a presentation from Alison Hodson, Coordinator for Dementia Action Alliance. It is hoped that a Steering Group will be formed and further

information regarding this will be advertised in due course. Also discussed was the final submission to Yorkshire Dales National Park on their Local Plan, including comments relating to conversions of traditional buildings and local occupancy restrictions.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions at 8.30 pm.

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

*Janey Hassam
Clerk*

COUNCILLORS REPORT

Politics is always odd in the lee of a general election and this year has been the oddest in my adult lifetime. With both Labour and the Lib Dems now being led by the MPs whom the Tory front bench would have chosen for the roles the strangeness continues. Nationally the timeframe will soon focus on May 2020 but at the grass-roots level the next round of local elections is always more pressing.

Meanwhile, it is good that there was very little business for the Respect Group when it met last week. As to whether the dragon of the Appleby Horse Fair has finally been slain only time will tell. Complacency is dangerous but we should not arm

ourselves for another 2008 if that is never to be repeated. Minor tweaking of the protocols is required but relatively little.

The South Lakeland insistence on risk assessing private water supplies remains a continuing sore. I asked a long series of questions at the last full council and received some comprehensive answers but, the mechanism set up by the EU and National government is not and cannot be fair. The district council is piggy in the middle. It has engaged contractors to carry out the assessments but ultimately it is the private supply owners who will have to pay. And, there's the rub. The contract was entered into on a basis of best value to the council, but there

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was no assessment of value to the owners of private supplies.

By the time you read this Station Road should have been re-surfaced and work done for the parish to improve the garden in front of Joss Lane Car Park. Both 16 to 18 transport and broadband access for Dent and Garsdale remain topics of major concern.

Housing within the National Park will come under the spotlight as the latest Local Plan meanders its way through the official processes. That almost all of the hideous policies adopted in 1989 are to be axed must be good. That the body which is charged with looking after one of our most precious landscapes has spent a quarter of a century at war with its most progressive residents is not. There were times when I was on the park authority when I and others were threatened with court action if we approved much less contentious applications than some which are

now within the draft policy. For us who had to endure some fairly vicious attacks in order to do our best for you, that must be some measure of success. One of my then colleagues, Dr Peter Annison was of the view that giving national park authorities planning powers was the biggest defect in the legislation. It remains difficult to disagree.

District Councillor Kevin J. Lancaster,
Fellgate, Dowbiggin, SEDBERGH,
Cumbria. LA10 5LS

Telephone 07980 844 695;
email Kevin@Sarthwaite.com

District Councillor Mel Mackie
Beech Cottage, High Casterton, Via
CARNFORTH, Lancashire LA6 2SD
Telephone 015242 71644,
07957868256
email mel.mac@uwclub.net

TIM FARRON MP

It has been a busy few weeks!
No sooner had the Summer Tour finished (Sedbergh and Dent were at



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the start) than we were back in Parliament for a week and then it was along to the Westmorland County Show. This is usually fun and with the weather as good as it was this year I had a really enjoyable day meeting and chatting to people.

As those of you who stopped by to say "hello" at our stall, I am running a petition (using some rather fun cow shaped cards) calling on the Government to work to ensure that farmers receive a fair price for their milk. We got over 1000 signatures at the Show which was brilliant.

As I have said in Lookaround before, for me one of the key things that the Government should do is that now they have put in place a supermarket ombudsman to protect suppliers from

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FAMILY

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7pm

Friday 16th October
Dent Memorial Hall



Tickets

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Children £2.50

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Manna House



the power of supermarkets they should use her to protect farmers. Firstly they should increase her powers to cover farmers and secondly she should be given the power to fine supermarkets who are found to have abused their powers. Currently the ombudsman is a bit toothless but with very little effort the Government could change this and this is what the petition is calling on them to do. If you want to support the petition please email your details to tim@timfarron.co.uk, we could do with a lot more support than the thousand we have at the moment, and of course when you buy milk try to pay a fair price for it. I will let you know how we get on.

On the subject of farming I was really annoyed to hear Chris Packham join the "re-wilding" band wagon. If you haven't heard about this, some people believe that we should stop farming the fells and

PROGRAMME FOR OCTOBER



Saturday 10th

Silent Retreat Day

Saturday 17th

Meditation & Walking Day

Friday 23rd

Mindful Yoga & Meditation Day

Sunday 25th

Monthly Group Meditation

11am to 1pm Drop-In - all welcome

Saturday 31st

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Journeymen Theatre

presents

Red Flag over Bermondsey

the Ada Salter Story



Brigflatts Friends' Meeting House

Saturday October 17th at 6:30pm

This is no charge for this performance but space is limited, to reserve seats phone 07729 329545

There will be a retiring collection for the Women's Co-operative of Seir, West Bank, Palestine

The performance lasts 65 minutes without an interval

dales and let them return to a more "natural" state, along with the reintroduction of wild boars and lynxes. For me, although it initially sounds exciting, this is simply naïve, it ignores the amazing work that our farmers do to keep the landscape around here as beautiful as it is. Allowing it to go wild, apart from putting many farmers out of work, would have massive consequences on our food production, our tourism industry and our countryside, most of them not positive. I would love the chance to meet up with Mr Packham and discuss this properly.

The day after the Show was the Torchlight Procession in Kendal and I was really proud to be able walk,

along with my children, around Kendal as part of the Organ Donor float. There is a campaign to make Kendal the first organ donor town in the country with over 1000 signed up donors by May next year. I don't know if people from Sedbergh signing up counts towards the total but if you would like to become a donor don't let the fact that you don't live in Kendal stand in your way. You can find out more by Googling "Kendal Organ Donor Town".

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

Thanks for your support

Tim Farron MP

NATIONAL PARK NOTES

Unbelievably, almost two years on we are *still* waiting for the Government's decision as to whether or not to confirm the Planning Inspector's recommendation to extend the existing National Park boundaries to include the Northern Howgill Fells, the Orton Fells, the Leck Fells and the area around Barbon and Casterton. The Tory administration is coming under increased pressure from both national and local bodies and organisations to stop dragging its feet on this issue and it is hoped that the combined effect of a relatively new DEFRA Secretary of State and the fact that the MP for Penrith and the Borders, Rory Stewart, is the Minister now

responsible for National Parks will hasten a final decision. Until then local businesses (especially those in the hospitality sector) are unable to make long term plans for the future of their enterprises. The Cumbrian part of the Park as it stands at the moment ie Sedbergh, Dent and Garsdale were, until 1974, part of the West Riding of Yorkshire and the proposed new areas will take in parts of what were previously Westmorland and, in the case of Leck, still part of Lancashire. Whilst no-one seems to be seriously suggesting that Sedbergh and District should return to Yorkshire (it is in fact still part of the West Riding as this was never legally abolished) there are likely to be still further dislocations to county and

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regional loyalties in the not too distant future if the move towards Cumbria becoming a Unitary Authority continues to gather momentum. This could mean Cumbria as it now stands en bloc becoming such an Authority or perhaps could mean a split between North and South or even East and West! There could be a very interesting debate ahead.

Connected with this theme is that 1st August every year is Yorkshire Day. This year it was celebrated in Dent and those of us who were there in the Yorkshire-flag bedecked streets of Dent Town heard the Yorkshire Declaration read out by a member of the Yorkshire Ridings Society and then had the "privilege" of singing all nine verses of Ilkley Moor Baht'At – the Yorkshire anthem. It was a reet grand day out..... At the Sedbergh Parish Council meeting following this event I asked the Parish Council if it would be willing to organise a similar event in Sedbergh in 2016. The



YORKSHIRE DALES
National Park Authority
Sustainable Development Fund

Council had no objections to such an occasion happening but did not wish to take the initiative to organise it itself. Which was fair enough. Councillors asked me if I would be willing to take responsibility for organising it and I said that I would. So this is a call for volunteers. Anyone who would like to help please get in touch with me either at ianmcpherson24@hotmail.com or Sedbergh 20648. Volunteers will be able to assist with flag hanging and other similar matters, attend planning meetings and, of course, turn up on the day to help with "crowd control" and to sing the Yorkshire anthem. Maybe even to drink Yorkshire tea and eat parkin..... Hoping to hear from you.

Ian McPherson



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SETTLEBECK SCHOOL

Settlebeck School judged to be 'Outstanding' in South Lakes Federation peer review.

As part of the check on quality and standards in local secondary schools, officers and headteachers of the South Lakes Federation schools regularly visit and inspect the Federation schools.

On Thursday 17th September, it was Settlebeck's turn. Two headteachers and the Director of Quality and Development from the South Lakes Federation had a tour of the school, went into lessons, had a look at the various classes' work and books and asked a range of questions. They then met with Settlebeck's headteacher, Judith Greene, to

discuss the school's exam results, and the progress students in each year group and each subject are making.

Ofsted inspectors grade schools in four areas of the school's work, and then give an overall grade. These same grades are used in the South Lakes Federation peer reviews. There are four grades;
 4 = inadequate,
 3 = requires improvement,
 2 = good, and
 1 = outstanding.

Settlebeck was judged as follows:

Student Achievement	= 1
Teaching	= 1
Student Behaviour and Safety	= 1
Leadership and Management	= 1
Overall Effectiveness	= 1



Sedbergh Community Development Centre Courses from October 2015

Subject	Tutor	Wks	Day	Start	Times	Town
Using Your Digital Camera	Chris Wood	5	Thu	1 Oct	Eve	Sedbergh
How to Buy & Sell on Ebay	Chris Wood	1	Sat	31 Oct	Day	Sedbergh
Get Started with Internet & Email	Chris Wood	5	Tue	10 Nov	AM	K'Lonsdale
Family History Workshop	Katy de la Riviere	1	Sat	14 Nov	Day	K'Lonsdale
Maintaining Mindfulness	Katy de la Riviere	1	Sat	21 Nov	Day	Sedbergh
Pilates in Sedbergh	Danielle Hone	6	Mon	Ongoing	AM	Sedbergh
Pilates in Old Hutton	Danielle Hone	6	Mon	Ongoing	Eve	Old Hutton
Yoga in Sedbergh	Lesley Henndy	12	Thu	Ongoing	Eve	Sedbergh
Landscape & Trees	Frances Winder	1	Sat	14 Nov	Day	Sedbergh
Encaustic Wax Cards for All Occasions	Sue Tyldesley	1	Sat	28 Nov	Day	K'Lonsdale
Lowland Navigation	Tim Deighton	1	Sat	10 Oct	Day	Dent
Feel Confident on the Fells	Tim Deighton	1	Sat	7 Nov	Day	Dent

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email: admin@sedberghcdc.org.uk

Tel: 015396 21031

So Settlebeck is considered to be an Outstanding school under the latest Ofsted framework.

*Judith Greene, Headteacher
Tour of Britain*

Through our partnership with British Cycling and our passion for developing cycling within school, we were lucky enough to be one of only two schools in Cumbria to be asked to participate in an event at the finishing line of the Tour of Britain stage finish at Hartside on Thursday 10th September.

The event was a time trial race. 24 students (12 from Settlebeck and 12 from the Western Lakes Academy) were set off at 1 minute intervals with the challenge to ride



the final 1km climb of the route that was to be ridden an hour later by Mark Cavendish, Bradley Wiggins and the other riders of the elite race.

This was an amazing experience for the students, some of whom had only been at Settlebeck for 5 days!! It also came with some success - Declan Wellesley-Smith, a new Year 7 student, won the event overall with an amazing time of 2 minutes 42 seconds. Maisie Gough was 2nd girl overall with a time of 2 minutes 59 seconds. We also won gold in the team event; Harvey Coates, Lewis Garnett, Maisie Gough and Brenda Luffman.

Students were then able to recover and watch the elite cyclists finish the race. The day was a fantastic opportunity for our students.

Kendal Torchlight

For the first time in Settlebeck history we had a float at the annual Kendal Torchlight procession. Students, staff and parents worked very hard for

SEDBERGH & DISTRICT **HISTORY SOCIETY**

Wednesday 7th October

The men who built
Carlisle Cathedral
Thirlie Grundy

Wednesday 21st October

War, Warriors & the War Hospital
Isobel Stirk

All meetings in Settlebeck School,
start at 7:30pm unless stated.

Everyone is most welcome to attend
any or all of our lectures.
Members £1 ~ Non-Members £2

www.sedberghhistory.org

Chairman: Richard Cann 20771
Secretary: Karen Bruce-Lockhart 20224
Treasurer : Chris Elphick 20605
Membership Secretary: Chris Elphick 20605

months in the planning and preparation of our Alice in Wonderland float for the “Think big” theme. Students helped make the props in our activity week back in July, and the finishing touches were put together in the first week of September. The day of the Torchlight was slightly stressful; putting all the components on a 45ft articulated lorry is not easy! However, it was all worth it on the night. Seeing so many smiling faces on the route and the response to the float was memorable.

Settlebeck would like to say a big thank you to lots of people - if it

wasn’t for them we wouldn’t have been able to do it. A massive thank you to Colin Parker for driving the lorry on the night and sourcing the trailer from Ted Shuttleworth, Simon Shaw from Lakes Scaffolding for putting the safety barriers around the trailer, Philip Gardner and Cumbria Fire and Rescue for allowing us to park the trailer in their yard while we decorated the float on the day, Triadic for playing some amazing music on the night and Jacqueline Alderson for being our static marshal at Torchlight. All of these people gave up their time and equipment for free, something we

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**Tuesday 564C to Hawes
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Departs Hawes at 1300**

Full timetable from Sedbergh Information Centre and
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really do appreciate. Huge thanks also to Lynsey Goodyear who set the wheels in motion and gave up hours of her free time and all those Settlebeck staff who helped before, during and after Torchlight – you know who you are!

SEDBERGH SCHOOL NEWS

The School had its best ever A Level result with 63% AB & A*, bucking the national trend. The top 10 GCSE pupils gained 75 A* grades between them, and the top 20 achieved 80% of their grades at A and A*. Five pupils got A* with distinction in further mathematics.

Some individuals have done well over the holidays. Thirteen

Sedberghians competed at Bisley for four days against 500 pupils from 40 schools. William Ross (year 10) came third in the 600 yard aggregate and 17th in the Schools Hundred, an aggregate of the best scores at each distance. Charlie Cowan (year 11) was third out of 500 in the Silenta Trophy of U16s. And OS Lauren Crowson competed for GB in the World Championship in Ohio. James Wainwright was a finalist in the MTA Technology Design & Innovative Challenge at Worcester having created a hydraulic bale spike attachable to a JCB. Joe Symonds won the Saloman Glen Coe Skyline Race in a sensational time of 7.36.21 minutes. Four pupils represented GB U18 in rugby, shooting and fishing.

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And one won the Wales Boys Golf Championship. At the Prep School Lydia (yr 8) attained Distinction Grade 5 in her LAMDA Speaking Verse and Prose exam, and Rowan Piper took up obstacle racing and will compete in London in an event organised by Bear Grylls

Hart House set up a Scholarship Fund to celebrate their 125 years, and have reached their target of £125,000.

Term started on 2nd September with the usual rush to get ready. There were for instance 25 workmen counted in Powell House finishing off the showers and 6th form kitchen on 28th August. The new boys and girls arrived on 1st September, and among other events were broken in

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traditionally by being shown the way up to the top of Winder

The 1st XV started the term well by beating Whitgift School 31-17 and Wilmslow 62-3. They only have one home match during October, against Barnard Castle School on Saturday 17th October.

The rehearsals for Les Miserables are well under way.

The Prep School had a Leadership Day with 4 Para for years 7 and 8 – held on their rugby pitches in thick mist, though the mist cleared for the afternoon. The pupils much enjoyed the tests of teamwork, resilience and leadership set by the men of 4 Para and rose to the challenge. They also had singing workshops with Ad Solem from Manchester.

Something I should draw attention to as it is the beginning of the year is FOSS. This is the Friends of Sedbergh School organisation which provides social occasions for parents,

family members, staff, Sedbergh Residents and anyone with an interest in the School. Members are invited to attend School and House events such as concerts, drama performances and sporting events as well as social events specially for members. Unfortunately the social events scheduled at present for this term (a lunch, a visit to the RHS garden at Harrogate, and a visit to the races) will have taken place by the time this goes to print. Anyone interested should contact www.sedberghschool/foundation. The annual subscription is £30 for a single member or a couple. There is a similar organisation at the prep school.

The Sedbergh School Local

Children's Fund Committee will meet shortly to consider applications. The fund is for the benefit of local young people, who are in need of financial assistance, and have satisfied the Committee of the worthiness of their application. They must be resident within the parishes of Sedbergh, Dent, Garsdale, Dillicar, Firbank, Howgill, Killington, Lambrigg and Middleton. The awards can cover a very wide area provided they have an educational purpose. They can, for instance, include clothing, tools (eg laptops), instruments, books required for University, or any other training establishment, travel abroad in furtherance of education, coaching in athletics, sports or games, study of music and other arts. The awards

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'The first 250 miles of
the Camino de Santiago'

By Richard Witt

7:30pm Friday 26th October



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are not huge but are well worth applying for. Applications should be submitted to the School Bursar by a date to be announced shortly.

The School chapel has had a two manual pipe organ build in 1976 by Nigel Church but it is no longer suitable or reliable enough. It is difficult to hear at the back of the chapel, particularly with the enthusiastic singing of the increased numbers. The solution will be a hybrid organ: an organ that combines pipe and electronic technology. Work has now started on building a new console and the intention is that it will be housed on a plinth behind the choir on the south side. The console will initially be used

in combination with electronic technology – played through custom made speakers in the existing boxed in the chapel ceiling, before being used in conjunction with organ pipes. A new home is being sought for the Nigel Church organ which originally came to the School from a church in Nottingham.

The School has provided some land in the fields near Vicarage Lane to the Community Orchard Group to start their orchard.

Two Old Sedberghians have been in the news. Peter Lester MBE (W 30-36) has been awarded the Legion d'Honneur as one of the survivors of the D Day Landings. James Stewart (E 74-78) has been made Mayor of

SEDBERGH MARKET

Est. 1538

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Contact Sedbergh & District Community Office 015396 20504 or office@sedbergh.org.uk

Arundel in Sussex

The Brackensghyll extension to Carus House will be formally opened on Sunday 11th October (in the usual way of these things, it has been in use since the end of Half Term in February)

At the end of the month a party of about 30 organised by the Old Sedberghian Club will set off on a pilgrimage to Gallipoli, where 23 Old Sedberghians died. They hope to visit all the graves. The number who died reflects the fact that it was by no means only Australians and New Zealanders who took part in the attack.

The School will again host "A Night at the Opera" in Powell Hall on Friday 9th October at 7.30 pm.

ACTION FOR BLIND PEOPLE

Sight Loss Information & Advice Service

Action for Blind People will be visiting Kendal Market Place on Tuesday 13th October.

The Mobile Sight Loss Information and Advice Service will be on hand to inform visitors about local and National sources of help for visually impaired people, their families and friends. As always, our intention is to improve the lives of visually impaired people. However we also recognise that it is only by working in partnership with fellow organisations, that we can extend our reach and help far more blind and partially sighted people than we can do alone.

Scott Hemsley

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SIGHT ADVICE SOUTH LAKES

Sedbergh Support Group Meeting

At the September Meeting, Chairman Dennis extended a welcome warmer than Summer has ever been to Margaret, Jenny, Elizabeth, Sue, Rosemary, Elspeth, Keith, Jennifer, Jessie, May Jenny D, Scott (Community Development Officer for SASL) and Pam Dent, our Guest Speaker for the afternoon. Our very best and warmest wishes were sent to Doris, Winifred and Jean who were unable to join us on this occasion.

The only 'business' item on the agenda was the Christmas Meal in November -Part 1. Part 2 will be on October's agenda. Whether by accident or design this item appeared

Oliver Higginbotham

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Wednesday 21st October

Thursday 19th November
2016

Thursday 21st January

Wednesday 24th February



to flow seamlessly into Pam's talk and presentation on 'Boxes of Hope, Cumbria' aka The Shoebox Appeal for Orphaned Children in Rumania.

Pam began by giving us a brief history of the appeal which started in 1990 and her dedicated and tireless commitment to and support of the appeal over the last 23 years. From the relative luxurious comforts of our homes and lives in Sedbergh it is almost impossible for us to imagine the most horrific and degrading conditions in which thousands of Rumanian and other children are barely existing.

Pam explained the aims and objectives of the appeal, gave us an insight into its 'logistics', and paid tribute to all the different people who gave of their time and skills to provide the range of items each box contains. We were then tasked with packing these items into a number of appropriately decorated shoeboxes which would then be transported to Rumania before Christmas to bring a ray of hope into the lives of those children where none previously existed.

Last year 10,133 shoeboxes were



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sent to Rumania. Hopefully this year will see that number at least equalled if not bettered. There is still time if any-one feels they would like to do something to make this happen, do please contact Pam Dent and she will be more than pleased to explain and guide you through the procedures and requirements of Boxes of Hope Cumbria. The group's thanks and a small token of our appreciation were given to Pam by Dennis.

Our next meeting is on Tuesday 20th. October at 2.00p.m. in The People's Hall Committee Room when the Speaker will be Daisy Lussier who will bring a good sample of British and American Sweets (or Candy for those from over the pond)

for everyone to sample. All our meetings give any-one with sight problems living in Sedbergh and the surrounding areas an opportunity to get together for a couple of hours to have a friendly chat, a cup of tea, enjoy a variety of 'guest speakers' and have a meal out twice a year. Free door-to-door transport can be arranged for those who require it, and we are all exceedingly well looked after by our wonderful volunteers. If you have any sight problems and have never been to one of our meetings before please do come and join us, you will be most welcome, and you never know, you might even go home with a smile on your face!

For details and information about all

the services (including opportunities for volunteering) provided by SASL, please contact Head Office at Stricklandgate House, Kendal - 01539 72633. If you would like to receive a free copy of the SASL Magazine (available in Large Print, Braille or Audio format) please ring the same number.

If you would like a Large Print Copy or Audio version of Lookaround please see Dennis.

If I have forgotten anything or not quite 'got it right' please ring me on 01539 722109 and let me know - I don't always bite!!

George Watson

TALKING LOOKAROUND

Thank you for supporting the Audio and Large Print Lookaround A.L.P.L. by coming to our coffee morning on October 9th.

I am sorry we did not have many cakes to sell BUT Dennis had a good Raffle which made £47 !!

Altogether we made £188.90 consisting of £55.50 of straight donations (and another £10 recently anonymously received) all of which will go towards making either audio recorded or large print copies of Dennis's excellent LOOKAROUND thereby making it available to a wider audience.

If you know of anyone who might appreciate receiving either of these specially made editions please let Dennis know.

Rosemary Handley

Editors Note: We have established that we have another 4 very easy to use Speakers to enable VIP's (Visually Impaired People) to listen to the Audio Lookaround. There is no cost to anyone to receive the audio version so please ask if you know of anyone that would appreciate one.

Also, we will refer to the Group as Talking Lookaround which rolls off the tongue better than Audio and Large Print.



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ART SOCIETY

Once again this year we celebrated a year's work by members of Sedbergh Art Society in the welcoming, historical Sedbergh School Library. Our thanks go to all the members who gave so much time and expertise to the successful running of the event. Thank you also to non-members who played an invaluable part. Helen Shields, as usual, masterminded the hanging of the pictures, helped by her faithful team. The layout was particularly stunning and praised by many visitors, who were also impressed by the good variety of styles, subject and medium. The cards were even more popular than last year!

Nearly a thousand visitors came to view. Indeed many were glad to purchase pictures, both framed and from the browsers. The cards were again very popular!

Some people were even motivated to join the Society. If you would also like to be a member, Helen Shields, our committee chairperson, would be very pleased to hear from you. She will give you all the details and arrange for a membership form and our winter programme of events to be sent to you. You can contact her on 07826 866406, or send an email to: helen@tarnhouse.com

Now to our October and November events.

On **Saturday 17th October**, one of our members, John Conway, will be leading a workshop focusing on a watercolour landscape based on a tonal sketch. Starters, improvers, and experienced painters who wish to refresh their skills are all welcome.

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This will be an informal, sociable day. Because John has kindly volunteered to share his skills with us, we just need to pay for our accommodation in the Methodist Hall in New Street. Thanks John! The day will run from 10am. until 4pm.

Our meeting on **6th November** will feature Ben Haslam from Hexham. This should be a fascinating and entertaining demonstration of what Ben calls 'The Blot Technique'! There is a good deal of pen and wash involved. So, members, make your way to the People's Hall Committee Room on Friday 6th November, 1.30 – 3.30 pm. This is a good opportunity to join if you are not yet a member!

Jenifer Alison

CHURCHES TOGETHER

St Andrew's, Dent:

welcomes everyone to its regular 10.30am Holy Communion every Sunday.

St John's Cowgill:



October 4th: 2.30pm Harvest Thanksgiving Family Service

October 18th: 2.30pm Holy Communion

St Mark's Church, Cautley:



On Saturday 10th October there will be a Prayer Walk from St Mark's to Cautley Spout, following footpaths. After a snack lunch at the Cross Keys we will return to the church via different paths. For those who feel that they cannot manage the whole

distance there will be transport at the Cross Keys to return them to St Marks.

Everyone is welcome. Meet at St Mark's church at 11am.

We shall be welcoming Bishop Cyril Ashton to St Mark's on Sunday 18th October (2.30pm) to lead a Healing Service. Cyril Ashton was Vicar of St Thomas', Lancaster for 17 years, where he developed a distinctive charismatic ministry. Later he became suffragan bishop of Doncaster, retiring in 2011. Do come and join us at this special service.

St Andrew's Sedbergh

News from the Pews



From her elevated position in the pulpit the Rev Suzie Wong kept silent watch over the flock during the vicar's holiday leave. She listened carefully to every spoken word and made no comment when the Rev Gary Wemyss said with a huge smile that he had been (ewe) surped. Suzie



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has now retired to the vestry awaiting her next transformation in time for Sheepfest 2016.

The Four Chinese Bellringers could have been put to good use in the ringing chamber instead of just hanging around the font all the time. They can now go back in their box as they await their fate in 2016.

Lei Long, the wonderful dragon sleeping alongside a wall at the back of church has been much admired and very well behaved; only blowing smoke through his nostrils when on his walkabouts. His winter lair has not been disclosed to me as yet.

As we pack away these decorative animals plans are underway for our second annual Pets Service on Saturday 3rd October at 11am. All

creatures great and small are welcome with their owners little and large.

Our sharing, caring community leave tinned and dried food in church which is taken weekly to Kendal for distribution by the Kings Food Bank and given to those in need. Your gifts to swell these supplies will be gratefully accepted at St Andrew's Harvest Festival Service on Sunday 11th October at 10.30am. At 6.30pm Choral Evensong will round off a special day in the church calendar as we raise the roof with Harvest hymns and give thanks for "all good gifts around us".

*Susan Sharrocks
Tony Reed Screen
Churchwardens*



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Any profits will be used by K-SET to help energy saving for people in the area

If you buy shares before mid-October and you pay income tax, there is a further incentive under the government SIS and the SEIS schemes. There is a rebate of 30% (SIS) or 50% (SEIS) from the government, so buy £1000 shares and it will cost you just £700 or £500.

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FAMILY MUSINGS

A great deal of my time these days is spent fastening and unfastening child harnesses and buckles be they in car seats, high chairs or pushchairs and rarely are they alike, I have been known to ask other people for help or nearly sob with frustration when I cannot get that final click! The car seat I have at the moment isn't too bad, may I keep it please?

Family came recently, some accidentally got the day of the launch of a local book which includes quotes from my Mum, others came on purpose, we all went to a local bistro for lunch and conversation flowed as we remembered growing up in the area. It soon became apparent that both of the two brothers present had

done some of their courting in the same certain barn .. one hopes not at the same time .. one was heard to remark that the Hay always smelt very sweet. I don't remember that..! Those family members staying with us included Alice their Whipadour who used to chase my cat but now just occupied the best seat in the house and avoided Mitts as much as possible.

Cleaning out the large greenhouse of poorly producing crops I kept bumping into the very best crop of all, the bunches of green Grapes , a bumper crop, not very large but in some cases very sweet and in others they awaken all our senses!

Little grandson loves to look for "Cat" and then tell her his secrets, for

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now his little sister is content to see Cat from afar but is partial to crawling towards the cat biscuit and water dish, great play things. Balmy evenings lull us into thinking summer is not yet over but the leaves are changing and on my frequent trips East to Hull I see the landscape changing. Take care when travelling, there are some awful accidents at times, not always what we do but what someone else does we need to be alert.

Sarah

Daphne Jackson

DO, MsC (Ost)
Registered Osteopath

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CYCLING WORLD RECORD

Janet Davison (nee Chamley) has set a world record for the distance cycled in one month. She achieved a distance of 4010 miles between July 24th and August 22nd. She cycled an average of 134 miles a day. She rode



in Cheshire, returning to her home every evening.

During the 30-day challenge unseasonal rain and strong winds slowed her down. Her bike suffered 4 punctures and a frayed cable on her rear gear changer. However, on her longest day Janet completed 152 miles, whilst her shortest day was when it rained so much the roads were flooded, and she managed 77 miles.

During her world record challenge, Janet started raising money for Alzheimers Research UK, and money can be donated via uk.virginmoneygiving.com/JanetDavison. So far Janet has raised over £2,500. Details of Janet's ride can be found on her blog, janet30daycycle.blogspot.co.uk

Janet went to Sedbergh Primary School and Queen Elizabeth's School in Kirkby Lonsdale. She now lives in Cheshire, but is in Sedbergh about once a week to visit her parents, Joan and Norris. She can be seen cycling in the area. This year she participated in the Etape du Dales, which is a 112 mile event which includes the climbs of Tan Hill and the Coal Road.

Janet Davison

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DENT GALA.

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Thanks to ALL who helped in any way towards the Gala.

PS: Anyone interested in Indoor Bowling this Autumn??

DMH Chair; Sarah E Woof



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SWIMMING CLUB

Swimming Club Update

The new term is underway with lessons on Tuesdays and Thursdays. There are places left - also please note! The warmer water means that the committee is now willing to accept students of reception class age so if people who have recently been in touch on this subject wish to call back, we are now able to help!

Length sessions are:

Tuesday 8-9,

Thursday 7.30-8.30

Saturday 10-11.

If you're interested in Early Morning Swim, contact me on
kate574@btinternet.com

Happy swimming! *Kate Thexton*

DENT YOUTH CLUB

Volunteers needed

For many years the Youth Club in Dent has been led by staff from Young Cumbria being financed through Cumbria County Council (CCC).

CCC has now taken the decision not to award the youth services contract to any external organisations which means that from the end of September the delivery of youth work across the County will be taken back 'in-house' by CCC. The result of this change is that there will now be different arrangements in how Youth Clubs are run.

Pauline Hartley has led the Youth Club in Dent in recent times and is now part of the CCC's Early Help Team. Her new role will be as a mentor, supporter and trainer of youth club volunteers as an employee of CCC. Dent is one of only two youth clubs in the area which has operated without any local voluntary help and in order for the Club to continue it now desperately needs local volunteers to join and take the Club forward.



Pauline Hartley and her colleagues from CCC's Community Services – Support Team are keen to work with local volunteers in order that the Youth Club can initially survive and continue to flourish.

The Youth Club has traditionally been important to Dent as it provides a facility solely for the young people of the dale with activities and experiences that they would otherwise be denied.

Can you help?

If you would like to see the Youth Club survive and thrive in Dent & feel that you could offer a small amount of your time to volunteer to help the Club please make initial contact with Andy Stephenson, Parish Clerk, on 015396 21487 or email: dentparishclerk@live.com in order that your details can be passed to the Community Services Support Team.

The young people of Dentdale are its future and they are seeking your support in ensuring that the Club will indeed not only survive but go on to thrive.

*Andy Stephenson
Clerk to Dent Parish Council*

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TOWN TWINNING

Invitation to the young people of Sedbergh and District to visit Zrece in Slovenia during February half term 2016

The town twinning committee in Sedbergh would like to invite the young people of our town and district, aged 14 - 17 in February 2016, to apply for the opportunity to visit our twin town, Zrece, in Slovenia.

The trip will be a continuation of the link we have forged between the young people of our two towns in the last 10 years through Settlebeck High School. Our last trip was in February 2014 under the auspices of the Sedbergh town twinning committee when the young people involved agreed that it was a great success.

The purpose of the trip will be to continue to promote the relationship and close links we've developed between our two communities; to enable the young people of both towns to meet in a spirit of friendship and mutual respect; to explore our common interests; to learn from each other and to have a lot of fun! During the visit we will be hosted by teachers and students from the Zrece Primary School (equivalent to our secondary school). There will be organized opportunities both before and during the trip to learn about the culture, history, geography and language of the country, and in Zrece there will be outdoor activities including skiing, sport, trips to beautiful and interesting Slovenian sites and of course the

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chance to enjoy being a member of the group.

The trip will be for seven days, including two travel days, during the Spring half term but the exact departure and return dates will depend on the best airline prices we can find.

The cost will be subsidised by the town twinning committee and a number of local charities, from which



we intend to raise £300 per person to offset against the total cost. We would also encourage the young people to raise money towards the cost of their own trip and many past participants were very successful in doing this. At this stage it is difficult to be sure of exact costs since we're not able to book flights and make other transport arrangements until we know exactly who is going but we estimate, from past trips, that the total cost will be about £300 each which includes

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full bed, board, flights, transport, skiing and all other activities.

The adults leading the trip will be Dave Smith (formerly headteacher of Settlebeck High School) and Susan Garnett (formerly head of geography at Sedbergh School).

The group size will be limited to 20 young people and the decision as to who is successful will be made on the following criteria:

1. age - must be between 14 and 17 in February 2016
2. gender – we would like to get a balance of girls and boys in the group
3. previous experience – those people who have never been to Slovenia before will be given priority
4. willingness to get involved, learn and embrace the aims of the trip
5. preferably living within Sedbergh and district

If you would like your son/daughter to go on the trip contact Dave Smith for an application form on either dsfatherhaw@hotmail.com or by phone on 015396 20937 or mobile 07717585519.

Dave Smith & Susan Garnett

HOWGILL W. I.

We met at Howgill Village Hall on 3rd September. Dilys McCaffery chaired the meeting as our President was on holiday.

During the business several forthcoming events were discussed. Some of us are to touch up our furniture/restoration skills on a taster session. Also the Beading Course is popular again to be held at Ormside Village Hall. We are to enter two teams at the Federation Quiz Night at the Bull Hotel on 2nd November. Lyn Marsden led the August walk around Killington and Firbank. Our Christmas meal will be held at the Cross Keys in Cautley on 3rd December.

The speakers for the evening were Pauline and Charlotte, members of

Grayrigg First Responders. They gave us details of what is involved. They are trained to respond quickly to an emergency call and are first to arrive and assist at the scene such as an accident or illness until an ambulance arrives. They demonstrated how to administer CPR (mouth to mouth respiration and chest compression). Also how to give oxygen and use a defibrillator. Mary Stainton expressed thanks on our behalf. Mary paid her own personal thanks you's to Pauline and Charlotte who had attended to husband Jack when he was taken ill. They cared and reassured them both until the ambulance arrived.

The lady who dropped in to join us with an interest in becoming a First



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Responder pledged to volunteer and train to join the Sedbergh team. Vera Hodgson won the competition with her necklace made from autumn berries. Vera went home with the raffle prize too! Tea and cake brought the evening to a close.

October 1st will be the AGM to be held at Firbank Church Hall. W.I. Advisor Anne Timmings will be guiding us through the meeting.

A.H.

KILLINGTON WI

THE AFTERNOON WI FOR THE ENTIRE DISTRICT

Another busy month in Sedbergh! Today I have been around the town perusing the many sheep on show.

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Josephine Lade LCSP (Phys)

There were several families trying to complete the Sheep Trail. Well done everyone! Our town continues to excel. Our particular thanks to Cynthia Thompson and Margaret Fearnhead for devising our Chinese sheep "CHOPS'EWE'WI.."

I also popped in to the launch of the book produced by the Dent and Sedbergh Oral History group and enjoyed learning of all the work which has gone into its preparation. Another splendid achievement and the start to my Christmas shopping.

At Killington WI our autumn programme is back on schedule. Last week we enjoyed a talk by Maureen Hinch, a local resident with a wealth of experience in teaching of all sorts from colleges to schools and prisons. It was interesting to hear of one particularly difficult pupil who Maureen had encountered many years later as the head of a building company. (No! Certainly **not** a Cowboy Builder!) There's hope for us all!!

Our meeting had started with the usual pleasantries but outstanding was the news that the magical sum of £1724.10p from our hard earned

funds had been used to purchase the defibrillator for the People's Hall. We look forward to seeing it mounted on the outside of the Hall very soon. AND we already have £239.48 to put toward its ongoing maintenance costs. Our thanks to the First Responders, three of whom are Killington WI members, ready to turn out, day or night, to help those in need. **T.I.U.B.** [Have I introduced you to **T.I.M.B.**? When I was in my teens I corresponded with an Aberdonian laddie I had met while on a Youth Hostelling holiday in the Yorkshire Dales. We wrote about all the things we had been doing in school and when we wanted to show off and say how clever we were, it always concluded with TIMB – or in full, This

Is Me Boasting). Another family saying from this same young man is to refer to a present as **A Pastoral Symphony.** In one letter in late November I read, "My favourite music is Beethoven's Pastoral Symphony. In an after Christmas letter I read, "I gave Grandma a record for Christmas, The Pastoral by Beethoven!!"]

We are looking forward to various WI Federation activities. Despite our pride in Killington WI, we decided not to venture to Kendal on September 16th for a photo opportunity to celebrate the WI's 100th birthday. Perhaps we don't like the idea of growing old. We shall be well represented at the annual quiz at the Bull in early November - maybe their

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Back by popular demand, Burton Singers

Christmas Concert

Friday, December 11, 7pm

£12, includes mulled wine & mince pie

chips are the attraction, or maybe we just want to win again! TIUB. Others plan to attend the Annual Council Meeting at Kendal Town Hall, while yet more are going to a talk on Forensic Science at Burneside. Watch out, Sherlock Holmes!

I see that our next meeting on 13th October in the People's Hall in Sedbergh is another hands-on session when we shall all learn how to make a "Table Decoration". Christmas is coming so miss it at your peril.

Wendy Fraser-Urquhart

SEDBERGH WI

A familiar face in an unfamiliar place! We welcomed Wendy Fraser-Urquhart to our meeting on September 9th in the People's Hall, a place very familiar to all of us, but it was unusual for us to be there with her. She had not abandoned Killington WI, of course, she had kindly agreed to talk to us about her

life as 'A Beekeeper's Wife'.

From the beginning of their courting days when they were still at school, Wendy knew how important bee-keeping was to Malcolm, whose knowledge of the subject greatly impressed her parents on his first visit to meet them! Wendy became very much involved in the honey-production process and told us about the different kinds of bees and their roles in the hive, as well as the ghastly prospect of a kitchen floor covered in spilt honey, which could actually be scraped up and put outside for the bees to clean up and re-use (perfectly hygienically!) to make more honey. I dread to think how much time and elbow-grease it would have taken to clean the sticky residue off the floor, however! Those days are now over, as changing circumstances have recently dictated that the bees should be given to new homes, so Wendy and Malcolm have a little more leisure time. It was a

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fascinating subject and we thank Wendy most sincerely for sharing it with us. We were able to talk to Wendy a bit more as we enjoyed tea and delicious cakes made by Valerie and Helen.

The next day, the book club met at Marjorie's to discuss 'Black Water Rising' by Attica Locke. Set in Houston, Texas, in the 1980s with flashbacks to the black freedom marches of the 1960s, it tells the story of a black lawyer who accidentally becomes involved in a murder case with severe repercussions for himself and his family. Some of the situations are quite scary and the ending was rather a disappointment, so we were left wondering whether a sequel was a

possibility – not that we would have been anxious to read it. The average mark given was between 6 and 7.

WI Centenary Day! September 16th was designated a day for celebration throughout the WI Movement so we decided to do something special ourselves. Ten of us, plus a visiting friend from Essex, went to Kendal Museum for a guided tour followed by a cream tea at the Castle Dairy. As is often the case, local people are less likely than visitors to go to places of interest in their home areas and only 2 of our number could say they had been there before. Anne Pitt had been there on a primary school trip (long ago!) and noticed many differences, particularly that the stuffed animals and birds which used

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to be in individual glass cases were now largely displayed in large enclosed 'dioramas', grouped together with other creatures from the same environment. Of particular interest to us on our Centenary Day were two old bicycles, the penny-farthing and the bone-shaker (we think,) which some of the original WI members might have ridden in 1915. We were puzzled as to how anyone could have actually got onto the penny-farthing, much less ridden it.

The museum is now part of Kendal College and is used by students for education and training, as is the Castle Dairy close by. 'Dairy' in this instance is probably a corruption of the word 'Dowery' and it is likely that

it was a dower house for widows of the barons of Kendal. The building is ancient, dating partly from the 14th century, and fascinating with a wealth of old beams and uneven floors, especially in the bedroom housing a four-poster bed, with a cupboard which leans in precariously towards it. There are several intimate dining rooms as well as the main hall where we had our tea and scones with clotted cream and jam, beautifully served by students. The College also serves evening meals and we had a good look at the menus when we'd finished our tea. Even if you don't want to eat there, you are able to go and have a look at the building as it is a museum. We all thoroughly enjoyed



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our Centenary Day outing.

We warmly welcome visitors to our next meeting on October 14th in the committee room at the People's Hall at 7.30pm when Chris Bibby (of Bibbys Coaches) will be talking to us on the subject 'Bibbys in a Nutshell'.

Moira Folks

DENTDALE WI

For the second month running, we were complimented on the singing of Jerusalem with which we opened the September meeting. Thelma Belfield was in the chair, and she was able to start the business meeting by reading a letter of thanks from the Memorial Hall Committee following the amazingly successful afternoon teas at the Dent Gala. I suppose you could

say we had a captive clientele as the afternoon weather steadily worsened and folk wandered into the hall for a hot cup of tea and piece of cake from the fabulous selection. Anyway, cakes were a sell out and the teas made over £400 towards funds for the hall. A letter was also received from the secretary of the Three Counties Cycle Race who had enjoyed our hospitality as one of the recognised refreshment stops on the route. They said they would be sending a donation to Air Ambulance.

Plans are well in hand for a Family Quiz night on Friday 16th October and which will be advertised elsewhere in Lookaround also. There will be a buffet supper included in the ticket price of £5 and all monies raised are

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going to Manna House Kendal, so, do support it with a team if you can. Naturally there will be prizes.

At the time of writing, I am able report that three of us went along to the Federation photo shoot to mark the 100th anniversary celebrations. We congregated around the WI flower bed display at the bottom of Gillingate in Kendal in the sunshine and had large group photos taken. Someone suggested Jerusalem, so there we were in the main street of Kendal giving a rousing rendition followed by three cheers for WI. It was all over too quickly!

As usual, plenty of lists out for events and we were reminded about the Annual Council meeting on 20th October and Federation Quiz night on 2nd November.

It was then over to Andrew Lowe and his presentation "Discovering Lakeland Villages" He said he started 34 years ago on the WI Speaker circuit. He had been conservation Officer for the Lake District National Park and so he has been in a very good position to observe the changes and rebuilding that has taken place. He had a very enthusiastic delivery and helped us to notice the

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differences in window sills roofs and doors and barns etc. that help date the buildings in his photo tour around the lake villages. "They are all different" he said and we should celebrate the unique character of the area.

There was a good entry for the competition of a photo of a Lakeland view which was judged at the end while we chatted over tea and Margery Haygarth's delicious home made biscuits. Jean Haygarth's view was the winning entry with Kate and Freda second and third. The raffle prize went to Alice Ellison.

Next Month's meeting is on 14th October at 7.15pm and visitors are always welcome.

Pat Allen

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

ROYAL BRITISH LEGION

The Sedbergh Branch of the Royal British Legion held their AGM on Thursday 10th September when the Chairman John Douglass was re-elected. David Parratt was appointed as Secretary. Other Officers were re-elected for the ensuing year.

Membership of the Branch continues to rise due to the hard work of the Committee Members but if anybody would either like to join or require any further information, please contact David Parratt.

The Branch President John Pease presented his report for the year.

In 2014 the Sedbergh Branch of the Royal British Legion raised £9,888 for the Poppy Appeal. This astonishing sum from a small branch in a rural area is yet again a credit to all those who devoted their time to organise and collect for the Appeal. On behalf of the Royal British Legion I want to thank them all.

Particularly I want to thank

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Chairman John Douglass and Keith Wood who took charge of our Appeal and organised collections both in the Sedbergh area and at Killington Services. Our thanks go to the management of Killington Service Station for allowing us to collect there and for the whole hearted support shown to us by all members of its staff. On this key matter for the Legion I must also thank those who took their time to count this large amount, much of it in small change, John and Barbara Douglass, Keith Wood, Col. Tony Reed Screen OBE, Lt. Cmdr. Parratt and Dennis Whicker.

The Remembrance Concert by the Sedbergh Town Band held on 9th November 2014 in the United Reform Church was as always very well attended. It raised £244 for the Sedbergh Branch. Our thanks to The Sedbergh Town Band for continuing this concert which was appropriately led by Euan Lewis and Carole Marsden.

The Remembrance Service was led by the reverend Harold Stuteley from Sedbergh's Methodist Church. To a full church, the names of Sedbergh's fallen were read-out by two young



ROYAL BRITISH LEGION Annual Poppy Collection



A poppy collector volunteer may call on you on or soon after 24th October and poppies should be available in retail outlets about the same time.
Regular collectors and new volunteers please call 20536 to confirm your assistance.

We will prepare a collecting tray for you.

On behalf of veterans in need, sincere thanks to all involved.

COFFEE MORNING

10am Wednesday 4th November
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THE ROYAL BRITISH
LEGION



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

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

Membership costs £16.00 - call 21575 or 20536 or email: jd@jdifa.co.uk or dmparratt@gmail.com for a form.

For more information, visit our website:

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

people, Jake Cowperthwaite and Rachael Hopkins while the reading was given by Luke Robinson. As always it was a moving service. The laying of the wreaths followed at Sedbergh's War Memorial after which Sedbergh School's CCF and the Sedbergh Town Band marched through the town with the Salute taken on the steps of Lupton House.

For the third year our Annual Dinner was held on 10th April in Weavers Café at Farfield Mill. It was a great success. Our thanks to all at Weavers Café for making it such an enjoyable evening.

We again exhibited at the Sedbergh Gala on the 16th May, where for the first time we had use of the British Legion's excellent new Gazebo. Added to the advantage of a much more central position than the previous year this resulted in gaining three new members, one of whom, Nick Cross has now joined our

Committee. Our thanks again to Elspeth Griffiths for the impressive presentation prepared by Diane Elphick, of the Sedbergh History society, showing how the first world war affected Sedbergh.

Since our last AGM the Royal British Legion had two Coffee Mornings. The first was the Remembrance Coffee morning held in November last year with the substantial funds raised going directly to the Poppy Appeal. Our regular Coffee Morning held on 15th July raised £320 for branch funds. Our thanks to all who helped and supported these events, sometimes at short notice and again to Sandra Gold Wood for initiating the Remembrance Coffee morning.

We made donations of £300 each to Byng House in Southport, a respite and holiday centre for serving and ex-service personnel and Lister House in Ripon, a rehabilitation centre for wounded service personnel.

Sadly I have to record that since our AGM last year, one of our members Cmdr. John Bird recently passed away. On a happier note we gained 3 new members bringing the number of our members to 86.

Our committee has worked hard this year and its members deserve recognition: Deputy Chairman- Lt. Cdr. David Parratt, Secretary - Rose Pease, Treasurer - Martin Gray, Welfare Officer - John Estensen, Deputy Poppy Appeal Coordinator- Keith Wood , Elspeth Griffiths, Col. Tony Reed Screen OBE, Kay Whittle, Dennis Whicker and Sandra Gold Wood. Once again I reserve special mention for the hard work of our Chairman John Douglass who took on the responsibility of Poppy Coordinator in addition to that of Chairman and Standard Bearer. His constant efforts continue to provide the organisation and support for our many activities through the year. Finally, though retired from the Committee I am delighted to mention Norris Chamley who continues to act as our Auditor, attends most of our meetings and frequently acts as Escort to Chairman John Douglass in his role as Standard Bearer. My

thanks to them all for their hard work and commitment.

However time marches on and with changing family commitments two of our committee are relinquishing their posts. Rose Pease is standing down as Secretary but will remain on the Committee. We are extremely fortunate that she will be replaced by Lt. Cmdr. David Parratt. Additionally welfare Officer John Estensen is standing down from the committee. For many years both have given outstanding service to this Branch in particular and to the Royal British Legion as a whole. On behalf of the Legion I extend my deepest thanks to them for all their work and support and offer our very best wishes for their future.

On the behalf of our committee I want to thank all our members for their continued valued support of this important national institution.

John Pease
President, Sedbergh Branch,
The Royal British Legion

The Poppy Collections for 2015 will commence at the end of October. If you would like to be a volunteer Collector, please contact John Douglass for further details.

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NEWS FROM SEDBERGH MEDICAL PRACTICE

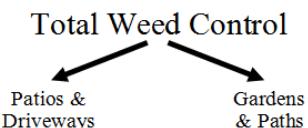
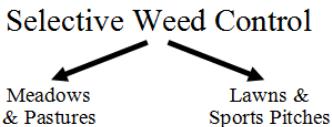
Once again this year, as well as the normal flu injections, if eligible we will also be offering the shingles vaccination and the nasal flu vaccine for children. We will be able to fit these in with the existing Flu clinics which take place at the surgery **on Saturday 10th October between 9am-11am as walk in clinics.**

If you are unable to attend the Saturday morning clinics we are offering a **walk in** service during our normal opening times **8.30am–6.30pm**, you may experience a short wait at busy times.

The patients eligible for the seasonal flu vaccination are those patients aged 65 and over on 31st March 2016, pregnant women, those patients aged 6 months to 64 years defined as at risk.

Children aged 2, 3 and 4 years old on 31st August 2015 (but not aged less than two or aged 5 or over) who

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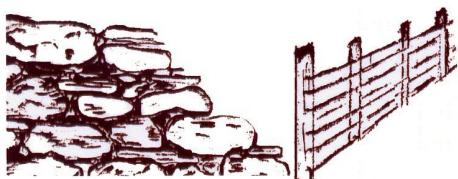
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are not in the seasonal flu at risk groups are eligible for a nasal flu vaccination - these can be given in the Saturday morning clinics or alternatively please telephone the surgery for an appointment. **(01539 718191)**

From 1 September 2015, the **shingles vaccine** will be offered routinely to people aged 70, and the catch up will extend to those aged 78. In addition, patients who were eligible for immunisation in the first 2 years of the programme but have not yet been vaccinated against shingles, remain eligible until their 80th birthday. These groups are: people aged 71 and 72 on 1st September 2015; people aged 79. Other age groups will be introduced in future years to ensure that all patients aged 70-79 are offered the vaccination.

Flu clinics may be subject to change if delivery of vaccines is delayed.

FARFIELD

HOW IT ALL STARTED (2)

In March 1997 we anxiously awaited the Arts Lottery's response to our latest bid for funds to restore the Mills at Farfield. We phoned them up. The reply was short and to the point.

Sorry we are not making any lottery decisions until May because of the election. Lottery decisions apparently had political implications!

I have just been looking at the very first article in the Lookaround in March 1993 about the Farfield project. It was about a splendid dinner at the Masonic Hall attended by 60 guests to launch our ideas about the future of the Farfield Mill building. It says that after the dinner, "the audience was roused by a

fighting speech which not only made it clear that the cause was a worthy one, but that it would require the active commitment of Sedbergh people to save a valuable asset not only for the town, but for the heritage of industrial Britain." There followed a lecture by Mike Davies-Shiel explaining that it was in the Yorkshire Dales that the Industrial Revolution began and Sedbergh was at the forefront. It had at one time five textile mills but Farfield is the only mill not only in Sedbergh but in the whole of the Yorkshire Dales that is still in production after over 150 years.

We really felt our project was about Sedbergh, but during those years from 1993 to 1996 when we were busy trying to find the money we were

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a very much aware that our committee was not really representative of Sedbergh. We wanted this to be a Sedbergh project, even though it was a mile and a half outside the town centre.

Sedbergh has a split personality. To many in the rest of England, Scotland and Wales, and even the Far East, Sedbergh IS Sedbergh School which owns three quarters of the property and land in Sedbergh. Apart from the school there are the offcomers (incomers?), many of them retired, like myself, but still with enough energy to want to do something for a place they really love and have made their own. Then there are those born and bred in Sedbergh, the Capsticks, the Metcalfes, the Woofs. I believe that at one time in the 19th century something like 29 out of 30 of the pupils at Cautley school were called Woof. (Perhaps someone has Westmorland Gazette press cutting that tells this story.) We had asked Sedbergh School to find someone to go onto the committee and they had proposed Richard Thomas but we had not managed to find a real 'local' to join us so it became very important to involve the town. We approached the Parish Council. They were sceptical but very supportive. We could hardly blame them.

While we awaited news from the Arts Lottery we did not stand still. Hands up those who remember the 'Rural Challenge'? Not many I wager. I think Richard Ellis will remember it. It was a competition in 1996 for one million pounds, no less, to any community in Cumbria who could show they needed it for economic

development. Richard Ellis produced a magnificent publication with on the cover an inspiring picture of a youngster striding across the fells, a picture of hope. The Challenge project was initiated by the S&DBPT and we brought together the Parish Council and Sedbergh School (that was an achievement in itself) to bid for £1,000,000 to upgrade the Peoples Hall and the Community Office and build an athletics track on Sedbergh School land. Richard Ellis and Alan Pratt presented our bid to nine members of Cumbria Council who were undoubtedly impressed that without paid consultants we had prepared what they told us was the best presentation. However we narrowly lost out to Alston, who were

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By May 1997 we knew the future of the whole project was in the hands of the Arts Lottery. We assembled round the phone and got them on the line. "The Farfield Project? Oh Yes. "Great idea! We love it! We are likely to support it but not I am afraid until after you have had the buildings restored, so do that first. Try again then". We were devastated. This was not just a loss of Arts Lottery money, it meant also the loss of half a million pounds from the Heritage Lottery and the ERDF because their money was dependent on us receiving the Arts Lottery grant.

At the next board meeting, our treasurer announced that the only

money we had was £3923.90 and we had loans of £4209 to repay. He very sensibly advised us to give up. It was good advice. We had hit a brick wall after four years work, and the hope we had raised in the community. We had to find a solution. It came in the form of a great supporter, Peter Sarginson, former principal of West Dean College, who knew well the world of grant giving trusts and enabled us to secure our first major grant towards the purchase of the building. We opened the doors of the untidy third floor of Farfield Mill and welcomed people in.

Maureen Lamb

Editors Note: If you have any stories, experiences or photographs, why drop submit them to Lookaround.

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PEOPLE'S HALL NEWS

The People's Gym & Fitness Centre

The construction of the Gym annexe to the Hall, under the management of the People's Hall Committee, is now complete. There are still funds to be raised to cover the improved specification, which emerged as work progressed.

Please see the Gym pages in Lookaround and on Facebook for more details and a progress report.

Other News

The wooden cladding at the rear of the building has been removed and wet dashed to match the rest of the building. We are hoping to gather some funds to renovate the one remaining outside wall of the hall that faces Highfield Villas. When done this will complete the transformation of the Hall from its 1956 "wooden hut" appearance to one which is upgraded and which fits visually into the townscape.

Old Time Dance

An Old Time Dance is to be held on 24 October to Bill Johnson. Doors open 7pm and dancing commences at 7.30pm. Jacobs Join. See advertisement on Page 24.

Diary events

Boon Day 3 October.

Touring Highlights "Baghdaddies" on 4 December (more details in November Lookaround)

<http://www.highlightsnorth.co.uk/whats-on-info.aspx?sid=539>

Old Time Dances: 16/4/16, 18/6/16, 22/10/16.

*Dr Gina Barney, Hon. Secretary
(20790).*



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SEDBERGH COMMUNITY SWIFTS

While our swifts are in Africa for the winter we have a golden opportunity to create new nest sites for them ready for their return next spring. Many people tell us how there used to be far more screaming parties hurtling around Sedbergh and it would be wonderful if we could make Sedbergh once again a haven for swifts.

For birds that weigh only 40 gm (1½ oz) and make a roundtrip of 14,000 miles to breed here, surely we have a duty to help them. Most of us believe in helping wildlife and improving the environment, and now we have a practical way of putting this into action for swifts. Just caring won't change things – doing something will.

Although swifts' natural nest sites are in the crevices in older buildings, they do take to boxes. So we urge everyone to consider putting some up, especially if you

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are planning some building work or outside decorating anyway. Modern properties are just as suitable. The best position for boxes is under the eaves or on gables, as swifts look for nesting places higher up on buildings.

Doing this over the winter means that there would be new sites for young swifts that are prospecting for the first time next spring.

We usually have a stock of special wooden boxes available and they are simple to fix on the wall. The Stimpson box we recommend is robust, and made by a swift enthusiast in his workshop. We are always happy to help and to discuss possibilities, so please don't hesitate to get in touch with us. If you are having scaffolding at your property, it would be a perfect chance to install a few boxes.

The picture shows some boxes positioned neatly under the eaves of

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a house.



This picture is a close-up of the Stimpson box.



These websites have masses of further information: www.swift-conservation.org.uk and <http://actionforswifts.blogspot.co.uk/>.

If you are having an extension built, or re-roofing, then consider installing hollow swift nest bricks into the top of the wall, as has been done in the gable at the far end of the new People's Hall gym. They are easily incorporated while building is in progress and do not compromise the structure or insulation of the property. Swifts seem to prefer these and all that is seen from the outside is an oval entrance hole. Please ask us for advice.

If you are lucky enough to have swifts nesting already, and repairs are needed, then please do this outside the nesting season of May to August.

And most importantly, please don't mortar up their entrance holes – insulation of the building will not be affected.

Swifts are faithful to their site, returning year after year to the exact same place. But if their entrance holes get blocked up they cannot get in, and as they are not very adaptable, they become homeless. This is believed to be the reason for the serious decline in swifts – over 40% in the last 20 years.

- This is the ideal time to put up swift boxes, before the swifts return at the beginning of May.
- If you are doing building work especially if you have scaffolding, consider installing external or internal swift boxes.
- If you already have swifts, avoid doing building work while the swifts are here (May-August).
- Contact us for advice.

Swifts share our habitat, our space, and they urgently need our support. Please help make Sedbergh once again a swift-friendly town.

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LIFE IN THE SLOW LANES

Driving the Western Dales Bus

The August Lookaround published an account by Barbara Allwright of what it's like to be a volunteer driver for the Western Dales Bus. Here is a further section of her diary, describing some of her more recent experiences.

Saturday 5th August, morning shift: 564A to Kendal

A very autumnal start to the day even though it is only the beginning of August, but the day improved as I drove along. A lot of leaves turning red and yellow, bright red berries on the rowan trees – don't they know it is only the beginning of August? There are still lots of wild flowers out. In Sedbergh there were lots of people waiting to go to Kendal, but they all got on... Thank goodness, as I don't like leaving people behind. What a long queue for fuel at Morrisons when I got there - I decided to have lunch first which was a good choice as no-one was wanting fuel then.

Sunday 9th August: 56AB to Cautley

Only two short runs but eventful. So many cars coming along Dentdale that I began to think I was driving the wrong way! Into Dent I followed a very slow Landrover and on the way down from the station an even slower flock of sheep. They must have escaped from a field as they trotted along and then went into an open field. A full bus from the station, with many passengers walking either to or from Cautley, but all of them safely picked up on the way back and delivered to the station in time for their train. The weather turned out

better than forecast so they had had a relaxing (?) walk.

Saturday 22nd August, afternoon shift: 564A to Kendal

A pleasant run into Kendal and almost full on the way back to Dent. However on Lilymere corner we stopped for an accident. A motorcyclist had skidded and come off his bike. He was not hurt and someone else had stopped as well so we left him in good hands. It was not a UK plate and he must have been going slowly because he was not injured, just shocked. We carried on, quite full, and at Oxenholme we collected a family, pushchair and bags going to Sedbergh. On the last run back from Dent Station I had plenty of space on the bus – just one passenger.

Tuesday 9th September : 546C to Hawes

At last, a chance to drive on the Hawes run. I have been looking forward to this for ages. A brilliant day in Sedbergh but once we got to The Moorcock the weather changed to cold, overcast and generally not nice. Almost like going through a curtain. The market was all along the main road making the last part of the



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journey quite slow. On the return we were expecting one passenger who didn't turn up, so we waited a while, but he must have had a lift home. Once we passed The Moorcock again out came the sun and away went the cold. Coming back seemed to take ages, there was a lot of slow moving traffic, cars, tractors, verge cutting lorries, people parking opposite junctions and at bus stops. But we were not deterred and arrived back only 5 minutes later than published.

Sunday 13th September: 546B to Cautley

The mist that had settled at the bottom of the valley made it an autumnal start to the day, but it quickly cleared and by the time I got to Dent Station it had gone. Only a

few passengers going to Cautley or Sedbergh where we came across the Sheepfest dragon and followed it along Finkle Street and up Main Street before losing it as it moved into the car park; we carried on towards Maryfell. Although dry and sunny lower down it became very cold and windy on the top of the hills. However all those dropped off were safely collected again and delivered to Dent Station.

If you think you might like to join Barbara as one of the Western Dales Bus drivers, ring Liz Nuttal, the Volunteer Coordinator, on 015396 25571 for more information about what is involved and the training that is available.

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AUGUST WEATHER

Hardly what we might expect for high summer! With only 7 days when temperatures reached 70+F (20.5C) and only 12 dry days. Hardly what you might call holiday weather. With a high of 75.7F (24C) and a low of 41F (5C) it was not the hottest August we might have had. With rainfall totalling 4.5 inches (102mm) not the wettest month but as mention already not really haymaking weather really either. It was quite windy with only seven days when the maximum wind speed did not reach double figures. The maximum gust recorded was 21mph. from a south easterly direction. This was the main gust direction on only 6 days the rest being from the north west. Windchill

did not take the temperatures down much on the minima the lowest being 43F (6.5C) on several nights.

Disaster struck when I went into the kennel one day to find the swallows' nest had been ragged with the chicks on the floor. I put them back into the nest and hoped. Unfortunately they were not brooded that night and were all dead next morning. I suspect the culprit was our new acquisition1! She can get anywhere. Our search for a buddy for her produced another young collie bitch. Another ex farm dog we're told. They are as different as chalk and cheese. The first one is all over you, literally, and the second one is extremely nervous. Judging by how she reacts when you are trying to put her on a lead she has

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obviously been thrashed and by a man judging by the way she reacts to Ann & me. We shall get there but it is going to take time. If you have been there you know it is often 3 steps forward and 2 back. Well we finally tried to get some hay when it looked as though we had at least 4 dry days forecast. Unfortunately it was about to be rowed up and baled when we had torrential rain a day early. A ¼ of an inch fell on it a very short time soaking it through. With the prospect of yet more rain to come we decided to black bag it. So if anyone is interested in 6 sweet smelling black bags get in touch! I am sure we can sort something out. Butterflies are still in short supply though I did see a

couple of meadow browns in the field. I haven't seen any bats around our entry this year so far. Badgers are digging most nights in the field though we haven't seen much evidence of a fox around the chicken run as I had to bury an old bird that died. There are plenty of sparrows at the feeding station, some tits and a frequent nuthatch at present. The swallows were congregating on the wires as if they are ready for their journey south. My new swarms seem to be

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progressing. Let's hope I can feed them up enough to see them through the winter. Around the country people are having to feed this month which is rather unusual. We often expect a June gap when the nectar flow is reduced and the queen might stop laying but it seems it is August this year. Further evidence being that there are few drones about as they have obviously been booted out already.

OCTOBER GARDENING

I have great plans, that next year will be the year when I conquer all the stray brambles and wild raspberry canes which have increasingly taken over the furthest reaches of the garden. In the meantime I shall concentrate on cutting back any trailing bramble shoots and raspberry canes that I find in the wrong place, and then turn my attention to the cultivated canes, and prune those so that they will be well ordered, and produce a good crop of berries for next year.

Raspberry canes are very easy and very satisfying to prune. The summer fruiting ones, which are the type which I grow, need to have all the brown, fruited canes – those which

show the side spurs which have born this year's flowers and fruit – cut back to ground level. This leaves space for the new canes which are green and straight and un-branched, to grow. If you have a multitude of stems, leave the strongest, tallest ones, and prune out and thin weedy ones so that all the growing power goes into those which remain. Autumn fruiting varieties (which do not quite get into the way of fruiting before winter strikes in this garden) are cut down to the ground in winter so that they produce a new crop of fruiting canes from the bare earth in spring.

Apart from fruiting varieties, there are several ornamental species worthy of garden cultivation. *Rubus 'Benenden'*, a fine shrub with arching

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stems bearing large, pure white, saucer shaped flowers is my favourite and *R. odorata* and *R. speciosa* ‘Olympic Double’, both bearing deep pink flowers are also useful. *R. tricolor* makes excellent, evergreen ground cover, even underneath trees, and for winter stem colour, the “Whitewashed Brambles”, *R. thibetanus*, *R. biflorus* and *R. cockburnianus* are hard to beat (although they can be quite challenging to prune) For the avid bramble connoisseur there are pink and double pink forms of the common bramble. I remember being presented with one of these by a keen member of the Northern Horticultural Society when I had charge of the arboretum and woodland at Harlow Carr gardens. Anxious that it might take over, I’m afraid to say that the garden Superintendent and I agreed that we would try to test it to destruction on a very difficult area of banking. We succeeded.

Elaine Horne

FLICKS IN THE FELLS

Saturday 3rd October at Sedbergh People’s Hall

“**Into The Woods**” Starring Meryl Streep, Emily Blunt, James Corden, Anna Kendrick, Chris Pine & Johnny Depp. 124 minutes. Certificate PG A modern twist on the beloved Brothers Grimm fairy tales, intertwining the plots of a few choice stories and exploring the consequences of the characters’ wishes and quests. This humorous and heartfelt musical follows the classic tales of Cinderella, Little Red Riding Hood, Jack and the Beanstalk, and Rapunzel – all tied together by an original story involving a baker and his wife, their wish to begin a family and their interaction with the witch who has put a curse on them.

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COFFEE MORNING WATERSIDE FARM

A big thank you to all who supported the Coffee Morning at Waterside on 22nd August in aid of MENCAP. The weather favoured us (almost) but everyone seemed to enjoy themselves, despite a short shower.

Thank you for all the generous donations received, and of course, my band of helpers, without whom I couldn't cope!

Liz competed in the Great North Run on 13th September also for MENCAP, and together upwards of £1,000 has been raised, which will benefit the local MENCAP at Ingleton, Bentham and Burton. Thank you to everyone for your support.

Mary Airey and Family

P.S. I seem to have acquired a Hornsea Pottery white plate. If it is yours please let me know on Sedbergh 20616.

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weather, ploughmans lunches and cream teas sold well, Sandra did her usual sterling job on the raffle, and to date we have raised just over £500.

Rosemary and Ruth

CHARITY TEA

Abbie, Joe, the twins Megan and Ella and all the family would like to say a huge Thank You to all the bakers, people who donated money, and those who attended the afternoon tea for Alder Hey Hospital and Ronald MacDonald House and raised over £3,000.

We are very grateful to you all as it is a charity very close to our families hearts.

Mrs A Mason

LADIES N.F.U.

The September Meeting was held on the 15th when 17 Members enjoyed an illustrated talk given by Mr. Malcolm Petyt about a visit to the Falkland Islands with Mr. Martin Dodds. What an adventure they had, a rather expensive one but worth every penny. Martin had been a teacher in the Falklands very many years ago so he was able to semi-plan their visit so that Malcolm saw as much of the Islands as possible in the time available. The terrain consisted of a kind of heather, very tussocky grass and masses of rocky areas making walking rather hard work and taking twice as long as the same distance would in Cumbria. The plan was to climb 8 Mountains, and this was achieved, quite a feat! Lots of wonderful views of the Mountains and the Sea with many Shipwrecks from way before the War. Merino sheep everywhere, and shearing in huge sheds taking place and fleeces being packed to be exported to China! Farms were quite a distance apart, and they visited a farmer who was an ex pupil of Martins. They stayed in Hotels, B & B's, Cabins etc. some reasonably priced and some more expensive. There was much evidence of Battle Sites, a few battle graves with plaques ,two Cemeteries. A War Museum with weapons used in the Battle of the Falklands, and a photograph of Mrs. T hatcher the Islanders Hero. A lovely Cathedral Church, a National Trust Shop, Community Hall and School, Mini Market. Petrol Bowsers up and down the islands etc. etc. What a wonderful holiday, much enjoyed, Malcolm

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would love to repeat it if someone was prepared to foot the bill for it!! Mrs. Barbara Gorst thanked Malcolm for sharing this special holiday with us.

A short teabreak followed. The lucky raffle winner was Belle Burrow. A letter was read from Cam forth N.F.U. inviting members to attend their Open Evening, Husbands welcome. Mr. Peter Yates will speak about The Missing Carnforth Railway Station Clock! Our next meeting will take place on the 20th October when Marjorie Bidgway will talk about All things Buttons.

Do come and join us, a warm welcome awaits.

Marlene Mason



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ORAL HISTORY SOCIETY.

In September the Society held events in Dent and Sedbergh to launch their new book, *Telling it like it was: Dent, Sedbergh and district within living memory*. We thank everyone involved for making these such successful and happy occasions, and we're especially grateful to our interviewees for their vital contributions. Here's another of the memories quoted in the book:

"I went to Lowgill School for about a year and had to cross the river Lune. There was a box on wires, aye there was a rope pulley. One of the lasses from the school set us down to the box and me dad used to be there to meet us, to see us across. But one day he was not there and she'd turned back before we got to the box and so I decided I would go across on the wires, two hands on the top wires and both feet on the bottom wires, and滑ed across till I got to the end. If I'd dropped in that would have been it! Me parents was a bit upset that I'd done that and they decided to send us down to Howgill School." **Stanley Bracken, born 1911**

Anthea Boulton

AGE UK

The Sedbergh Age UK Walking group have ventured further afield this year enjoying walks to Tarn Howes, Grange, Arnside and Barbon. It is a great way to enjoy the outdoors, improving fitness and wellbeing. Everyone is welcome and



if anyone would like to come along as a volunteer- help is always appreciated.

If you don't fancy walking you could try the swimming group – 11.45 – 12.15 for people that need to build their confidence in the water (there is a volunteer swimming teacher) or 12.15 – 1.15 for those who want to swim lengths. *Linda Greensmith*

COMMUNITY DEVELOPMENT CENTRE

New Computer Drop-in Sessions

After running Wednesday afternoon drop-in sessions for the past couple of years at Sedbergh CDC we have had a change of plan for this autumn. Sessions will now be held at Sedbergh Business Hub on Main Street, 1pm – 4pm each Wednesday. They are intended for anyone wanting help with their smartphone, tablet, iPad or laptop. So if you are not quite sure what to do with your new-fangled piece of electronics do come along.

On hand to help you will be Andrew Smith, who runs similar sessions very successfully at Kendal Library. There will be a nominal charge of £2 per session. The new drop-in is kindly sponsored by Westwood Books.

You can just turn up to see Andrew but if you would like more information, or to book a timeslot please ring Sedbergh CDC on 015396 21031 or email admin@sedberghcdc.org.uk

Note that help will still be available from Chris at Sedbergh CDC if you have specific problems with spreadsheets, databases etc. Just give us a call.
Chris Wood

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SPELLBOUND THEATRE AUDITIONS

It is almost two years since our successes with "Calendar Girls" along with our continuing short play 'The Wheel Turns' which has been performed several times at Farfield Mill, as part of the heritage week.

We are very excited to announce that we intend to perform "How the other half loves" by Alan Ayckbourn in February 2016 with an experienced director, Hilary Stephenson.

There is a small cast of three men and three women and auditions will be held on Sunday, the 11th of October in the committee room of the People's Hall at 3.00 pm.

We intend the auditions to be a social gathering which will be

enlivened by cake, tea or glass of wine if you prefer. We would like all potential actors to have a piece prepared beforehand. This will be a small extract from the play and can be obtained by phoning either Helen on 20165 or Heather on 21279 after 7.00 pm (or leave a message) who will then e-mail the extracts to you, or a paper copy can be arranged.

We are also looking for production support people, including techy lights and sound, front of house, costumes, set design and stage management to name just a few. Please come along to the auditions to express an interest if you can offer any production support at all.

Ayckbourn is known for his insights into human nature and this comedy is



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no exception. This article allows all actors, several weeks to learn their part in preparation for the audition. We hope that there will be lots of you who feel this is a comedy you will enjoy performing and look forward to hearing from you.

Spellbound Committee

YORKSHIRE DALES NATIONAL PARK

Vacancies on Access Forum

New members are needed for a group that helps improve public access and recreation in the Yorkshire Dales National Park.

There are currently four vacancies on the independent Yorkshire Dales Access Forum, which provides guidance and advice on ways to

improve and manage public access and opportunities for open-air recreation in this beautiful landscape.

Rachel Briggs, the Yorkshire Dales National Park Authority's Access Development Officer, said: "The Forum's job is to work with individuals and organisations that live and work in the 680 square miles of the National Park and use or visit the area for leisure and enjoyment.

Their job is also to advise on ways to improve access in this special place. This can be anything from looking at mobility issues to suggesting an upgrade of a specific footpath. The members also take part in consultations on a range of documents and strategies issued at local and national level."

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

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

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

We look forward to hearing from you.

Forum members represent interests ranging from land management and agriculture to local business and outdoor recreation.

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

The deadline for applications is November 19, and anyone who would like to be considered for membership of the Forum can obtain more information by contacting Rachel on 01969 652363 or by email at accessforum@yorkshiredales.org.uk or from the website at <http://www.yorkshiredales.org.uk/ydaf>.

ADA SALTER

On Saturday 17th October (See page 17) we are hosting at Brigflatts a production by Journeymen Theatre entitled Red Flag Over Bermondsey (written and performed by Lynn Morris) which tell the story of Ada Salter.

Where to start with Ada Salter? She was a true radical, campaigner for equal rights, socialist, republican, pacifist, environmentalist, trade union activist and a leading light in the transformation of the Bermondsey slums in the early part of the twentieth century.

Born into Methodism, she became a Quaker in 1914. She and her GP husband, Alfred Salter, dedicated

their lives to the people of Bermondsey, London. They lived and worked right in the heart of that deprived community, having to accept the tragic consequences of their choice.

Ada broke through the glass ceiling of her time, becoming both the first woman councillor in London and then the first woman mayor.

Red Flag over Bermondsey explores both the private and the public lives of Ada from 1909 until 1922, interwoven with her beloved Ira Sankey hymns and her passion for Handel.

The performance lasts 65 minutes without interval. Doors open at 6pm for refreshments and the performance will start at 6.30pm. Please allow time for parking at the top of the lane and

walking down to the Meeting House.

Parking will be in the field at the top of the lane with thanks to our most helpful, good neighbour Robert Taylor of Borrett Farm. There will be limited parking available nearer to the Meeting House (ring Sedbergh 20005 to reserve a disabled parking space) for folk with mobility restrictions who would find it challenging to walk the 200 yards down the lane.

There is no charge but there will be a retiring collection in support of The Womens' Co-operative in the West Bank.

If you intend to come please reserve a seat by phoning 07729 329 545. Do hope that you can join us!

Tess and Phil Satchell
Wardens of Brigflatts

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WESTERN DALES BUS

News

The new Lottery-funded Western Dales Bus has arrived, and will be undertaking its first service at the beginning of October. As well as being easily accessible for pushchairs and wheelchairs, it also provides a much more comfortable ride for passengers. And with two more seats than the previous bus, it is better able to cater for everyone who wants to use it on a Saturday.

At the same time as the new bus comes into service, some timetable changes are coming into effect from 1st October. The Saturday service between Dent Station and Kendal includes additional stops at Maryfell. Some of these are by request to the

driver on the day, as is the last journey of the day at 1840 between Sedbergh and Dent Station.

The service to Hawes on Tuesday – market day – will also be running through the winter. It will continue to serve Dent, but not Cowgill, and will leave Hawes at 1300 instead of 1330. It will also stop at different places in Sedbergh, picking up and putting down at Morphets/Spar, the Library/Dalesman and at Maryfell, instead of at the junction of Main Street and Joss Lane.

The summer Sunday service between Dent Station and Cautley will not be running through the winter, however. It has been popular with visitors, particularly from West Yorkshire, bringing a number of them

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here for the day and thus supporting some of the cafes and pubs in the area, but there is unlikely to be the same demand for it as the days get shorter.

Full details of all the timetable changes can be found on the web at www.westerndalesbus.co.uk, and in leaflets available on the bus, at the Sedbergh Information Centre and at other outlets throughout the area.

COMMUNITY TRUST UPDATE

The skateboarding park project

A public consultation on the skateboarding park project, has been held.

Letters and feedback questionnaires were distributed to about 60 households immediately adjacent to

the field. Sixteen replies were received comprising two outright objections, four unconditional approvals and 10 which were either undecided or had reservations about the proposed location.

A number of Trustees armed with information sheets, petition forms and display boards, discussed the project with interested members of the community at the weekly market in the morning.

Subsequently a public meeting was held at Peoples Hall in the evening, attended by about 50 to 60 people. The project was explained, and the young people attending demonstrated the various uses of the park, followed by a question and answer session. The meeting concluded by agreeing



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that there was general support for the project, although with significant reservations about the precise location.

The petition resulted in over 200 signatures in support.

Community Trust Awards

Following requests from the public, trustees have decided to publish details of the distribution of proceeds from the charity shops to local organisations, on a quarterly basis.

Charity shops

Simon Unsworth has replaced Ellen Morrison as manager of the charity shops following the latter's resignation after several years of dedicated service. The Trust is extremely grateful for her over many years.

Community Trustees

SHEEPFEST 2015

Thank you!

Just creeping under the wire – or rather Dennis Whicker's letterbox – to thank everyone for their magnificent contribution in many forms to this year's festival and to remind you that there is still time to enter the **Sheepfest Photographic Competition 2015**. This is to find the three best photographs which capture the spirit of Sheepfest 2015 and the three which illustrate the wonderful quality of the sheep – or should I say sculptures – which once again made Sedbergh into an art gallery of which any town or city could be proud.

The closing date is **Monday 12th October** for unmounted 6 x 8

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prints to a maximum of 6 per person – could be two in one category and 4 in the other or any combination. Entry forms with full details including the prizes and a request that the winners give their permission for their photographs to be used in publicity for Sheepfest 2016 if required can be collected from Sedbergh TIC or Farfield Mill.

If you have any queries please phone Farfield Mill 01539 621958 – and thanks again for your support.

Anne Pierson

Editor's Note: I was unable to attend the first weekend of the event as Town Cryer due to personal reasons but did attend the second which I felt was a great success for Sedbergh and everyone that I spoke to enjoyed

it.

There will be a full report next month with possibly some pictures (see above) but if you have any comments, why not drop Lookaround a line?

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SEDBERGH AND DISTRICT LABOUR SUPPORTERS GROUP

Our small, but enthusiastic, group has begun to hold monthly meetings in Sedbergh to discuss National and Local issues from a broad Labour perspective.

If you support the aims and aspirations of the Labour Party and care about what is happening both locally and nationally we would love to hear from you. Our next meeting will be at 1230 pm on Friday 16th October in the URC Rooms.

For more details contact me, Nick Cross on 01539 634139 or e-mail : gnaiuspiso@outlook.com

Editors Note: The telephone number for Nick Cross is a new breed of Sedbergh BT numbers. The full number must be dialled - but - from Sedbergh, you can just dial the last 6 digits!!!

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SEDBERGH CHORAL SOCIETY

Good news on choral singing in Sedbergh.

Sedbergh School Choral Society

will be reinstated for next term and will be performing in Powell Hall on Sunday 13 March at 7.00pm. The main work will be **Mozart's Requiem**, plus additional shorter works to be advised by Chris Allinson, Director of Music.

Rehearsals with the School will begin on Monday 4 January at 6.25 (6.15 on the first evening) at the Thornely Studio. In addition, adult members will start to rehearse **on Monday 2 November at 6.30pm in St Andrew's Church** and aim to get in 6-7 practices before Christmas.

If anyone who hasn't sung with the

Choral Society before would like to join, please contact Fenella Davis, fenella@davisi.com or 22136.

CITIZENS ADVICE BUREAU

Approaching retirement? Not sure what to do?

citizens advice

Following pension reforms on April 6, people approaching retirement have greater freedom over how they can use their pension pots. People can take a lump sum, take out an annuity or a mixture of both. Pension Wise is a new Government service designed to help people make sense of their pension options, and



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empower them to make the right choices for them.

Individual face to face Pension Wise guidance appointments are now available to book, for those aged 50 or over. The guidance will help you understand your options to access your (defined contribution) pension pots after age 55.

To book your guidance appointment locally call into any South Lakes CAB outlet or ring us on 015394 46464 or contact the centralised booking number on 01900 68981. You can also find information on Pension Wise at www.pensionwise.gov.uk

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

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34a Main Street, Staveley, Nr Kendal

DENTDALE CHRISTIAN FELLOWSHIP

At our Sunday evening monthly fellowship Simon and Pauline Kaye came to talk about their families and

about the Jewish festivals, they brought a huge screen TV which played DVD of worship songs to listen to and gave visual aid to their talks. Over supper future events were discussed including the Tabernacle celebrations in Sept and the Friday and Sunday fellowships, both free and open to all.

We also held a meeting to talk over the weekend which took place in August and to begin to arrange the next such event, some of our members had a gazebo at the Dent Gala giving away free Christian literature, offering to pray for people and providing some shelter when the rains came!

As always all our events are free and open to all.

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SEDBERGH BONFIRE NIGHT

The annual Bonfire Night celebration will be on Saturday 7th November, with the gates open at 6.30pm. There will be the usual food and drinks stalls, plus children's competitions for the best pumpkin lanterns.

WALKING & CYCLING GROUP

On Monday the 26th of October, at 7:30pm in the People's Hall, Sedbergh, there will be a talk by Richard Witt about he first 250 miles of the Camino de Santiago. This is one of the free public talks organised by the Sedbergh Area Walking and Cycling Group with the common theme of "Adventures on Foot at Home and Abroad". Details of other walks and walking/cycling-related events can be found on the website: www.sedberghheateway.org.uk/events.

Robert Powell

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I'm afraid I don't do PC/Windows related work
The best advice I can offer in such cases is 'Get a Mac!'

Contact Andrew on 07788 688490

or email: techno.wizard@btinternet.com

FLICKS IN THE FELLS

Dear Sedbergh,

I owe you all an apology for displacing "Flicks in the Fells" on Saturday 5 September. This was because I booked the People's Hall a long time ago for an important date in my life – my Eightieth Birthday.

There were over 100 guests there with the majority from Sedbergh and around. I also had about 30 guests from my life outside Sedbergh in the lift industry, including some from Amman, Dubai, Helsinki, Milan and Zaragoza. It would have been my

treat to have invited the whole Town to my celebration, but the Hall is not yet big enough!

In 1998, my wife, Josie Templeman and I desperately need a safe haven. Sedbergh provided more than a safe haven, you accepted and welcomed us and allowed us to live our lives as we needed to do. You will always have my and Josie's grateful and very sincere thanks to the best place it is privilege to live in.

Dr Gina Barney

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THE SEDBERGH SONGSTERS.

The Sedbergh Songsters have restarted after the summer break and meet at 10.30 – 12.00 at Gladstone House in Sedbergh.

Come and sing alongside other local people, including some of our neighbours living with dementia. David Burbidge leads the singing and we have great fun singing a mix of well-known songs from the 50's, 60's, 70's and musical shows. It's a very friendly and informal with a lot of chatter!

For more information contact Diane Smillie on 07771682378 or email diane@dignityindementia.org. Also see Page 40.

SEDBERGH GALA GROUP

The AGM of the Gala Group will be held on Monday 12 October 2015 at 7.30pm in the Meeting Room of the People's Hall.

Bursaries: The Gala Group is delighted to announce that this year there are sufficient funds to enable it to award a few bursaries to individuals and groups from Sedbergh and the immediate area. Please apply in writing or by email to the Chairman: John Davis,

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SEDBERGH & DISTRICT TRUST GRANTS COMMITTEE

The Committee will be meeting on 25th November to discuss applications for Grants.

If you wish to Make an application for your Group, please obtain an Application Form from the Community Office. Also see Page 73.

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COMMUNITY OFFICER REPORT

19/8 – Burglary at Dent, vehicle taken off a drive.
 19/8 – Burglary at Sedbergh School, power tools taken.
 19/8 – Vehicle damage was caused to locks on Castlehaw.
 19/8 – Cold callers reported in the area.
 22/8 – Vehicle reported abandoned on Station Rd, police checks done, all in order and CCC informed re a 7 day uplift order.
 22/8 – 1 x person arrested for failing a road side drugs test while driving.
 28/8 – Burglary at Lillymere, access gained but nothing taken to a boat house.
 28/8 – ASB Loud music reported on Main St. No offences on arrival of officers.
 31/8 – Domestic related incident reported on Main St.
 1/9 – Burglary reported on Back Lane, tools taken.
 1/9 – Cold callers reported in the area.
 3/9 – 1 x Vehicle uplifted on Maryfell for no insurance.
 5/9 – Domestic related incident reported in the area.

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7				1
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	2		8	
1		6		2

6/9 – Criminal Damage was caused to a small window at the spar.
 7/9 – Burglary on Winfield Rd, a vehicle was taken off the drive, I-pad, wallet, handbag briefcase also taken.
 7/9 – Theft of tools from a van on Joss Lane.
 Can we please remind residents to make sure your vehicle/outbuilding keys are hidden out of site from those looking in through windows. Do not leave them in your door as access can be gained through the letterbox using a range of implements.
 As always our non emergency number is 101, if it is an emergency then please use the 999 number.



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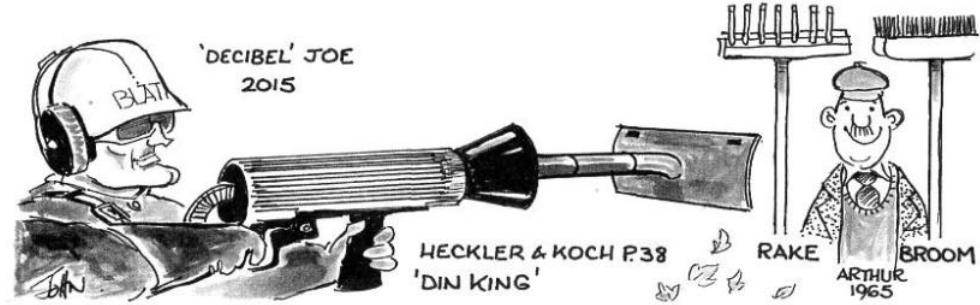
Fallen leaves - the Scourge of Sedbergh.

Did you know that. ?

In Sedbergh, for hundreds of years ,fallen leaves were removed by men using "brooms" and "rakes."

The menace of fallen leaves, of course, is that they are completely silent and so, today, old-fashioned, quiet attempts at dealing with the threat are not considered adequate. Hence, the latest anti-leaf systems which can fight the soundless invaders by directing continuous ear-shattering noise at them through powered leaf blowers.

Head of Sedbergh Fallen Leaves Unit (F.L.U.), "Decibel" Joe Blatter explains : "The leaves lie there without making a sound - sometimes in clumps. As early as possible in the morning we send in combat squads .The leaves don't know what hits them. By making as much noise as possible and for as long as possible we are able to neutralise the danger - until the next time! We're aware that there could even be a risk to ourselves from the blowers, but it's something that we have to accept so that the people of Sedbergh can sleep safely in their beds (or not)".



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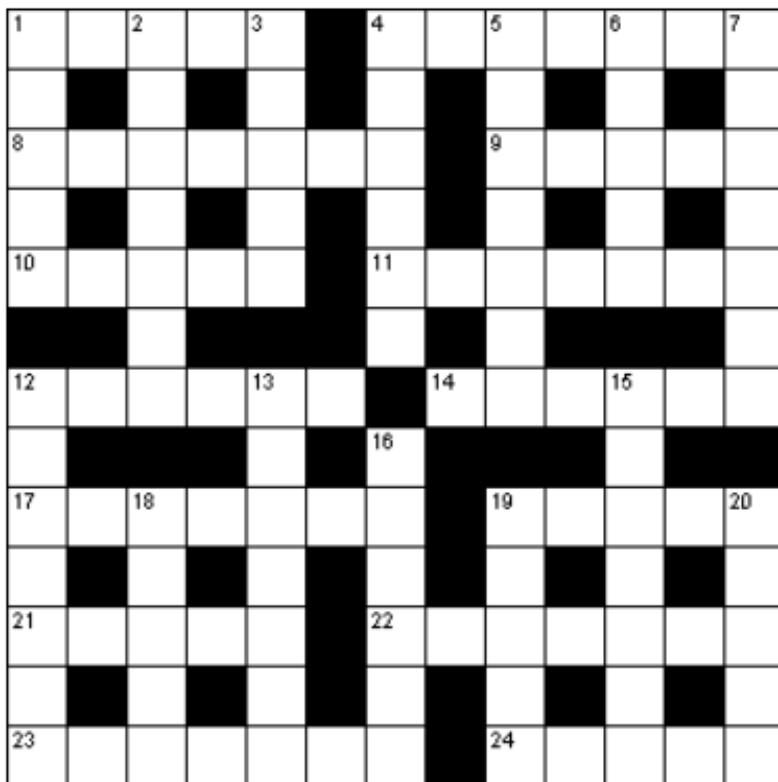
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9	1	7	5	2	6	3	4	8
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8	6	5	3	1	4	2	9	7
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5	8	6	1	7	3	4	2	9
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1	8	6	7	2	4	5	9	3
7	3	5	6	8	2	4	1	9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



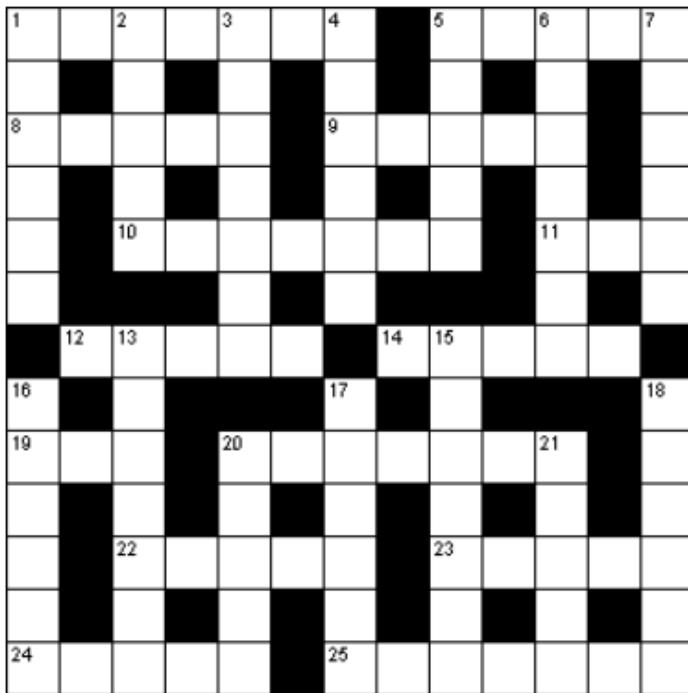
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S	H	E	L	F	D	E		S	E	S	S	E	R

**Across**

- 1 Dock (5)
- 4 Sore (7)
- 8 Rubbish (7)
- 9 Sacred song (5)
- 10 Boulders (5)
- 11 Sincere (7)
- 12 Real (6)
- 14 Blemished (6)
- 17 Ancient Japanese warrior (7)
- 19 Concur (5)
- 21 Ashen (5)
- 22 Before (7)
- 23 Least difficult (7)
- 24 Viper (5)

Down

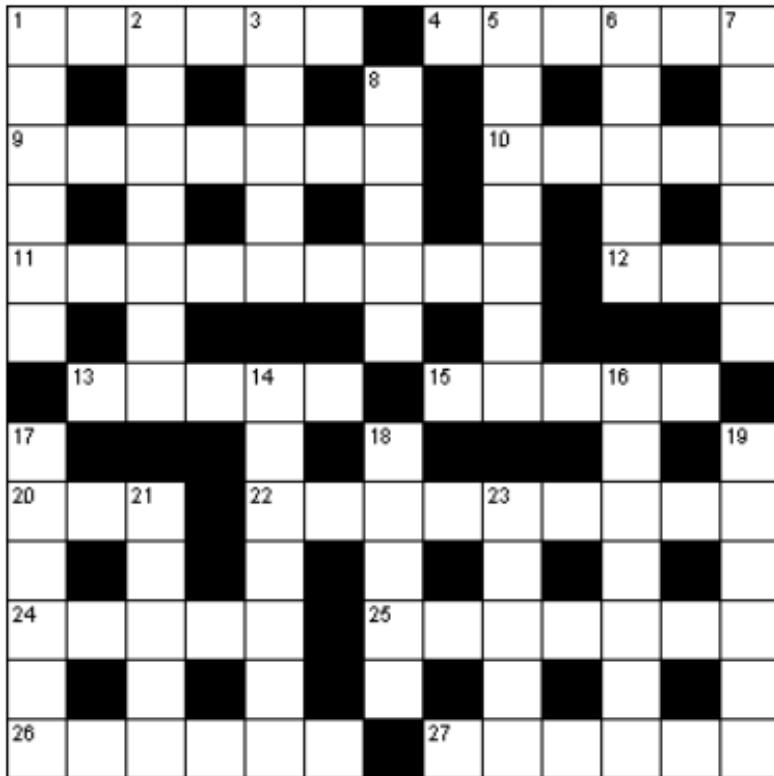
- 1 Bet (5)
- 2 Fruit (7)
- 3 Emblems (5)
- 4 Fragments (6)
- 5 Endanger (7)
- 6 Fire (5)
- 7 Restricted (7)
- 12 Relieve of blame (7)
- 13 Abbreviate (7)
- 15 Concerned (7)
- 16 Straightforward (6)
- 18 Relocates (5)
- 19 Main artery (5)
- 20 Mistake (5)

**Across**

1. Restricted (7)
5. Perils (5)
8. Detection device (5)
9. Villain (5)
10. The sheltered side (7)
11. Flightless bird of Australia (3)
12. Chasm (5)
14. Complies (5)
19. Prohibit (3)
20. Diplomatic (7)
22. Nimble (5)
23. Light beam (5)
24. Reside (5)
25. Boring (7)

Down

1. Food store (6)
2. Decoration (5)
3. Goals (7)
4. Fin (6)
5. Stiff (5)
6. Stage set (7)
7. Repress (6)
13. Dressing (7)
15. Perplexed (7)
16. Overseas (6)
17. Dialect (6)
18. Tusked marine mammal (6)
20. Test (5)
21. Lariat (5)

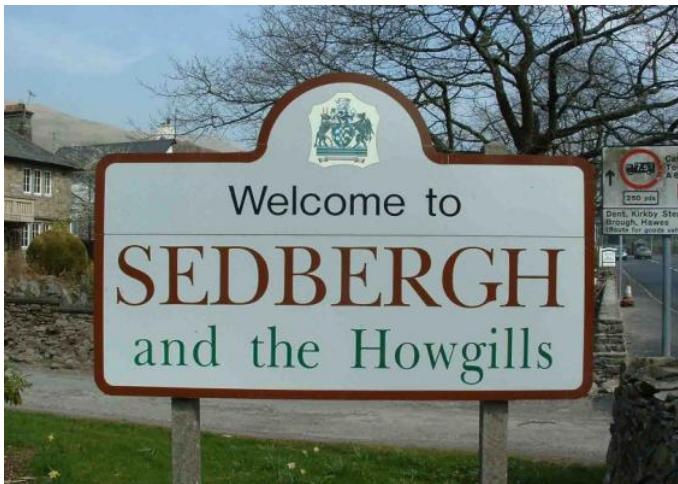


Across

1. Pub (6)
4. Take for granted (6)
9. Weird (7)
10. Take place (5)
11. Expiation (9)
12. Sense organ (3)
13. Stage whisper (5)
15. Paragon (5)
20. Sphere (3)
22. Vortex (9)
24. Tine (5)
25. Ameliorated (7)
26. Cure (6)
27. Extremely bad (6)

Down

1. Tropical bird (6)
2. Asinine (7)
3. Ambit (5)
5. Yelled (7)
6. Relative (5)
7. Mistakes (6)
8. Varieties (5)
14. Injured (7)
16. Foreshorten (7)
17. Barrel maker (6)
18. Wild and savage (5)
19. Blot (6)
21. Flower (5)
23. Part of a play (5)



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
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) <i>1D (ES); 2D/F (ES); TV; CH; P; NS; VB; CW</i>	21789
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <i>1D (ES); IT/F (ES); TV; NS; CH; P; CB; VB; DFB;; Free Wi-Fi</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D (ES); 1T (ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail: stay@drawellcottage.co.uk	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754

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Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	20360
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356

KEY

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

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	564A	WDB
0820 (L)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (L)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (L)	Sat	564A	WDB
1340 (L)	1415	Sat	564A	WDB	1615	1650 (L)	Sat	564A	WDB
1530 (L)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: December 2014				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1040	1732	1920						

L = Sedbergh Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

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

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

OCTOBER CHURCH SERVICES					
St. Andrew's	4th	11th	18th	25th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC	HC	HC	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	7th	14th	21th	28th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
St. Mark's Cautley	4th	11th	18th	25th	
9.30 am	No	MP			
2.30 pm	Service		Healing Service	Taize Service	
St. John's Garsdale	4th	11th	18th	25th	
9.30 am	HC Extn	MP	HC	MP	
LUNE PARISH SERVICES					
	4th	11th	18th	25th	
Holy Trinity Howgill	10:30am MP Firbank	2.00 pm Harvest Thanksgiving Killington	2.00pm HC Howgill	Remembrance Day Joint Service Sedbergh Parish Church	
St John's Firbank					
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	4th	11th	18th	25th	
St. Andrew's	10.30 am HC	10.30 am HC	10.30 am HC	10.30 am HC Joint Communion	
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	4th				
People's Hall	1030				
HC = Holy Communion		SS = Sunday School			
BCP = Book of Common Prayer		MP/EP = Morning Prayer/Evening Prayer			
CW = Common Worship		P&M = Prayer & Meditation			
PC = Parish Communion		Taize = Modern Chants & Choral			
MP NC = MP with Northumbrian Community		NSV = New Sedbergh Version			

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
Sunday 08.00, 10.30 & 18.30
Wednesday 11.15

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

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

Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30

Rev. H. Stuteley Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. C. Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS
Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. A. McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Mary Stainton 20426
& Dorothy Parker 20493

Killington: Jennifer Thornley 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrow

Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am 1st Sunday each month

Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

Single Column 2.56" x 1"	= £7.50
Single Column 2.56" x 2"	= £10.00
Single Column 2.56" x 3"	= £12.50
Single Column 2.56" x 4"	= £15.00
Double Column 5.2" x 2"	= £15.00
Double Column 5.2" x 3"	= £20.00
Double Column 5.2" x 4"	= £25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00
Postal per month to Britain	= £2.00
Postal per month Overseas	= £4.00

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

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

All else by 19th of every month

Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 7th December 2016

OCTOBER		
1 1030	Rebel Rag Rugs (13)	FM
1 1930	WIH - AGM & WI Advisor	FCH
2 1330	Age UK - Cumbrian Birds & Wildlife	DMH
3 1000	STAD Coffee Morning	DMH
3 1900	Flicks in the Fells (1 & 63)	PH
4 1030	Rebel Rag Rugs Ends (13)	FM
6 1900	Aglow International	KLI
7 1000	Coffee Morning - Utd Reformed Church	URCR
7 1930	HS Carlisle Cathedral (21)	SSAT
8 1200	Lunch Club	Red Lion
8 1915	Royal British Legion (48 & 49)	WHC
9 1930	Local Geology	MCH
9 1930	A Night at the Opera (23)	SSPH
10 0900	Flu Clinic (12 & 51)	MC
10 1030	New Exhibitions (13)	FM
10 1100	Cautley Prayer Walk (1)	StMC
10 1400	Jumble Sale (11)	PH
10	Meditation Centre Event (17)	MCD
11 1500	Spellbound Auditions (12 & 68)	PH
12 1930	Sedbergh Gala AGM (79)	PH
12 1930	Dent Gala AGM (36)	DMH
13 1400	WIK - A Table Decoration	PH
13 1930	Bingo & Potato Pie Supper	FCH
14 1000	Coffee Morning - Christian Aid (1)	URCR
14 1915	WID - Gift Wrapping	DMH
14 1930	WIS - Bibby's in a Nutshell	URCR
16 1230	Labour Supporters Group (75)	URCR
16 1900	Family Quiz Night (16)	URCR
17	Meditation Centre Event (17)	URCR
17 1000	Art Society Workshop (31)	SMC
17 1830	Red Flag over Bermondsay (17 & 70)	BF
18 1600	Messy Church (1)	SMC
20 1400	Sight Advice South Lakes (28)	PH
21 1000	Coffee Morning - TBA	URCR
21 1300	Medical Centre Closed for Training (28)	MC
21 1930	HS Writers, Warriors & War Hospital (21)	SSAT
23	Meditation Centre Event (17)	MCD
24 1930	Old Time Dance (24)	(A)PH
25	Meditation Centre Event (17)	MCD
26 1930	Adventures Home & Abroad (26 & 78)	PH
26 1930	Beetle Drive	GVH
27	Age UK Walk (66)	Casterton
28 1000	Coffee Morning - Garsdale Church	URCR
30 1930	Domino Drive	HVH
31	Meditation Centre Event (17)	MCD
NOVEMBER		
3 1900	Aglow International	KLI
4 1000	Coffee Morning - British Legion (48 & 49)	URCR
4 1930	HS Great Wall of China (21)	SSAT
5 1930	WIH - Gift Wrapping Demonstration	VHV
6 1330	Age UK - Gardening for Bees	DMH
6 1330	Art Society Blot Technique (31)	PH
6 1900	Garsdale Bonfire & Fireworks	GVH
6 1930	WIH - Domino Drive	HVH
6 1930	Africa Evening	MCH
7 1000	STAD Coffee Morning	DMH
7 1830	Sedbergh Bonfire Night (77)	PH
8 1930	Town Band Remembrance Concert (*)	URC
10 1400	WIK - Film Show of Old WI Photos	PH
10 1930	FC Domino Drive	FCH
11 1000	Coffee Morning - Ladies NFU	URCR
11 1915	WID - AGM & Sing Along	DMH
11 1930	WIS - AGM & Jacobs Join	PH
12 1200	Lunch Club	Red Lion
12 1915	Royal British Legion (48 & 49)	WHC
13 1900	HS Annual Dinner (21)	Thorns Hall
14 1900	Flicks in the Fells (1 & 63)	PH
16 1930	Domino Drive	GVH
17 1600	Tinsel Tuesday (42)	CHI
18 1000	Coffee Morning - The Bells	URCR
18 1930	HS North Craven (21)	DMH
19 1300	Medical Centre Closed for Training (28)	MC
19 2000	Sedbergh Orchestra Concert	STAS
20 1930	Domino Drive	MCH
22 1930	Appleby Concerts (45)	APH
24	Age UK Walk (*)	Farfield Mill
24 1600	'Tinsel Tuesday (42)	CHI
25 1000	Coffee Morning - TBA	URCR
28 1000	DMC Coffee Morning	DMC
28 2000	Masked Ball (*)	PH
30	St Andrew's Day	
DECEMBER		
1 1600	'Tinsel Tuesday (42)	CHI
1 1900	Aglow International	KLI
1 1930	Town Band Christmas Concert (*)	StAS
2 1000	Coffee Morning - TBA	URCR
2 1800	Late Night Opening	Sedbergh
2 1930	HS Manorial Courts (21)	SSAT
3 1930	WIH - Christmas Party	TBA
4 1330	Age UK - Christmas Party	DMH
4	Baghdaddies	PH
4 - 6	Dent Folk Carols Weekend	Dent
5 1900	Flicks in the Fells (1 & 63)	PH
6 1930	Appleby Concerts (45)	APH
8 1200	WIK - Christmas Lunch	TBA
8 1930	Domino Drive & Mince Pies	FCH
9 1000	Coffee Morning - TBA	URCR
9	WID - Christmas Lunch	TBA
9	WIS - Christmas Lunch	TBA

The S & D Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker and is printed by Stramongate Press.

The content of The Lookaround does not reflect the views of the Editors.

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

Copies are available from Sedbergh Tourist Information Centre, SmartOffice, Premier, Post Office, Spar, Dent Stores & Barbon.

COVER PICTURE
Firbank Road End
by Janet Packham

10	1200	Lunch Club	Red Lion
10	1915	Royal British Legion (48 & 49)	WHD
16	1000	Coffee Morning - Town Band	URCR
22	1930	Christmas Domino Drive	HVH
25		Christmas Day	
26		Boxing Day	
JANUARY 2016			
12	1930	Domino Drive	FCH
17	1930	Appleby Concerts (45)	APH
19	1400	Sight Advice South Lakes	PH
20	1930	HS Evacuation from Burma (21)	SSAT
21	1300	Medical Centre Closed for Training (28)	MC
FEBRUARY			
3	1930	HS Sedbergh in the Past (21)	SSAT
9	1930	Domino Drive	FCH
16	1400	Sight Advice South Lakes	PH
17	1930	HS Austrians & Germans in Cumbria (21)	PH
21	1930	Appleby Concerts (45)	APH
22	1930	FCH AGM	FCH
24	1300	Medical Centre Closed for Training (28)	MC
MARCH			
1		St David's Day	
2	1930	HS Telling it Like it Was (21)	DMH
8	1930	Domino Drive	FCH
13	1900	Mozart's Requiem	SSPH
13	1930	Appleby Concerts (45)	APH
16	1930	HS Highland Clearances (21)	SSAT
17		St Patrick's Day	
17	1300	Medical Centre Closed for Training (28)	MC
19	1900	HS Annual General Meeting (21)	SSAT
22	1400	Sight Advice South Lakes	PH
APRIL			
16	1930	Olde Time Dance	PH
19	1400	Sight Advice South Lakes	PH
23		St George's Day	
MAY			
17	1400	Sight Advice South Lakes	PH
JUNE			
18	1930	Olde Time Dance	PH
20	1400	Sight Advice South Lakes Lunch	TBA
JULY			
13	1000	Coffee Morning - British Legion	URCR
AUGUST			
SEPTEMBER			
9	1000	Coffee Morning - Talking Lookaround	URCR
20	1400	Sight Advice South Lakes	PH
OCTOBER			
18	1400	Sight Advice South Lakes	PH
22	1930	Olde Time Dance	PH
NOVEMBER			
9	1000	Coffee Morning - British Legion	URCR
30		St Andrew's Day	
DECEMBER			
7	1800	Late Night Shopping	

DIARY KEY

APH	= Appleby Public Hall
BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CHI	= Country Harvest, Ingleton
CO	= Community Office, Main Street
CTIS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist 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
KLL	= Kirkby Lonsdale Library
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MCH	= Mansergh Community Hall
PH	= People's Hall
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJCC	= St Johns Church Cowgill
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
SSAT	= Settlebeck School Academy Trust
SSPH	= Sedbergh School Powell Hall
URC(R)	= United Reformed Church (Rooms)
WID	= Women's Institute, Dentdale
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

01539 718191 (Option 1) 24hr Prescription line

Surgery and Dispensary Opening Hours

Monday – Friday 8am – 6.30pm
(Doors open at 8.15am)

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.00am
(No appointment necessary)
Late Morning – 10.30am -12.30pm
(By appointment only)
Afternoon – 2.30pm – 6pm
(By appointment only)

Surgery by appointment only –
Early Morning Tuesday & Thursday
Late evening Monday & Tuesday

Dent Surgery by appointment only - Monday

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm
(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday afternoons **(By appointment only)**
Dressings Clinic – Friday afternoons
(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm
(By appointment only)

Please telephone the surgery to make appointments for all the above clinics.

See our website www.sedberghmhp.nhs.uk
for further details

When we are closed please contact CHOC 03000 247 247 or 999 if appropriate

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Wendy Thompson,
Katie McKay & Sarah Boum (Hygienist)
Monday to Friday 0900 - 1700
Saturday *

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900
Wednesday 1000 - 1230 1400 - 1700
Friday 1400 - 1700
Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900
Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

www.cumbriaruralcab.org.uk

PENSION SERVICE SURGERY

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

Age UK SL @ Community Office

1st Wednesday every month

10 am to 12 noon

01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

101 or 999

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

MARKET DAY

WEDNESDAY

HALF-DAY CLOSING

THURSDAY