

Sedbergh & District **LOOKAROUND**

July 2017

Issue 356

Donation £1

A continued big thank you to all contributors for creating yet another bumper issue.

While we glory in our beautiful surroundings and community, take some time out to think of all those

that have suffered losses in London and Manchester recently. Our thoughts and prayers go to all the family and friends in what must be very difficult times.

Dennis & Jacky Whicker



Sedbergh Holiday Club July 24th to 28th

10 a.m. to 12 noon, Monday to Friday
at The People's Hall.

The Holiday Club is open to all Primary age children, including those who have just left at 11+ and those who are about to start in September 2017. Registration forms are available at the Information Centre & Smart Office or can be downloaded from www.sedberghholidayclub.co.uk

Please return to the Information Centre by July 19th at the latest.

Don't miss out!

CLOSING DATE: 15th of every month for everything
S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

SEDBERGH & DISTRICT **HISTORY SOCIETY**

Saturday 1st July **SIGNIFICANT SITES AND NOTABLE PEOPLE OF PENRITH**

A conducted walk around the town to be led by Professor Michael Mullett. His tour will reveal the interesting history of Penrith which was once the capital of Cumberland and an important staging post on a strategic route to and from Scotland.

1:15pm Loftus Hill Car Park

If you would like a lift to any event, please ring a member of the Committee.

We usually meet in Loftus Hill Car Park and arrange to share transport if possible.

Please note that dogs are no longer allowed on Outings.

Chairman: Graham Dalton 25436

Secretary: Karen Bruce-Lockhart 20224

Treasurer: Chris Elphick 20605

Membership Secretary: Chris Elphick 20605

www.sedberghhistory.org

Table of Articles

Advertising Rates	91
Bed & Breakfast	92
Bus Time Tables	86
Diary of Events	94
Editorial and Information	84
Groups	82
Personal Messages	80
Places of Interest	93
Puzzles	78
Religious Information	90
Regular Meetings	93
Useful Telephone Numbers	5
Agamemnon	76
Age UK Activities	50
Allotments Association Sedbergh	63
Art Society	54
Audio History Society	12
B4RN	28
Bowling Club	76
Christian Aid	76
Churches Together	24
Churchill Travelling Fellowships	21
Citizens Advice	50
Community Resilience Plan	39
Community Swifts	67
craftworkshop	52
Dementia News	22
Dent Gala	11
Dentdale Christian Fellowship	13
Dentdale Methodist Chapel	10
Dentdale, Head to Foot	13
Family Musings	19
Food & Drink Festival	53
Gardening	61
History Society - Dent	15
Holiday Club	17
Killington Sports	70
Ladies NFU	30
Lunesdale Agricultural Show	66
Medical Practice	69
Meditation Centre, Dent	49
Parish Council Garsdale	8
Parish Council Sedbergh	6
Peoples Hall News	54
Primary School	43
Project Edward	18
Red Squirrel Group	60
Scottish Dancing	16
Sedbergh in Bloom	65
Sedbergh School News	44
Settlebeck News	40
Sign Along A Story	16
Swimming Club	29
Swimming Club AGM	14
Swimming Club Times	4
Tim Farron MP	20
Weather	64
Western Dales Bus	51
WI Howgill & Firbank	31
WI Killington	33
WI Sedbergh	36
YDMT Grants	58
YDMT Plant a Wood	56
YDNP Management Plan	57
Young Peoples Fund	27

Table of Adverts

A1 Audio	49
Able Memorials	31
Andrew Allan Video Transfer	53
Bibby's Coach Holidays	38
Bonney Brides Photography	5
Brian Goad Funeral Services	30
British Legion	12
Byroms Furnishers	76
Capstick Insurance Agent	62
Car Valeting *	13
Cerberus Printing	35
Churchmouse Café	50
Cobble Country Estate Agent	51
Cross Keys Hotel	44
Cumbria Stoves	45
Dalton Burial Ground	30
Daphne Jackson Osteopath	61
Dawsons Coal Yard	40
Derek Hayes Gardener	61
Duncan Law Plumber	68
Edwin Middleton Carpenter	41
Fairbank Society	18
Farfield Mill	6
First4Homes Improvements	33
G J Baines & Son Builders	77
Gardener Vacancy	60
Garry Chapman	39
Garsdale Design	32
Gary Allan Metalworker	65
Gavin Charlesworth Wood Supplier	42
Graham Milburn Weed Control	66
Graham Moffatt Builder	25
Graham Moore Chimney Sweep	47
Guardian Family *	10
H&M Craftsmen	34
Haddock Paddock Fish & Chips	53
Hayton & Winkley Solicitors	22
Helping Hand	43
House Clearances	64
Howgill Upholstery	12
Ian Higginbotham Decorator	43
J R Hopper Estate Agents *	11
Josephine Lade Orthopaedic	57
Jude Jackson Music Teacher	55
June Parker Acupuncture	36
Kay Whittle Chiropodist	63
Keith Moorby Accountant *	9
Kentdale Property & Garden Services	71
Killington Marquees	78
Lakes Scaffolding	26
Malcolm Sedgwick Carpenter	45
Mark Barker Gardener	25
Market Place	20
MB Designs	56
McGarry Solicitors	67
Medical Centre	12
Meditation Centre Events	9
MK Conversions Builders	72
Nicky Ross Plumber	69
No. 6	16
Parkin & Jackson - Kevin Bateman	30
Paul Hoggarth Builder	25
People's Hall	53
Philip Horner Fencer	64
Private Personal Assistance	41
Robert Powell Web Design	50
Rosemary Lewes Accountant	21
Ryan Simpson Septic Tanks & Skips	14
Sedbergh School Vacancies	46
Sheila Shuttleworth Dressmaker	47
Silver Workshop	37
Simon Parkin Carpet Cleaning	43
Simple Solutions Web Design	68
Smart Office	52
Stefan Kliszat Decorator	73
Stephenson & Wilson Builders	66
Steve Hopps Handyman	47
Stobars Hall Care Home	28
Stramongate Printers	4
TDS Tiling	32
Temptations Craft Boutique	63
Three Hares Café	75
Tilk Wilkinson Builder	45
Tooby Electricals	70
Trevor Gardner Plumber	74
W Milburn & Sons Builders	59
Wes Brewer Firewood	24
Westmorland Veterinary Group	36
Windermere Windows	27
Yvonne Cervetti Massage	34

Table of Events

Battle of the Somme Concert	8
Blooming Great Tea Party	23
British Legion	12
Cowgill School Commemoration	15
Coffee Morning	19
Farfield Mill	6
Grand Day Out	17
History Society Events	1
Holiday Club	1
Lunesdale Agricultural Show	48
Meditation Centre Events	9
Strawberry Teas	29
Swift Spotting	7
Swimming Club AGM	18
Tea in the Garden	5
August Art Exhibition	64
August Dementia Hub	54
August Domino Drive	65

SWIMMING CLUB TIMES

Tuesdays

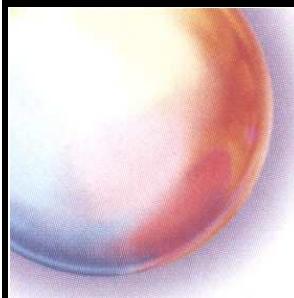
6.30 - 7.30pm children's lessons,
7.30 - 8.00pm training squad,
8.00 - 9.00pm adult swim

Thursdays

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

Saturdays

10.00 - 11.00am open swim, including toddler lessons 10.15 - 10.45
Summer term to Saturday 8th July with a break for half term.



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of

Sedbergh Lookaround

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July Birthdays

Day	Name	Age
1	Jenny FALLOWS	11
2	Alfie PATON	10
3	Theo OVERSBY	9
3	Martha HUBBARD #	6
13	Arthur HAYHURST	9
17	Louis GARDNER	7
29	Jody MIDDLETON	10
30	Sampson KEIGHLEY	5

www.bonnybrides.co.uk



Family and Wedding Photography

Linda Allan 0789 690 8598 • 01524 276000

Tea In The Garden

Wednesday 5th July

2:30 - 5pm

“Rhumes”, Dent

Proceeds to

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Cancer Care**



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undercover if hot/wet!

USEFUL TELEPHONE NUMBERS

Age UK South Lakeland

01539 728180

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

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

Police in any area

101

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Yorkshire Dale National Park

0300 456 0030

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



July Exhibitions

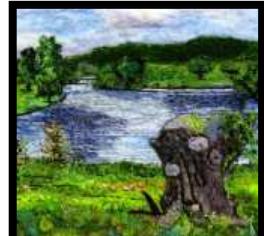
Durham
Spinners,
Weavers
& Dyers Guild
'Chinese
Whispers'



Renfrewshire
Embroiderers
Guild
"The Paisley
Project"



Northern
Embroiderers'
Guild
Exhibition
celebrates work of
'Capability' Brown.



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

Weavers café open 11-3pm for drinks and cakes

FREE ENTRY for LA10 residents on Sundays

: www.farfieldmill.org ' 015396 21958

SEDBERGH PARISH COUNCIL

This report covers items from the Parish Council meeting on the 8th June 2017. The next meeting is on Thursday 13th July 2017 at 7.30pm in the Committee Room, The People's Hall, Sedbergh.

GULDREY DRAINAGE CULVERT

Members agreed the proposed inspection chamber/sediment trap at Guldrey. This followed the severe flooding seen in Guldrey in 2015 (and surrounding area) following Storm Desmond. The inspection chamber and sediment trap are the final works to be completed in this area-following extensive gully/drain clearing. Cllr Nick Cotton was contributing substantially to these works from his

member's allowance, with SPC agreeing the monies required to complete.

PARKING TARIFFS

Members agreed new tariffs for the car parks in Sedbergh, subject to confirmation, if required, by a traffic order. This would follow the introduction of new machines at Loftus Hill and Joss Lane car parks that allow for all coins in current circulation to be accepted and, also, allow for card payments.

SEDBERGH TOWNSCAPE PROJECT

Members discussed the ongoing proposals for the planned refurbishment of Joss Lane car park in the future, including the need for



Sedbergh Community Swifts



Swift Spotting!

Everyone is welcome to join us for some swift watching.

No experience necessary - enjoy their displays,
watch nest sites and some of the boxes.

Friday July 7th

Meet Joss Lane car park - 8.30pm

public consultation when draft plans were available. Further discussed was the state of repair of the parking area in front of St Andrew's Church. Members agreed to approach the YDNPA in respect of a potential improvement scheme which has been discussed with representatives of the Highway Authority and the Church.

OTHER MATTERS

Various other matters were discussed, including: planning applications; current pay scales for contractors and employees; the bus shelter at Maryfell and the continuing discussions over parking and traffic flow in this area; the recent Pitch Improvement Report from The Football Association in connection with the playing field at Haveras; a request from B4RN to allow ducting across land occupied by SPC; the request from YDNPA in regard to potential donors towards the rebuild of Fisherman's Bridge in Howgill/Firbank; and the annual statement of income/expenditure in relation to Joss Lane car park (submitted to SLDC).

Also discussed was the concern over litter and dog fouling at Settlebeck following communication

from the YDNPA Youth Ranger on behalf of the students at Settlebeck High School. Rachael Alderson advised that students spent 30 minutes every week litter picking around the site and that the behavior of irresponsible dog owners was getting worse. In particular, dog waste bags have been found in the compost heap, being a direct hazard to students wishing to become involved in gardening at the School.

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

Public Participation is now at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend from 7.30pm.

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

clerk@sedberghparishcouncil.org.uk

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

Janey Hassam – Clerk

FRIEND OR FOE? (Part 1)

The official bit: Garsdale Parish Council does not have a meeting in June but the date is approaching a very important time in its history. B4RN is preparing to extend its network of fibre cable into the dale, possibly from both ends. Before cable-laying can commence, mutually agreed routes need to be surveyed and wayleaves signed. Previous wayleaves are unfortunately redundant and BT cables are prohibitively expensive at an annual rent of £10,000. Gavin Keeble, the Garsdale representative, is looking for volunteers to help with this community project and would ask anyone who is willing to give a hand, whether it be tea making or digging,

to contact him. He is also producing an online newspaper to keep people up to date with B4RN's progress. If you are interested in either, he can be contacted at gavin@secondnatureuk.co.uk.

The next council meeting will be on Thursday 20th July at 7.30pm in the village hall, all welcome.

Philip Johns, Clerk to Garsdale Parish Council

ps.johns@btinternet.com 015396 22170, full minutes and reports are available at www.garsdaleparishcouncil.com.

The unofficial bit: In the May addition of "Lookaround" I was accused of being a disgrace and abusing my position as clerk by casting scorn on various aspects of the dale and in particular, the CCC's Highways. This got me thinking, exactly what was the role of a parish clerk? Just the words "parish clerk" conjures up an image of a small, rotund, dusty haired man, sat in the corner, scribbling away, surrounded by files as he mutters to himself. On becoming clerk, I was advised to undertake a course for new clerks in Penrith. The lecturer was extremely helpful and basically said that the clerk ran the council, like the unseen engineer in the engine room of a ship, whilst the chairman was the captain and the councillors were the crew, doing the captain's bidding. The clerk was there to make sure the wheels were oiled and running smoothly but was also to keep an eye on the captain and crew to make sure they were doing their jobs and not having a crafty snooze in the lifeboats.

So when I became clerk 3 years



The Battle of the Somme Centenary Tour
Live Cinema Performances with Orchestra

SEDBERGH ORCHESTRA

Conductor: Peter Crompton Leader: Sue Armstrong

Performing Laura Rossi's score to accompany the classic silent film
The Battle of the Somme

St Andrew's Church Sedbergh
Saturday 8th July 2017

7.30 pm

Tickets £8 in advance, £10 on the door
18 and under Free

Tickets from: Orchestral Members
Sedbergh Pepperpot Club (015396 21196)
Sedbergh and District Information Centre
(015396 20125)

* Further performance
Sunday 9th July 2017
3.30 pm
Skipton Town Hall



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FABER



MUSIC



ARTS COUNCIL
ENGLAND



ago, I was told, that although all were agreed that the state of the road through the dale was appalling, efforts to get Highways to do anything was futile, as they just ignored you. I said, in the early burst of enthusiasm of a newly appointed clerk, that I would have a go and received a pitying smile in return. All was proved correct in my early attempts to contact them, firstly I tried the telephone but the receptionist at CCC wouldn't put me through and told me in no uncertain terms that I had to email in any requests. This I did on umpteen occasions but received absolutely no response, so I thought, if that's how they want to play it, its war! Hence the start of these articles outlining their dereliction of duty. I still

Keith Moorby MAAT

Accountant and Tax Adviser

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- company accounts

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Sunday 2nd 11-1am

GROUP MEDITATION – ALL WELCOME

Saturday 8th 10-4pm

CREATING FLOW WITH QIGONG

Saturday 15th 10-4pm

CREATIVE MEDITATIONS
WITH CELTIC HARP

Sunday 16th 10-1pm

LISTENING TO
THE WISDOM OF OUR BODY

Friday 28th 10-4pm

MINDFUL YOGA & MEDITATION: KINDNESS

Saturday 29th 10-5pm

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Sunday 30th 10-4pm

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www.meditationcentre.co.uk

have no direct responses to my requests for information but, at least, we have miles of shiny new tarmac, white lines and cat eyes. This pleasing result is not down purely to these 'Marmite' articles (love them or hate them) but also down to the support given by Tim Farron, Nick Cotton, the district and parish councillors and numerous residents of the dale, thank you all.

When I mentioned to a few people that I was taking on the role of clerk, I was told frankly that I was an idiot as "That lot! Couldn't organise a (insert your own words here) in a brewery! And the other lot (no names, no pack drill) only turn up if there's a ribbon to cut!" I was asked why on earth did I want to take up a position that had been vacant for years as no-one wanted to do it, as it was a thankless task? I had to reply "well, it's all down to squirrels".

To be continued



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We offer generous expenses including a mileage allowance as well as our full support at all times.

www.guardianfamily.co.uk

DENTDALE METHODIST CHAPEL

Martin Dodds and Malcolm Petyt have recently completed a 32 mile hike over three days around the Dentdale watershed on a sponsored walk for Dentdale Chapel and its repair and restoration fund.

So far sponsor money promised amounts to £250, but if anyone else wishes to contribute then please contact Martin Dodds. [tel 20308]

On the first day [Abbot Holme to White Moss, about 10.5 miles], we were joined by a friend from Scarborough, Ray Clarke]. That was Saturday 10 June, when it poured with rain all day, blew a gale, and the high fells were covered in mist. We were all saturated, but stayed in good

heart. The route took us over Long Bank and Great Coum.

On the Sunday afternoon we were joined by Thomas Gorst. [White Moss to Black Rake Road, about 7 miles] The weather was windy reaching gale force as we crossed Whernside and Blea Moor with occasional sharp but brief showers. Parts of the route were still quite wet underfoot from the previous day.

On Monday both Ray and Thomas joined us for the final and longest section. [Black Rake Road End to Abbot Holme, about 15 miles] The route took us around the east flank of Wold Fell, and over the summits of Great Knoutberry and Aye Gill Pike [Rise Hill]. Unfortunately it had rained

again overnight so conditions underfoot were very wet in some places, especially coming down Longstone Fell. On the whole the weather was cool and breezy with only the occasional short shower.

It took several days for us all to get our boots dry.

We are grateful to Sean Hobson, Janet Dodds and Harold Bainbridge for transport support.

Martin Dodds

DENT GALA

HELP needed in specific ways .. we need 1 or 2 or even 3 people with BBQ experience to help run the popular BBQ on gala day. The Dalton family have run this for many years and are a bit depleted this year so

need extra help. It is up and running near the start of Gala (11am) until the burgers and sausages are sold out! Could YOU help for an hour? Or 2 hours? Please get in touch.

Other sideshows need help too .. Coconuts .. water or wine .. book stall. .white elephant .. take your pick! This year all the stalls, sideshows, sports, children's fancy dress, dog show, and live band will be on the field and ice cream van will be near the field but on the yard and WI Teas will be in the Hall. Obviously if the weather is foul we will have to use plan B but we are working with plan A.

Another change is how we ask for help .. no more "letters", they were great and brought in good response

Hawes 01969 667744 Hawes@jrhopper.com Hawes, DL8 3QP

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1 RIGGS COTTAGE, MILLTHROP
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Thinking of moving this summer?

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will be closed for Training Purposes at 1pm on the following afternoons:-
Wednesday 12th July
Wednesday 20th September
Wednesday 11th October
Thursday 16th November

but this year we are having printed "cards" for all the requests ..
donations.. .bottles of wine .. empty wine bottles (tops intact please!) .. raffle prizes ..things to sell ..
Helpers .. sponsorship etc.

Put the date in your diary, as always,
Aug Bank Holiday Monday starts
11am.

See advert in August Lookaround.

Sarah E Woof
"Rhumes" Dent. LA10 5QJ. 25212.

DENT & SEDBERGH AUDIO HISTORY SOCIETY

Clipping Time

This was a great event in the annual work of the farm, because to clip a whole flock by hand was a

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considerable task, and so it's a feature of these fell farms that families joined together and they'd take turns to go and clip one person's sheep and then another's and they'd be clipping all day.

Ingram Cleasby born 1920

There'd 'appen be ten to a dozen to clip 'ere, and then them people would go to another place, and another place, and you went round. I know I liked the job, I used to get the job at, reckoning up, thirteen or fourteen different places. And then those people came to us. Like a boon day. Oh, you had 'em to feed. And some of the places, they had a bit of a get-together at night. People used to see who could tell the tallest tale or

ROYAL BRITISH LEGION Annual Coffee Morning

10am Wednesday 12th July

CCC Rooms, Main Street

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

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

Membership costs £17.00 - call 20536 or 20964 or email: jd@jdifa.co.uk or dmpparratt@gmail.com for a form.

For more information, visit our website:

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



something like that. There was usually a can or two of beer, or bottles in those days. Cans weren't thought of. Sometimes there was an old chap brought his melodeon.

Willie Whitwell born 1914

I used to look forward to clipping time, an' I could darn me stockin's after that 'cause oh, me 'ands were lovely an' greasy!

Jenny Kiddle born 1928

**DENTDALE
CHRISTIAN FELLOWSHIP**

We don't just pray and sing praise songs, (important though that is) sometimes we dance as well!

Seriously, we get involved in what is going on around us. Some of us sit on committees ie Market Place Books

(Kendal Christian Book Shop) Memorial Hall and Parish Council (both Dent). We join in other prayer events in the area, we sold hot and cold drinks at Hardy Soft Play day and nearly blew away and will serve hot drinks at local Gala. We put our Christian faith into action in practical ways as many others do too. Our events are open to all, our name means getting together to share (fellowship) to encourage each other.

Sadly recently we said not goodbye but goodnight to one of our regulars (I don't say members because we are not a club) Ros Airey from Casterton who died recently. She was a much loved part of DDCF and she and her puddings will be much missed. She was ready for her "mansion" and is



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there now with her saviour.
Meanwhile we continue to meet
together. Do join us. God Bless.
Jn and Sarah Woof (25212)

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DENTDALE, HEAD TO FOOT

Well, our outing to Skipton was blessed with glorious weather, when the Western Dales Bus and assorted cars took members on our annual outing.

We try not to travel too far, to allow everyone to have sufficient time to enjoy the day and tales of the castle, canal and car park (ask me later about the latter) were exchanged on our way back over a fabulous afternoon tea at Ireby Green Farm café. I also tasted the most fantastic pork pies in the Northern Union from the Skipton Pie Shop opposite the parish church, so another visit will be made soon!

Our next meeting on July 7th is "Exotic Fruits, Chocolate and Prosecco" and you will have to turn

up to find out more about it!

Suffice it to say this was started a couple or so years ago by Linda Greensmith, when she was with Age UK and we have happily carried on with the same theme ever since.

Please remember that we do not have a meeting in August and we will be starting again, after the summer break, on September 1st where Zipha Warcup will be entertaining us with her talk on "Cutting Ribbons"

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

SEDBERGH SWIMMING CLUB

The club AGM will be held on Tuesday 18th July at 6pm, all members are welcome to attend. (see advert Page 18 & 29 for photo)

The club is very pleased to announce that in April Ian Cousins, Linda Greensmith, Jackie Lawson, Kate Thexton and Nicola Winn successfully completed the STA level 2 Award in Swimming Teaching, this involved two weekends of water and classroom based intensive training. For Kate and Nicola this was a refresher course to top-up their existing A.S.A. teaching course. Linda, Jackie and Kate also completed the STA Safety Award for Teachers.

The club was very pleased to receive a grant from the Community Fund which is generated by the Clutterbooks Charity shops towards the cost of the course which will benefit all the children who attend swimming classes. The club currently has 117 junior and 58 adult members.

Cowgill School
Commemoration Weekend
Cowgill School 1967 - 2017
An exhibition of
photos and memories
with afternoon tea
2:00 - 4:00pm on July 15th
Commemoration Service
2:30pm on July 16th
St John's Church, Cowgill
All welcome

SEDBERGH & DISTRICT HISTORY SOCIETY

Dent Marbles

Sedbergh & District History Society's Visit to Upper Dentdale

Members of the Society met William 'Bill' Fraser, a noted and enthusiastic geologist, at Stonehouse in Upper Dentdale on 17th May.

He took us back in time to the early C17th when polishing local limestone was a cottage industry.

In the C18th the watermill at Stonehouse was converted to cut and polish limestone to be made into fireplaces, chessboards and many other decorative items for sale locally and exporting round the country and later abroad; including a piece to the Czar's Winter Palace in St. Petersburg.

Limestone was transported from various parts of the county by mules and sledges and later on by the railway. Local farmers worked part-time as quarrymen – life was hard!.

Although there were seven different seams of limestone in Upper Dentdale, only four were suitable for cutting and polishing; two lowest seams were Hardraw Scar and

Simonstone Limestone. Both were dark and when polished were known as Black Marble.

The two highest seams, Underset and Main Limestones were grey and contained fossilised shellfish called *crinoids*.

Examples of these and other 'marbles' can be found in St. Andrew's Church.

We visited the site of High Mill and what had been Manager's house (now enlarged and modernised). Low Mill had disappeared but we were shown a picture of the Mill, a substantial building alongside the wheel pit and jutting out into the narrow road.

Sufficient water to turn the wheels was always an issue and Bill pointed out how water from the local beck had been diverted – sometimes underground - powering the mills to enable cutting and polishing the limestone. Quantities of sand was brought from Widdale to be used with wire cutters and later special four-bladed saws.

Taking us on a tour of Artengill and Dent Head viaducts Bill described how the heavy blocks of stone had been manhandled in place with large pincers. The insides were packed with rubble, which helped explain the lack of loose stone heaps in the area; (our dry-stone walls still use the same method).

This was a fascinating walk back through the centuries, allowing us to imagine how life would have been in this secret corner of Dentdale.

Bill's leaflet on the history of Dent's 'marbles' can be found in St. Andrew's Church, Dent. S Johnson

Dear Editors

I am writing to thank everyone in Sedbergh who provided support during our recent Scottish Dance week staying at Howgills Apartments with food provided by the Three Hares and the dancing at The People's Hall. Dr Gina Barney was a tower of strength helping with the local organisation, Cindy Clarke's charismatic instruction helped us make great strides with our footwork with Maureen & Janet providing some welcome dancing support.

Richard, Naomi and Elspeth gave a fascinating historical tour of the town and school library which ended at Westwood Books (who provided me with coffee) and we learnt more later in the week during an afternoon at



Fairfield Mill.

We really appreciated the welcome extended by the town to our group.
Your sincerely

*Richard Clarke
Chairman, The Gay Gordons, London*

SIGN-ALONG-A-STORY

An introduction to sign language through animal stories will be held in Sedbergh Library at 10:30am to 11:15

The advertisement features a background image of a street scene in Sedbergh with buildings and trees. Overlaid text includes:

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- FINKLE ST.**
- &**
- MAD HATTERS TEA ROOM**
- Lifestyle store offering lots of interior decor, jewellery, clothes and much more....**
- 015396 20298**
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- Now offering** (inside a circular badge)
- NEW soup, sandwich's & more**
- Afternoon Tea**
- Scrummy**
- Madeline Cakes**

am on Monday 31st July for children aged 2-6yrs. All children must be accompanied by a responsible adult

Come along and meet the Kendal the Sign Language Puppet, learn to sign your favourite animal and enjoy some fruit tasting.

FREE event but booking essential as places are limited.

Sedbergh library 015396 20186

Hannah Clarke

SEDBERGH HOLIDAY CLUB

24th – 28th July

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

The Holiday Club will be held at the People's Hall from Monday 24th to Friday 28th July 2017, 10.00am – 12 noon each morning, with a special event for children & families on the morning of the following Sunday 30th July, 10.30am. Open as usual to children of primary school age, notionally 5-11 years. For registration details see separate advert in this issue.

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

*Sandy Roy
Sedbergh Holiday Club*

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The Cross Keys Cautley 015396 20284

or Sedbergh Information Centre

Numbers limited to 48 so do book early

Sedbergh Swimming Club

AGM

Tuesday 18th July

6:00 pm

72a Main Street

All Welcome



PROJECT EDWARD

A Day Without A Road Death

Cumbria Fire & Rescue Service will be supporting the Project EDWARD road safety day on Thursday 21st September - European Day Without A Road Death.

For more details please follow the link and make your pledge:

<https://projectedward.eu/>

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- Drive at speeds that are both legal and safe.
- Carry out proper safety checks on my tyres.
- Pay particular attention when driving near schools and where there are lots of children.
- Never drive after drinking alcohol or taking drugs/medicines that could impair safety.
- Look as far ahead as possible and not tailgate other drivers.
- Always wear my seat belt and ensure that everyone with me wears theirs.
- Not use my mobile phone while driving.
- Ensure I am not distracted by anything inside or outside the car, or inside my head.
- Set a good example to my passengers by driving calmly and safely.



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Garsdale Churches Together

Coffee Morning

Everyone Welcome



10am to noon

Wednesday 19th July
CCC Rooms, Main Street
Usual Stalls

FAMILY MUSINGS

What a wonderful time we had at our old school reunion, not only meeting up again with those we spent our school days with but seeing what the old place looks like now and all the changes. I am interested that what we wore as blazers the material now covers arm chairs! Seeing Miss Gunning made our day, she was deputy headmistress and R E teacher and to hear she was to be 90 shortly was amazing. We obviously hadn't worn her out all those years ago.

Two grandchildren went with me and were very good, the buffet helped as they love food and the tour of the buildings gave them plenty to see. I had to give up before the end, too many steps but the little ones remembered the steps the best. And looking for Bears as we walked up the drive.

We 3 went to Fell Foot Park for some running and games to let off steam and came back with a baby duck. Not a real one but one that our granddaughter thought looked lonely!

Having friends around all weekend helped and we did a lot of catching up

with the in between years. The daughter came with a wish list.. Touch a dry stone wall , see a live sheep, visit a viaduct and a cave, climb a hill and visit where Emmerdale filmed .. oh and see a horse! We managed them all. The hill she climbed was in Barbon Dale and she and her Dad resorted to crawling up and bum slide down .. they went to Ingleton Caves via the viaducts and eventually home via Emmerdale.

One amusing misunderstanding occurred as we were awaiting our meal out on the Fri evening. I bemoaned that we hadn't any Dominoes to pass the time. Jemma enquired with surprise that we had such a thing. John replied "we were brought up on them". As we walked home we wandered around the village and next morning Jemma had commented to her parents that she hadn't seen the "Domino's " as in fast food/pizza place!! We had a good laugh about that.

A family wedding had glorious weather, then the funeral of a very dear friend also a relation took place followed by a christening, scaffolding has gone up in the garden for work on the chapel roof and we are enjoying lettuce and strawberries out of the greenhouse. Clusters of Grapes are forming, hopefully a good crop of fruit and veg this year.

The next big family event will be my 60th birthday but not this month. More "reunions " in the planning and hopefully less wind and rain and more sunshine to create more happy memories. Enjoy your gardens folks.

Sarah

TIM FARRON MP

I am going to be brutally honest with you and say that I don't have a great deal to report on in my Lookaround column this month.

The past few weeks have been so taken up with Elections that I confess that I have not been as focused on our campaigns as I could have been.

In fact, to be strictly accurate, for most of the past month I haven't even been your MP, that stopped when Parliament dissolved on May 3rd.

But the election is now out of the way and I am so honoured and grateful to be re-elected as your MP. I promise to do all I can to justify your faith in me and to work as hard as I can for your needs, whether you voted for me or not.

You may well have heard that I have also resigned as leader of the Liberal Democrats. There were a number of reasons for this that I am sure you don't want me to go into in Lookaround. But the long and short of it is that I am really pleased that this will allow me to spend much more time here working with you and local councillors like Nick Cotton to get this area the best in health, education, housing, jobs and all the many other

things we all know are needed.

My very firm plan is to spend much more time sleeping in my own bed in Milnthorpe than I do in my tiny flat in London. That is what I have promised Rosie and the children so I can't see that I will be allowed to go back on it. Not that I want to.

The down side for you is that you are going to be seeing a lot more of me around the area. I allowed myself a few days with my family when the election was over but we were out knocking on doors within a week of the election asking people what were the local issues they were concerned about. Much to my relief everyone we met seemed really pleased to see us and pleased that we were out without any election on the horizon.

We started in Kendal but don't worry we will be up in Sedbergh and Dent soon enough. So if you have any issues please have them ready for when we knock or better still why not drop me an email or call the office?

The email address is, as ever, tim@timfarron.co.uk and the phone number 01539 723 403. I really want to hear from you.

Thanks so much for your support
Tim Farron

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CHURCHILL TRAVELLING FELLOWSHIPS

Applications are invited now for the 2018 round of Churchill Travelling Fellowships in 14 different occupational, community and special interest subjects. The Closing Date is 19th September at 5pm.

"Whatever your background, we can help you bring positive change to your community or profession," says the Winston Churchill Memorial Trust which masterminds the scheme. "Fellowship grants cover all travel, daily costs and insurance for overseas travel of between 4-8 weeks. We fund UK citizens to investigate inspiring practice in other countries and return with imaginative ideas for the benefit of people across

the UK. If you are passionate about making a difference in your field or special interest, and inspired by projects you know about abroad, a fellowship offers the chance to travel to learn and return to inspire."

Ruth Annison of Askrigg in Wensleydale (one of the pioneers of keeping the Carlisle -Settle Railway open) was awarded a Churchill Travelling Fellowship to study rural railways in Denmark, Sweden and the Netherlands some years ago. She heard about the scheme from a friend in the dale and says that a fellowship is 'the chance of a lifetime.' "Ask the Trust for details if you, a friend, colleague or neighbour are interested" www.wcmt.org.uk and 020 7799 1660.

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DEMENTIA NEWS!

Thank you to all of you who visited our Gazebo in the market in May and supported our coffee morning in June where you helped raise almost £300 to go to Alzheimer's Research. Thank you especially to the Sedbergh Songsters who entertained us at the Market in May. I hope that many of you have taken away information about Dementia and various services and assistance available alongside answering our questionnaire

Over 30 of you have responded to our questionnaire for which many thanks. One question that showed a particular trend was a lack of knowledge about the "**Side by Side**" scheme run by Alzheimer's. Diane Armstrong, the local Side by Side

officer, was able to talk to many of you at the Coffee morning about the scheme and other matters of interest in Dementia. To those of you who don't know about the scheme it provides a one to one relationship between someone living with Dementia and a volunteer sharing a common interest. "From joining a local club, going to the football, or just going for a stroll in the park - Side by Side is a new Alzheimer's Society service which helps people with dementia to keep doing the things they love and get out and about with the support of a volunteer. This extra support can make it easier for people with dementia, who might sometimes feel isolated or find it difficult to leave their homes, to do



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things we might take for granted and feel part of their local community. The service is highly flexible and built around the individual and their needs." More information can be found on the Alzheimer's website www.Alzheimers.org.uk Like so many things it requires volunteers - Would you like to consider that?? You will be able to find out more on August 14th at the Dementia Hub in the Peoples' Hall from 2-4pm or you can contact Alzheimers to find out more. Volunteers have to do some online training and have a current DBS clearance.

From the rest of the questionnaire results we have had some specific enquiries and we will contact those people to address their queries. Most respondents were "interested" in Dementia rather than supporting anyone with Dementia. Interestingly 96% did not need support to access any activities they enjoy doing, which ties in well with one comment which was that "Sedbergh is a very supportive community". Over 80% knew where to access support and services. Another comment about "services needed" by several (which is little to do with Dementia) was that we need a bank! Those concerned with "getting Dementia" were only just over half the respondents.

As part of the wider South Lakes Dementia Alliance there is now a Dementia Hub every second Monday in the month from 2 till 4pm normally at the Kendal Leisure Centre but on four months of the year it will hold outreach Hubs of which Sedbergh will be hosting one on August 14th at the Peoples' Hall. Like the Age Concern

event back in February there will be, importantly, tea and cakes (!) but various local services will be represented such as Age Concern, Alzheimers, Sedbergh Health Centre. There will be at each hub a specific topic presented. Please look out for our publicity and more information in the run up to Monday 14th August.

MP Ripley

CHURCHES TOGETHER

News from the Pews



Your Parish Church
We need to keep a careful eye on

the rota of services now as since the launch of the Western Dales Mission Community the first Sunday of the month is when the congregations from the United Reformed Church, the Methodist Churches, with those of St Mark's, St John's and St Andrew's join together in one building for the main morning service. The test is to remember which church is the host. A hint for the St Andrew's congregation is the sound of silence from the bell tower; they then know to try either the Cornerstone Community Church in Main Street or failing that, New Street.

St Andrew's congregation played host to the Mission Community on the first Sunday in June that happened to be Pentecost (in days of old we called



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it Whitsunday). The joyous singing must have stirred the rafters but thankfully they stayed firmly in place. Over coffee and biscuits news and views were discussed and we look forward to joining the morning service at Cornerstone Community Church Main Street on the first Sunday in July.... bellringers note...you have the morning off!

Within a few days we have had two very different farewells to members of our congregation. A Thanksgiving Service for the life of Steve Skomp who died recently was held during the week. Ringers came from various churches joining the service and then ringing afterwards to the memory of Steve who had rung bells with us at

St Andrew's for 20 years. I think he would have approved of the sound of the eight bells ringing.

We invited Kath and Tony Hannam to be our guests at a Jacob's Join lunch on Sunday (11th June). As they are already settled in their new home it was a belated farewell but good to see them and say a proper "thank you" for all they have done over the years to help with the life of St Andrew's, Tony almost 20 years as the Parochial Church Council

Paul Hoggarth



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Secretary and Kath her pastoral and practical work in the church.

As they say north of the border "Guid folk are hard to find".

It is hoped the sun will be working hard on Saturday 15th July for the Summer Fair, which starts at 10 am. As always we shall have cake and craft stalls etc in the church with games and a bouncy castle outside. For the youngsters and the young at heart we have Punch and Judy



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shows, the first one at 11am. The catering ladies will be ready for your coffee, teas, or lunch order.

We hope to see you there. Bring a friend.

Susan Sharrocks

*Tony Reed Screen
Churchwardens*

***St Mark's Church, Cautley
Summer Concert***

On May 27th St Mark's was filled with people who had braved the rain to come to our Summer Concert of light music. The Bryce Street Strummers Showband, a ukulele group from Burneside, opened and closed the evening with some familiar and well-loved songs. They were joined by some local uke players in the second half, including our Maureen. Ella Pratt charmed us with

her violin solos and Zack Scott played some smooth jazz on his clarinet. Secondhand Rose (alias Judith Bush) sang and also played a gemshorn solo. Roger Bush on the keyboard made us wonder if he really had only ten fingers with his rendition of the Memphis Stomp and The Mapleleaf Rag. All in all a very entertaining evening.

Quiet Day

We shall be holding a Quiet Day on Thursday 6th July, from 10.30am to 3pm. The theme this year is Celtic Christianity, and the day will be led by our Vicar, the Rev. Andy McMullon. A light lunch will be provided and there is no charge for the day. To reserve a place ring Judith Bush (20058) or Maureen Hinch (20843).

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LOCAL YOUNG PEOPLE'S FUND APPLICATIONS

A fund set up and financed by Sedbergh School Governors to assist local girls and boys under 25 in educational pursuits at schools, colleges, universities, and other educational activities or preparation for a trade, profession or calling.

Examples of the types of assistance given in the past are for musical instruments, laptops, books required for courses, educational travel abroad, sports equipment and teaching or coaching.

Applicants must be under 25 and reside within the civil parish of Sedbergh (Sedbergh, Dent and Garsdale) or the civil parishes of Dillicar, Firbank, Howgill, Killington,

Lambrigg and Middleton. Applicants should be aware that only two awards will be made to any one person, and should therefore consider when making an application whether they might require more or greater assistance in the future.

Applications should be made to the Bursar at Sedbergh School, and forms can be obtained from the Information Centre or the School Bursary.

The next meeting of the Committee considering applications is early July, and applications should be submitted by 4th July.

Tel: 015396 20303. Email:

bursarsecretary@sedberghschool.org

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B4RN

Dentdale & Garsdale Update *Garsdale*

The process of installing fibre continues along Dentdale thanks to a huge volunteer effort. Meanwhile Gavin Keeble has taken responsibility for managing the Garsdale side of the Project on behalf of the B4RN Initiative. Sue Ryall has joined his team to take care of the BDUK Funding element of the Garsdale sector - as such she will join Jackie Fisher who runs the BDUK admin as part of the Funding Group activities. A public meeting in Garsdale is being planned to answer everyone's questions, raise community enthusiasm for the project and enlist the help of as many local volunteers

as possible to assist in getting the 1000Mbs B4RN 'fibre-to-the-home' network in place in Garsdale. Many people from the Dent part of the project will be at the meeting. The date will be announced soon.

Finance

The vast majority of funding is now secured, thanks to the tireless services of the Dentdale & Garsdale B4RN Initiative funding team. Of course you can still invest and you would be very welcome to support this not-for-profit community organisation (details are on the B4RN website:<https://b4rn.org.uk>).

All of this work is happening because members of the community are volunteering. More volunteers from either Dent or Garsdale are still welcome, so please make contact if you think you might be part of this important development in the area. Ring 015396 25321.

This is the last of our regular monthly updates, but we will continue to report further news as needed. In the meantime, do look at The Dentdale & Garsdale B4RN Initiative Facebook page for continuing updates and encouraging photos.

From your Hyperfast Broadband for Dentdale & Garsdale Communications Team. *Pip Hall*

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David Hartley, Ray Newport and James Middleton digging trenches for ducting at Rawridding in early June.



*Dentdale,
Head to Foot*

STRAWBERRY TEAS

**Saturday 29th July
2.00 to 4.00pm**

Dent Memorial Hall

**Cake & Produce Stall
Raffle**

**Proceeds In aid of the
Dentdale Over 60's
Christmas Lunch 2017**

SEDBERGH SWIMMING CLUB

As well as offering swimming lessons for the younger members of our community, Sedbergh Swimming club is now offering adult sessions - a front crawl technique course and a fitness session. The technique course is aimed at those swimmers who can already swim but perhaps struggle with aspects of front crawl - breathing being the most common issue. Over 6 weeks we focus on different aspects of the stroke an optional 'homework' is available and by the end of the 6 weeks swimmers should feel more confident with their stroke and as a additional benefit be more swim fit in the process.

The adult fitness session is currently

running as a separate session, in addition to our current swim sessions. This session is an hour long session and is an 8 week block of structured and planned sessions designed to challenge and improve swim fitness. It is a coached session and focuses on front crawl (as many of the exciting swimming and triathlon events in our beautiful part of the world focus on this stroke). In each session there is a warm up, some coached drills and a targeted fitness session. An additional session is available the group to further develop swim fitness.

I'm sure you'll agree that this is a fantastic addition to the club and the community and we are hoping that these sessions will continue to grow. We are so lucky to have a fantastic facility on our doorstep, let's use it as much as we can!! It's always great to exercise as a group so if you are interested in joining any of these sessions speak to a member of the Sedbergh Swimming Club team or contact Sarah Holton (sj.holton@hotmail.com 07910 635463) for further information.

Linda Winn



See Page 14 for report on Photo.

LADIES NFU

For our April meeting we enjoyed a wonderfully interesting talk by Tanya and Edmund Hoare on the Sedbergh Community Swifts conservation project.

Tanya and Edmund first became involved with Swifts on moving to Lowgill 17 years ago and subsequently when having their house re roofed took the opportunity to install nest boxes and cameras.

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installation of nest bricks or boxes. The April coffee morning raised £350 for the Alzheimer's Society Our May meeting talk was given by Pam Hetherington from The Foot Clinic in Kendal. This was a very informative and often amusing talk on the subject of feet. Pam is a practicing podiatrist and chiropodist which has a much more medical side to it than it used to. 13 universities run courses and practicing chiropodists and podiatrists have to complete 36 hours of training courses each year. With 26 bones in the foot and ankle and with constant pressure and wear and tear from walking and running, this complex and important part of the

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body deserves far more care and attention than it often gets. Pam's work not only includes cutting nails, dealing with corns, verrucas and ingrowing toe nails but also looking out for skin cancer and diabetes.

Well fitting shoes are most important to the foot's welfare and there was a queue of us waiting to get our feet correctly measured at the end of the talk. Pam generously donated her fee to a charity of the group's choice.

North West Cancer Research was decided upon.

In June members are having an outing to Tulcan in Cowan Bridge followed by tea at Ireby Green Farm. There are no meetings in July and August.

Our next meeting will be on 19th September when the subject will be "Home Guard". Visitors are always welcome.

Caroline Sandys-Clarke

HOWGILL & FIRBANK WI

May Meeting

Twelve members and one visitor were present at the meeting held at Howgill Village Hall. Bridget Postlethwaite presided giving everyone a warm welcome.

We had good news that Joan LUFFMAN is making good progress and is preparing to come home. Bridget introduced our speaker Sue Millard from Tebay, a keen horse woman, author and designer. Moving from Cheshire to Cumbria she had

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the space for a Fell pony with whom she carriage drives. We were given the history of the Fell pony, being the hardiest of all British ponies. Fending for themselves on the Cumbrian fells and Pennines. A breed of good temperament and known as survivors. They are distinguished by the tuft of hair on the fetlock joint and some of them have a small star on their forehead. A lovely riding pony, sure footed and suitable for adults and children.

This area has such a great background of producing Fell ponies, that it's quite a challenge to be invited to speak about their history. We have families in Cumbria who have bred these ponies since before records were kept. We also have young people - sons, daughters, grand children - who will carry the breed forward into the future. Pauline Robson thanked Sue on behalf of us all , for sharing Cumbrias best kept

secret 'the Fell Pony'.

Congratulations were extended to Pauline on the birth of her new granddaughter. The competition for a picture of a horse judged by Sue, was won by Mary Staunton first with Sarah Syred second. The social to cut out a horse from the newspaper was won by Vera Hodgson. The evening was brought to a close with our usual Jacobs Join and get together.

June Meeting

We were down on numbers due to one reason or another. The six members who attended the Group Meeting had a most enjoyable evening. Due to Sarah's knowledge of paintings, resulted in us becoming the latest W I in possession of

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Competition Cup, now in the safe hands of our President.

Members Evening is when we break with tradition and don't book a speaker. Mary Silva opened with a look back to when areas around Sedbergh, Garsdale and Dent were suffering a depression in Agriculture. This resulted in many farmers leaving their farms and moving to Liverpool to start up dairies to supply fresh milk to city dwellers. They became 'Cowkeepers', a successful tradition for over one hundred years. In the 1939-1945 war, many milk houses and stock were destroyed. The last Liverpool Cow keeper ceased trading in 1975. This was followed by humorous poetry, a dog quiz, an 'embarrassing occasion' and an

eventful holiday in Spain.

The competition to make the most words from Wordsearch was won by Liz Moore, with Sarah Syred second. Mary Silva went home with the raffle prize. Final arrangements were made for our Coffee Morning. We look forward to our Summer Outing to Castle Bolton. On 6th July Lyn Marsden will be giving us a 'Dog Obedience' demonstration. Why not join us at Howgill Village Hall where you will be given a warm welcome.

Audrey Hoggarth

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can it be? “**2 over 3. 1 and 2 over 3 and 4. 4 over 1.**” Well, believe it or not, that is one stitch in bobbin lace making, and I felt really proud of myself when I managed to complete three rows of stitches under the watchful eye of our tutor for this process. Once again, our own member, Marion Wood, was passing on her considerable skill to our eager group. (Last time she spoke to us it was about planting and regenerating native woodlands in Glen Affric. A lady of varied talents!) She gave her presentation entitled “**Bobbin Lace – have a go!**”, before setting us off on our practical task. We learnt about the different types of intricate lace produced in different areas of the country -Honiton, Bedfordshire, Buckinghamshire, among them. Sadly, there was no Cumbrian or Yorkshire lace as we were all too busy knitting stockings. Moreover, Nottingham lace is looked down on

as it is **machine** made! Oh, whisper in hushed tones. It was a really fun meeting. A great deal of preparation had gone into it and Valerie expressed our thanks to Marion. Avril, our raffle winner, took home a beautiful, colourful, lace bookmark in the shape of a snake. As a true, Blue Peter presenter would say, “Here’s one I made earlier”. I was the lucky winner of our competition for “Something Lacy”, but am afraid that the item, although lovely, was not made by me (perhaps ‘next time’, but then again, perhaps not).

A lovely tea was served while we were working on our own snakes - thank you hostesses- but we had to take great care not to end up with sticky lace or sticky lace-making



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accoutrements.

Our meeting had started with the usual business and social information (or personal bits-and-bobs, if you prefer).

We sent our good wishes to Maggie l'Anson after her recent heart problems. Maggie was whisked off by Air Ambulance, had stents fitted right away, and is now back at home recuperating. What a splendid service. Our financial report showed that our Charity Fund is in a healthy state and we decided to donate £100 to the air ambulance.

We made plans for our Coffee

Helicopter Pilot Phil Lambert



Morning at the end of June and had reports from Dilys Evans on the success of the Sedbergh Dementia Alliance coffee morning to which our

members had contributed time and effort. Our team had also supported the afternoon Tea Party in Hollett's lovely garden in aid of the Save the Red Squirrel Group which had raised the magnificent sum of over £1000. Barbara sends her thanks to all who contributed and enjoyed a delightful afternoon.

At our next meeting, on Tuesday 11th July at 2-00pm, we look forward to

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another home-grown speaker. Sally Cragg will be telling us about her African Adventures, so be sure not to miss it. Sally will be having a busy W.I. month as she is kindly hosting our Summer Garden Party at her home on **THURSDAY 20th JULY AT 3.00PM**. We look forward to seeing you there.

Wendy F-U



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SEDBERGH WI

Our hosting of the local WI Lunesdale Group Meeting on May 15th coincided with Lookaround Deadline Day so I was unable to include that in my last report. When we arrived at the People's Hall to set things up that afternoon, our committee members were somewhat surprised to discover Scottish

dancers in the main hall, but fortunately by the time we had made the sandwiches in the kitchen the dancers were completing their programme and very kindly helped us to put out the tables in the main hall, for which we were very grateful. About 50 ladies - members of Casterton, Dent, Killington and Howgill, as well as our own members - gathered at 7.30pm to hear how Kev Kendal of 1818 Auctioneers had started in the business at Kendal

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Auction Mart by working weekends and school holidays for his father, later acquiring professional qualifications and coming out as top student. Since then he has had many years in the business. The foot-and-mouth epidemic severely affected trade in livestock in 2001-2, so other business opportunities had to be sought, resulting in the emphasis being put on sales of furniture and

collectables. It was decided to change the business name to '1818 Auctioneers' because 1818 was the year the company had been founded, a name which took on a new significance when the new auction mart was opened just off the M6 at Junction 36 (18+18=36: get it?!). Kev had prepared a collectables-themed quiz which was won by Howgill WI: congratulations to them! The Group Meeting Cup will be passed on to them when last year's winners return it! We were ready for supper after that excitement, served at tables set out with teapots and milk jugs so ladies could sit down and help themselves to tea after choosing their savouries and cakes. Members of the Chamber of Trade were invited to

tuck in to the leftovers after finishing their meeting in the committee room later!

Our annual outing took place on June 14th on the only fine, warm day of the week. The first stop for the minibus was at Carnforth Railway Station to see the display relating to the classic romantic film of 'Brief Encounter' starring Celia Johnson and Trevor Howard, where it was also possible to see snippets of the film. The Brief Encounter Refreshment Room has been restored in keeping with the wartime décor of David Lean's 1945 film, which had to be filmed at night when the line was not in use for wartime transport. The Midland Hotel at Morecambe was the next stop, its Art Deco building

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curving along the sea front with beautiful views of Morecambe Bay. Afternoon tea was served with sandwiches, scones and cakes, the scones being particularly delicious, I understand. Some of our members were unable to join the outing so several friends were invited to fill the minibus: we very much hope that some of them may like to join our group. It was a very successful outing which was enjoyed by all. Many thanks go to Sandra Gold-Wood for masterminding it.

The setting of the novel the book club discussed at Sandra Kemp's house the following day was about as far-removed as possible from the civilized setting of the Midland Hotel. In Ann Patchett's 'State of Wonder' we were transported to the Amazon jungle, hemmed in by trees either side of the river, battered by insects and on a constant look-out for poisonous snakes or unfriendly native tribes. It is to this environment that Dr

Marina Singh is sent to search for news of a colleague in the drugs company for which she works who is believed to have died on an expedition to discover the results of research being carried out into the reasons for the women of the Lakashi tribe being able to continue bearing children when they are well into their seventies. The financial rewards for a drugs company which can promise success in conceiving to women in the West who delay having children till they are in middle life would be enormous. Various intrigues follow! To sum up our diverse opinions, we took a vote which averaged at about 7/10.

Ernie Hailwood will be the speaker at our next meeting, on Wednesday 12th July at 7.30pm in the committee room at the People's Hall. 'On the Rocks' is his mysterious title: I wonder where that will take us? Do come along and find out, ladies!

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SEDBERGH COMMUNITY RESILIENCE PLAN

Sedbergh Parish Council has prepared a Community Resilience Plan (sometimes referred to as an 'Emergency Plan') as part of Cumbria County Council's Community Resilience Network.

The purpose of the Plan is to increase resilience within the local community before, during and after emergencies, and to link into the County and District Councils', and emergency services' emergency response structures. The Plan details ways in which the community of Sedbergh would respond in an emergency situation, such as flooding, while awaiting the assistance of statutory authorities/ emergency services, or in support of them.

The Plan identifies the risks to the community and the actions that may be taken in response, including the designation of places of safety to provide temporary shelter for residents and visitors who may be displaced as a result of an emergency event. The People's Hall is so designated with Sedbergh School's Queen's Hall and Settlebeck identified as reserve places of safety.

Items of emergency equipment are stored at the People's Hall and a supply of sandbags for use in assisting with flood events have been deposited at Dawson's Yard and Sid's Barn (off Busk Lane).

The Plan also seeks to identify vulnerable people/groups in the community and to provide information and contact details on available resources (such as pumps,

generators and towing vehicles) that could assist during an emergency. Such details would be of particular value to outside agencies.

The Plan has been submitted to the Environment Agency, local authorities and emergency services via the secure Cumbria Community Messaging System and a copy will be placed on the Parish Council's section of the Sedbergh.org.uk website. The Plan will be subject to periodic review to ensure that its provisions are up to date and remain relevant.

Please contact Janey Hassam, the Clerk to the Council for any further information (tel. 015396 20125 or email

clerk@sedberghparishcouncil.org.uk)

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SETTLEBECK NEWS

We are very pleased to announce the appointment of Sarah Campbell as the new Headteacher of Settlebeck from September. She is currently Assistant Headteacher at Ullswater Community College, Penrith. Sarah had the overwhelming confidence of the governors and staff during the interview process and we are delighted that she has accepted the position. She is extremely excited about her new post and I would like to take this opportunity to wish her every success at Settlebeck. She is very fortunate to be joining part of such a hardworking and committed team of staff and students.

On Wednesday 17th May Settlebeck Year 8 student Declan Wellesley-

Smith and PE teacher Nick Richmond ran 27.8 miles from Declan's home in Lancaster to Sedbergh to raise money for our school. The run took great mental and physical strength, which Declan demonstrated in abundance. The route through the Lune Valley took four hours and nineteen minutes to complete, an amazing achievement for anyone, let alone a 13 year old! Nick Richmond said, "The elation and jubilation when arriving to the hordes of staff, students and general public as we approached the finish line is something that Declan and I will never forget. Not only have we raised over £10,500, we have brought together an already well unified school. The support we have

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received before, during and after the event has been incredible and we would like to say a huge thank you to the people who have been so generous to contribute to our fundraising. If there are still people who would like to donate now we have completed the challenge, that would also be much appreciated."

Please visit: www.justgiving.com/crowdfunding/school-run

With the Summer Term finally here, Settlebeck students embraced the athletics season at the District trials, this year held at Preston. Cj Middleton, Maisie Gough, Harvey Coates, Declan Wellesley-Smith, Chloe Cowin and Carla Avery all performed really well in the sweltering

heat. Chloe finished 3rd in the 100m and is reserve runner for the County trials, a fantastic achievement.

Students at school are enjoying summer sports (when it's not raining!) of tennis, rounders, cricket, athletics and softball. Rounders fixtures played against QKS and Dallam before the half term saw some great performances from the players - more to follow this term.

As part of our town-twinning programme with Zrece in Slovenia, Year 9 have had the opportunity to meet and work with 32 students and 7 staff from our link school.

All of Year 9 took part in a 'getting to know you' day with the Slovenian students, in which they took part in team-building activities, interviewed each other on subjects as diverse as 'my hobbies' and 'what Brexit means to me', and our students gave excellent presentations on the English School System and life in the Yorkshire Dales.

We also had the opportunity to accompany our visitors on a very wet visit to Carlisle Castle and Hadrian's Wall, and on a very sunny walk from Rydal to Grasmere. The visit

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culminated in a BBQ for over 70 people from Slovenia, Settlebeck and our local community at which our guests were able to experience rounders and tug-of-war and where we were also treated to a musical performance by Zrece students.

This visit has been an extremely positive experience for Settlebeck, and we are already looking forward to being able to visit Slovenia on a return trip next February.

As I am sure you will all know by now, after nine years as Deputy Headteacher and Headteacher, I am saying a very fond farewell to Settlebeck. Over the last 26 years I have taught in six schools in various parts of the country and, without any

doubt, Settlebeck is far and away the best. The commitment and support of parents, staff and especially students is something rarely experienced anywhere else; for the last 5 years we have been rated outstanding for behaviour. Our community should be extremely proud of its school. Anyone who doubts just what a wonderful place Settlebeck is needs to come and see it in action. The decision to leave was not at all easy; the school has been such a massive part of my life and I have loved working here. It will be very strange, and not a little sad, to wake up in September and not come to school! I know Settlebeck will continue to go from strength to strength under the guidance of the

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

If you are interested or want to know more about the role then please contact Sedbergh Primary School on 20510 or email Mrs Scarr at

admin@sedbergh-pri.cumbria.sch.uk

Alternatively you could chat to one of the current Governors – the school staff will let you know who they are.

SEDBERGH SCHOOL NEWS

Events

Speech Day took place on 27th May followed by sports on Busk Holme. Unfortunately the weather did not cooperate and the sports were accompanied by thunder and rain. Half term began immediately after the sports.

The Prep School have spent considerable time constructing a Green Power car which they are now able to drive around the school grounds.

Years 7 and 8 have spent a week

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each in France. Cressbrook's housemaster took the opportunity to visit Cambridge University's Innovation Technology Centre to secure some more kit for the Prep School's "Laboratory of the Future".

Both Schools held "General Elections" during the week leading up to the General Election.

The heavy machinery has arrived and started work on removing part of the hill for the new Sports Hall.

During the rest of the term the Duke of Edinburgh Gold and Silver expeditions will take place

Sport

Years 9 and 10 Girls competed in the first round of the English Schools U15 Track and Field Cup in which

team points count more than individual success, and came first qualifying for the next (Northern) round. The boys were pipped into second place and have to await other results to see if they qualified.

The week before half term, when not doing exams, was taken up with the House athletic competition which culminated with the Tug of War on Friday, and the relays and finals on Saturday after Prize Giving.

Fraser Sproul won the 1500 m at the North West national qualifier, and secured this year's U15 FRA Championship with a win at Kettlewell uphill race.

James in Year 8 and U13 competed in the U14 British Clay Court National



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Tennis Championships against the top 32 ranked in GB and came 9th. He then won the City of Manchester Open Regional Tournament playing 4 two hour matches and beating the British No. 2

After a delay of 24 hours due to weather 25 pupils and staff took part in the Great North Swim supporting the Bendrigg Trust despite very choppy waters

Daisy was the only girl competing the Scottish Open Shooting

Cricket: The 1st XI won against Bolton, and against Birkenhead School (Brook 120) in the North-West Final of the National T20 competition and on 13th June beat St Peters York by 8 wickets with Tom Aspinall from year 8 one of the team. All matches

home and away against Lancaster RGS on 10th June had to be cancelled. Harry Brook made 112 for Yorkshire against Middlesex in the 2nd XI trophy at Headingley, and has signed a junior pro contract with Yorkshire. He has scored ten centuries this term for the School, Yorkshire CCC and Yorkshire seconds.

The School provided fifteen U17, U18 and U20 rugby internationals in 2016-17 playing for England, Ireland, Scotland and Wales. Botham, Crossdale and Davies from last year's 1st XV made their debut in the U20s World Championship on 31st May. And Abbie Scott is named in the starting line up against Australia in the International Women's Rugby



SEDBERGH SCHOOL

New Employment Opportunities

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

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

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An application can be obtained by:

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

Emailing Lizzie hrrecruitment@sedberghschool.org

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

Maddy Harrison was named as Sportswoman of the Year at the Prep and Imogen Brady in the Senior School

The athletes took part in the County Championships finished with 23 places in the top three positions. They also were doing extremely well in the U15 boys North West Track and Field Cup in Blackpool as this went to press.

The Shooting Team won the 1000 yards Schools competition at Blair

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Atholl

The Prep has held a rival run to the Wilson. It was a seven miles course and all the years 7 and 8 (plus some former pupils from the Upper School) ran it in horrendous conditions.

Gareth Downes has acquired a new knee and is recovering well.

Drama

Years 9 and 10 gave a sterling performance of The Little Shop of Horrors on the last three nights of the

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week before Half Term – tickets having been sold out a week in advance. The Monster plant was a particular success

Year 8 at the Prep School will perform Pride and Prejudice on 30th June and 1st July.

Academic

Exams have dominated the last month in both the Prep School and the Upper School

The "Laboratory of the Future" at the Prep School has acquired another amazing piece of equipment in the form of an Olympus BX50 Optical Microscope

Music

At an Intermedii charity performance on 20th May Lucy and Polly gave a

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lovely performance of the Flower Duet. There has been some very good singing in the chapel, including a performance of the anthem Zadok the Priest

Future Events

Term will end for both Schools on 5th July. The Leavers' Ball is on 1st July.

The Sedbergh Cyclefest and Sportive is on 1st and 2nd July

The 1st XI will go to the BOWS Festival at Brighton College on 2nd July.

The Chapel Choir leave for their tour of Italy on 6th July

The shooting team will attend Bisley on 9th July

The 1st XV go to New Zealand in July.

As well as the usual rugby, cricket, equestrian, netball, riding and trekking, modern pentathlon, athletics, theatre workshop and Pony summer courses, there will be a Lakes & Dales Adventure course consisting of two individual weeks

which can be linked with a weekend course. The residential courses will be 24-27 July, 31st July to 3rd August, and 7-10th August. The International Summer School will be at Casterton and will be for varying dates between 9th July and 5th August. All together about 1,000 children are expected to attend the various courses, many bringing with them parents to the district looking for accommodation and/or food.

The Memorial Service for Peter Meadows will take place in the School chapel on 15th July at 4.30 pm.

A reminder that the School will be hosting an internal event on **Saturday 1st July** which will include a firework display. This will mean that ***the footpath from Busk Lane to the main school will be controlled for approximately 10 minutes at 10.30 p.m for safety reasons*** – the School apologises for any inconvenience this may cause.

Karen BL

Lunesdale Agricultural Show

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Prices in Brackets = Advance Tickets available from Sedbergh TIC

www.lunesdaleshow.org.uk info@lunesdaleshow.org.uk Tel: 07444 403982

MEDITATION CENTRE DENT

Monthly Drop-in Meditation at The Meditation Centre, Dent

Once a month I drive up to The Meditation Centre for the monthly drop-in meditation. For me the journey there is part of the experience and when I get to Barbondale with its beautiful fells sweeping down to the lively beck I shed whatever has been preoccupying me and drink in the peace and stillness.

The session, which is usually on a Sunday morning, lasts two hours and is a sharing of meditation, the format varying depending on the facilitator. It's an opportunity to experience different styles of meditation, but usually includes silence and stillness, gentle movement e.g. walking meditation or Qigong, readings, and gong meditation. If the weather is fine there may be an opportunity to meditate in the peaceful, natural garden to the sound of the beck and birdsong.

Those who attend may be regulars, holiday visitors, or those wishing to experience the Centre for the first time. No previous experience of meditation is required for you to enjoy this relaxed session. There is an opportunity to have a cuppa and a chat. Some people like to combine their visit with having lunch in Dent or having a walk in this beautiful valley.

Whether you meditate regularly or not at all, but would like to share the peace and stillness of this unique Meditation Centre do come and join us once a month. Sue Stark

"The monthly Sunday, midday meditation is a lovely respite from day to day events. It is peaceful, relaxing

and very quiet. The break for refreshments is a chance to meet with old friends & make new ones.

I always leave feeling calm and refreshed." Jennifer Levitt

Driving over the moors through Barbondale and then along Dentdale, provides a suitable transition from the 'business' of everyday life, into a place of great peace and tranquility - an other place - where at the Meditation Centre one can experience something and somewhere quite different, renewing, restoring and enlightening.

The teachers or guides who lead the sessions are experienced and/or trained to introduce those who come, along a path of discovery and renewal. Using also the beautiful gardens surrounding the chapel, through which Flinter Ghyll tumbles its way to the river below, is a perfect way to introduce us to Walking Meditation, a way to connect to the earth, to Nature and our beautiful surroundings.

Two hours spent here each month is a most valuable experience and one to which we look forward as a time and place of great renewal and refreshment. Virginia Clucas S Stark



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CITIZENS ADVICE

I am about to apply for Universal Credit for the first time, but have been told that there is a six week wait before the first payment. I'm worried that I won't be able to pay my bills. Is this right, and is there anything I can do?

This is correct, but you can ask for help. When you attend your claim interview at the Jobcentre Plus, ask if you can apply for an "advance payment" - this is a loan that will be deducted from your future benefits.

You'll need to show how much money you need for essentials, and explain why the loan will protect you from serious financial problems. You can also apply through the Universal Credit helpline on 0345 600 0723. Apply as early as possible in your claim.

If you are refused, you can ask for a reconsideration. If you are still turned down, emergency assistance may be available - Jobcentre Plus or Citizens Advice can advise you.

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

problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 03444 111 444 for an appointment and help, 015394 46464 for debt and on-going enquiries. South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No: 6113551. FRN: 617574

AGE UK ACTIVITIES

We are holding an Information Roadshow at Lunesdale Hall Kirkby Lonsdale - Wed 5th July from 2- 4pm. It is a one stop shop for information and advice. There will be information and advice stalls on how you can keep safe and well from Age UK, the Police, the Fire Service , Mind, Alzheimer's and Sight Advice. There will be information about hearing loss and Lunesdale Surgery is offering blood pressure checks. There is entertainment from Rawthey Rhythm, who will get you singing along to some old favourites as well as tea and cakes. Don't miss it! Please ring Age UK on 01539 728118 to book a free place or you can just turn up on the day.

The Sedbergh Lunch Club continues

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to meet every 2nd Thursday of the month at 12 noon at the Red Lion so come along and join them - you will be made most welcome. Just ring us to book a place. The swimming class for beginners continues to run at Sedbergh School Pool from 11.45am to 12.15pm . For more information please contact the Age UK helpline on 01539 728118 .

Ruth Taylor

WESTERN DALES BUS

More seats on Saturdays

There was a discussion in Lookaround last Autumn about why the Western Dales Bus couldn't use a larger vehicle on its Saturday S1 service between Sedbergh and Kendal, so that everyone who wanted

to travel could do so. I explained at the time that our operating license prevented this.

However, we have now found a solution to the problem. We have acquired a second 16 seater minibus, and so from July 1st we will be able to run a duplicate bus on the two busiest Saturday journeys. This means that if you want to catch a bus on Saturday mornings at 10:50 to go from Sedbergh to Kendal there will now be two 16 seater minibuses available for you instead of one. And you needn't worry about being stranded in Kendal in the afternoon, because both buses will also be there for the 4:15 pm journey back to Sedbergh from Kendal bus station.

One reason we've been able to do



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this is that two new volunteer drivers have recently joined us. However, we still have only just enough volunteers to run our services, and so we are always looking for more drivers. If you think you might be interested in helping, please ring Liz Nuttall, our Volunteer Coordinator, on 015396 25571 to discuss what is involved. If you decide you'd like to join us, Liz will arrange for you to meet one of our drivers so you can find out more. And if you'd like to help with the organisation behind the scenes, Liz will be able to discuss that with you as well.

Full timetables for all our services can be found from Page 86 and obtained from the Western Dales Bus website at

www.westerndalesbus.co.uk, from the Sedbergh Information Centre and from cafes, pubs and shops in Sedbergh and along the routes.

*Jock Cairns
Chair, Western Dales Bus*

THE CRAFTWORKSHOP

Number 61 Main Street is now under new ownership. Helen and Keith have moved to Holmfirth but happily, the Craft Workshop Cooperative stays here in Sedbergh and even more happily at the same address. The CWS Cooperative is a group of craftspeople displaying their wares and welcoming visitors to our shop. A modest commission on sales goes towards overheads.

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and exciting range of talents and we are always looking for new members to come and join us.

To be eligible you have to live within a 15 mile radius of Sedbergh and be prepared to volunteer in the shop for an afternoon or morning each week usually with another person. You are more than welcome to pursue your particular craft during that time and if you can offer workshops so much the better!

Your work should complement what is already stocked here and if interested we would like you to bring in some samples to show the other cooperative members. Please contact Nicole to arrange a meeting.
nicole.whitaker@gmail.com

FOOD & DRINK FESTIVAL

We were delighted that so many local businesses took part in this year's Food & Drink Festival, offering everyone a wide range of events to enjoy.

Events included two 'Tastes of India' evenings at the Malabar, a Japanese Taster evening and Field to Fork Full Tasting Menu at Three Hares, Puddings Galore and a Thai night at

Smatt's Duo, cookery masterclasses at Howgills Accommodation, a film night and a pie competition at the Dalesman. This year's festival also included a Festival Food Market.

For children, there was Open Farm Sunday at Lock Bank Farm, two Mad Hatters Fancy Dress Tea Parties at No 6 Finkle Street and the local primary school also took part with a cup cake decorating competition.

Throughout the festival, the Dalesman offered Brunches of the World and Farfield Mill had a locally sourced menu called 'From the Mill Owner's Table'. There was also an exhibition on display at Weaver's Café, Farfield Mill by Sedbergh Heritage about the history of local

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food and drink.

Thank you to all the businesses who took part in this year's festival, and to everyone who supported it. This year, Sedbergh Food & Drink Festival was kindly sponsored by JMP, Sedbergh School, Sedbergh & District Chamber of Trade and Business and Sedbergh C.I.C. We would also like to thank Sedbergh Parish Council and the Sedbergh and District Community Trust Fund for their generous grants to support this event.

Gemma Suttle

PEOPLE'S HALL NEWS

Frontage Project Work

Those of you who voted on 8 June at the People's Hall will have seen the work has started.

The work is not without the difficulties of working on an awkward site. We have to resolve all the bumps, dips and gradients not only to ensure safe access, but also to ensure we get appropriate surface water runoff.

This is a bit of a nightmare. To fix one problem we now have two planters instead of one. Not a big thing but someone has to plant it!

The leaflet appeal has gone very

well. The Sedbergh and District residents have been very generous. We have now raised £4,000 of the £5,000 we were seeking. THANK YOU. Just a little more should do it. More next month.

Please see our website for our new hire charges from 1 July 2017 and Hall availability, etc.:

www.sedberghpeopleshall.org

DATES FOR YOUR DIARY

Dance: 14 October 2017.

Dr Gina Barney

Hon. Secretary, 015396 20790

SEDBERGH ART SOCIETY

Our season will finished on the 20th May, when Helen Shields ran an autonomous workshop, 'Painting in Pastels'. This was very well attended and everyone had a satisfying, enjoyable day experimenting. Helen was a wonderful help as we followed her demonstration with pictures of our own and, with her support, we finished with a wonderful array of moorland landscapes, including dry-stone walls. Some of these pictures will be on our website. Many thanks go to Helen, who is so generous with her materials and sharing of her ideas. There may be a few more



SOUTH LAKES DEMENTIA HUB

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

August 14th at Sedbergh Peoples' Hall

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

The South Lakes Dementia Hub.

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

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

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works in pastel at the exhibition this year!

We are getting quite a few new members to the Society, which is very encouraging. The only qualification you need to join is that you enjoy – or feel you might enjoy - being creative. We have artists at all levels, ranging from those starting out, to the more experienced and well established artists, including professionals.

If you wish to join the Society, and would like more details about our activities, please contact Jenifer Alison on 01539 824666 (email: jen.alison10@gmail.com) or Gill Impey on 01539 726640 (email: gillimpey@hotmail.co.uk). If you wish to become a member, contact Mike

Morrison, whose details are in the paragraph below.

Finally, this is a gentle reminder to anyone who wishes to continue membership with the Sedbergh Art Society and hasn't yet paid his or her subscription. You need to be a fully paid-up member to enter pictures for the exhibition. If this is the case for you, please contact Mike Morrison as soon as possible at mikemorrison433@btinternet.com or on 015396 20209.

We hope you will call to see us during our exhibition which will run from Thursday August 24th until Monday August 28th. It will take place, as usual, in the Sedbergh School Library.

Jenifer Alison

YORKSHIRE DALES MILLENNIUM TRUST

Thinking of planting a wood?

The Yorkshire Dales Millennium Trust (YDMT) can enable your thoughts of creating a woodland to become a reality. Funding is currently available for landowners wanting to extend or improve existing woodlands, plant hedgerows or create new woodlands.

The Yorkshire Dales has less woodland than any other National Park in the UK at 4.8% compared to 13% tree cover across the rest of the country. The Dales Woodland Restoration Programme is working to change this by creating and managing woodlands through a partnership including Yorkshire Dales Millennium Trust, Yorkshire Dales National Park Authority and the Forestry Commission. Together the partners aim to double broadleaf woodland cover in the Yorkshire Dales by 2020.

The YDNPA's Senior Trees and Woodland Officer, Geoff Garrett, said: "We are very keen that landowners take maximum possible advantage of the financial support available to create new woodland in the National Park. Part of the shared vision of the National Park Management Plan is to make the Park resilient and responsive to the impacts of climate change and as part of that we have a goal to support farmers and landowners to create at least 400 hectares of new native woodland by 2020. New woodland will strengthen wildlife habitat networks, increase carbon storage and help to reduce flooding. And woodland looks great

too, adding to the scenic beauty of the Park."

YDMT have funding available thanks to support from The Fuelcard Company and their Ecopoint customers who raised £338,565 last year, enabling the charity to extend their woodland creation programme to areas outside the Yorkshire Dales National Park.

Hedgerow planting projects have also been funded. The Mauder family in West Scrafton, near Leyburn, received a grant to buy native trees and shrubs including hawthorn, holly, blackthorn, crab apple, elder and hazel. The whole family got involved in the planting and, together with help from friends, created 200 metres of hedgerow that will act as an important corridor for wildlife.

Carol Douglas, Woodland Officer at YDMT, said: "It has been fantastic to approve grants for 21 new woodlands that were planted this winter. We're very keen to support more landowners wishing to plant trees, and are now accepting applications for the next planting season. Whether you'd like to plant 100 trees, 1000 or

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more – please get in touch for further information."

The charity would hope to cover all costs involved in establishing a new woodland, including the supply and planting of trees and guards, fencing to exclude stock, gates to allow access and initial weeding costs. In some circumstances applicants may be asked to contribute cash, materials or labour.

Landowners interested in receiving free advice and funding to support the creation and management of new native broadleaf woodlands in and around the Yorkshire Dales should contact Carol Douglas at YDMT on 015242 51002 or email: carol.douglas@ydmtn.org.

YORKSHIRE DALES NATIONAL PARK

Have your say: What needs doing in the National Park?

A group of 13 public, private and voluntary sector organisations operating in the Yorkshire Dales National Park is asking people what they want to see happen in the Park during the next five years.

People are being urged to answer

three questions:

- What do you love about the National Park?
- How do you think the National Park could be improved?
- And, what do you think are the three most important issues for the National Park Management Plan to tackle over the next five years?

The answers will be used to help update the National Park Management Plan for the period 2018-2023. The Plan is the most important document for influencing what happens in the National Park. It sets out a long-term 'vision' for the Park and a list of specific objectives that the 13 organisations, and many others, will work together to achieve.

One of the organisations behind the survey is the Yorkshire Dales National Park Authority. Its chairman, Carl Lis, said it provided a great opportunity for residents, businesses and visitors to shape the future of the Park.

"I hear people in the street saying that 'they' should be doing this or that. The 'they' is shorthand for organisations which are perceived to have power or influence. Well, this survey is a chance for you to speak directly to those organisations. Tell us what you think should be happening the National Park to make it a better place.

"Many great things have happened in the past five years in response to what people told us last time round, in 2012. A good example is the new rail siding at Arcow quarry. People said they wanted fewer lorries on the road. As a result, an objective was created

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Josephine Lade LCSP (Phys)

in the Management Plan to establish rail links at the three quarries in Ribblesdale."

There are several ways to complete the survey:

Fill it out online using the website, your.yorkshiredales.org.uk/

Send an email to your.dales@yorkshiredales.org.uk

Write to NPMP 2017, YDNPA, FREEPOST RLZG-JARG-TXAK, Yoredale, Bainbridge, Leyburn, North Yorkshire DL8 3EL

Return a postcard obtainable from National Park Centres, the Dales Countryside Museum in Hawes and the National Park Authority offices in Grassington and Bainbridge

Mr Lis added: "Whether you prefer to use modern technology, or pen and paper, or one of the postcards that are available from local information centres, putting forward your views couldn't be easier."

The survey closes on 3 July. The information and opinions gathered will be used to create a draft National Park Management Plan, which will go out for public consultation early next year.

Yvonne Peacock, the leader of Richmondshire District Council – another of the organisations in the group – said: "The Management Plan is a powerful influence on what happens in the National Park, and how we and others spend our budgets. It's really important that as many local people and businesses as possible take part in the survey, as well as visitors."

The 13 partner organisations conducting the survey represent landowners, business, local councils

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

There is a statutory duty to review the Management Plan every five years. The current plan runs until 2018: <http://www.yorkshiredalesmanagementplan.org.uk/>

YORKSHIRE DALES MILLENNIUM TRUST

£50,000 for Dales Communities

Grants totalling more than £50,000 have been awarded to support projects that will help bring communities together across the region, thanks to the Roger Stott Community Grants programme.

Run by Yorkshire Dales Millennium Trust (YDMT), the programme provides small grants to support a diverse range of community initiatives that benefit local people across the Yorkshire Dales.

The grant programme was launched in March 2016 in memory of Roger Stott, the founding Chairman of YDMT. Since then 42 grants totalling just over £50,000 have been awarded to support a wide variety of projects that are making a real difference to

local people in and around the Yorkshire Dales and Nidderdale.

Recent successful applications range from improvements to village halls, play parks, community gardens and sports grounds, to providing financial support for a young archaeology group and a cycling event taking place in Sedbergh on 1 & 2 July.

Stuart Wetherell, from Sedbergh Cycling Festival, said: "The Festival will be the biggest family event of the year in Sedbergh, and we hope that it will be a great boost for the local community and economy. We hope to help improve health and well-being by getting more people active and riding their bikes. Working with British Cycling we'll be holding a cycling sportive, inter-school cycling competition and guided mountain biking, plus children's entertainment including a bouncy castle and competitions, music and live entertainment. The Roger Stott grant from YDMT has been essential in ensuring that this year's Festival will take place."

A community befriending service in Embsay and Eastby has also benefitted, and a group in Sedbergh have received funding to install nest boxes for swifts and a webcam to allow local people to take a closer look.

Tanya St. Pierre, YDMT Project Officer, said: "It is a pleasure to be able to support such a diverse range of initiatives. Thanks to a quick and easy application process we're able to support passionate local people across the region to continue or kick-start initiatives that make a real

difference in their local communities."

Funding can be used to cover revenue expenses such as staff costs, rent or training, or for capital investment in assets such as furniture, computers or catering equipment, to name just a few. Small voluntary organisations and community groups with an annual income of less than £30,000 can apply. No match-funding is required, so groups can request up to 100% of the total project costs.

The Roger Stott Community Grant programme is made possible thanks to support from players of People's Postcode Lottery, who have raised £1,226,332 for YDMT since 2009.

Clara Govier, Head of Charities at People's Postcode Lottery said: "These small grants are supporting projects that help bring communities together, making a big difference across the Yorkshire Dales. I'm delighted that players of People's Postcode Lottery are helping to make this possible."

The Roger Stott Community Grants programme will be open again to new applications in September – details to follow later in the year. *S Pettifer*

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SEDBERGH RED SQUIRRELS GROUP TEA PARTY

The sun shone! All afternoon! We were so lucky.

This was the afternoon on Saturday 3 June where a gathering of happy people of all ages, local and otherwise, relaxed among flowers and trees, wandered along paths throughout the garden and even higher to the motte and bailey and its wood where red squirrels had just been seen for the first time. 11 members of the Common Ground Band, who practise in Sedbergh, sat amongst a floral bower sending their cheerful rhythmic ceilidh music all over the garden where people sat, children played on the swing, with swingball, hula hoops and followed



The Puzzle Trail. Represented also were the Sedbergh apple group and a red squirrel childrens' author, and the rangers offering discussion and information. The plant sales greenhouse was a popular venue. Afternoon tea which featured home made cake was available all afternoon and the raffle was drawn at



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Other tasks

(such as cleaning street signs, painting, minor repairs to benches, walls etc.)
by agreement and dependent on skills of person appointed.

The person appointed will be self-employed and will be expected
to provide his/her own gardening tools, lawnmower etc,
along with confirmation of appropriate insurances.

Person interested should contact Janey Hassam, Clerk to the Council,
in writing at 72a Main Street, Sedbergh LA10 5AD or
by e-mail clerk@sedberghparishcouncil.org.uk

by **Monday 24 July, 2017**

For further information or clarification,
please contact Janey Hassam, Clerk to the Council (tel. 015396 20125)

4.15 to a large and lively audience.

The icing on the cake was that we have banked £1027. The rangers need this money to protect and encourage our native reds with food, care and rescue and by reducing the greys where possible with the necessary equipment, feed and fuel. (The greys are much larger than the reds, and can pass squirrel pox to the reds and can also damage trees).

Thank you to all those who helped in so many ways... special thanks to our local businesses who were so kind to our important raffle and everyone who donated; to every one who baked; to all who served and did it so well; to the efficient raffle organisers; to furniture movers who helped inside (in case it rained) and out!; and we

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are grateful to the lenders of the band's blue chairs, mugs, long tables and also the urn.

Thank you to all who came!

Barbara Hollett

JULY GARDENING

Many people do not "get on" with botanical plant names. Admittedly, some of them are difficult to read, let alone pronounce, but many hold a description (albeit in Latin or Greek) of the plant to which they are attached.

Botanical "rules" say that the first name ever given to a plant should be the one by which it is known. We might be familiar with a plant by a well known name for many years before some bright spark discovers the fact that it was found in the wild several years before that familiar name was given and the original collector called it something completely different. At this point, the plant has to be renamed with the first collector's choice of name.

Constant scrutiny also means that some plants turn out to be unrelated to others in their group. They obviously have to be called by

something different – and so new names are produced.

All this renaming is very trying for horticulturalists!

Confusion is not confined to the use of botanical names. Several years ago I had an exasperated customer in a garden centre, who wanted to order a "Syringa" plant. *Syringa* used to be the commonly used name for a *Philadelphus* or "Mock Orange Blossom", but it is also the botanical name for Lilac. We, and the poor customer went round and round in circles, trying to establish which one it was to be, but, though we all came to the conclusion that the "whatever it was" should have single, white, very fragrant flowers, he stuck to his guns in that it was to be a "Syringa", and

we never did get to the bottom of it. Perhaps we should just have ordered both and let him choose when they arrived.

Philadelphus shrubs (named after the ancient Egyptian King Philadelphus – who was presumably both attractive and fragrant) are in full flower this month in my garden. The shrubs I have come from old bushes in my grandparent's garden. They are probably *Philadelphus coronarius* which is one of the larger, most strongly growing species. They produce hundreds of wonderfully fragrant flowers, but at a height and spread of 3 metres, are probably too large for most modern gardens. P. 'Belle Etoile', a neater shrub with large, very fragrant, open flowers

J. N. & E.

Capstick

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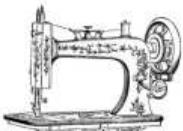
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which are white, flushed maroon in the centre and *P. 'Silver Showers'* a small neat shrub which bears delicate, single, white, scented flowers over dense, twiggy stems. For double flowered selections, *P. 'Manteau d'Hermine'* and *P. 'Bouquet Blanc'* are both neat in habit. *P. coronarius 'Aureus'* is a wonderful cultivar where bright golden foliage is required, and *P. coronarius 'Variegatus'* is the best silver variegated form. All cultivars make robust, trouble free shrubs which will grow in any type of soil, in sun or partial shade.

Elaine Horne

SEDBERGH ALLOTMENTS ASSOCIATION

A well attended meeting of the Sedbergh Allotment Association's AGM took place at the People's Hall on 6 June. In addition to the essential business of approving the

Association's finances, election of officers and reviewing plot-holders' rules, the meeting provided the opportunity to reflect on another successful year and to consider plans for the future.

Matters discussed included the renewal of boundary fencing, the management of hedgerows, the safeguarding of wildlife interests (except slugs!) and the arrangements for the communal purchasing of seeds. The possibility in the longer term of replacing the plot-holders' shed was also considered.

Following an unusually high rate of plots changing hands over the last few months, the meeting also discussed the very short waiting list and the desirability of encouraging

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local people who might be interested in cultivating a plot in the future to put their names forward for inclusion on the list. Membership is open to anyone having a property address within the LA10 5 postal area. If you are interested in joining the waiting list or would like more information on the Association, please contact the Secretary, Ann Parratt (015396 20964) or the Chairman, Jim Atkins (015396 20031). Details of the allotment site are included in the 'community' page of the Sedbergh.org.uk website.

The Association is also holding an open day on 20th August from 10am when anyone is most welcome to visit the allotment site on Birks

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Lane to see the impressive variety of fruit and vegetables being cultivated and to chat with plot-holders.

Jim Atkins

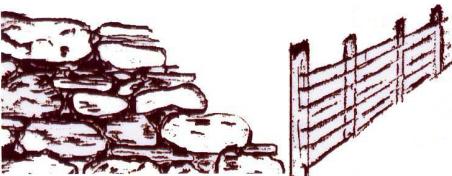
MAY WEATHER

After a cool start to the month it has gradually warmed up, as to be expected, with the sun "travelling" North. In fact for the first week the wind chill was at or below freezing each night! During the third week we registered a high of 79F (26.1C). On

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the night of the 10th the temperature dropped to a low of 33.1F (0.6C). This was the only ground frost of the month. Also the first 11 days were dry as were 6 days in week three giving us a total precipitation of 2.87 inches (72.9mm). Again it was a breezy month with only 4 days without a gust in double figures and a high of 23.3mph (37.5kph).

May is a vigorous month with great changes taking place especially to

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trees with massive leaf growth. Grass growth is coming but the sheep are eating it as fast as it grows. When the rain came things improved. It was good to see eggs in the swallow and blue tit nests. Unfortunately the swallow's 5 eggs were broken. Goodness knows how this happened tucked away in the corner of a dark kennel. After last month's disaster with the blackbird and thrush fledglings it seems that some blackbirds and thrush are taking food to young again. Let's hope they are more successful! On my early morning bottling trip there is a wren singing his socks off each day. Let's hope they are successful though they appear to be outside and not in the

shippon as usual. Around the garden the bluebells are giving way to foxgloves. It is good to see colour changes. Down the lane wild raspberries are fruiting and water avens are in bloom. Very few butterflies have made it so far and again I have seen no bats. I understand from a friend that the ash trees in their neighbourhood, out of town, are suffering from die-back so be on the alert.

SEDBERGH IN BLOOM

We have been delighted to hear the comments about the flower beds and the new planters, so a huge thank you to everyone .

We have once again been successful with our application for a grant from the Community Office Fund whose income is generated from the Clutterbooks Charity Shop. So a huge thank you to them also. It is wonderful that so many people spend their money in the Charity Shop and in return enjoy the flower beds etc, which are created by funds received from proceeds of the shop. (recycling really does pay)

Personally I must say a big thank you to my fellow committee members

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who have undertaken all the planting of the bedding plants when I have been otherwise engaged. It is them that we all should be thanking.

Many people are unaware just who we are so here goes, Marilyn Leckie, Janet Benson, Bill Lowis, Sue Bateman, Denise Chambers and myself, Dorothy Blair

We would welcome anyone who would like to join our small group. We do not have regular meetings, we meet as and when required, but we would like some – dare I say it – slightly younger members who find climbing up onto the flower beds easier than some of us do.

Dorothy Blair

LUNESDALE AGRICULTURAL SHOW

Tuesday 8th August 2017

The Lunesdale Agricultural Show will be held this year at its usual venue of Underley Park, Kirkby Lonsdale LA6 2DS. Schedules are available on the show website www.lunesdaleshow.org.uk for the Cattle, Sheep, Horse, Sticks and Crooks, Poultry, Dog and Home Industries sections. Entries for the

Dog section close on Saturday 8th July, Livestock, Sticks and Crooks, Horses and Poultry close on Friday 21st July and Home Industries close on Tuesday 25th July.

The Craft Marquee, featuring all hand crafted items is already full, the Food Hall is promoting locally sourced produce and a wide variety of trade stands are booked in for the show. There will be plenty of children's entertainment to suit all ages as well as the popular Cumberland and Westmorland Wrestling competition. In the main ring the Vale of Lune Hunt will display their hounds before the Grand Parade of prize winners at 2.45pm and this will be followed by the Parade of Vintage Vehicles and then the show jumping.

Email info@lunesdaleshow.org.uk or call into Sedbergh TIC for advance tickets at Adult £7, Child aged 15 or under £3, Concessions £5. Under 5s free.

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SEDBERGH COMMUNITY SWIFTS

July is peak time for watching swifts. We often hear their screaming before we see them swooping around the sky, such an evocative sound and sight of summer.

When flying high they are busy feeding, catching insects and tiny spiders that they collect in their throat pouches. In July these birds are a combination of breeding swifts and juveniles that are not yet old enough to breed, but which migrate here and look for sites for future years.

Chicks will have hatched in mid-June so by now both the parents will be kept increasingly busy feeding them – on average an adult goes in and out of the nest about every 40 minutes. After they hatch, the chicks

spend 40 days in the nest so most will fledge and make that crucial maiden flight by the end of July. This means we have barely four weeks to enjoy these wonderful birds before they migrate back to Africa at the beginning of August.

Screaming parties are unpredictable and appear at many times of day (although less so in afternoons). In these long summer evenings a good time to see swifts flying around is after 9pm, especially when it's warm and humid when the insects are lower. Both adults return to the nest at night, and many are not going back in until around 10pm, so the half hour before dusk is the best time to spot them darting into their nest sites.

Thank you to all who contact us to

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tell us about swift sightings, it's really useful, and we'd like to hear from anyone who can tell us more. These are your – the community's – swifts, and our aim is to discover more new nest sites and also to monitor existing sites, so we can get an idea of how they are doing. Would you like to volunteer and help us occasionally, maybe around where you live? You don't need to be an expert, we'll show you what to look for so do please get in touch. If you would like to give it a go it would be an enormous help.

At Settlebeck school both pairs of swifts have been re-united in the two webcam boxes, which is excellent news. One of the pairs laid 2 eggs, on 26 & 28 May, and the other pair laid 3 eggs. Everyone can now watch live action in one of the boxes – here is the link <http://www.settlebeck.org/swifts/live.html> (at the time of writing it sometimes buffers and this is being worked on. You may also need to refresh your screen). You can also watch live activity very clearly in *both of the boxes* via a smartphone or tablet by downloading a free app: instructions are on the above website,



scroll down below the video screen and follow what to do (and it doesn't buffer).

Unfortunately some of the eggs have been knocked out of the Settlebeck nests, leaving one pair incubating only one egg and the other with none. So far the latter parents are still coming in at night, and that is a good time to see the swifts nuzzling on their nest.

We expect that the chick will hatch about 17 June, and that by the time you read this you will be able to see it feeding and grow. One of the most exciting activities is when chicks, after about 20 days of age, do vigorous press-ups, pressing down on their wings and lifting their tails. These are wing-strengthening exercises to prepare them for the maiden flight and for the next few years of living entirely on the wing.

Do join us for another session of evening swift-watching on Friday July 7th: meet at Joss Lane car park at 8.30pm. Everyone is most welcome.

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

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SEDBERGH MEDICAL PRACTICE

News from the Practice

Last month Susan Blunt, Dispenser, Receptionist and Medicines Manager, retired after over 20 years of service to Sedbergh GP practices. She was our longest serving member of staff and is going to be sorely missed by us all. Before she left she kindly wrote an article for me about Admission Avoidance and Advance Care Planning - an area of work she was heavily involved with during the last few years at SMP.

Advance Care Planning

At Sedbergh Medical Practice we are part of the national move to encourage older people to consider their long-term care and needs, and to take measures to avoid admission to hospital wherever possible; if this is what they want. The Grave Talk session held in Sedbergh last autumn was considered by many to be helpful and useful.

Although we appreciate that not everyone will want to talk about this, we offer Admission Avoidance Care Planning appointments with a doctor. During these appointments the discussion will cover such subjects as 'preferred place of care' which is about where you would like to be looked after when the time comes; cardiopulmonary resuscitation (CPR), and advance directives ('living wills'). Not everyone will have considered a Power of Attorney both for Finance and for Health & Welfare. Where appropriate we can make referrals to our Care Navigator who can discuss with you any adaptations that could help to keep you more independent in

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Once the discussion is complete you will receive a copy of the Care Plan to keep in your home somewhere that is accessible to those who might need to see it. We will review it with you every twelve months, updating if required. We have so far had these discussions with more than 145 people over the last two and a half years.

The Admission Avoidance Care Planning appointment with a doctor is generally a 'one off', and offers an opportunity to make choices and put plans in place for your future. You can then get on with your life! - knowing that at every stage we will support your independence as long as possible.

Susan Blunt

Thank you Susan for all your hard work and we hope that you are enjoying your well-earned retirement.

Dr Chrissie Hunt

KILLINGTON SPORTS

Despite forecasts throughout the week of rain for the traditional Whit (now Spring Bank holiday) Thursday evening, the forecasters thoughtfully pushed the rain back into the early hours of Friday and we had glorious weather for the Annual Killington Sports - attended by a record turnout of over 800 supporters and participants from all round the Lakes and Dales. The earliest known reference to these Sports was in the Westmorland Gazette in 1843, so next year we should be celebrating our 175th. Anniversary (at least)!!

As usual, it featured a good range of events including the usual Field-running, Fell-racing (both on foot and on Mountain Bikes) and the traditional

Wrestling programme. These events were interspersed with the usual fun events such as Tyre-, Potato-, Three-legged- and Sack-races, Pillow-fights and Egg-throwing. The side-shows included Pitch-penny, Horse-shoe, and a Coconut Shy and were all well patronised.

All events had a good level of entries, often requiring several heats before the final race (in fact, the Junior Potato race required 12 heats of 6 competitors each!), but the other most popular events of the night were once again the Fell Races which had, in total, over 250 entries. This number was dominated by the 11 & under Fell Race when over a 100 youngsters scampered off at the Start - and all finished without mishap!! The evening

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came to its usual conclusion beneath the glow of spotlights with the Tug o' War events - Sedbergh YFC team were winners of the Main event and "The Falcons" won the U16 event.

It was great to see so many regular participants returning again to compete for the various trophies and the money prizes generously funded by our many sponsors.

Our regular handicapper and commentator, Roger Ingham, once again entertained the crowd with his humorous (bordering on the politically incorrect!), but extremely knowledgeable commentary – again a valuable contribution to the success and enjoyment of the Sports.

Much credit for another successful Killington Sports goes to the local Sports Committee for the preparation of the field and organisation on the night. However, they would like to express their gratitude once again to John Capstick for the loan (and early mowing!) of his field, to Killington

Marquees for the provision of tents and especially to all our sponsors for their generosity in providing the prize money. The Sports Committee were also grateful for the assistance of the C&W Wrestling Association who provided the Judges. Excellent BBQ refreshments were provided throughout the night by Alison Thompson Catering, together with ice-creams from Roger Ingham's traditional barrow and sweets & drinks sold by the Killington Mums.
Results

U12 Tyre race – 1st. Eva Allan, 2nd. Matthew Wright, 3rd. Finby Petrucci, 4th. Charlie Blackburn, 5th. Scarlett Metcalf.

U17 Tyre race – 1st. Thomas Nelson, 2nd. Mark Wharton, 3rd. Legar Hargreaves, 4th. Sam Gorst, 5th. Joe Hudsey.

U9 Boys 100yds – 1st. Alfie Addison, 2nd. Noah Wadsworth, 3rd. Euan Wells, 4th. Reece Robinson, 5th. ?

U9 girls 100yds – 1st. Esme



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Walkingshaw, 2nd. Holly Treece, 3rd.
Edie Eccleston, 4th. Anna Petrucci,
5th. Betsy Willis.

U13 Boys 100yds – 1st. Ben
Redshaw, 2nd, Harry Bowen, 3rd. Sam
Hedley, 4th. Johnny Bland, 5th. ?

U13 Girls 100yds – 1st. Sarah Smith,
2nd. Clara Samson, 3rd. ?, 4th.
Shannon Robinson, 5th. Olivia
Winder.

U17 Boys 100yds – 1st. Innes
Davidson, 2nd. Legar Hargreaves, 3rd.
Tom Barrett, 4th. ?, 5th. Alex Booth.
U17 Girls 100yds – 1st. Kate Wilder,
2nd. Melissa Sprout, 3rd. Lettie Burns,
4th. Isabel Schofield, 5th. ?
Men's 100yds – 1st. Tom Batly, 2nd.
Jacob Aubrey, 3rd. Richard Burns, 4th.
Daniel Caton.

Ladies 100yds – 1st. Gayle Denny,
2nd. Emma Caton, 3rd. ?, 4th. Connie
Hodgson.

U12 Sack race – 1st. Sarah Smith,
2nd. Beau Walkingshaw, 3rd. Shannon
Robinson, 4th. Heather Booth, 5th.
Amelie Miur.

U17 Sack race – 1st. Josh Roelants,
2nd. Harry Sanderson, 3rd. James
Bower, 4th. Alex Thompson, 5th. Jack
Strickland.

Men's Sack race – 1st. Archie Barber,
2nd. Dan Caton, 3rd. Tom Batty, 4th.
Joe Gorst.

Ladies Sack race – 1st. Connie
Hodgson, 2nd, Emma Caton, 3rd. Mary
Atkinson, 4th. Charlotte Charnley.
U12 Boys Potato race – 1st. Euan
Allan, 2nd. Josh Fothergill, 3rd. ?,

4 th ?, 5 th ?.	William Preece.
U12 Girls Potato race – 1 st . Tara Allan, 2 nd . Beau Walkingshaw, 3 rd ?, 4 th ?, 5 th ?.	U17 Mixed 3-legged race – 1 st . Joe Hudson & Gemma Darwin, 2 nd .
U17 Boys Potato race – 1 st . Harry Sanderson, 2 nd . Isaac Robinson, 3 rd . Thomas Darwin, 4 th . Georda Moss, 5 th . Walter Keegan.	Thomas Smith & Abbie Allan, 3 rd ?, 4 th . Sam Gorst & Sophie Waller.
U17 Girls Potato race – 1 st . Lettie Burns, 2 nd . Martha Keegan, 3 rd . Lara Haygarth, 4 th . Sophie Waller, 5 th ?.	Adult Mixed 3-legged race – 1 st . Tom Batty & Gay Denny, 2 nd . Joe Gorst & Mary Atkinson, 3 rd . Dan Caton & Emma Caton, 4 th . Jacob Aubrey & Mille Syker.
Men's Potato race – 1 st . Jacob Aubrey, 2 nd . Richard Burns, 3 rd . Tom Batty, 4 th . Harry Gorst.	Mile Handicap – 1 st . Jacob Aubrey, 2 nd . Luke Bower, 3 rd . Adam Perry, 4 th . Harry Gorst, 5 th . Gary Beardwood.
Ladies Potato race – 1 st . Connie Hodson, 2 nd . Mary Atkinson, 3 rd . Gail Batty, 4 th . EmmaCaton.	<u>Half-mile Handicap</u>
U15 Egg Throwing – 1 st . Will Atkinson & Lewis Hudson.	U17 Boys – 1 st . Martin Askew, 2 nd .
Senior Egg Throwing – 1 st . Robert & Martin Askew.	Alex Thompson, 3 rd . Arthur Peal, 4 th .
Ladies 200yds – 1 st . Kate Wilder, 2 nd . Connie Hodgson, 3 rd . Catherine Lawson, 4 th . Melissa Sproul.	Alex Tallon, 5 th . Henry Hunter.
Men's 200yds – 1 st . Jacob Aubrey, 2 nd . Luke Bohan, 3 rd . Tom Batty, 4 th .	U17 Girls – 1 st . Lottie Beardwood, 2 nd . Rosie Woodhams, 3 rd . Helena White, 4 th . Ella Beardwood, 5 th . Emie Kanner.
	Ladies 400yds – 1 st . Lottie Burns, 2 nd .
	Connie Hodgson, 3 rd ?, 4 th ?.
	Men's 400yds – 1 st . Jacob Aubrey, 2 nd . Joe Hudson, 3 rd . Luke Bower, 4 th . Tom Barrett.



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Open Mountain Bike race – 1st.
Richard Greenep, 2nd. Joe Hudson,
3rd. Tom Nelson.
1st. Lady Lucy Spain.
Senior Fell race – 1st. Tom Addison,
2nd. Adam Osborne, 3rd. Luke Bowen,
4th. Adam Perry, 5th. Jacob Aubrey
1st V40 Adam Osborne
1st V50 Craig Smith
1st. Local Boy
Ladies – 1st. Nina Walkingshaw, 2nd.
Lucy Spain, 3rd. Jayne Rigby, 4th.
Sharon Hudson, 5th. Tessa
Hagendoorn.
1st. V40 Jayne Rigby
1st. V50 Helen Greenep
1st. V60 Pauline Symonds.
U17 Fell race – 1st. Joe Hudson, 2nd.
Tom Barratt, 3rd. Robert Askew, 4th.

Seb Segger-Staveley, 5th. Thomas
Marshall.
Girls – 1st. Rosie Woodhams, 2nd.
Lauryn Gregg, 3rd. Abbie Allan, 4th.
Lottie Beardwood, 5th.?
1st. Local Girl – Abbie Allan
U14 Fell race – 1st. Fraser Sproul,
2nd. Daniel Sanderson, 3rd. Alex
Thompson, 4th. Sam Smith, 5th.
James Bower.
1st. Local Boy – Tom Allan
Girls – 1st. Olesia Winder, 2nd. Beth
Roberts, 3rd. Niamh Conroy, 4th.
Emma Peal, 5th. Ella Beardwood
U12 Fell race – 1st. Evan Allan, 2nd.
Louis Bigland, 3rd. Jack Barker, 4th.
Joseph Rigby, 5th. Harry Ewbank.
Girls – 1st. Clara Samson, 2nd. Sarah
Smith, 3rd. Elodie Malcolm,

<p>4th. Scarlett Metcalfe, 5th. Elise Tallon. 1st. Local Boy – Caius Pennington. 1st. Local Girl – Hattie Partington. U17 Tug of War – 1st. “The Falcons”, 2nd. “The Forks” Senior Tug of War – 1st. Sedbergh YFC, 2nd. “Dent Pullers” <u>Wrestling</u> Children 6-8Yr – 1st. Ivan Winder, 2nd. John Stainton, 3rd. Hatte Partington Children U12 – 1st. Thomas Wilson, 2nd. Max Bates. Children U15 – 1st. Max Wharton, 2nd. Thomas Davidson, 3rd. James Dickinson Girls 18 – 1st. Gema Coulterd, 2nd. Kelsa Cordukes, 3rd. Elizabeth Wilson. Boys U18 – 1st. George Wilson, 2nd. Mark Wharton, 3rd. Edward Robson.</p>	<p>Men U21 & U12st. – 1st. George Wilson, 2nd. Zac Singleton, 3rd. Alex Wragg Men U13st. – 1st. Ben Brocklebank, 2nd. Alex Wragg, 3rd. Adrian Myers. Men All-weights – 1st. Thomas Brocklebank, 2nd. Graham Brocklebank, Zac Singleton. Ladies All-weights – 1st. Connie Hodgson, 2nd. Hannah Hodgson, 3rd. Lois Cordukes. <u>Pillow Fight</u> Mixed U12 – 1st. Rosie Hodgson, 2nd. Molly Partington, 3rd. Matthew Harrison. Mixed 12-16 – 1st. Sam Johnston, 2nd. Sam Gorst, 3rd. Tom Smith Men – 1st. George Wilson, 2nd. Charlie Preece, 3rd. Will Preece. <i>John Mather</i></p>
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 Craft Beers & Full Independent Wine List

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CHRISTIAN AID in Sedbergh and District

Many thanks to all those who supported us during Christian Aid Week. The Coffee morning made £290.40 and at the point of writing the door to door collections have raised nearly £2,000.00. Further contributions are still arriving so when all is in we'll let you know the final total.

Anne Pitt

(On behalf of the Christian Aid Committee)

SEDBERGH BOWLING CLUB

We are hoping to encourage new members so will be offering free taster sessions in July on Saturdays 8th and 15th at 5:30pm to 7pm. Members will be there to give tuition

in a patient and friendly way. Please wear flat shoes. Bowls will be provided by the club. Come along and try Crown Green Bowling at the rear of Queens Gardens, Station Road.

If you can't make it at these times and would like more information, please ring Linda on 20279 to arrange a time to suit. L Killops

AGAMEMNON

The Story Continues.

For those of you who have been asleep or on holiday, the story so far: Agamemnon, King of Mycenae, has returned from the siege of Troy, only to be murdered in his bath by his villainous wife Clytemnestra and her lover, the bubbling blonde half-wit



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Aegisthus, in a bid to retain the power to negotiate the new relationship between Mycenae and the Hellenic Union (HU); the now famous Mycexit.

Aegisthus, meanwhile, has landed in Thebes, the fabulous capital of the United Kingdoms of Egypt, for an audience with the Pharaoh Trumpnosis I. Sadly, the Pharaoh is engaged: the former head of the PhBI (The Pharaoh's Best Investigators), is giving evidence to the high priests of the Sun God Ra and telling them of



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Mob: 07977514229

Email: info@gjbainesandson.co.uk

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secret negotiations between the Trumpnosis and Pootin, the evil King of the Hittites.

For a little light amusement, our bloated, bouncy blonde is ushered grovelling into the Presence.

"You come to bother me, O worm?"

"O son of Seth and Bee, Lord of the Upper and Lower Egypt,
Supreme....."

"Get on with it O toads spawn."

Still prostrate, Aegisthus titters; "I have a humble request from my noble Queen Clytemnestra to deliver."

"Then deliver it O monkey's spit, I got important business to attend to."

"O wisest of the wise, as you doubtless know our noble King Agamemnon had a bathing accident and now the wicked seer, old bearded Nestor, is turning the people away from their Queen and filling their simple heads with anti-Egyptian nonsense. This Nestor has even suggested that your much anticipated state visit should be cancelled and that we should spend less on fancy chariots!"

"Okay creep, come on up here and I'll tell you what you're gonna do."

Clytemnestra is about to deliver a speech to the grumbling masses from the Palace walls. "I have work to do to bring you strong and stable government and I cannot bear all this grumbling. Do I make myself clear?" She tells them.

Some of the crowd start to laugh as Aegisthus appears, making lewd gestures with his tickling stick and prancing up and down the wall behind her. Clytemnestra turns and says something to Aegisthus who laughs and taps her head with the tickling

stick.

"As I was saying: You know that I was never going to sell your children so the *aristoi*, (the top people in Mycenae), could pay less taxes. You really should not listen to that old misery Nestor....."

The crowd continues to grumble threateningly.

"When I said that I would sell your hovels and rent them back to you, I was misquoted." She turns sharply to Aegisthus who continues to caper up and down prodding the Queen with his stick. "Will you stop it or you'll have us both off this wall."

"I only suggested that we could hunt those little furry terrorist foxes in order to protect you the people and not simply in order to amuse the better off, as that old curmudgeon Nestor would have you believe. Aegisthus, I've told you once, stop capering with that bloody stick..."

Suddenly, in a fit of giggles, Aegisthus gives Clytemnestra a push.

Screaming treachery, she plunges from the walls to her death.

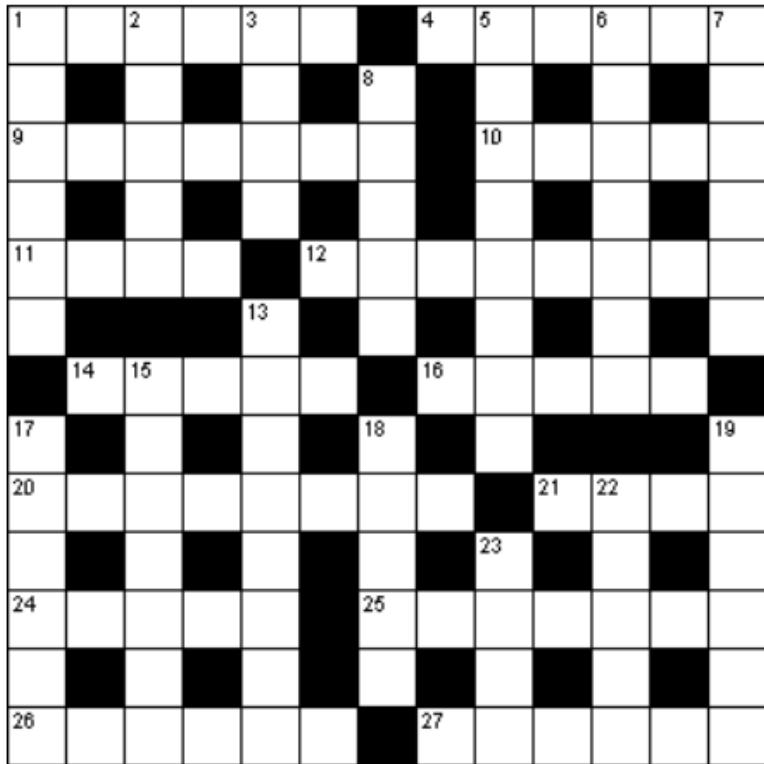
Hubris, gentle reader, is always followed by Nemesis.

To be continued, never fear.

Nick Cross



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Across

1. Ploy (6)
4. Requiring secret knowledge (6)
9. Disapproves (7)
10. Angry (5)
11. Land measure (4)
12. Perplexing (8)
14. Disney cartoon character (5)
16. Mournful poem (5)
20. Scorn (8)
21. Fencing sword (4)
24. Female relative (5)
25. Pills (7)
26. Unmarried (6)
27. Precious stones (6)

Down

1. Worldwide (6)
2. US military officer (5)
3. Unit of length (4)
5. Precipitation (8)
6. Astounding (7)
7. Come out into view (6)
8. Ordinary (5)
13. Celestial (8)
15. Lamp (7)
17. Parts of a play (6)
18. Catches sight of (5)
19. Creatures (6)
22. Fragment (5)
23. Woodwind instrument (4)

PERSONAL & SMALL ADS £1

NORMAN CAPSTICK

Happy **90th Birthday** Norman on 13th July. To the best Dad you could ever wish for. With all our love. Rob and Sylvia xxx

NORMAN CAPSTICK

Norman. Happy **90th Birthday** Grandad on 13th July. Looking forward to your party. Lots of love Jo and Chris xx

NORMAN CAPSTICK

Norman. Happy **90th Birthday** Grandad on 13th July. Have a lovely day. Love Hayley, Patrick and Sophie xx

NORMAN CAPSTICK

Norman. Congratulations on your **90th Birthday** Grandad on 13th July. All our love Michael, Cathy, Sam, Amy and Max xx

GEORGINA DEVINE

I really enjoyed the sailing on Sunday 21st May at Killington Sailing Club. Never done it before - it was my first time. Plenty of support there. Everybody was very friendly. Got a nice welcome. Georgina.

ANNE-MARIE GARNETT

Happy Birthday Anne-Marie on the 14th July. Love from Mum, Dad, Ben, Nana, Aunty Dawn and Aunty Georgina.

JUNE HILL/CRAGG

Alison, Mel, Luke, Kim and Zoe would like to thank everyone for their kind messages, cards and flowers following the sad loss of our Mum and Nana, June. Special thanks to PPS caterers, Sedbergh Medical Centre, and District Nurses, without whose help we could not have kept Mum at home, where she wanted to be. Thank you to Brian Goad and J J Martin for their help and guidance. To Dorothy for the lovely tea, especially the pork pies, to Reverend McMullon for the lovely service and all who attended the funeral.

JOAN LUFFMAN

Joan would like to thank all relatives, friends and neighbours for phone messages, cards and visits during her stay in hospital. Special thanks to all staff at Ward 37, Lancaster hospital and Langdale South Ward at Kendal.

FOR SALE

Three metre Bell Tent. Little used. Great condition. £300. 2016 Kona Sutra Touring Bike. As new. £750. Takeharu Acoustic Guitar. Well used, but great sound. Good beginners guitar. £35. Fokker Cast iron Gas Cooking ring. Good for outdoors/wok cooking. Photographic Printer. Canon Pro 9000. Little used. £120. Bainbridge Road. 07719-773206.

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(Continued from page 85)

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

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

CHILDREN'S BIRTHDAYS

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

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

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

D J Whicker

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	09/16	Helpline	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	06/16	Dr Ripley	mylesripley52@gmail.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	mylesripley52@gmail.com	
Labour Supporters Group	10/15	Mr Cross	01539	634139

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	12/14	Mrs Suttle	07810	833478	
Lunch Club	02/17	Mrs I'Anson	Sed:	21757	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554	
People's Hall	08/15	Sleepy Elephant	Sed:	21770	
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196	
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662	
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125	
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826	
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885	
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808	
Red Squirrel Group - Sedbergh	04/17	Mr Hopps	07870	785322	
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816	
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723	
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723	
Scouts	01/09	Mr Mawdsley	Sed:	20723	
Scouts - Explorers	11/15	Mrs Colton	07789	906421	
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613	
Sing Joyfully! (Casterton)	09/16	Mrs Micklithwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com		
Tennis Club	01/09	Mr Robinson	Sed:	21014	
Town Band	01/09	Mrs Waters	Sed:	20457	
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138	
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773	
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428	
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869	
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770	
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808	
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775	
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663	
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754	
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733	
Yoga	11/16	Mrs Henney	Sed:	20899	
Young Cumbria	01/09	Mrs Hartley	01524	781177	
Young Farmers Club	11/15	Miss Thompson	07590	115844	
Young Kidz	01/09	Mrs Baines	Sed:	21287	
Youth Club	09/16	Mrs Wilberforce	Sed:	21562	

* = Latest Amendments

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

EDITORS COMMENTS

NEW ADVERTISERS

Yet again, we have 4 new Advertisers this month with

1. Keith Moorby Accountant
2. Car Valeting
3. Hopper Estate Agents
4. Guardian Families.

If you make any enquiries with them, please mention that you have seen there Advert in Lookaround.

COVERS

Oops! Last month Front was a bit dark wasn't it but did you recognize where it was before you saw the back? I must admit, the wall looked a lot brighter on the computer screen.

FUTURE OF LOOKAROUND

There is nothing to report this month. We are still looking at our last issue being December 2018. To date (April 2017), we have had one enquiry and this is being followed up.

SOCIAL MEDIA

Modern technology is still moving forward at a rapid rate and many organisations are using this because it is very cheap. As a result, there are many events occurring in Sedbergh that appear on the likes of FaceBook

BUT not everyone has access and events are being organised and clashing with other events in the area that appear in Lookaround and the Information Centre. Can I please earnestly request all organisers in the area to submit their event to me for being included (for free) in the Diary Pages?

BACK COPIES

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

LOOKAROUND INFORMATION

The Sedbergh & District Lookaround is edited, published & distributed

monthly by Dennis & Jacky Whicker & is printed by Stramongate Press. The content of The Lookaround does not reflect the views of the Editors.

Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions. If there is an error with your article or advert, it is your turn this month in amongst hundreds of entries each month.

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

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

editor@sedberghlookaround.org.uk

ADVERTISING

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

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

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

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

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

will be credited.

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

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

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

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

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

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999 (over 17 years ago.)

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be

supported by text which cannot all be included in the advert. Any report after the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable. All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

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

If you are a new advertiser in *Lookaround* & you order 3 or more adverts, you will receive one free advert & can also include some text explaining who you are, what you are, where you are, etc (which can not all go into an advert) up to about 550 words for free.

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

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

Payments by BACS can also be made. **This account is valid from June 2017.**

Account:	Lookaround
Account Number:	90931551
Code:	20-45-45
Reference:	Invoice Number, your name or reference.

(Continued on page 81)

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1300	1330 (L)	Wed	564A	W
1015 (L)	1045	Wed	564A	W	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
					Last Update: May 2017				

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

*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)

S1 Kendal Shuttle Saturdays from 29th April 2017 R = Request only						
Kendal Morrisons			12:45			
Kendal Blackhall Road [opp bus sta]		09:00	12:50	14:20	16:15	
Kendal Asda		09:06	12:56	14:26	16:21	
Westmorland Hospital		09:07	12:57	14:27	16:22	
Oxenholme Station		09:10	13:00	14:30	16:25	
Killington M6 Bridge		09:20	13:10	14:40	16:35	
Sedbergh Dalesman		09:35	13:23	14:53	16:50	18:40
Sedbergh Maryfell		-	13:25R	14:55R	16:52R	-
Dent village		09:50		15:10	17:05	18:55
Cowgill		10:03			17:18	19:08R
Dent Station		10:05			17:20	19:10R
<i>Dent Station</i>						
<i>Train from Leeds</i>		10:16				19:23
<i>Train from Carlisle</i>		10:40			17:32	19:20
Dent Station		10:20			17:50	19:30R
Cowgill		10:22			17:52	19:32R
Dent village		10:35		15:15	18:05	19:45R
Sedbergh Maryfell	08:15	-	13:38	15:28	-	-
Sedbergh Library	08:20	10:50	13:40	15:30	18:20	20:00R
Killington M6 Bridge	08:32	11:02	13:52	15:42		
Oxenholme Station	08:42	11:12	14:02	15:52		
Westmorland Hospital	08:44	11:14	14:04	15:54		
Kendal Asda	08:45	11:15	14:05	15:55		
Kendal Blackhall Road Bus Station	08:55	11:25	14:15	16:05		
Kendal Morrisons		11:30				

- * 1840 from Sedbergh will only operate beyond Dent to Dent Station by request to the driver or for passengers waiting at Dent bus shelter. The 1930 from Dent Station to Sedbergh will only run by prior arrangement with the driver on the day.
- * 1020 Dent Station to Kendal will wait for up to 10 minutes beyond scheduled departure for late running 1016 train from Leeds.
- * The bus can be boarded or alighted at any place it is safe to stop. Please give a clear indication to the driver.

BUS SERVICES

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

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

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

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

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

BUS SERVICES

S3 Hawes Hopper Tuesdays only from 2nd May 2017 R = Request only					
Dent	-	09:30	-	13:40	15:40 R
Spar	-	09:44	11:20	13:54	15:54 R
Library	-	09:45	11:21	13:55	15:55 R
Maryfell	-	09:47	11:23	13:57	15:57 R
Farfield Mill (entrance)	-	09:49	11:25	13:59	-
Garsdale Street	-	09:58	11:34	14:08	-
Garsdale Station Arrive	-	10:04	11:40	14:14	-
Garsdale Station Depart	-	10:06	11:42	14:16	-
Moorcock Inn	-	10:08	11:44	14:18	-
Hawes Creamery	-	10:19	11:55	14:29	-
Hawes Market Place	-	10:21	11:57	14:31	-
Hawes Dales Centre	-	10:23	11:59	14:33	-
<i>Garsdale Station</i>					
<i>Train to Carlisle</i>		10:21	12:17	14:20	16:16
<i>Train to Leeds</i>		10:02	13:02	15:13	
Hawes Dales Centre		10:35	12:33	14:43	-
Hawes Market Place		10:40	12:35	14:45	-
Hawes Creamery		10:42	12:37	14:47	-
Moorcock Inn		10:53	12:48	14:58	-
Garsdale Station Arrive		10:55	12:50	15:00	-
Garsdale Station Depart		10:57	12:52	15:02	-
Garsdale Street		11:03	12:58	15:08	-
Farfield Mill (entrance)		11:12	13:07	15:17	-
Maryfell		11:14	13:09	15:19	-
Library	09:10	11:16	13:11	15:21	-
Opposite Morphet's Garage	09:11	11:17	13:12	15:22	-
Dent	09:25		13:26	15:36 R	-

* R = At 1522 at Sedbergh Spar the bus continues to Dent village only on request to the driver

* Connection to Hawes from 1021 train provided by Little White Bus (tel 01969 667400)

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

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

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

BUS SERVICES

S4 Kirkby Stephen Connect Fridays only from 5th May 2017 R = Request only						
Dent	-	09:30	-	-	13:40	15:45 R
Sedbergh Spar	-	09:44	-	11:29	13:54	15:59 R
Sedbergh Dalesman	-	09:45	-	11:30	13:55	16:00 R
Sedbergh Maryfell	-	09:47	-	11:32	13:57	16:02 R
Cautley Cross Keys	-	09:54	-	11:39	14:04	-
Fat Lamb	-	10:00	-	11:45	14:10	-
Ravenstonedale	-	10:05	-	-	14:15	-
Kirkby Stephen Station arr	-	10:12	-	11:52	14:22	-
Kirkby Stephen Station dep	-	10:15	10:36	11:55	14:25	-
Kirkby Stephen Town	-	10:20	10:41	12:00	14:30	-
<i>Kirkby Stephen Station</i>						
<i>Train from Leeds</i>						
<i>Train from Carlisle</i>						
Kirkby Stephen Town		10:25	10:50	12:35	14:49	
Kirkby Stephen Station arr		10:30	10:55	12:40	14:54	
Kirkby Stephen Station dep			10:58	12:43	15:02	
Ravenstonedale				12:50	15:09	
Fat Lamb			11:05	12:55	15:14	
Cautley Cross Keys			11:11	13:01	15:20	
Sedbergh Maryfell			11:18	13:08	15:27	
Sedbergh Library	09:10		11:20	13:10	15:29	
Opposite Morphet's Garage	09:11		11:21	13:11	15:30	
Dent	09:25			13:25	15:44 R	

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

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

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

July Church Services					
St. Andrew's Sedbergh	2nd	9th	16th	23rd	30th
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
10.30 am	Ecumenical Service @ Cornerstone	Holy Communion	Holy Communion	Holiday Club Commissioning @ Cornerstone	Choral Matins
6.30 pm	Eveing Prayer	Evening Prayer	Evening Prayer	Evening Prayer	Evening Prayer
Wednesday	5th	12th	19th	26th	
11.15	HC BCP	HC BCP	HC BCP	HC BCP	
	2nd	9th	16th	23rd	30th
St. Mark's Cautley	2.30pm Holy Communion	9.30am MP (NC)	No Service	2.30pm Prayer & Meditation	11am @ Cautley Chapel
St. John's Garsdale	10 am Holy Communion	2pm Low Smithy	6.30pm Street Chapel	10am Holy Communion	10am Service of the Word
Lune Parish Services					
	2nd	9th	16th	23rd	30th
Holy Trinity Howgill	10.30am Joint Ecumenical Service @ Cornerstone	2pm Holy Communion @ Firbank	2pm Holy Communion @ Killington	2pm Holy Communion @ Howgill	2pm Holy Communion @ Firbank
St John's Firbank					
All Saints Killington					
Dent & Cowgill Parish Services					
	2nd	9th	16th	23rd	30th
St. Andrew's	10.30am Holy Communion	10.30am Holy Communion	10.30am Holy Communion	10.30am Holy Communion	10.30am Holy Communion
St. John's	2.30pm Holy Communion	No Service	2.30pm Cowgill School Commemoration	No Service	No Service
Cornerstone Community Church (CCCM/N) Services (Formerly URC & Methodists)					
	2nd	9th	16th	23rd	30th
10.30 am	CCCM/PH	CCCN	CCCN	CCCN	CCCN
worship@peopleshall					
	2nd				
10.30 am	People's Hall				
HC = Holy Communion		SS = Sunday School			
BCP = Book of Common Prayer		MP/EP = Morning Prayer/Evening Prayer			
CW = Common Worship		M&P = Meditation & Prayer			
PC = Parish Communion		Taize = Modern Chants & Choral			
		NSV = New Sedbergh Version			

Religious Services in Sedbergh

CHURCH OF ENGLAND
 St. Andrew's Parish Church
 Sunday 08.00, 10.30 & 18.30
 Wednesday 11.15
Rev. A. McMullon Tel: 20018
Church Wardens:
 Tony Reed Screen 21081
 & Susan Sharrocks 20754
www.sedbergh.org.uk/churches/anglican

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**ROMAN CATHOLIC**  
 St. Andrew's Parish Church  
 Sunday 12.00  
 Holy Days 19.30  
**Rev. Dr. Peter Campbell Tel: 20918**

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CORNERSTONE COMMUNITY CHURCH
 New Street/Main Street
 Sunday 10.30
Rev. Carole Marsden Tel: 22030
Rev. David Crouchley Tel: 20329

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**SOCIETY OF FRIENDS**  
**QUAKERS**  
 Brigflatts  
 Sunday 10.30  
**Tess & Philip Satchell Tel: 20005**

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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*

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**CHURCH OF ENGLAND**  
 Cautley & Garsdale  
**Rev. Andy McMullon Tel: 20018**  
*Church Wardens:*  
 Cautley: Judith Bush 20058  
 & Maureen Hinch 20843  
 Garsdale: Rosemary Lord 20993  
 & Bill Mawdsley 20723  
 Firbank: Colin Wilson 20952  
 & Jean Dixon 20435  
 Howgill: Helen Hoggarth 20805  
 & Pauline Marshall 21651  
 Killington: Jennifer Thornely 20444  
 & John Mather 015242 76333

Dent & Cowgill  
**Rev. Andy McMullon Tel: 20018**  
**Rev. Christine Brown Tel: 25226**

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METHODIST CHURCH
 Dent; Dent Foot;
 Cautley; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostrow
Rev. David Crouchley Tel: 20329
Rev. Carole Marsden Tel: 22030

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**SEDBERGH CHRISTIAN CENTRE**  
 5.30 pm People's Hall every Sunday  
**Tel: 28151**  
[www.sedberghchristiancentre.co.uk](http://www.sedberghchristiancentre.co.uk)

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worship@peopleshall
 10:30 am 1st Sunday each month
Beth & Sandy Roy Tel: 20785

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**UNITARIAN & FREE CHRISTIAN CHAPEL**  
 Market Place, Kendal  
 Sunday 11.00  
 Wednesday 19.30  
**Rev. G. Jones Tel: 01539 722079**

## Lookaround Advertising Rates

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

All information to  
 72 Main Street, Sedbergh LA10 5AD  
 Closing Date 15th of every month.  
*Can all adverts please be  
accompanied with the correct money  
at the time of submission.*

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



## BED & BREAKFAST

| <b>Proprietor</b>   | <b>Address</b>                                                                                                                                            | <b>Phone (015396)</b> |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| Mrs J Postlethwaite | Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09)<br>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW<br>e-mail:- stay@drawellcottage.co.uk               | 21529                 |
| Mrs S Sharrocks     | Holmecroft; Station Road, Sedbergh LA10 5DW (2017/11)<br>1D; 1T; 1S; TVL; CH; NS; NP*, P; DR<br>Web Site: www.holmecroftbandb.co.uk                       | 20754                 |
| Mrs A Bramall       | Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11)<br>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB<br>e-mail: ali@interact.co.uk | 20360                 |
| Miss S Thurlby      | 15 Back Lane, Sedbergh LA10 5AQ (2012/12)<br>1D; 1T; TVL; CH; DW; P; DR; VB<br>e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available           | 20251                 |
| Ms D Wood           | Daleslea, Station Road, Sedbergh LA10 5DL (2014/06)<br>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW                                                            | 21789                 |
| Mrs Lappin          | The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05)<br>4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL                                        | 20200                 |
| Mrs S Gold-Wood     | Number Ten Main Street, Sedbergh LA10 5BN (2013/02)<br>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB; Free WiFi<br>e-mail: sangold.kwood@virgin.net       | 21808                 |
| Mrs G Baines        | Howgill View, 11 Bainbridge Road, Sedbergh LA10 5AU (2017/09)<br>2D; CH; L; NS; NP; VB; CW; DFB; Free WiFi<br>e-mail:- gill.durie@hotmail.com             | 21510                 |

## CAMPING, CARAVANNING & SELF-CATERING

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

## KEY

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

| Regular Events/Meetings |                     |                          |          |
|-------------------------|---------------------|--------------------------|----------|
| 1000                    | Every Sunday        | Free Entry to Locals     | FM       |
| 1000                    | Every Monday        | Wild Goose Qigong        | CCCM     |
| 1030                    | Every Monday        | Sedbergh Songsters       | GH       |
| 1730                    | Every Monday #      | Brownies                 | CCCN     |
| 1400                    | 1st Monday          | Bridging the Gap         | MC       |
| 1930                    | 1st Monday          | Dent Parish Council      | DMH      |
| 1930                    | 1st Monday          | People's Hall            | PH       |
| 1900                    | 3rd Monday          | Chamber of Trade         | PH       |
| 1430                    | Last Monday         | Tea & Company            | CCCN     |
| 0930                    | Every Tuesday       | Drop-in & Relax          | MCD      |
| 1300                    | Every Tuesday       | Howgill Toddlers         | HVH      |
| 1830                    | Every Tuesday       | Cub Scouts               | SHQ      |
| 1830                    | Every Tuesday       | Swimming Club            | SS       |
| 1930                    | Every Tuesday       | Bridge Club              | WHC      |
| 1400                    | 2nd Tuesday         | Killington WI            | PH       |
| 1400                    | 3rd Tuesday         | Sight Advice Sth Lakes   | PH       |
| 1930                    | 3rd Tuesday         | Ladies NFU               | PH       |
| 0830                    | Every Wednesday     | Sedbergh Market          | JLCP     |
| 1000                    | Every Wednesday     | Coffee Morning           | CCCM     |
| 1000                    | Every Wednesday     | Yoga for All             | HVH      |
| 1145                    | Every Wednesday     | Age UK Swimming          | SS Baths |
| 1315                    | Every Wednesday     | Art Society              | PH       |
| 1730                    | Every Wednesday     | Sedbergh Juniors         | PH       |
| 1730                    | Every Wednesday #   | Beaver Scouts            | SHQ      |
| 1900                    | Every Wednesday     | Sedbergh Town Band       | SSBR     |
| 1930                    | Every Wednesday     | Sedbergh Seniors         | PH       |
| 1930                    | 1st & 3rd Wednesday | History Society (Winter) | SSAT     |
| 1915                    | 2nd Wednesday       | Dentdale WI              | DMH      |
| 1930                    | 2nd Wednesday       | Sedbergh WI              | PH       |
| 1830                    | Every Thursday      | Swimming Club            | SS       |
| 1800                    | Every Wednesday     | Yoga for All             | SPS      |
| 1400                    | 1st & 3rd Thursday  | Child Health/Baby Club   | PH       |
| 1430                    | Every 2 weeks       | Cameo Club               | CCCN     |
| 1430                    | 1st Thursday        | Age UK Cream Tea         | Sed Café |
| 1930                    | 1st Thursday        | Howgill WI               | FCH      |
| 1200                    | 2nd Thursday        | Age UK Lunch Club        | Red Lion |
| 1915                    | 2nd Thursday        | Royal British Legion     | WHC      |
| 1930                    | 2nd Thursday        | Sed. Parish Council      | PH       |
| 1100                    | Every Friday        | Mindfulness Course       | MCD      |
| 1700                    | Every Friday #      | Barrel of Fun            | StAS     |
| 1800                    | Every Friday        | Cub Scouts               | SHQ      |
| 1930                    | Every Friday        | Scouts & Explorers       | SHQ      |
| 1330                    | 1st Friday          | Dentdale Club            | DMH      |
| 1000                    | Every Saturday      | Swimming Club            | SS       |

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

## PLACES OF INTEREST TO VISIT IN THE AREA

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

\* = Entry Fee Applicable

# DIARY OF EVENTS

*Dates are held up to 14th March 2018*

| JULY                                     |                                              |                      |                                                   |             |
|------------------------------------------|----------------------------------------------|----------------------|---------------------------------------------------|-------------|
| <b>1-30</b>                              | <b>Embroiderers Guild Exhibitions (6)</b>    | <b>FM</b>            | 28 1100 In The Kitchen - Dairying                 | DCMH        |
| <b>1-16</b>                              | <b>Spear Exhibition</b>                      | <b>DCMH</b>          | 28 1000 Mindful Yoga & Meditation (9 & 49)        | MCD         |
| 1 1000                                   | Saturday Coffee Morning                      | DMH                  | 29 1400 Strawberry Teas (13 & 29)                 | DMH         |
| 1 1000                                   | Cycling Festival (June)                      | Lupton Field, Back L | 29 1000 Learn to Meditate (9 & 49)                | MCD         |
| 1 1000                                   | Mindful Body Sense (9 & 49)                  | MCD                  | <b>30 Embroiderers Guild Exhibitions Ends (6)</b> | <b>FM</b>   |
| 1 1000                                   | Stone Carving                                | DCMH                 | 30 1030 Holiday Club (1 & 17)                     | PH          |
| 1 1315                                   | HS People of Penrith (1)                     | LHCP                 | 30 1100 Hawes Rural Heritage                      | DCMH        |
| 1 2230                                   | SS Firework Display (44)                     | Busk Lane            | 30 1100 Magical Moths                             | DCMH        |
| 2 1100                                   | Monthly Meditation Drop-In (9 & 49)          | MCD                  | 30 1000 Silent Retreat Day (9 & 49)               | MCD         |
| 2 0900                                   | Cyclosportive (June)                         | Lupton Field, Back L | 31 1030 Sign-along-a-story (16)                   | L           |
| 2 1000                                   | Cycling Festival (June)                      | Lupton Field, Back L | <b>31-5 Theatre Summer School</b>                 | <b>DCMH</b> |
| 3 Day                                    | SS Cricket Home Games                        | SS                   | <b>AUGUST</b>                                     |             |
| 4 1400                                   | Hawes Town Trail                             | DCMH                 | <b>1-Oct Lucy Pittaway Exhibition</b>             | DCMH        |
| 5 1000                                   | CM - Cornerstone Community Church            | CCCM                 | <b>1-5 Theatre Summer School</b>                  | DCMH        |
| 5 1400                                   | Tea in the Garden (tba)                      | Rhumes, Dent         | 2 1000 CM - NW Cancer                             | CCCM        |
| 5 1900                                   | Friends of Queen's Gardens (June)            | PH                   | 3 1930 WIHF - Failsafe Gardening                  | FCH         |
| 5 SS                                     | Term Ends                                    |                      | 5 1000 Saturday Coffee Morning                    | DMH         |
| 6 1030                                   | Quiet Day                                    | StMC                 | 5 1930 Flicks in the Fells - (tba)                | PH          |
| 6 1930                                   | WIHF - Dog Obedience Demonstration           | HVH                  | <b>5 Theatre Summer School Ends</b>               | <b>DCMH</b> |
| 7 2030                                   | Swift Spotting (7 & 67)                      | JLCP                 | 7 August Bank Holiday                             |             |
| 7 1400                                   | Dentdale Head to Foot (13)                   | DMH                  | 8 0830 Lunesdale Agricultural Show (66 & 48)      | KL          |
| 8 1000                                   | FLOW with Qigong (9 & 49)                    | MCD                  | 8 1930 Domino Drive                               | FCH         |
| 8 1730                                   | Bowling Taster Session (76)                  | QG                   | 9 1000 CM - Vacant                                | CCCM        |
| 8 1930                                   | Battle of the Somme Concert (8)              | StAS                 | 9 1915 WID - St John's Hospice                    | DMH         |
| 11 1400                                  | WIK - TBA                                    | PH                   | 9 1930 WIS - Quiz Night                           | PH          |
| 12 1000                                  | CM - Royal British Legion (12)               | CCCM                 | 10 1200 Age UK Lunch Club                         | Red Lion    |
| 12 1300                                  | Medical Centre Closed for Training (12 & 69) | MC                   | 10 1915 Royal British Legion (12)                 | WHC         |
| 12 1915                                  | WID - Ancestry                               | DMH                  | 13 1100 Monthly Meditation Drop-In (9 & 49)       | MCD         |
| 12 1930                                  | WIS - On the Rocks                           | PH                   | 14 1400 Dementia Alliance (22 & 54)               | PH          |
| 13 1200                                  | Age UK Lunch Club                            | Red Lion             | 16 1000 CM - Red Squirrels                        | CCCM        |
| 13 1915                                  | Royal British Legion (12)                    | WHC                  | 19 1000 Dentdale Chapel Coffee Morning            | DMH         |
| 13 1930                                  | Sedbergh Parish Council (6)                  | PH                   | 20 1000 Allotments Association Open Day (63)      | Birks Ln    |
| 15 1000                                  | StAS Summer Fair                             | StAS                 | 23 1000 CM - St AS Mission                        | CCCM        |
| 15 1000                                  | Creative Meditations (9 & 49)                | mcd                  | <b>24 1000 Art Exhibition Starts (64)</b>         | <b>SSL</b>  |
| 15 1400                                  | Cowgill School Commemoration (15)            | StJCC                | 25 1930 Children's Domino Drive (65)              | FCH         |
| 15 1730                                  | Bowling Taster Session (25)                  | QG                   | 26 0930 Artisan Market                            | Sedbergh    |
| <b>16 Spear Exhibition Ends</b>          |                                              | DCMH                 | 28 Late Summer Holiday                            |             |
| 16 1100                                  | Rugmaking Workshop                           | DCMH                 | <b>28 1000 Art Exhibition Ends (64)</b>           | <b>SSL</b>  |
| 16 1330                                  | Discover Aisgill Force                       | DCMH                 | 28 1100 Dent Gala (11)                            | Dent        |
| 16 1430                                  | Cowgill Sch Commemoration Service (15)       | StJCC                | 30 1000 CM - Garsdale Church                      | CCCM        |
| 16 Wisdom of our Body (9 & 49)           |                                              | MCD                  | <b>SEPTEMBER</b>                                  |             |
| 17 1000                                  | Grand Day Out (17)                           | JLCP                 | 1 1400 Dentdale Head to Foot (13)                 | DMH         |
| 18 1800                                  | Swimming Club AGM (18 & 14)                  | TIC                  | <b>1-Oct Lucy Pittaway Exhibition</b>             | <b>DCMH</b> |
| <b>18-Oct Lucy Pittaway Exhibition</b>   |                                              | DCMH                 | 2 1000 Saturday Coffee Morning                    | DMH         |
| 19 1000                                  | CM - Garsdale Churches Together (19)         | CCCM                 | 2 1930 Flicks in the Fells - (tba)                | PH          |
| 20 1930                                  | Garsdale Parish Council (8)                  | GVH                  | 3 1100 Monthly Meditation Drop-In (9 & 49)        | MCD         |
| 22 0930                                  | Artisan Market                               | Sedbergh             | 5 SS Term Begins                                  |             |
| 22 0930                                  | Dales Young Rangers (June)                   | PH                   | 6 1000 CM - St Johns Hospice                      | CCCM        |
| 22 1000                                  | Dentdale Chapel Coffee Morning               | DMH                  | 7 1930 WIHF - Servicing & Funding a Hospice       | HVH         |
| 23 1330                                  | Barns, Walls & Bridges                       | DCMH                 | 12 1400 WIK - Local Landscape                     | PH          |
| 23 1400                                  | Blooming Great Tea Party (23)                | Ghyllas              | 12 1930 Domino Drive                              | FCH         |
| <b>24 - 28 Holiday Club (1 &amp; 17)</b> |                                              | PH                   | 13 1000 CM - Talking Lookaround                   | CCCM        |
| 25 1100                                  | Dryystonewall Demonstration                  | DCMH                 | 13 1915 WID - Steve Swithin                       | DMH         |
| 25 1330                                  | Discover Aisgill Force                       | DCMH                 | 13 1930 WIS - Autumn Flowers                      | PH          |
| 26 1000                                  | Dales Young Rangers (June)                   | PH                   | 13 Princess Ida (April Text)                      | Staveley    |
| 26 1000                                  | CM - Garsdale Village Hall                   | CCCM                 | 14 1200 Age UK Lunch Club                         | Red Lion    |
| 26 1400                                  | What does a YDNP Ranger do?                  | DCMH                 | 14 1915 Royal British Legion (12)                 | WHC         |
| <b>28 Holiday Club Ends (1 &amp; 17)</b> |                                              | PH                   | 14 Princess Ida (April Text)                      | Staveley    |
| 28 1030                                  | Fantastic Felt                               | DCMH                 | 15 Princess Ida (April Text)                      | Staveley    |
|                                          |                                              |                      | 16 0930 Artisan Market                            | Sedbergh    |

**COVER PHOTO**  
**Howgill Patchwork**  
*By Bill Lowis*

|              |                                                   |            |
|--------------|---------------------------------------------------|------------|
| 16           | Princess Ida (April Text)                         | Staveley   |
| 17           | 1600 Messy Church                                 | CCCN       |
| 19           | 1930 Ladies NFU Home Guard                        | PH         |
| 20           | 1000 CM - Sedbergh WI                             | CCCM       |
| 20           | 1300 Medical Centre Closed for Training (12 & 69) | MC         |
| 23           | 1000 FLOW with Qigong (9 & 49)                    | MCD        |
| <b>24-28</b> | <b>Art Society Exhibition (Ad &amp; Text)</b>     | <b>SSL</b> |
| 27           | 1000 CM - First Responders                        | CCCM       |

**OCTOBER**

**2 Lucy Pittaway Exhibition Ends**

|    |                                                   |          |
|----|---------------------------------------------------|----------|
| 4  | 1000 CM - Christian Aid                           | CCCM     |
| 4  | 1930 HS - The Shap Stones                         | SSAT     |
| 5  | 1930 WIHF - AGM                                   | FCH      |
| 6  | 1400 Dentdale Head to Foot (13)                   | DMH      |
| 7  | 1000 Saturday Coffee Morning                      | CCCN     |
| 7  | 1930 Flicks in the Fells - (tba)                  | CM       |
| 8  | 1100 Monthly Meditation Drop-In (9 & 49)          | MCD      |
| 10 | 1400 WIK - Windermere's Lakeshore Villas          | PH       |
| 10 | 1930 Bingo & Tattie Pie Supper                    | FCH      |
| 11 | 1000 CM - Ladies NFU                              | CCCM     |
| 11 | 1300 Medical Centre Closed for Training (12 & 69) | MC       |
| 11 | 1915 WID - Gift Wrapping                          | DMH      |
| 11 | 1930 WIS - Finding Voices                         | PH       |
| 12 | 1200 Age UK Lunch Club                            | Red Lion |
| 12 | 1915 Royal British Legion (12)                    | WHC      |
| 14 | 1930 Olde Time Dance (16 & 65)                    | PH       |
| 17 | 1930 Ladies NFU St John's Hospice                 | PH       |
| 18 | 1000 CM - Firbank Church                          | CCCM     |
| 18 | 1930 HS - Liverpool Cowkeepers                    | SSAT     |
| 21 | SS Half Term Begins                               | CCCMM    |
| 25 | 1000 CM - Garsdale Church                         | PH       |
| 28 | Apple Day                                         | JLCP     |
| 29 | Clocks Fall Back                                  | KVH      |

**NOVEMBER**

|    |                                                   |          |
|----|---------------------------------------------------|----------|
| 1  | 1000 CM - Bowling Club                            | CCCM     |
| 1  | 1930 HS - Boskin, Skelbuse & foddergang           | DMH      |
| 2  | 1930 WIHF - Christmas Crafts                      | HVH      |
| 3  | 1400 Dentdale Head to Foot (13)                   | DMH      |
| 4  | 1000 Christmas Bazaar                             | DMH      |
| 4  | 1930 Flicks in the Fells - (tba)                  | PH       |
| 5  | 1100 Monthly Meditation Drop-In (9 & 49)          | MCD      |
| 5  | 1430 RCT Times at Wipers (March)                  | PH       |
| 5  | 1730 RCT Times at Wipers (March)                  | PH       |
| 5  | SS Half Term Ends                                 | StJCC    |
| 8  | 1000 CM - Royal British Legion                    | CCCM     |
| 8  | 1915 WID - AGM/Charades                           | DMH      |
| 8  | 1930 WIS - AGM & Jacobs Join                      | PH       |
| 9  | 1200 Age UK Lunch Club                            | Red Lion |
| 9  | 1915 Royal British Legion (12)                    | WHC      |
| 14 | 1400 WIK - AGM Plus                               | PH       |
| 14 | 1930 Church Domino Drive                          | FCH      |
| 15 | 1000 CM - Vacant                                  | CCCM     |
| 15 | 1930 HS - Monasteries in Cumbria                  | SSAT     |
| 16 | 1300 Medical Centre Closed for Training (12 & 69) | MC       |
| 18 | 1000 FLOW with Qigong (flow)                      | MCD      |
| 21 | 1930 Ladies NFU Kendal Chocolate House            | PH       |
| 22 | 1000 CM - Vacant                                  | CCCM     |
| 29 | 1000 CM - Vacant                                  | CCCM     |

|            |                                     |             |
|------------|-------------------------------------|-------------|
| 30         | St Andrew's Day                     |             |
| <b>1-4</b> | <b>Dent Folk Carols Weekend</b>     | <b>Dent</b> |
| 1          | 1400 Dentdale Head to Foot (13)     | DMH         |
| 2          | 1930 Flicks in the Fells - (tba)    | PH          |
| 5          | Town Band Christmas Concert         | StAS        |
| 6          | 1000 CM - Vacant                    | CCCM        |
| 6          | 1800 Late Night Shopping            | Sedbergh    |
| 6          | 1930 HS - The Highland Clearances   | SSAT        |
| 7          | 1930 WIHF - Christmas Party         | TBA         |
| 12         | WIK - Christmas Lunch               |             |
| 12         | Ladies NFU Old Sedbergh             | PH          |
| 12         | Christmas Domino Drive & Mince Pies | FCH         |
| 13         | 1000 CM - Vacant                    | CCCM        |

**DIARY KEY**

|        |                                           |
|--------|-------------------------------------------|
| BF     | = Brigflatts                              |
| BVH    | = Barbon Village Hall                     |
| CCCM   | = Cornerstone Community Church, Main St   |
| CCCN   | = Cornerstone Community Church, New St    |
| CM     | = Coffee Morning                          |
| CO     | = Community Office                        |
| CTIS   | = Churches Together in Sedbergh           |
| CWT    | = Cumbria Wildlife Trust                  |
| DCMH   | = Dales Countryside Museum, Hawes         |
| DCP    | = Dent Car Park                           |
| DMH    | = Dent Memorial Hall                      |
| DMC    | = Dent Methodist Church                   |
| 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                      |
| KVH    | = Killington Village Hall                 |
| L      | = Library, Main Street                    |
| LHCP   | = Loftus Hill Car Park                    |
| MC     | = Medical Centre                          |
| MCD    | = Meditation Centre, Dent                 |
| PH     | = People's Hall                           |
| QG     | = Queens Gardens                          |
| SASL   | = Sight Advice South Lakeland             |
| SMC(R) | = Sed. Methodist Church (Room)            |
| STADS  | = St Andrew's Church, Dent/Sedbergh       |
| StJCC  | = St Johns Church, Cowgill                |
| StMC   | = St Mark's Church, Cautley               |
| SIC    | = Sedbergh Information Centre, 72 Main St |
| SPS    | = Sedbergh Primary School                 |
| SS     | = Sedbergh School                         |
| SSAT   | = Settlebeck School Academy Trust         |
| WID    | = Women's Institute, Dentdale             |
| WIHF   | = Women's Institute, Howgill & Firbank    |
| WIK    | = Women's Institute, Killington           |
| WIS    | = Women's Institute, Sedbergh             |

*Entries in Bold indicate more than one date*

*Month in Bracket indicates when information last appeared*

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

## **Option 1 - 24hr Prescription line**

## Surgery and Dispensary Opening Hours

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

### Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.00am

**(No appointment necessary)**

Late Morning – 10.30am -12.30pm

**(By appointment only)**

Afternoon – 2.30pm – 6pm

**(By appointment only)**

### **Surgery by appointment only –**

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

### **Dent Surgery by appointment only - Monday**

### Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

**(By appointment only)**

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

Dressings Clinic – Friday afternoons

**(By appointment only)**

### Blood clinic

Monday – Thursday – 8.20am – 12pm

**(By appointment only)**

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

See our website

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

for further details

### Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

### Bridging the Gap

*First Monday - 1400 - 1600*

Mrs Colpus 01228 595937

### Location of Defibrillators

72 Main Street ~ People's Hall ~ Fire Station

## **POLICE**

101 or 999

Crimestoppers 0800 555 111

## **DENTAL SURGERY**

Main Street 20626

Ben Houghton (principal), Ian Dawson,  
Miss Katie McKay & Sarah Boom (Hygienist)

Monday to Friday 0900 - 1700

Saturday \*

## **SEDBERGH LIBRARY** Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

## **DENT LIBRARY** Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

## **SEDBERGH & DISTRICT INFORMATION CENTRE**

*for resident & visitor information*

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125/20504

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

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

## **VETERINARY SURGERY**

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 \*

1400 - 1500 \*

Other times by appointment only \*

## **PUBLIC TOILETS**

Main Street, Sedbergh

Main Street, Dent

## **MARKET DAY**

## **WEDNESDAY**

Last Page Update:

May 2017