

Sedbergh & District **LOOKAROUND**

October 2018

Issue 370

Donation £1

Welcome to the October issue which again is full of information with lots of events taking place.

We are now on the final countdown with only 2 issues after this one to compile. Please give your support to the new Team.

Please also give your support to Advertisers and Events and tell them that you have seen their Advert in Lookaround.

Dennis & Jacky Whicker

Sedbergh and District Christian Aid Committee

Coffee Morning



10am

Wednesday 10th October

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The Royal British Legion
Sedbergh Branch
presents

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by Dr Myles Ripley
Thursday 18th October
7.30pm

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CLOSING DATE: 15th of every month for everything

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Events & Miscellaneous			October Birthdays		
			Day	Name	Age
03 History Society		17	1	Isla CRAWFORD	3
05 Book Festival		5	3	William BLACKBURN	11
06 Thanksgiving Service		6	4	Isabella WOOF	8
08 Effortless Power		8	7	Ross HORNER	9
10 CA Coffee Morning		1	7	Amy SAVIGAR	10
13 Coffee Morning		13	9	Jed HARPER	10
13 Old Tyme Dance		13	12	Charlie MIDDLETON	2
14 Family Portraits		14	15	Kelly Ann SCOTT	10
18 Voyage to Antarctica		1	18	Joshua SWILO	2
21 Messy Church		21	19	Amelia GARDNER	7
27 Apple Day		27	20	Jade HUMPHREYS	7
British Legion		50	25	Hector GUBBINS	7
Coffee Mornings		4	25	Alex SAYNER	11
Cumbria Stoves Job Vacancy		8	27	Jessica WOOF	7
Information Centre		39	30	Jessica PARKER	5
Medical Centre		10	30	Olivia HUBBARD	9
Meditation Centre Events		6	31	Margaret PARK	3
Sedbergh Markets		78			
SPS Job Vacancy		7			
Nov 02 Bonfire Night		42			
Nov 08 Diwali Supper Club		48			
Nov 09 Charity Night		49			
Nov 11 Band Concert		51			
Nov 23 The Christmas Angel		53			

Weekly Coffee Morning		USEFUL TELEPHONE NUMBERS	
Cornerstone Community Church Main Street, Sedbergh 10 am to 12 noon		Age UK South Lakeland 030 300 30003	
		Electricity in any area 105	
		Medical in any area 111	
		Pension Service Surgery Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265	
		Police in any area 101	
		Sight Advice South Lakes 01539 769055	
		South Lakes Citizens Advice Bureau 03444 111 444	
		South Lakeland District Council 01539 733 333	
		Yorkshire Dale National Park 0300 456 0030	
		<i>If you would like to see any numbers listed here, please let us know.</i>	

SETTLEBECK NEWS

Juliet Proctor

In a year in which continuing concern has been raised about the changes to the content of examination papers, grading, grade boundaries and school performance measures students at Settlebeck School are once again celebrating very pleasing GCSE results.

Pass rates in English and Maths remain in line with 2017. As always there are a number of queries over re-marks and grade boundaries so once the official DfE September checking exercise has been completed we will be able to share accurate information with the media, the public and other stakeholders about our headline data.

Headteacher Sarah Campbell said: *Congratulations to all our wonderful Year 11 students on the results they are receiving today. These results are proof of the hard work of students and the dedication of my teaching staff. I am delighted that our students have proved to be adaptable and have risen to the challenges of the new assessments. Unfortunately, due*

to the changes in the grading system, those examinations sat by these students, when in Year 10, will not count towards the performance measures for the school. However, what really matters today are the results for individual students and once again outcomes are very good. I am proud of all our students including those for whom gaining a grade 1 is a huge achievement and those that have achieved numerous grade 9 results.

In July, Year 8s travelled to the stunning town of Le Touquet in Northern France where they enjoyed learning about sea life, how both World Wars affected Northern France, the culture of the town and its beautiful features. We visited a military cemetery and saw the grand coastline on the beautiful beach of Le Touquet. We stayed at the Hippotel, not far from the nearest town. Here the students enjoyed the private apartments as well as a game of football. To top it all off, the students and staff had a relaxing final day at the swimming complex in Le Touquet, which everyone thoroughly enjoyed.



Sedbergh

Book Town Festival

5th - 7th October 2018

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SEDBERGH PARISH COUNCIL

Janey Hassam

Clerk to the Council

This report covers items from the Parish Council meetings on the 13th September 2018. The next meeting is on Thursday 11 October 2018 at 7.30pm in the Committee Room, The People's Hall, Howgill Lane, Sedbergh.

Maryfell play park and parking

Members noted that progress was still being made into accumulating funds for the planned refurbishment of the play park at Maryfell. Updates will follow when a further meeting with SLDC has been arranged to consider the next steps. Whilst it is acknowledged this project has been ongoing for some time, it was noted



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The
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2pm
Saturday 6th October

at
Cornerstone Community Church
(URC) Main Street



Refreshments to follow
All are welcome

that almost £60,000 had now been secured.

Additionally, the issue of parking at Maryfell continues to be problematic and was discussed again by Members, particularly now school has returned. Following various meetings with CCC/YDNPA in 2017 and latterly with South Lakes Housing, it was noted that some progress had been made recently and further updates were awaited from SLH in regard to options to potentially improve parking.

Other matters

Various other matters were discussed, including: representation at Public Participation by Farfield Mill, a planned Respect Group meeting in relation to Appleby Horse Fair,

Planning, Amenities and Queen's Garden. Grant applications and Financial matters were also discussed, along with the resurfacing at the Tennis Court at Guldrey. Resurfacing plans for Joss Lane car park and the current lease of Loftus Hill car park were also discussed. Finally, as part of correspondence, Sedbergh School Voluntary Service Scheme and the planned Poppy event at St Andrew's Church were noted. Correspondence items relating to Bus/Book shelter were additionally noted, and it was agreed to place the item back on the Agenda in December.

Finally, it was noted that Cllr Farrell had resigned from Sedbergh Parish Council and that a Notice of Vacancy would be advertised in due course.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions. Public Participation is at the beginning of the Agenda and should

anyone wish to speak, they would be welcome to attend from 7.30pm.

If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at clerk@sedberghparishcouncil.org.uk

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



GARSDALE PARISH COUNCIL THE TRAFFIC LIGHT CITY

Philip Johns

The official bit: Garsdale Parish Council's September meeting comes too late to catch this addition of Lookaround but events are happening all over. Finally, work has started on the river retaining walls along The Street to remove self-seeded trees that are gradually causing the walls to crumble and then to reinstate the stone work. Activity is

Sedbergh Primary School

Lunchtime Supervisor & Bus children supervisor

We have a vacancy for a Lunchtime Supervisor and Bus Children Supervisor.

Both posts are Monday to Friday, term time only.

Lunchtime Supervisor hours are 11.45 am to 1.00pm.

Bus Children Supervisor hours are 8.30am to 9.00am. You may apply for either or both posts.

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rife and whilst work is proceeding, a little extra time and care is needed if you are travelling through Garsdale. Secondly, work by B4RN is starting. Ducting has already been installed through The Fell, routes have been planned by the digging contractor, land owners and local volunteers and mole ploughing will have started by the time this edition is published. The positioning of the cabinet has been agreed at the village hall and B4RN have offered to install it very shortly. Once the ducting has reached the cabinet from The Fell and the line is live from Sedbergh, fibre can be blown through and the process of connecting houses can begin. Whilst all this is being completed, digging

can continue further up the dale, connecting properties as they go. Within a few months everyone who wishes to subscribe to B4RN will have a hyperfast broadband equal to anything in the world. It is very likely that all satellite services will be moving to fibre in the next few years and if properties don't have a fibre connection, then access to telephone, TV and broadband will be limited to 4G only.

The unofficial bit: Who said life in the country was quiet? They should try living here for a while. Thankfully our retaining walls are finally being repaired so hopefully we will be spared the catastrophic collapse of the road that occurred 5 years ago

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causing a huge diversion for traffic for around 3 months. However, there are a few downsides to all this. Yet two more sets of 'temporary' traffic lights have been erected. (The latest for a bridge repair on "The Motorway", a long straight road with clear visibility either way, making this set totally unnecessary and which drivers usually ignore if the road is clear.) Presently, traveling through Garsdale is very staccato.

Our normally quiet start to the day, the usual birdsong and occasional car, has been replaced by clanging of machinery, workmen calling out to each other and sounds of digging, sometimes as early as 7.00am. They have been known to still be working past 6.00pm! Can these stalwarts

really be from Cumbria County Council? Not on your Nellie! Behold the wonder of contractors! However, I did see one poor soul, who had obviously found the work a little too much, asleep in his car at 11.30 in the morning, probably just resting his eyes though, not having 40 winks. Bless!

The traffic light conundrum has thrown up other problems. Where we could expect some respite at the weekends, alas, not so. Some of the motor bikers, who continue to blight the dale at weekends, seem to find it amusing to blast their way between sets of lights, some even doing 'wheelies'. Others, whilst waiting for the lights to change, engage in heavy revving, one as early as 6.30 on a

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This Team Leaves It Clean
H



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

Wednesday 10th October
Wednesday 14th November
2019
Wednesday 13th February
Thursday 14th March



Sunday morning recently, so either brain dead or a deliberate act of annoyance? I couldn't possibly say. Finally, our dog, a little Westie, takes afront at anyone walking along the road or hearing a noise that she doesn't recognise and adds her contribution to the cacophony of sound at every opportunity. Just how such a small body produces so much noise is one of the wonders of nature. The cost of the 'temporary' traffic lights has now passed £22,000 and still rising.

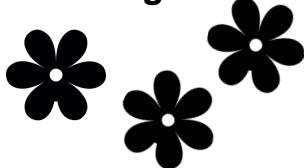


COUNCILLORS CORNER

*Kevin Lancaster
Sheila Capstick*

There are fewer planning

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applications this year both inside and outside the national park. It has been suggested that this is because the large allocated sites around Kendal are now being developed. I am not so sure – to me it shows a weakening of confidence, hopefully temporary. The new Sainsburys will soon be opening on the old Rugby Field in Kendal. I don't think any of us on the planning committee wanted to approve it but in quasi-judicial decisions we are bound by law, not

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our personal wishes. I guess it will affect retailing within Kendal rather drawing further customers from Kirkby Lonsdale and Sedbergh. I hope that is so as there is already excess capacity.

With well over 120 issues raised with the Police and Crime Commissioner (PCC) concerning Appleby New Fair the evidence demonstrates that this year's fair was much worse than those in recent

years. Because there is no "Organiser" the fair exists in legal limbo. No other event, a football match, a pop festival or even the production of a major film would be permitted without adequate policing, fully paid for by the organiser.

We are fortunate that the PCC does recognise the difficulties the New Fair causes from Appleby through the Eden and Lune valleys back into North Yorkshire and Lancashire. The Respect Group will have met by the time you read this and the equivalent in Eden is being reconstituted as I write. Managing the New Fair is always expensive for the communities affected and this year has shown how important it is to have the right legal framework in place.

In spite of the return to more normal weather the contract over the Tennis Courts is progressing very well and great credit to the Tennis Club who have managed the project so well. If you haven't been down to Queen's Gardens in a while please do go and have a look. There has been a lot of work done this Summer and the difference is very visible.

B4RN continues to occupy every working day for me. We have had some difficulties with Natural England near Eckerscoker but hopefully they are all now resolved. The network is almost complete in Dowbiggin and well on the way in lower Cautley.

As always, if you have any problems please contact either me or Sheila.
District Councillor Kevin J.

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District Councillor Sheila Capstick,
12, Maryfell, SEDBERGH, Cumbria
Telephone 07 818 221 999
email sheilacapstick@hotmail.co.uk



OUNCILLOR CORNER

Ian Mitchell

At the time of writing, the children have just returned to school, which has coincided with the better weather reappearing! Although it is cooler in the evenings, the days have been settled, hopefully this encourages the visitors to continue visiting the South Lakes.

An issue that has been brought to my attention by several people is the possibility of collecting pensions being withdrawn from Post Offices. I would like to assure people that this isn't the case, although this Conservative government are trying to force people to close their Post Office accounts, which were originally setup for this use, and open a high Street bank account. Currently though, you will still be able to access your pension through post offices, despite the letters and phone calls you have received to the contrary.

After talking to Peter and Gaynor (Sedbergh PO) who also run the outreach PO at Dent Stores, they have assured me pensions can still be collected, if you have any queries,

J. N. & E.

Capstick

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Saturday 13th October

10 - 12

Dent Memorial Hall

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Our Post Offices and the Outreach PO offer services that are vital to our communities. They offer many services not just posting letters/parcels, but bank deposits, currency exchange and many, many more.

As many of you will know we have unfortunately lost our PCSO Mandy Coleman, over the years she has become an integral part of our community, opening an essential dialogue between local people and our police service.

Despite this big loss to the community we have a new PCSO, Marion Jeffery - or Maz as she likes to be known. Maz will continue to operate surgeries within the areas,

she has so far agreed to be at Dent Stores on the 1st Thursday of each month between 11:30 and 12:30, on the same day of each month she will also be at The Churchmouse in Barbon between 10:00 and 11:00.

I will update you with a full list when Maz has had time to arrange availability and dates in the other areas that she covers. She will also provide each town and parish council with a monthly report.

Farfield Mill, is just outside Sedbergh and currently attracts between 9,000 to 10,000 visitors each year. Even with this level of support it has been on the verge of collapse.

The new management team have a



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Olde Tyme Dance

People's Hall

Saturday 13th October

7:30pm

Dancing with

Bill Johnson



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plan to raise £365,000 they have already secured £100,000 via match funding; a share issue hopes to raise the remaining £265,000. Under this scheme Farfield will become a charitable Community Benefit Society, a new type of co-operative.

The money will secure the mill's future through investment in a family-friendly heritage experience, in repairs and improvements to the fabric of the building and in a new digital infrastructure. The share offer opens on 29 September. Please Google "Lets Share Farfield Mill" for more details.

B4RN has been an unparalleled success bringing unprecedented levels of internet speed to our rural communities that those in cities could only dream of, so it was with surprise that I was informed that holiday cottages are only paying £15 per month, whereas permanent residents, the same people that through their

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graft and work installed the system are having to pay £30 per month, in effect subsidising the holiday let businesses. How can this be right, I will be asking B4RN to justify this arrangement that seems to benefit business, often out of area holiday let owners and penalise those that live in the area.

Recently Dent Parish Council has revamped its website, the address is; dentdale.com

It is a site intended to be a community hub for information, promoting local events and businesses in our communities, that are key to our continuing viability. This site needs to remain current and the administrator has asked that

people view the site and advise him of any events that are planned together with businesses that may require additional detail added to the current site. Should you spot any errors or require any additions please let the administrator know via the link on the website.

Finally Dent Parish Council is currently in the process of formulating a new Parish Plan, hopefully by the time you are reading this article you will have received an initial short questionnaire. Once these are returned, a more in-depth questionnaire will be initiated. The Parish Council are looking for the issues that effect local people as well as visitors to make changes that will be beneficial to our community.

As always if there is anything I can help with, please do not hesitate to contact me.

Ian Mitchell -
ian.mitchell@southlakeland.gov.uk -
07530 602234

TIM FARRON MP

Thanks everyone who came along to chat to me at my "Town Hall" session in Sedbergh earlier this month. I am sorry that I didn't tell you about it in advance in Lookaround, sometimes the lead in times for these things and the copy dates for this publication don't quite align.

As I have said many of times, one of the things I enjoy most about this job is getting out and meeting people. This is why we started these "Town



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Hall" sessions, they pick up from the work we do on our annual Summer Tour of the smaller villages and towns in the constituency. This year was the fourteenth tour we have done and by the time we finished at the beginning of September we had managed to squeeze in visits to nearly 40 places.

The point of these sessions is not simply to make me happy the key thing is they give me a chance to listen to people and understand the issues that are bothering them so I can help in some way. This year one of the things that came up a lot was a worry about second homes. Currently there are about 3,700 second homes across South Lakeland and this is a real problem. Not only does it drive up house prices but in some of the villages I visited on the Summer Tour about half the houses were second homes. This makes schools and other services like post offices and buses unviable, essentially sucking the life blood out of the village.

I don't want to ban people from having second homes but I do want the people who can afford them to make a bigger contribution to the services provided to the area. The

Government is already doing this centrally by charging extra stamp duty on the purchase of second homes so why can't the local councils who actually need the money do the same? As I said here last month I have written to the Housing Minister to ask him to extend the powers he has given to local councils to quadruple the charged made to people who leave homes empty to allow councils to also charge people with second homes extra.

At the County Show this year I



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launched a petition calling on the Government to allow councils to increase the charges they can make levy on second home owners. If you didn't get a chance to see us there this year (it was a bit chilly, I certainly needed my coat on when standing and chatting to people at our stand) and want to support the campaign then you can find the petition by searching "Tim Farron 2nd Homes Petition" on the internet.

If there are any issues you want to draw my attention to but you haven't been able to get along to see me on any of the occasions I have mentioned here then you can easily by giving us a call on 01539 723 403 or dropping me an email at tim@timfarron.co.uk. Or if you can

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Diana Matthews
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wait until 9th of November you can come along to see me at the People's Hall.

As ever thanks for your support.
Tim



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See you there!



YORKSHIRE DALES NATIONAL PARK

Cumbria habitats surveyed for first time

Ecologists are for the first time assessing the condition of 'priority habitats' in the parts of Cumbria and Lancashire that became part of the Yorkshire Dales National Park in 2016.

The Yorkshire Dales National Park Authority (YDNPA) has commissioned Otley-based ecologists, Haycock & Jay

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A VOYAGE TO THE ANTARCTIC

by Dr Myles Ripley
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Associates, to survey up to four thousand hectares of vitally important habitats such as upland hay meadow, native woodland and blanket bog.

The firm began work in May, and by the end of next month will have surveyed priority habitats in an area including the parishes of Tebay, Firbank, Killington, Middleton, Barbon, Mansergh, Kirkby Lonsdale, Casterton, Leck, Barrow-with-Burrow and Ireby where landowner permission has been granted.

To see how the ecologists carry out the work, read our latest blog, which illustrates how an ancient semi-natural woodland near Sedbergh was surveyed earlier this summer.

YDNPA Senior Wildlife Conservation Officer, Tony Serjeant, who is responsible for the survey, said: "It is exciting that for the first time we are taking a close look at the state of the most important habitats in the newest parts of the National Park. These

areas have not been surveyed in this way before, so we are breaking new ground.

"I would like to thank all the farmers and landowners who have permitted us access onto their land. We are confident that they will benefit, as all the data collected can be made available to them to aid their decision-making. It can be used, too, to support agri-environment scheme applications and other bids for funding."

Data collected as part of the 2018 survey will be studied over the coming months and the results made publicly available next year.

The survey is part of a 10-year programme running from 2010-2020. By 2020, the condition of priority

habitats across the Park outside of Sites of Special Scientific Interest will have been assessed. The process will then be repeated so that comparisons can be made and long-term trends established.

Last year's survey of priority habitats in Swaledale showed that 60% of them by area were in good condition.



CUMBRIA WILDLIFE TRUST NEWS LOWICK COMMON

Susan Garnett

The Cumbria Wildlife Trust are delighted to announce to members we have a new nature reserve, and it has a fantastic view!

Lowick Common Nature Reserve is near Lowick Green, north of



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Ulverston, and is the largest area of land to be given to Cumbria Wildlife Trust so far. At 106 hectares, the nature reserve is large in size and is made up of a number of special habitats and species:

- Ponds home to the medicinal leech - one of the few places in Cumbria.
- Great crested newt and 15 species of dragonfly and damselfly.
- Lowland heath and lowland acid grassland with some areas of lowland fen.
- Butterflies like the small pearl-bordered fritillary.
- Reptiles such as slow worms and adders.
- Birds like redpoll, spotted flycatcher and yellowhammer.

Lowick Common is already great for wildlife having been looked after for many years by the Millers of Lowick. Our next steps are to set up surveys

so we can monitor the wildlife and check that any changes we make have a positive impact, and to maintain clearer paths over the nature reserve to allow people to visit all year round.

Lowick Common was gifted to Cumbria Wildlife Trust by Yvonne Miller from Lowick village. You can make a gift, big or small, in your lifetime like Yvonne Miller, or you can leave the Trust a gift in your will. We don't yet have a webpage or a leaflet about Lowick Common but you can still visit and use the network of existing paths. It is near Lowick Green on the A5092 north of the Furness Peninsula.

SMARDALE

The Trust has secured planning

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permission to create a new car park at Smardale, a stunning and varied nature reserve near Kirkby Stephen.

Having received many letters of support, plans can now go ahead with improving the visitor experience at this landmark nature reserve.

As well as replacing the car park, funds are being secured to create a new length of boardwalk at the nature reserve, along with information panels and a red squirrel feeding station.

Thanks to everyone who has supported this important project. Work on the new car park should start soon.

Information on our local Cumbria Wildlife Trust reserves, "What's On" and "How to Volunteer" is available in



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B4RN

In Cautley & Dowbiggin

Dr Gina Barney, Area Lead

The digging teams have been busy and when you read this we should have the main duct from Hallbank to Dales Park complete. In addition we should have a cross spur from Garsdale Foot to Dowbiggin Foot in place too. Minor spurs to various properties have been laid where the main route and the minor route coincided and we were able to put the ducts into the same trench.

We were granted consents to cross two Sites of Special Scientific Interest (SSSIs) for which we thank Natural England. We also have permission from the Woodland Trust to go through Hebblethwaite Hall Wood.

We are now entering the next

phase. This is digging from property boundaries to the entry point into the property. This is mostly being undertaken by the house holders. The final part of this phase is house installations were the duct and router plate are installed inside the property. Some owners wish to do this themselves. To help them we have arranged a Volunteers House Installation Course in Cautley at 7pm on Thursday 18 October 2018. If anyone is interested in attending please contact Dr Barney.

It seems that the efforts we volunteers are making are in the right direction as in July the UK government set out a range of new proposals (copper switch-off, regulatory reforms etc.) as part of

their Future Telecoms Infrastructure Review. The government made clear that they want 15 million premises to have access to Gigabit capable **Fibre-to-the-Premises** (FTTP) by 2025 and then nationwide to all by 2033. The copper switch off to properties is targeted from 2030, when the government hope FTTP will be the means to connect to broadband. Sedbergh and District is ahead of the game!



B4RN

in Marthwaite and Howgill

Martin Stockdale

The moment we've all been waiting for has finally arrived! The B4RN cabinet in Firbank, which will provide the service for all of Marthwaite and

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Howgill, is connected and live. Most of the properties in Killington and Firbank are now connected, and there's absolutely nothing standing between us and a B4RN connection.

Nothing, that is, except a lot of hard work and investment.

We've still got a lot of planning work to do in Marthwaite. (The Howgill team have already completed this, clever chaps!). We need a lot more share investment from both areas. We also need some volunteers to organise and help with the digging work.

Marthwaite residents will be approached fairly soon to discuss connections and sort out wayleaves. Please support us as much as you can, and if you can give a hand with

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this work then please get in touch.

In both Marthwaite and Howgill, if you've been thinking about investing in B4RN to support the project but have been putting it off until nearer the time, wait no longer. The time is now! Be aware that you can now submit your share application to B4RN but ask them to hold it until the project reaches its target. In this way, your money counts towards the target but if we don't reach the target you can get the money back. That said for the benefit of us all we need to work hard and achieve the financial target.

There are two ways to get involved in the digging aspects of the project.. We need people who have digging equipment and are prepared to dig across fields in exchange for B4RN shares, and we need people who have the equipment to drill walls and install house connections to work as contractors for the house owners. Now is the time to let us know you can help.

If you want to know more, please get in touch with your local B4RN volunteer or email us on B4SA@gmx.co.uk.

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SIGHT ADVICE SOUTH LAKES

Jennie Joslin

This was our first meeting back after the summer break and proved to be very interesting.

Unfortunately, Sue was unable to attend as her painful and swollen knee and become much worse so a different scribe this month.

Other people, Connie, Shirley, Gladys, Dureen and Rosemary were also unable to attend for various reasons. We hope all recover rapidly and that we see them next time. We began with a very interesting talk given by Dr. Myles Ripley about Alzheimer's. This is becoming more and more common partly, but not entirely, due to the effects of ageing. Symptoms include confusion,

forgetfulness, frustration and irritation. Aggression can be due to frustration and depending which part of the brain is affected.

Alzheimer's Disease was first described by Dr Alzheimer at the beginning of the last century, a progressive disease with a general trend to downwards, usually with memory loss but also possible loss of balance, perception, patterns of speech (sometimes written words are better understood than spoken) depending on which part of the brain is affected (vascular dementia can wipe out large chunks of the brain). One in 14 people are living longer and doctors are diagnosing earlier, this may contribute to the increased number of Alzheimer's cases.

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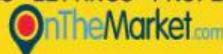
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It is possible to join Dementia Friends by volunteering with the Alzheimer's Society's Campaign for getting in touch and staying in touch with somebody with dementia.

Finally Dr Ripley ran a quick quiz asking what's a person with Alzheimer's would be able to do in 10 years time. This produced some interesting results, with some people thinking 90% of tasks would still be possible, and others that 90% would not!

Dr Ripley had to rush off after he was thanked for a very interesting talk when we moved on to other businesses which included information from Sue Pedley from Age UK South Lakeland about the use of a tablet.

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She is arranging instruction and assistance over the months to introduce those who are ignorant (but would like some knowledge) of the use of a tablet and will arrange times if different people are interested.

AGE UK SOUTH LAKELAND

'Supporting the community'

June Pedley

There's no such thing as a FREE lunch but there is a FREE Tablet loan offer!

I am very pleased to be able to help those aged 55 plus feel confident about getting on line. For some people the idea of using a computer of any kind and going onto the internet is daunting, you may not have used a iPad/tablet (hand help computer) before but don't want to buy one in case it's not for you. Then why not take the opportunity to borrow an Amazon Fire Tablet (iPad size) for 3 full months absolutely free

of charge. If you don't have broadband internet connection then we will also provide FREE Wi-Fi connection.

The idea is that before you take the Amazon Fire tablet home you will be given a lesson so that you understand how to use the buttons and find your way around the internet. We will then provide on going support should you want it. If you would like to take advantage of this exciting offer or would simply like to have some more information then give me a call and we can have a chat. (I don't bite!)

We are now offering computer/IT support for any devices you own such as laptops; mobile phones; iPads, & tablets. Please pop along to Sedbergh library on the 3rd

Wednesday of every month (next one 17th October) between 2pm and 4pm. Our Age UK SL volunteers will be there to provide help and advice. Please remember there is no such thing as a silly question.

Don't forget to book a place at the Get Safe On Line presentation at the Peoples Hall on Monday 8th October, at 1pm. Barclays Digital Eagles and Age UK SL have teamed up to provide an interesting presentation regarding the latest on line frauds & scams. Get yourself along and learn how to stay safe on line we'll even throw in some free tea and biscuits!

To have a chat about any of the above please call June on 01539 728118.



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Julie and Colin Burrow

Our new course for adults starts Tuesday 2nd October, 7.30pm to 9.30pm at CFM Hunter Street, Carnforth, and runs fortnightly with breaks for Christmas and Easter until Tuesday 7th May. Session 1 is "what's happening to me?" Come along and try us out.

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

recovery!

We are a divorce care support group which has been running now for over ten years and here to help you and your whole family. We understand what you are going through. All courses are free on a donation basis only. We are also offering the children's support group, our DC4K program on alternate Tuesdays to the adult course starting October 9th, 6pm to 7:30pm at CFM Hunter Street, Carnforth.

There is detailed information on all our groups on both of the divorce care websites www.divorcecare.org and www.dc4k.org under find a group postcode LA5 and the website of our sponsoring church CFM is www.cfmc.org.uk. We hope you to

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For more details or to book a place on Divorce Care please contact Julie and Colin Burrow. Email: CFMdivorcecare@gmail.com or Phone 01524 572809 and for DC4K contact Becki Richardson Email: dc4kcarnforth@gmail.com or Phone 01524 812020.



GRIEFSHARE

Elsbeth Threlfall

GriefShare is a support group offering help and encouragement after the death of a family member or friend.

Sessions are held at the Free Methodist Church, Hunter St,

Carnforth, LA5 9BP.

Wednesday October 17th 7pm: "Loss of a Spouse" support session for the widowed.

Wednesday October 24th till February 6th, weekly GriefShare support group for the bereaved, 7pm
For more information, contact: carnforthgriefshare@gmail.com or Elspeth: 01524 702966



CITIZENS ADVICE

Karen Evans

A family has moved in to the house next door and is being a nuisance, yelling late at night over a loud television and leaving bin bags strewn over the front of the house. I don't want to antagonise them in case they become threatening. What can I

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do?

It's best to try to resolve problems by speaking with your neighbour, if it's safe to do so. Explain the effect their behaviour is having and ask them to stop. If the problem continues, keep a record of incidents and any factual evidence.

If you're a council or housing association tenant, they may have a mediator you can use. If your neighbour is a social housing tenant, their landlord should deal with antisocial behaviour. If there is a commercial landlord, try asking them to help. Otherwise, visit your council website for information on dealing with statutory nuisance issues and make your complaints factual with evidence.

If you've tried everything but the problem persists, you can ask for an ASB Case Review, or 'Community Trigger'. There is information on the South Lakeland District Council website on how to action this. If your neighbour becomes threatening or

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violent, you should tell the police.

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.

Please note the opening hours at Windermere have been reduced, but contact details remain the same. South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No: 6113551.

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KILLINGTON WI

The afternoon WI for the entire district

Valerie Cann & Wendy F-U.

Quite a few members were missing from our merry throng today but Susan gave her usual warm welcome to everybody. We were especially pleased to greet three visitors, namely Alison Siddall (daughter of one of our members, Pam), Maxine Sweeting and her mother Joan who has recently moved to Sedbergh. We were even more delighted at the end of the meeting when we learnt that all three have decided to throw in their lots and join us!

Susan then introduced our first speaker, Dave Smith, who spoke about plans to invigorate Farfield Mill and get it onto a more financially

sound footing. He said that the Mill brings visitors to Sedbergh, which must benefit the town as well. However, the Mill is in need of a major restoration, costing in the region of £300-350,000. The Trustees would like individuals, societies, clubs, etc. to purchase a share costing £1, which will be sold in blocks of £50. If the Mill can raise £100,000, then they have got access to another £100,000 through a sponsor. He and his fellow Trustees are talking to various groups, trying to raise support and money to keep the Mill open, as not only those employed by the Mill, but the craft people who work there and sell their goods there lose their workshops and an outlet to sell their products if the Mill closes.



SEDBERGH SCHOOL



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

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

You can collect an Application Form from the Bursary, download one from the School's website www.sedberghschool.org or request one by sending an email to
Maria Gallego-Calderón, HR & Recruitment Administrator at HRadmin@sedberghschool.org or by ringing 015396 20303.

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

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

We look forward to hearing from you.



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Then Susan introduced our guest speakers, Robin and Caroline Sandys -Clarke, who told us about how they became "Why Not Alpacas". When they came to Ghyllas they decided they would like to keep stock on the land, but not sheep or cattle, eventually deciding on Alpacas. They started off with four breeding females, who gave birth to three females and one male "child" as Robin called their young. Alpacas belong to the camelid family and live high in the Andes. The indigenous people keep them for their fleeces, to transport goods, and to eat. Robin showed us some lovely photos of their alpacas and told tales of what characters they can be. They make very good "guard

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We then enjoyed our refreshments, during which the competition was judged and Wendy's "Tiny Autumn arrangement" was judged the winner. The raffle winner was Marion Wood. While tea was being consumed our birthday wishes were given to those clocking on another year. Well done Elspeth and Barbara K. (We have 3 Barbara's at present) Our "get well soon" wishes and a tube of super-glue were sent to Sarah who has a very painful broken wrist. Susan herself was congratulated on winning £30 in the Federations 200+ Club draw – let's hope that this is the start of a good run for our members!

Finally, in this plethora of good wishes, Joyce Cox was wished, "bon voyage", as she sets off to the

Antipodes to visit family and friends. We look forward to seeing her back in time for our Christmas Lunch. Perhaps we should have kangaroo instead of turkey!

On Wednesday 19th September Susan's sister's WI, from Urmston near Manchester, are having a trip to Sedbergh. Lunch at Farfield Mill and the opportunity look round the Mill will be followed by a tour of part of Sedbergh School, ending up in St Andrew's Parish Room where they will be having refreshments and/or come along to chat to the visitors.

Poppies – Streams of Remembrance – this will be set out in the Churchyard at the beginning of November and taken up on the 12th. It was the display of poppies in

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Carlisle Castle which prompted the idea of doing something similar in Sedbergh. Howgill, Firbank and Killington; Cautley and Garsdale, and Dent and Cowgill will be joining in the display. Dilys Evans will be painting the hessian fabric and the poppies will be inserted into this. People can knit or crochet poppies and Dilys will give lessons on how to make a poppy out of silver wire. Marion had brought along a poppy made from a plastic pop bottle, which she had seen on a recent visit to some War Graves in Northern France. The knitting group will be busy, please come along if you would like to help knit or crochet a poppy.

Our next meeting will be at 2-00pm,

on Tuesday 9th November, in the committee room of the People's Hall, Sedbergh. Our speaker will be Paul Sweeting whose talk is entitled, "LIFE OF A RESERVIST R.A.F. PADRE". If he is lucky both his wife and his mother-in-law will be there to hear him speak. If you are lucky, so will you!



SEDBERGH WI

Moira Folks

The last month has been much more relaxing for Sedbergh WI after the frenetic activities of the previous weeks. The walking group enjoyed a round walk of 6.5 miles starting from the quarry near the windfarm beyond the M6. While Sedbergh was



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suffering a deluge that day, our walkers managed to keep pretty dry and then enjoyed tea and cake back in Sedbergh.

Our meeting on 12th September was in part a practical session. We welcomed Stuart Gray and Ruth Clayton of Wickerfish Arts, familiar faces at Farfield Mill and the Craft Workshop in Sedbergh, who told us about their successful careers. Art was not considered a worthwhile career by their respective schools in the 1960s and '70s so they received no encouragement and it was only later that they found their real niche in life. They had brought along quite a portfolio of their beautiful work which we enjoyed looking at and hearing about, then we had a go at drawing

pencil portraits with varying degrees of success! I learnt more about portrait drawing in that half hour than I ever had at school (which is not to say that I had much success in doing it!). If you don't know their work already, do go and see it in their studio at Farfield Mill! Or join one of their workshops if you fancy a challenge!

"Ship of Brides" by Jojo Moyes was the novel the book club discussed the next day at Elizabeth's new home at Farfield. Concentrating on four very different women, this tells the story of over 600 wartime brides who had married British servicemen stationed in Australia in WW2 and their difficult 6-week voyage to Britain in cramped conditions on an aircraft carrier to join



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their British husbands. Most of us enjoyed the book, especially 2 members who had known women who had been part of these convoys. The bravery of these women, a few of them already pregnant, leaving family and friends in Australia to live in Britain with the husbands they had hardly known, was astounding. Marks given varied from 5 to 9/10, averaging around 7. Many thanks to Elizabeth for her hospitality and delicious cake and biscuits.

Dr Gina Barney will be speaking to us on Wednesday 10th October at 7.30pm in the People's Hall committee room. Her subject is "Uplifting Stories": that sounds intriguing! Do come along and discover what it's all about. You'll be very welcome!



DENTDALE WI

Pat Allen

How can it be? Autumn has arrived after the glorious summer. The leaves are beginning to turn but still making a thick almost overhead canopy over the Dent road in places.

It is the month of the Open Meeting and there was a marvellous buffet laid out for the end of the evening

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which caught the eye as the meeting proceeded.

The hall was nicely packed and Sue Owen welcomed our visitors and we all sang Jerusalem.

The business meeting looked towards the next two months with plenty of dates for the diary. Most importantly, maybe, is the 19th October for the charity fund raiser Fashion Show with the outfits to be modelled by Dentdale members. However, most members were strangely reluctant and quoted up coming holidays and other commitments!

The next lunch date is the 26th September to Sizergh Barn with a visit to Growing Well one of last

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years' recipients of a donation from us.

At this point it might be good to mention that our afternoon teas at the Gala raised over £320 towards the upkeep of the Memorial Hall. Dentdale WI can always be relied upon to produce some amazing cakes.

The annual council meeting is on 23rd October and we have three members attending.

The ever popular Quiz Night is at the White Hart in Sedbergh on 29th October with teams still to be finalised at this stage.

Then, it was on to AOB and a request to all knitters to knit poppies for Remembrance Sunday with

knitting patterns available in the hall.

There followed quite an important announcement about future funding for Farfield Mill and a chance to support the Mill by becoming a Share Holder in the Community Benefit Society being launched at the end of September. All details on the Farfield Mill website.

It was then time for Sue to introduce our speaker for the evening, Jacqui McDonald "Singing her Travels" by reminiscing over her long career and her forays to America and Australia and singing songs she had collected along life's way and added to her repertoire. She was assisted by Roy and Joyce Davis. Roy was playing the guitar alongside Jacqui on hers

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and singing at times and adding his own jokes. Joyce showed off the wooden puppets and the Wellie stick man features from Jacqui's travels. Jacqui gave a good rendering of Sydney Carter's "Lord of the Dance" which most of us knew the chorus at least and we were all able to sing along.

It was finally time for that eye catching buffet which I have to say tasted as good as it looked.

Jacqui and her team picked the winner of the Wonky vegetable competition and Thelma's mis shaped tomato was deemed a winner.

BrIDGET Postlethwaite from Howgill WI was holding the winning raffle ticket and Dorte-Lis Stephenson took home the second prize.

We look forward to listening to Dorte -Lis our next month's speaker explaining "Julehygge" A Danish Christmas. A warm welcome awaits anyone wishing to join us for the evening.



KILLINGTON & SEDBERGH WI

A great team!

W.F.U.

It is Saturday 15th September as I

write this. As well as being the last day to submit articles for Lookaround, it was the September date for Sedbergh's highly successful Artisan Market. What a lovely day it has been, sunny but not too hot, and with a street full of interesting offerings and lots of smiling people ready to buy them! At least that is what we, WI members found. Both Sedbergh and Killington had been busy baking and making all week and by ten o'clock this morning the table was groaning with tasty treats and crafty items skilfully made. By 3 o'clock the board was cleared and just under £200 was in the cash box ready to be contributed to Sedbergh Primary School's Development Fund. We send our grateful thanks to all those who came to our stall, and to all our members who helped. Much of the pleasure of the day came from working with WI friends we see less often than members of our own branch, and chatting to you all.



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KILLINGTON & DISTRICT SUSTAINABLE ENERGY TRUST

Michelle Hartley

For the past few years Killington & District Sustainable Energy Trust (K-SET) has been working on the Broad Raine Hydro Project. This year the Archimedes screw was installed in the River Lune and it has started generating electricity. With this project now completed we are looking to the future. So, what is next for K-SET? We would like input from our members and the general public to help decide what to do next. The objectives of the Trust are simple:

- ◊ to raise awareness of the principles of sustainability
- ◊ to educate the local community about the importance of

sustainability

- ◊ to develop community projects to produce energy from renewable sources
 - ◊ to reduce energy consumption
- With these objectives in mind, what would you like us to do? Below is a list of ideas to get you thinking, but PLEASE, if there is something that you are interested in or feel passionate about let us know and we will try to make it happen.
- ◊ Talks on a variety of energy & sustainability related topics
 - ◊ General/technical information and advice on energy and sustainability
 - ◊ Micro generation (wind turbines, hydro, solar PV, ground source heat pumps, biomass)

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 - ◊ Green heating technologies (geothermal, pellet stoves, solar
 - ◊ heating, masonry heaters)
 - ◊ Clean energy farming
 - ◊ Sustainable agriculture
 - ◊ Small-producers co-operative or Crop share schemes
 - ◊ Buy local schemes
 - ◊ Green tourism
 - ◊ Repair cafés or Up-cycling events
- This is just a small sample of what is possible to make our community a greener and healthier place to live and work. Ideally, we would like to do a few things at the same time, one large project alongside medium and small projects, so that we are always active. If you have an idea or support one of the ideas listed, please contact us at info@k-set.org. We are also looking for new members, whether you want to be kept up to date on our activities, want to help on a project or become a trustee, please get in touch to help create a greener future. More information and application forms are available at our website www.k-set.org.



FARFIELD MILL

The Future

Anne Mackinnon

Have you heard the news? Farfield Mill is converting from a Charity to a Community Benefit Society (CBS).

A CBS is a new kind of co-operative that operates for the benefit of the community - it is a democratic organisation run by its members. Each member has an equal say regardless of how much they invest. Each share costs £1 and the minimum amount you can buy is £50. The money raised will secure the Mill's long term future through investment in a new family friendly heritage experience, utilising modern technology, in repairs and improvement to the fabric of the

let's share farfieldmill

building, in new digital infrastructure and in paying off the mortgage.

In total the mill needs £365,000 but the Mill has already been pledged £100,000 in matched funding by Power to Change, leaving £265,000 to raise from community investors who will become member owners of the new Society.

Members back conversion plans

At our General Meeting on the 25 August, members agreed overwhelmingly to Farfield Mill converting to a charitable Community

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Benefit Society. The vote in the room was unanimous, and when the proxy votes were counted, the result was an amazing **500 for and 1 against**.

The plans have received backing from the Charity Commission and our bankers and were independently scrutinised and awarded a quality mark.

Provided we raise at least £200,000 from investors, we can then implement all our plans.

If we don't raise the £200,000 by the time the offer closes, then the share offer fails and everyone's money is returned. We will then be facing the closure of Farfield Mill. We need your help to stop that happening.

How you can help

Tell all your friends and family about the opportunity to share in Farfield Mill. Maybe they too would like to buy a piece of our industrial heritage and invest in the Creative Community at Farfield Mill. The shares will make a

wonderful, unusual Christmas present!

Follow us on social media, [facebook@Farfield mill](https://facebook.com/Farfield mill), [twitter@Farfield mill](https://twitter.com/Farfield mill), [instagram@Farfield.mill](https://instagram.com/Farfield.mill), share our posts and invite your friends to follow us too. We need to get the message out as widely as possible. Let's make this share offer go viral.

If you are a member of a group that would be interested in us coming to talk about Farfield Mill or need some more information then just let us know by emailing us at shares@farfieldmill.org or ringing us on 01539621958.

In order to buy shares contact [WWW.ETHEX.ORG.UK/ FARFIELD MILL](http://WWW.ETHEX.ORG.UK/).

Please come and visit

If you've not been before, come and see what we're all about. If you haven't been for a while, come and see how much we've changed already. From all the positive feedback we're getting we think you'll be surprised.

Visiting the Mill over the next few months will help us keep going until the share offer closes. Why not bring your friends and family for coffee and cake in The Tea Room? Or come and buy unique hand made gifts ready for Christmas.

Weaving Friends demonstrate on Mondays and Wednesdays and will happily chat to you about their work and the mechanical looms are usually in action on Fridays and Saturdays.

We look forward to seeing you at the Mill soon. You will receive a very warm welcome from our helpful reception staff.



**COGS
Apple Day 2018**

*Ann Parratt 20964
Jacqueline Smith 20760*

Community Orchard Group - Sedbergh are delighted to announce that our third Apple Day will take place on Saturday 27 October in the People's Hall, from 10:00 am until 2:00 pm.

What is Apple Day?

Apple Day means everyone can bring along their apples – any type, cookers or eaters – to be made into delicious apple juice. You can get a surprising amount of juice: expect over half a litre for each kilo of fruit.

It would be great if friends and neighbours got together to bring in all those apples that would otherwise



drop off and go to waste.

Sounds good. What's the cost?

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

What should I bring?

Apples! They should be clean, undamaged and bruise-free, either

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windfalls or those you have picked. Please give them a wash before you come.

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

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

What else happens on Apple Day?

There will be an apple display and an information desk where experienced growers from South Lakes Orchard Group will help to identify your apple varieties. Cumbria Wildlife Trust and the Sedbergh Red Squirrel Group will be there, and local ceilidh band Common Ground will be playing throughout the day.

There will also be light lunches, a cake stall, jams and chutneys, plants for sale, children's activities and a raffle. And of course, you'll be able to

chat with your friends over a nice cup of tea or coffee.

Recently the Orchard's Bug Hotel was rebuilt by Y4 and Y5 pupils from Sedbergh Primary School, who also enjoyed a guided Orchard tour. They tasted locally-grown apple varieties, including *Katy*, *Lord Derby* and *James Grieve*, and learned more about pollinating insects.

(Photographs by Stuart Manger)

The Orchard now has two comfortable benches: why not go down and admire the view?



DENTDALE CHRISTIAN FESTIVAL

Sarah Woof

September always brings it's own delights and usually the Feast of Tabernacles comes in around Sept/Oct. We celebrate the open invitation and opportunities to meet with God. In the Old Testament the Ark of the Covenant was transported wherever the people went, to them it was the presence of God. For us we don't need a certain "place" we can meet God and pray to Him everywhere and anywhere.

We do celebrate Tabernacles with a gathering and a meal and make home made shelters.

Our meetings continue, everything is free, we meet on 4th Sunday monthly 6.45pm for a chat and buffet supper

then a time of worship and prayer accompanied by Brian on his accordion. He comes all the way from Blackpool and we are so blessed and encouraged by this. Then someone shares their testimony of how God leads them, helps them and then it's "open mike" if anyone wants to share something and on goes the kettle again!

On one Fri eve monthly we meet 7pm for Friday Food with Fellowship and we pray for the different aspects of community life here in Dentdale. We also celebrate Shabbat which is a very relaxed way to share Communion and focus on who God is.

Encouraging each other is so important as we live in troubled times,

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coupling this with praying for and with each other is also very important. We do hold special "Shepherds Dwelling" days in the garden when there is the opportunity to just be quiet with God .. or to pray .. Read ... write .. Paint .. follow the prayer trail or do own thing .. next one Sun Oct 7th 3-6pm. Free. Refreshments. For more information about DDCF without any obligation please contact John/Sarah on 015396 25212.

Thanks folks.



NEWS FROM THE PEWS



Your Parish Church

Susan Sharrocks

*Tony Reed Screen
Churchwardens*

Dates seem to have been causing a few problems recently.

With barely a week to go it was noted that the Blessing of the Animals annual service was not going to coincide with the September Artisan Market, as we wanted.

Almost overnight the colourful posters advertising the service appeared and the message got round to bring your pets of all kinds, shapes and sizes to the church on Saturday 15th September at 11 o'clock. Being away from home at the time I was thrilled to see lots of photos on Facebook. I saw a beautiful black horse being ridden by one lucky little girl, two alpacas, lots of dogs and a smiling Vicar who had a dog lead wrapped around his legs, plus the

statue of St Francis, Patron Saint of Animals set in place, all ready to start the short service. Oh, and on closer inspection of the photos I spotted a small cage being held aloft with an unknown little pet inside.

The day was saved and the biggest gathering since this service was started four years ago joined together for a few prayers and a little singing before the dog biscuits were handed out.

Last month I gave the wrong dates for the display "Streams of Remembrance".

"Streams" will be in place from Friday 2nd November until Monday 12th November.

Plans are gathering momentum, poppies are being knitted, crocheted, and made out of different materials and hues of red also special ones made out of silver wire.

Please do join in this community project. We envisage something like the displays seen in the church on

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Late Night Opening where every different group has its own display of flowers; in this case for November it will be red poppies. They do not all have to be the same in size or material. Do have a go, is not a competition for the best poppy.

The finished poppies may be left in church on the table at the back, preferably in a bag with the name of the group or individual who has made them.

If you have not got started yet, free patterns are at the back of church, again on the table, and Angela at the Mini Market has bought in red wool and free patterns are available in the shop.

We have heard of children being taught to knit with this pattern, red wool and needles packed in holiday cases, even poppies made out of plastic bottles and sprayed red. It all sounds great and the resultant display should be a wonderful tribute to those who have died in conflict, remembering also the end of the First World War 100 years ago this year.

Whatever you can do to help will be greatly appreciated.

Thank you.



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SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Think Swift! Swifts share our habitat, our space, and they urgently need our support.

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

There are two essential aspects to

swift conservation: most importantly we must preserve the existing swifts nesting places and secondly, create new nest sites for them ready for their return next spring. In both these instances if you are planning any building, renovation or decorating work, we urge you to '*Think Swift*'.

For those lucky enough to have breeding swifts, '*Think Swift*' if you have to re-roof, have pointing or guttering work done, as it's of utmost importance not to block up the entrance holes. The entry crevices may be very small and with care can be left alone, certainly this is so under overhanging eaves, so do discuss this with your builder. Please get in touch with us for any advice and help.



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Despite our Cumbrian weather we urge you to avoid the breeding season of May to early August. If you do have to put up scaffolding then make sure the poles and boards do not obscure the entrance holes.

Sometimes people may not be aware that they have swifts – since they are such trouble-free birds - or realise about preserving the entrance holes. So if your neighbours have swifts and they are planning some work please explain and encourage them to *'Think Swift'* and look after the nest sites, and pass on our contact details.

If you are planning any outside work, especially if scaffolding is



involved, *'Think Swift'* and why not put up some boxes? The best position for boxes is under the eaves or on gables, as swifts look for nesting places higher up on buildings. Modern properties are just as suitable. We usually have a stock of special wooden boxes available and they are simple to fix on the wall. Please ask us for advice.

Even better than boxes is to incorporate internal nest bricks – it can be easily and cheaply done while building is in progress in new build or extensions, or when re-roofing and pointing. This is essentially involves installing a hollow unit at the top of



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CHARITY CHRISTMAS PREVIEW NIGHT

Friday 9th November 4:00pm - 8:30pm

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the wall with just an entrance hole visible, either using a commercial unit or adapting a very inexpensive air brick liner. They do not compromise the structure or insulation of the property, and swifts generally prefer them to boxes. We are always happy to help and to discuss possibilities, so please don't hesitate to get in touch with us.

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

Swifts are faithful to their site, returning year after year to the exact same place. But if their entrance holes get blocked they cannot get in, and as they are not very adaptable,

they become homeless. This is believed to be the reason for the serious decline in swifts – over 51% in the last 20 years.

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



HOSPICE AT HOME

Christine borrow

I would like to thank all the kind people who sponsored me when I did the London to Paris cycle ride in June. I managed to raise £1,672 for the Carlisle & South Lakeland Hospice at Home.

It was hot but a great experience for such a worthy cause.

Thank you all.



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GP90

Florence Taylor

This 'Press Release' has been issued by the British Legion Administrator in London.

More than 2,200 standard bearers and wreath layers paid tribute to the fallen

Members of the Sedbergh Branch of The Royal British Legion joined thousands of Armed Forces veterans and supporters from across the UK and worldwide in a pilgrimage of remembrance to some of WW1's most poignant sites.

A spectacular two-mile march through Ypres to the Commonwealth War Grave Commission's Menin Gate Memorial, led by 1,100 Standard

Bearers, was the culmination of the three day event which saw the 2,200 participants visit the WW1 trenches, battlefields and cemeteries of France and Belgium.

Keith Wood and Sandra Gold-Wood attended the Great Pilgrimage 90 as representatives of Sedbergh as Standard Bearer and wreath layer respectively. Their report and pictures appeared on Page 56 of the September Lookaround.

Keith said "Being part of such an historic event, representing Sedbergh in commemorating those that lost their lives in the First World War, was an honour and something I will never forget."

Bob Gamble, The Royal British

ROYAL BRITISH LEGION

If you or yours have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080 (free phone).

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>



Legion's Head of Commemorative Events, said: "GP90, was the Legion's biggest membership event in modern history and is a suitable tribute from the members of The Royal British Legion in honour of the First World War generation, echoing the way the British Legion community commemorated the 10th anniversary of the conflict in 1928."

For more information visit www.britishlegion.org.uk or to find our how to get involved with your local branch, see details on Page 50.



STREAMS OF REMEMBRANCE

*Susan Sharrocks &
Rev. Christine Brown*

Taking inspiration from Carlisle Castle's recent "Weeping Window"

display of poppies, St Andrews in Sedbergh and St Andrews in Dent are planning to host a community event called "Streams of Remembrance". The event will be in the two churchyards during the week before Remembrance Sunday - that is Friday 2nd November to Sunday 11th November.

In Sedbergh it will form a backdrop for The Royal British Legion Annual Remembrance ceremony held at St Andrew's. This year marks the centenary of the end of WW1 when bells rang out spontaneously across the land. Bell ringing is also planned this year and our own church bells will ring at 12.30 to mark the occasion.

We are hoping that in some small

"Excellence through endeavour"



Sedbergh Town Band

Remembrance Day Concert



7:30 pm



Sunday 11th November

St Andrew's Parish Church

Admission £5 ~ U16 £3

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All proceeds to the British Legion



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way this event will help us remember those who have given their lives so that we can be here now and that it will also serve to remind us that, whatever our political

views, there are service men and women still doing this and still needing our help. Most of us will be aware that veterans leave and have left the service, with little or no help from government and many of them and their families are now facing extreme hardship.

Briefly the outline for the Sedbergh plan is to have a poppy trail or stream through the churchyard representing Sedbergh town with tributaries representing Cautley, Garsdale, Killington, Firbank, Howgill, and Sedbergh School. In Dent a single stream will be decorated with poppies dedicated to the fallen.

A material backing will represent the

Keith Moorby MAAT

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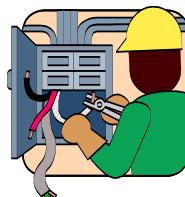
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water to which standard British Legion poppies will be tied providing a carpet of poppies. Taller special poppies are planned to line the trail, one for each of the named Sedbergh and District individuals who lost their lives in combat.

This is a community event and we would like as many of the organizations or groups in Sedbergh and District to feel able to contribute their own poppies to be "placed" in the grass representing poppy fields.

We would also like to invite any individual who would like to make (or buy) a poppy to come and add it to the "stream". If you would like to dedicate your poppy to a past or current member of the armed forces

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or someone who died in combat we will be able to provide labels for you so that you can write a dedication on the label.

We are hoping that some of you will also feel able to sponsor the poppies to raise money to help ex-service men and women facing difficulty. There will be box for collections in each of the churches.

We have poppy patterns for crocheting and knitting. If you would like to have copies we will be putting copies of the patterns in St Andrew Church in Sedbergh, but please come up with your own ideas if you would like to - they will all be welcome and in whatever material you would like. Whatever material is used the main

criteria is that it should be able to reasonably stand up to the weather as who knows what it will throw at us in November. So no tissue paper poppies!

We hope this will be a very special Remembrance Commemoration.

NORTH WEST BLOOD BIKES

William, Mary & Family

On Sunday, the 9th of September, Lisa competed in her 13th Great North Run raising £1,139 for North West Blood Bikes.

Once again a big thank you to all who sponsored Liz and gave such generous donations. A special thank you to Angela who was hoping to do the Morecambe Bay Walk, but was unable to do so, and kindly gave her sponsor donations.

The amount raised from the Coffee Morning held on the 11th of August raised £1131 and this brings an amazing total of £2,270 for a very worthwhile cause.

Philip Horner

Fencing Contractor

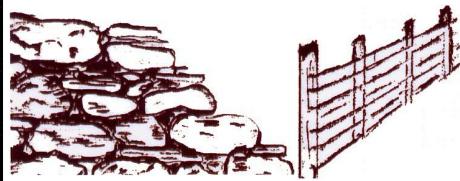
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DENTDALE, HEAD TO FOOT

Mike Steele

Our September meeting talk was by David Wright about "Icons, Techniques and Meanings" and proved to be an absolutely fascinating insight into their production.

Having been in existence for the past 2000 years, with St Luke allegedly the first Iconist and still produced to the same stylised and traditional formulas, Icons bridge a gap between the Christian churches of the West and East.

The preparation of the boards, which themselves have various religious significances depending on their style and shape, is a complex process prior to the commencement of the painted work and this takes

many days before the final surface is deemed suitable for painting.

There are various methods of painting dependent on the luminosity required from the white background, but none can be started until the initial coating of gold leaf has been applied, either using an oil-based or water-based process, which then has to dry off before the next stage. The gold leaf is minutely thin and has been mechanically beaten to get to this stage. The actual painting of the Icon is carried out by tracing the design onto the board prior to the application of the gold leaf, but then with application difficulties encountered between dissimilar materials great care has to be taken to ensure that there is no bleeding



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between them.

The paints themselves are either naturally occurring minerals or vegetable materials, some of which are exceedingly expensive, never mind the cost of the gold leaf. Some of the paints are extremely toxic, so the mixing of these very fine powders with the binding medium, egg tempera, can be problematic. Because Icons should only be produced with egg tempera binder, the length of final drying can take up to 12 months.

Notwithstanding this lengthy production process there are other constraints. The iconographer has to be in the right frame of mind before starting and ideally should ensure that the painting environment is calm

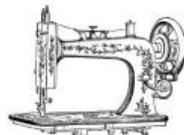
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and collected, preferably with a religious undertone. Any Icon can only be deemed to be completed after it has received a religious blessing. Only then can this portable two-dimensional paeon of praise be put to its final purpose.

So, if you are thinking of using a piece of hardboard or mdf as a backing with gold paint and acrylics it will NEVER be accepted as an Icon!

Our next meeting is on October 5th when Jenny Robinson of Eunomia Research and Consulting, will by special request, be talking to us again on plastic waste: "Plastic Fantastic? The good, the bad and the ugly..."

A wide-ranging talk and chance for a discussion, looking at plastic use and the environment, the issue of Single-Use plastics and how a Global issue needs to become a local concern.

For the rest of the year our programme is:

November 2nd: Perhaps a talk on the

Second World War
December 7th: Christmas Jacobs
Join.

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



EBERLE STRING QUARTET

Graham Dalton

Donald and Shirley Smith are the main stays of musical concerts in the town and look out for exceptional performances to promote. Last year they heard elsewhere in Cumbria, the Eberle string quintet 2 violins, 2 violas and a cello, and decided to try to get a repeat performance here.

The concert in St. Andrews on 1st September was the result of their

endeavours.

The players, all female, chose a very enjoyable programme of three works covering three centuries, by Mozart, Dvorak and Vaughan Williams. The first had delightful tête-à-tête passages, the second, reminders of Czechoslovakia, where the composer was reared, and the New World to which he emigrated. The third, entitled 'Phantasy' conjured pictures between serene water scenes and onto cheerful folk dancing, all dissolving into thin air.

The large audience gave the group admiring and enthusiastic applause, complementing the players' bright smiles, changed from hard concentration, as they finished the last notes of each piece.



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Donald and Shirley had done us very well by following their instincts. It was a most enjoyable evening. 

**NEW CLASS!
THE ART OF EFFORTLESS
POWER
A BEGINNER'S GUIDE TO
CHENG HSIN**

June Parker

The Art of Effortless Power (also known as Cheng Hsin) has the specific goal of remaining totally relaxed and calm while being effective at a given task. More than that, we aim to increase our effectiveness by virtue of being relaxed and calm. It was founded by Peter Ralston in the 1970s and

encapsulates the principles which enabled him to win the Asian martial arts world championship in 1976. If you ever find yourself tensing up in order to complete a difficult task, this class is for you.

Unknown to most people in Sedbergh, there has been a small Cheng Hsin group here since 2014. We have top teachers coming to give workshops five times a year and practise regularly ourselves. We have now reached the stage where we (Andi Chapple and I) feel empowered to offer a beginner's class.

The class will consist of solo and pair exercises and also games, along with the necessary explanations and demonstrations. Solo exercises are

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designed to increase our awareness of our state of relaxation and/or tension and to help us improve the alignment of the body. The class would suit you if you have a physical job, are a runner or cyclist, want to improve your posture, are interested in your mind or simply want to be more relaxed and calm.

A typical pair exercise might have the task to move the partner (forwards, backwards or sideways) without using muscular strength; that is, without contracting the muscles for the purpose of moving the partner. For example, we might attempt to push without tensing or straightening the arms (or legs). The partner provides great feedback. For one thing they are heavy, in comparison

with the sorts of objects we might usually move around. For another, we become aware of our habitual tendencies when relating to another person in a slightly unfamiliar situation.

Why are we doing it? Firstly it is good fun, otherwise we would not have carried on doing it for so long (I attended my first Cheng Hsin workshop in 2009). Secondly, slowly we are becoming more relaxed, better aligned and so more effortlessly effective.

The class will take place on Monday evenings in the Parish Room at St. Andrew's Church, 6.30 to 8.00, for six sessions starting on October 8. As an introductory offer the sessions cost £6 each. Our contact details are in



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the advert if you want more information.

Recommended reading is the book 'Zen Body Being' by Peter Ralston, the founder of Cheng Hsin. This is a guide to being effortlessly effective in daily life. If you are interested in martial arts, you would probably enjoy 'The Principles of Effortless Power', by the same author.



SEDBERGH ART SOCIETY

Jenifer Alison

Heartfelt thanks to all our visitors to the Sedbergh Art Society Exhibition 2018, which took place as usual in Sedbergh School Library.

The exhibition was opened by Kevin Lancaster, chairman of the Sedbergh Parish Council. During our 5 days in



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the library we welcomed a good, steady flow of visitors. Thanks to them for all their lovely comments in the visitors' book. The sale of framed pictures, mounted art works, and cards compared very well to that of last year.

All this could not have happened without Helen Shields, the organiser of the exhibition. We owe an enormous 'thank you' to Helen for her inspiration and enthusiasm, and to our other members who gave their time, expertise and energy – not forgetting the artists of course! We thank Sedbergh School for once again being willing to rent us the library, which is a wonderful venue and a great attraction to visitors.

The main purpose of this yearly event, however, is to celebrate and show our work over the year to all our friends. One of the highlights was the sale of a lovely framed picture by a new member, who is quite new to

painting, and is a regular participant in our workshops and painting days. These events have been such a great source of enjoyment for our members, that we have increased the number of Painting Days next year.

On painting days people can experiment and learn in a friendly, non-threatening atmosphere. Next year we plan to have experienced members on hand to whom members can turn for appraisal and advice. We also have our Wednesday afternoon group which meets in the People's Hall Committee Room. If you are interested in this, please contact John Conway Tel: 01524 241254; email: conway44@btinternet.com

We now look forward to another enjoyable season of demonstrations,

workshops, Hilary Moore's portrait sessions, and Wednesday afternoon regular painting sessions with John Conway. Our first event is a Painting Day on Saturday October 13th, from 10am – 4pm. This, as all other Friday demonstrations and Saturday workshops, will take place in the Cornerstone Community Church Hall, New Street. The usual card of events should be sent to members at the beginning of October. This includes information on all of the above, plus names and contact details of our committee members.

If you would like to join the Society, please contact Mike Morrison: - mikemorrison422@btinternet.com ; tel. 015396 20209 for membership.

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demonstration or try a workshop to see whether it is for you, contact

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824666, or Gill Impey: -

gillimpey@hotmail.co.uk ; tel. 01539

726640

Information about us, including next year's programme, can be found on our website:

www.sedberghartsociety.org



FAMILY MUSINGS

Sarah

Been on any interesting "trips" recently? I enjoy day trips with a local coach company and during the summer went on 2 WI trips or should we call them 'outings'? Hubby and I

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took 2 grandchildren aged 5 and 3 away for 5 days in a caravan and we had a marvellous time. Some of the other folks at the event at Holly Bush admired our enthusiasm while others thought we a bit crazy. They said things like " their parents are here, just another part of the site. .right?" No we brightly explained, just us and them, "Oh". I got stung by a wasp on my lip and we found out that the story about a dying wasp sending out sos signal to its fellow wasps for help

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is ..true. We were swamped by the creatures. Out came a jam trap and we helped to reduce the population.

Talking of trips, my mum used to say 'if something is worth doing it is worth doing well' I just took that a tad too literally when I fell onto concrete. Broke and dislocated my L wrist. And to make matters worse it was the day before the Gala and I missed most of the event as had to go to RLI and have the dislocation sorted out. May

need surgery. A long haul ahead but so thankful am R handed, it could have been so much worse.

The fall and resulting consequences mean a little less playing with grandchildren but we had great fun in Heysham one day with Grandad. The play area is great with a field to play in next to the car park, every play area anywhere is immediately called "the Green" after the one at home.

So folks make sure the 'trips' you take are of the harmless sort, and remember there is always something to be glad about and most things could always be 'worse'. Last month I told you about how I bruised my R side this month it's my L side hopefully by November the scars will

all be gone and all will be back to normal. Whatever that is. My mum also used to say "never let it be said I bred a gibber" ie someone who "gibbed" said "can't do whatever. So I am certainly no 'gibber' I just get bit tired at times!

Thanks folks.



WW1 EXHIBITION

Elsbeth Griffiths

From Friday 2nd to Monday 12th November, the Sedbergh & District History Society in cooperation with the Royal British Legion will display a WW1 Exhibition in St Andrew's, Sedbergh.

Coinciding with the centenary of the Armistice, the exhibition explores the impact of the First World War on the

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people of Sedbergh and District. It recognises the sacrifices of local men, and those from other countries, who served in diverse locations, at sea, in the air, in Africa, India, Europe and the Western Front and the effects of war at home in the Dales.

The exhibition will draw upon the research carried out for the History Society book *Sedbergh and District 1914-1918, But who shall Return Us The Children?* Following publication, SDHS was asked to contribute displays at various events and these focussed on different aspects of WW1 locally, nationally and worldwide. Pictures often provide evidence of the experiences that people endured.

This is part of a community event and with the poppies in Streams of Remembrance will provide a backdrop to The Royal British Legion Annual Remembrance ceremony.

DENT GALA GUESS THE DISTANCE

Graham Dalton

The distance between the two noses of our Sovereign Lady was 4 metres 27 centimetres, or 14 feet 1 inch in old measurement in the adult class and 1 metre 32 centimetres or 4 feet 4 inches in the children's!

The winner of £20 prize money in the adult class was Graham Helly of Bentham, who was only out by 3 centimetres and the sweets in the

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childrens' were shared by Alfie Smith of Dent and Grace Matthews of Liverpool, whose guesses were within 2 centimetres at 1 metre 30 centimetres.



PEOPLE'S HALL NEWS

*Dr Gina Barney, Hon Secretary
Sequence and Old Time Dance*

The next dance at the People's Hall is on Saturday 13 October 2018. Doors open at 7.30pm and dancing to Bill Johnson is from 8pm to 11.30pm. Jacobs Join, cash bar, raffle. Tickets £4.

2019 Sequence and Old Time Dances at the People's Hall

We have liaised with IBIS, Kirkby Lonsdale and Whittington Dance organisers to avoid clashes. In 2019

we have four dances for your diaries: March 23, Denis Westmorland June 15, Roe Valley July 20, Bill Johnson October 19, Roe Valley
Gala Evening

The Gala Evening held on 14 July 2018 netted £1,600. This is intended to be used to buy new chairs for the Main Hall.



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e-mail: gardnermackenzieltd@gmail.com

week. Some volunteers have moved away and some have retired. Most recently Zanda Skill who has given many years of loyal service often doing two or three shifts a week; but at 80 he has decided it is time to stand down. We are eternally grateful to him for all he has done over the years and we wish him all the best in the future.

But if the shop is to continue to function and provide funds for the Trust to disburse to the community we must have some new blood. The job is not arduous and the shop is a welcoming and cheerful place where there are opportunities to meet new faces. Please consider whether you can find a morning or afternoon to help man the desk. If you can please

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We've seen an increase in reports about fake Netflix emails claiming that there's an issue with your account, or that your account has been suspended. The email states that you need to "update" your account details in order to resolve the problem. The link in the emails leads to genuine-looking Netflix phishing websites designed to steal your username and password, as well as payment details.

Always question unsolicited requests for your personal or financial information in case it's a scam. Never automatically click on a link in an unexpected email or text.

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COMMUNITY FUND GRANTS

Prospective applicants are reminded that the next round of grants from the Community Fund will be made in November and that the latest date for applications is Friday 9 November. There have been fewer than usual applications for funds in the May and August rounds. The Grants Committee would welcome applications for the November round as soon as possible. 

ZERO WASTE SEDBERGH

Suzie Pye

Most people would agree that our society is a disposable one. Kettles stop working, we buy new ones; socks get holes in, we throw them

away.

Partly we are simply falling in line with a consumer market designed that way (if the goods we buy don't fall apart after so long, how can manufacturers guarantee constant demand for their product?).

But the tide is slowly turning. More and more people are heeding advice that says buy the best you can afford, and repair when necessary.

Top tip: charity shops and second-hand shops are brilliant places to look for good quality clothing, children's toys, and re-purposed white goods and furniture at an affordable price.

Of course the zero-waste ethos is nothing new. For my grandparents and great-grandparents it would

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never have occurred to them to throw away a chair just because a strut had broken. With rationing a recent memory, food waste was not an option. Reusable bags were a no-brainer. And a weekly sewing session to repair holey and threadbare trousers was standard-ops. We are simply revisiting old ideals. A question I often ask myself when trying to find ZW solutions is "What did we do 70 years ago?" The answer often holds the key:

Planning meals, freezing leftovers, composting food waste, buying local, making do & mending. There is a useful rhyme, of which I'm not too sure of the origin:

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do without.

But the bulk of the population (myself included) are perhaps lacking the skills and knowledge needed for all this making do and mending. Which is why Zero Waste Sedbergh are thrilled to welcome [Simply Repair South Lakes](#) to the People's Hall on Tuesday 9th October, 4pm – 7pm. Their marvellous team of sewing and electrical experts will be there to give your clothes or gadgets a new lease of life FREE OF CHARGE. If you are

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able to let us know what it is you will be bringing in advance, we can make sure we have the correct equipment to hand. Huge thanks to Sedbergh Community Fund for financing this. Refreshments will be available for a small charge. Money made will be going back to Sedbergh Community Fund. If you are able to contribute to the refreshments team, please do get in touch!



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INFORMATION CENTRE

A new Sedbergh Calendar, the one after that (!) and a Thank You.

Andi Chapple

Hello – this is just to say that the 2019 ‘Sedbergh Scenes’ calendar has now been printed and is available at the Information and Book Centre. It costs £5.99 and comes with a sturdy envelope so you can easily send it to far-flung relatives and friends. The pictures have been donated by some of Sedbergh’s best photographers (too many to mention here) and heartfelt thanks go to them. If you are one of those far-flung relatives and friends, reading this at a distance, get in touch about us sending you a copy.

If you don’t already, do keep an eye

on the Facebook ‘Sedbergh in Pictures’ group, it’s easy to find even if you don’t have a Facebook account and there are superb photos there week in week out.

If you are one of Sedbergh’s many photographers, please start thinking about whether you would like to suggest an image or three for a 2020 calendar – we thought it was best to ask people while their summer pictures were still at the top of the pile. We propose the theme of ‘Sedbergh in Action’, interpret it how you will.

And lastly, a word about the Artisan Market – I write this the day after the September one, the last of this year’s season apart from one on 15

December. They seem to have gone well, plenty of stall holders were keen to come and all the markets were booked up even though there were more pitches and we put the price up (a fiver!). As you may know, they are organised and invested in by the Information and Book Centre and most of the work gets done by info centre people and people who help with the set-up and admin. They seem worth while, Sedbergh gets to see something different, some high quality craftspeople and food producers get to show and sell their stuff and maybe most importantly a lot of new people are brought in to the town and see what we have here.

Thanks very much for everyone's patience and help with it, it does

throw things out a bit for a few hours on a Saturday. If anyone has any thoughts about how the market could develop next year, please get in touch – an email to sedberghmarket@gmail.com is one way, and you can always drop in to 72 Main Street for a word.

Best wishes.



DIGGING FOR BRITONS! Community excavations in the Lune Gorge, Tebay

Graham Hooley

The archaeological excavations in the Lune Gorge, sponsored by the Heritage Lottery Fund and led by Lunesdale Archaeology Society, should be in full swing by the time this article appears. The excavations are



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scheduled from 27th September through to 12th October and focus on a prehistoric site that has not been properly investigated before.

The site is about half a kilometre south of the known Roman fort at Low Borrowbridge, and we expect that it was occupied by native Britons at the time of the Roman occupation (circa 70-400AD). It may have been established earlier – many similar sites in the north of England date from the late Bronze Age (circa 1000BC) or early Iron Age (from 800BC onwards). And it may have remained in occupation after the legions left to defend Rome at the start of the fifth century AD in the so called ‘Dark Ages’. One of our major objectives is to establish the time line of the settlement: working out when it was first established; how it developed over its lifetime (potentially longer than Sedbergh as a town has existed!); and when it went out of use. We are also exploring the relationship between the Britons living there and the Roman occupiers of the fort to the north.

The dig is supported financially by a grant from the Heritage Lottery Fund (HLF) – so thank you to all players of



the National Lottery! The purpose of the HLF is to encourage greater awareness of the historic and cultural heritage locally. This involves not only investigating that heritage through historical research (such as that conducted by our own Sedbergh and District History Society) and archaeological investigation, but also explaining and demonstrating the results to a wider audience. To that end we will be welcoming groups of visitors to the site during the dig. The History Society is organising one such visit and any locals wishing to take part should contact the society directly. We will also be mounting displays of findings in the spring at Orton Market and Sedbergh Artisans'

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Market.

The current excavation finishes mid-October and will be followed by an intensive period of analysis of findings and results. Post-excavation analysis of any artefacts found (pottery, metalwork, bone etc) will be undertaken over the winter. We also plan to take several samples of any organic material found (such as the remains of charcoal from domestic fires) to help date the site and its occupation. Then, in April/May next year we intend to return to the site to conduct further excavations and follow up on any leads uncovered this year.

You can keep up to date with our progress by following us on Instagram (search for 'Lunesdale archaeology') or our website (www.lunesdale.wordpress.com) where we will post regular updates. And if you would like to volunteer to help this year or next there are details of how you can get involved on the website.



OCTOBER GARDENING

Elaine Horne

If you stroll along Birks Lane during

the next few weeks, you might reach a point where your nose suddenly detects the delicious smell of strawberry jam, or candyfloss. Searching around, you might not notice the source of the perfume. It actually come from a tree growing at the bottom of Birkholme Garden and it comes, not from the flowers, but from the foliage, as it turns colour for Autumn (red, orange and pale yellow), dries and falls to the ground. The tree is a Japanese "Katsura" (*Cercidiphyllum japonicum*). It is a beautiful, elegant, small(ish) tree with rather translucent, rounded, scalloped-edged leaves. Flowers are born in early summer, but these are insignificant and green and the plant

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is usually cultivated for its form and foliage. It has a few extra special, named cultivars including *Cercidiphyllum japonicum* 'Pendulum' which forms a small weeping tree, and *C. japonicum* 'Strawberry' which has grey-green foliage, but I like the ordinary species as well as anything. Fragrance seems particularly important at this time of year especially if it comes from sources unseen. When heading up the road towards Marks and Spencer in Kendal I look forward to receiving a whiff of perfume coming from the hidden flowers of the *Elaeagnus X ebbingei* bushes, growing at the side of the pavement. *Elaeagnus X ebbingei* is a favourite shrub of

council and housing estate landscapers. It is evergreen, has variegated and dark green forms, grows practically anywhere and can be "pruned" with a hedge trimmer. Its flowers, born in late October and November are masked by the leaves, but if you train your nose to seek out wonderful perfumes, you will find them non the less.



SEDBERGH FIREWORKS EVENING

John Hosker

on behalf of Sedbergh Gala Group
Friday 2nd November will see the relaunch – pun completely intended – of the Sedbergh Fireworks Evening. The outgoing Gala Group have done

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an amazing job organising this event and others, including of course the Gala itself which will return to Sedbergh in May 2019. We cannot thank them enough for all the hard work they have put in over the years, and for supporting us in taking on such a challenging but rewarding task.

A small but dedicated group have been working hard to prepare for the 2018 Fireworks Evening in a way that pays tribute to the many successful events from the past, but also brings a few new offerings which we hope everyone can enjoy.

Sedbergh Gala

We have been talking to lots of local people, businesses, musicians and DJs – not to mention seven different fireworks companies – to put together a great evening of entertainment that we hope is ‘just right’ for Sedbergh.

Doors will open at 6pm for the family friendly disco. Hot food, stalls and bar will be available through the night. Then at around 7.15pm the fireworks will begin. Everyone welcome to attend these opening events with no

charge, but donations much appreciated (parents please note that all under 18's need to be accompanied, but dancing with your kids is entirely up to you. Or indeed them).

A short break will allow younger people to get tucked up in bed with hopefully lots of happy memories, then we will reopen the doors at 8pm for an evening of live music with fantastic local band The Moonshine Shakers, followed by a disco until late with A1 Audio.

Tickets are £5 each and will be available in town or please call John on 07719 346938. We have a limited number so please secure yours quickly to avoid disappointment.

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Younger people (under 18) are very welcome but must be accompanied by an appropriate adult; we're aiming to make this a really fun, family-friendly evening to help raise funds for the Gala, but also one that everyone can enjoy!

We hope to see plenty of folk turning out to support this event as we look forward to this and the relaunch of the Gala next year on 18th May.



SEDBERGH & DISTRICT HISTORY SOCIETY

Richard Cann

Winter Programme

WEDNESDAY 3rd OCTOBER

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Christine Craghill

An illustrated talk on the decline of the statesmen or yeoman farmers in the nineteenth century, a phenomenon also observed in Dent by Adam Sedgwick.

SETTLEBECK SCHOOL

WEDNESDAY 17th OCTOBER

Log boats to Edwardian Steamboats in the Lake District

Diana Matthews

An illustrated talk showing a range of different craft and some of their unusual owners over the years.

DENT MEMORIAL HALL

WEDNESDAY 7th NOVEMBER

The Yards of Kendal

Trevor Hughes

An illustrated talk on the history of

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the yards of Kendal, one of the most characteristic features of the town.

SETTLEBECK SCHOOL
WEDNESDAY 21st NOVEMBER
A Railway for Sedbergh

Robert Western

An illustrated talk on the events leading up to the provision of a railway link in Sedbergh and the subsequent history including a proposed line to Hawes.

SETTLEBECK SCHOOL
FRIDAY 30th NOVEMBER

The Annual Dinner, 7pm for 7.30pm.

SEDBERGH GOLF CLUB
WEDNESDAY 5th DECEMBER

Charity, the Poor Law and Workhouse- when all else failed.

Mike Winstanley

An illustrated talk exploring the ways in which people sought to "make ends meet" and get through hard times including the Poor Law and the increasingly dreaded workhouse.

SETTLEBECK SCHOOL

2019

WEDNESDAY 16th JANUARY

The Must Farm Pile-Dwelling:
Archaeological investigations of
Bronze Age Fenland settlement.

Iona Robinson Zeki

An illustrated talk on the findings of

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the excavation of the site constructed over an ancient river. A fire resulted in the preservation of extensive architectural remains and a wide assemblage of material culture providing an exceptional opportunity to explore Bronze Age life.

SETTLEBECK SCHOOL



TALKING LOOKAROUND

Dennis Whicker

The Annual September Coffee Morning on 12th September had to be cancelled due to various reasons but the Audio & Large Print Lookaround, to give it its full and proper name, is still very much in existence to provide a copy of

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For the Audio version, there are many volunteers that read every now and then. If you would like to help, again, contact Elspeth.



CREATIVE ARTS

Georgina Devine

Creative Arts Hub is in the Kendal shopping centre for people with learning disabilities, it's very nice. You do lots of nice artwork, the staff are very nice and you can do drama. You get one to one support from staff who sit down with you it's a nice place to be.



AUGUST WEATHER

After registering an official drought we got back to a more normal month with only 7 dry days. We totalled 5.79in (147.6mm) of rainfall for the month. Temperatures varied from a high of 79.0F (26.1C) to a low of 39.0F (3.9C). When the wind chill was added we had a low of 28F (-2.2C) on the 28th. It was again a fairly breezy month with a maximum gust of 17.2mph (27.68kph). Every maximum gust came from the North West.

Disaster!!!!!!! It has become the end of an era. A visitation from some vermin, I suspect either stoat or mink, probably the latter, wiped out my remaining pheasants. Two Lady Amherst cocks were taken and a pair



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of silvers killed in one visit. It was back next day and instead of taking one it had already killed it killed my last Chinese Goose. It tried to drag it away but it was too big for the hole by which it had probably entered.

Needless to say my traps have been increased in numbers. These were all daytime visits.

On the pleasanter side we have had a few butterflies around but nothing like the numbers of previous years. The numbers of birds at the feeding station has increased again with great spotted woodpeckers visiting regularly. Judging by the numbers we see house sparrows and blue tits have had a bumper breeding season around here. Rabbits seem to have

gone again. There has obviously been some myxomatosis but my unwanted visitor could have cleared them out hence it moved onto my birds. For most of the summer I have had a cock pheasant feeding with my sheep. I can cope with him but would rather not have the dozens and dozens of assorted crows which drop in the minute my back is turned.

We have got our swift nest boxes up along with the sound system to play the calls to them when they return next year. Let's hope the sparrows don't try to move in first!!



COMMUNITY OFFICER REPORT

Marion Jeffery, CSO 5383.
Below are the crime figures in



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Sedbergh for August.

I have been out and about in the towns and surrounding villages and slowly getting round all the schools, community groups and shops to introduce myself. I've currently set up 2 drop in surgeries and at Dent and Barbon, with the support of business owners. The Dent drop in is the 1st Thursday of the month, 1130-1230hrs at the Post office and at Barbon its earlier on the same day in The Churchmouse at Barbon 1000-1100hrs. Where I'll be available to answer any questions/queries/give advice or just a general natter! I am in the process of setting up a drop in at Sedbergh but I want to establish what days/times work best for the community as I don't want to clash with any other groups on going.

I've been made aware of the school parking issues around Settlebeck and I'm going to pay attention to and come up with some ideas to address this issue, which will probably get worse as the nights draw and cold weather sets in.

As ever, my contact details are below

Many thanks and see you all soon.

Marion Jeffery, CSO 5383.
South Lakeland, Kendal Police
Station, Busher Walk, Kendal LA9
4RJ

T: 101, option 2, ext 45383
E: marion.jeffery@cumbria.police.uk

1st	Theft offences
4th	Burglary in a building other than a dwelling
15th	Violence with injury
30th	Theft offences
31st	Burglary in a building other than a dwelling (quad bike taken)

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

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GORDON MIDDLETON

Gordon Middleton would like to thank everybody for the cards and good wishes he received on this **One Hundredth Birthday.**

=====

EDITORS COMMENTS

UPDATES

A couple of contact details that have been appearing have been wrong for a little while and have been brought to my attention. Thank you for the updates and if you know of any others, please let me know. I am afraid it would be impossible for me to check every single entry so your assistance would be appreciated.

FUTURE OF LOOKAROUND

A Meeting was held at 72 Main Street on Thursday 13th September which was attended by the new Team. Various roles have been allocated and the work load for individuals is drastically reduced. Many items were discussed and Lookaround is on track to be handed over after the December issue goes into print. Nothing will change with the new Team apart from:

- the Landline phone number will cease to exist with a Mobile Number available for contact at all times. Details below and on Front Page.
- The Bank Account will have a new sort code and account number *but the name will still be the same.*

The next Editorial Meeting will be at 9am on Thursday 18th October in

The Rawthey Room at 72 Main Street. If you would like to know more or would think about helping out with the new Team, just call in or give your details to me.

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

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

NEW PHONE NUMBER

In readiness for the changeover to the new Team, a Mobile Phone has been acquired which will be easier to monitor than a Landline.

If you type in **0 (zero) PIN GUY KICK**, you will be entering the number which is 07464 895425. This may be easier to remember.

With that, 015396 21960 will no longer be used after 1st December.

LOOKAROUND INFORMATION

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

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

Current Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by

Post (please enquire). *Back Copies* are available to read at the History Society Archive at 72 Main Street.

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

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

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

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

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

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

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

appropriate month.

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

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

The closing date for everything is 15th of every month.

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999 (Over 18 years ago.)

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report after the Event is free. The request for payment for an Advert is

to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable (for the last 18 years). All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

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

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

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

(making one whole year).

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

Payments by BACS can also be made.

This account is valid from June 2017.

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

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

CHILDREN'S BIRTHDAYS

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

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

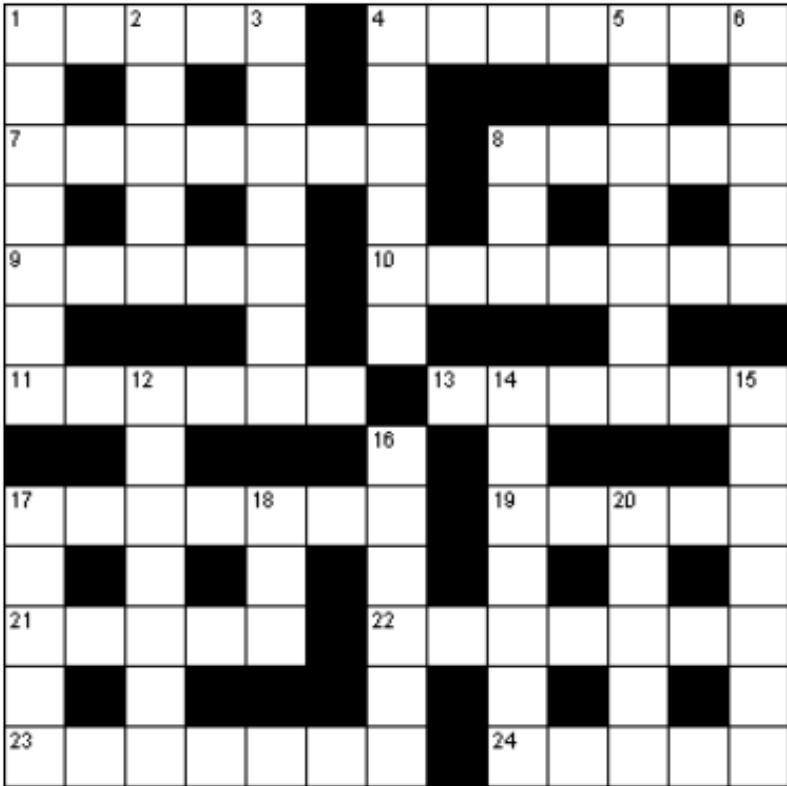
If anyone or any business would like to Sponsor the Birthday Voucher, please contact us. Full credit will be given.

COVER PICTURES

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

Dennis J Whicker

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



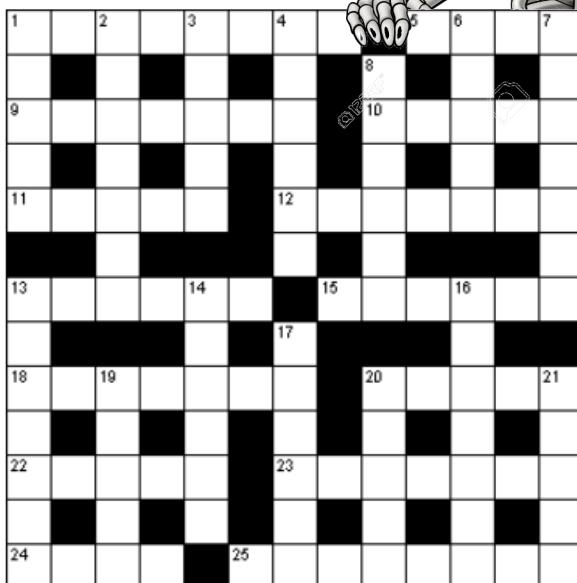
Across

1. Garret (5)
4. Communicative interaction (7)
7. Hassle (7)
8. Smithy's block (5)
9. Tooth (5)
10. Reaches out (7)
11. Pact (6)
13. Stategy (6)
17. Time off (7)
19. Stroll (5)
21. Rough (5)
22. Eight-sided polygon (7)
23. Imagined (7)
24. Watercourse (5)

Down

1. Try (7)
2. Supernatural creature (5)
3. Floorshow (7)
4. Mentally quick and resourceful (6)
5. Go forward (7)
6. Stories (5)
8. Pertinent (3)
12. Gourmet (7)
14. Disorderly (7)
15. Everlasting (7)
16. Unit of time (6)
17. Perspicuous (5)
18. Employ (3)
20. Start (5)

Trick or Treat



Across

1. Sounds like precipitation and expensive animal (8)
5. Three involved in street riot (4)
9. Young tree is a confusing alp sign (7)
10. A relatively high volume permitted (5)
11. Observes what they grab, by the sound of it (5)
12. Found contract ordered farm vehicle (7)
13. Play around with an instrument (6)
15. Made mandatory request essential (6)
18. Run around, swindle for each one (7)
20. Arch seen to occur vertically (5)
22. Found seaside always perfect (5)
23. Forcibly displaces our spot (7)
24. Style inherent in jewel antique (4)
25. Owned up to being allowed in (8)

Down

1. Flowers produce various sores (5)
2. Suggested gremlin fibbed (7)
3. Golf shot with ambition? (5)
4. Sleigh that contains fractionally less than one (6)
6. Kangaroo stampede reveals bird shelter (5)
7. Gave instructions for systematic arrangement (7)
8. May a primate be served as a starter? (6)
13. Five set for riotous fun on this occasion (7)
14. Crumpled jacket required for a spell (6)
16. A trip or land there for a change (7)
17. A regular route, roughly (6)
19. Aware nation hosts sporting venue (5)
20. Dog included in decor gimmick (5)
21. Found nausea sedative provided relief (5)

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cornerstone Community Church Rooms	01/09	Mrs Haworth	Sed:	20428
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community *	10/18	Dr Ripley	mylesripley@btinternet.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	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association *	10/18	Dr Ripley	mylesripley@btinternet.com	
Labour Supporters Group	12/17	Mr Cross	Sed:	22566

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	12/14	Mrs Suttle	07810	833478	
Lunch Club	03/18	Mrs 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 Micklenthwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com		
Swimming Club Over 50's	09/18	Mr Beare	Sed:	21339	
Tennis Club	01/09	Mr Robinson	Sed:	21014	
Town Band	01/09	Mrs Waters	Sed:	20457	
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138	
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773	
Voluntary Car Scheme	10/08		Sed:		
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 Henndey	Sed:	20899	
Young Cumbria	01/09	Mrs Hartley	01524	781177	
Young Farmers Club	11/15	Miss Thompson	07590	115844	
Young Kidz	01/09	Mrs Baines	Sed:	21287	

* = Latest Amendments

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

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0754 (C, L)	0838	M - F	502	SCC	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1300	1330 (L)	Wed	564A	W
1015 (L)	1045	Wed	564A	W	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1705 (C)	1745 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0728 (C)	0754 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
Last Update: May 2018									

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

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

BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect from Thursday 21st June 2018 ufn R = Request only					
	Thurs	Fri	Fri	Fri	Fri
Dent			10.25		14.25
Sedbergh, Spar			10.39	12.44	14.39
Sedbergh, Dalesman	09.00		10.40	12.45	14.40
Sedbergh, Maryfell	09.02		10.41	12.46	14.41
Cautley, Cross Keys	09.10		10.48	12.53	14.48
Fat Lamb	09.18		10.54	12.59	14.54
Kirkby Stephen Station arr	09.24		11.01	13.06	15.01
<i>Trains from Leeds to Carlisle</i>			11.06	12.35	15.01
<i>Trains from Carlisle to Leeds</i>			11.46	-	15.46
Kirkby Stephen Station dep	09.24		11.07	13.08	15.03
Kirkby Stephen Town	09.29		11.12	13.13	15.08
Kirkby Stephen Co-op	09.30		11.13	13.14	15.09
Brough, Clock			11.21	13.22	15.17
		Fri	Fri	Fri	Thurs
Brough, Clock			11.26	13.27	15.21
Kirkby Stephen Co-op			11.34	13.35	15.30
Kirkby Stephen Town			11.35	13.36	15.33
Kirkby Stephen Station arr			11.40	13.41	15.38
<i>Trains from Leeds to Carlisle</i>			-	-	-
<i>Trains from Carlisle to Leeds</i>			11.46	-	15.46
Kirkby Stephen Station dep			11.47	13.43	15.48
Fat Lamb			11.54	13.50	15.55
Cautley, Cross Keys			12.00	13.56	16.01
Sedbergh, Maryfell			12.07	14.03	16.08
Sedbergh, Library		10.05	12.08	14.04	16.09
Sedbergh, opp. Morphets		10.06	12.09	14.05	16.10
Dent		10.20	-	14.19	-

Thurs = Thursday only

Fri = Friday Only

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

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

BUS SERVICES

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

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

DENT RAILWAY STATION TIMETABLE

Valid until 8th December

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
M-F	Sat	Sun	M-F	Sat	Sun
06 47	07 51	10 34	07 05	09 06	10 40
09 15	09 15	11 01 *	09 38	10 41	14 05
10 48	10 48	13 55	12 10	12 10	16 18 #
12 17	12 17	15 52	16 04	16 04	18 41
14 43	14 43	17 47	17 35	17 35	19 03 *
16 45	16 45	20 19	19 38	19 38	20 27
18 15	18 15				
19 44	19 44				

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

= To Nottingham

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1600	3rd Sunday	Messy Church	CCCN
1000	Every Monday	Wild Goose Qigong	CCCM
1030	Every Monday	Sedbergh Songsters	GH
1730	Every Monday #	Brownies	CCCN
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1900	3rd Monday	Chamber of Trade	PH
1430	Last Monday	Tea & Company	CCCN
0930	Every Tuesday	Drop-in & Relax	MCD
1300	Every Tuesday	Howgill Toddlers	HVH
1330	Every Tuesday	Knit & Natter	GH
1830	Every Tuesday	Cub Scouts	SHQ
1830	Every Tuesday	Swimming Club	SS
1930	Every Tuesday	Bridge Club	WHC
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH
1930	3rd Tuesday	Ladies NFU	PH
0830	Every Wednesday	Sedbergh Market	JLCP
1000	Every Wednesday	Coffee Morning	CCCM
1000	Every Wednesday	Yoga for All	HVH
1215	Every Wednesday	Over 50's Swimming	SS Baths
1315	Every Wednesday	Art Society	PH
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Beaver Scouts	SHQ
1900	Every Wednesday	Sedbergh Town Band	SSBR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1830	Every Thursday	Swimming Club	SS
1800	Every Wednesday	Yoga for All	SPS
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	Every 2 weeks	Cameo Club	CCCN
1430	1st Thursday	Afternoon Cream Tea	Duo
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Age UK Lunch Club	Dalesman
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1100	Every Friday	Mindfulness Course	MCD
1700	Every Friday #	Barrel of Fun	StAS
1800	Every Friday	Cub Scouts	SHQ
1930	Every Friday	Scouts & Explorers	SHQ
1330	1st Friday	Dentdale Club	DMH
1000	Every Saturday	Swimming Club	SS

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

PLACES OF INTEREST TO VISIT IN THE AREA

Bowling Green, Queens Gardens
Bruce Loch Nature Area, Busk Lane
Cautley Spout, A683 towards Kirkby Stephen
Community Office, 72 Main Street
Cornerstone Community Church, Main Street
Cornerstone Community Church, New Street
Cumbria Wildlife Trust, Community Office
Dent Heritage Centre, Laning, Dent *
Farfield Mill, A684 Garsdale Road * <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

Combined plans for Western Dales Mission Community - OCTOBER 2018						
	Time	7 th	14 th	21 st	28 th	
St. Andrew's, Sedbergh LA10 5BZ	8am	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP	
St. Andrew's, Sedbergh LA10 5BZ	10.30am	Christine Brown HC United Service	Andy McMullon HC (NIV)	Andy McMullon HC	Andy McMullon & Judith Bush FS	
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service at St. Andrew's or People's Hall	David Crouchley HC	David Crouchley 4pm- Messy Church	Sarah Crouchley	
People's Hall Sedbergh LA10 5DQ	10.30am	Cyril Ashton				
St. Mark's, Cautley LA10 5LZ		At Sedbergh	9.30am Judith Bush MP-NC	2.30pm Andy McMullon Healing	2.30pm Judith Bush Taize	
Cautley Methodist Chapel LA10 5LY	11am	Own arrangement	June Allen	Pam Dent	Chris Fawcett	
St. John's, Garsdale LA10	10am	At Low Smithy United Service	Bill Mawdsley	At Garsdale Street United Service	Bill Mawdsley SW	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2pm	2 & 6.30pm John Bainbridge Harvest Festival United Service	Brian Park	At Garsdale Street United Service	William Allen	
Garsdale Street Methodist Chapel LA10	6.30pm	At Garsdale Low Smithy United Service	David Crouchley HC	Nora Alderson Songs of Praise United Service	Pam Dent	
All Saints, Killington LA6 2HA	2pm	At Sedbergh	At Firbank	Gary Wemyss HC	At Howgill	
Holy Trinity Howgill LA10 5JD	2pm	At Sedbergh	At Firbank	At Killington	Gary Wemyss HC	
St. John's Firbank LA10 5EF	2pm	At Sedbergh	Andy McMullon HC	At Killington	At Howgill	
St. Andrew's, Dent LA10 5QL	10.30am	Andy McMullon HC	Christine Brown HC	Christine Brown HC	Christine Brown HC	
St. John's, Cowgill LA10 5RJ		2.30pm Christine Brown Harvest Festival	At Dent	2.00pm Gary Wemyss HC	At Dent	
Dentdale Methodist Chapel LA10 5QJ	2pm	Philip Nolan	At Dent Foot	Martin Dodds	Anne Petyt Songs of Praise	
Dent Foot Methodist Chapel LA10	2pm	Gordon Middleton	Tbc Harvest Festival	Own arrangement	Philip Nolan	
		3rd	10 th	17 th	24 th	31 st
St. Andrew's, Sedbergh LA10 5BZ	11.15am	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP
HC- Holy Communion (HCx- Extended Communion) SW- Service of the Word FS- Family Service HS- Healing service		Ecu- Ecumenical CM- Choral Matins (BCP) MP-NC- Morning Prayer- Northumbrian EP- Evening Prayer				

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullan Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

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

Rev. Dr. Peter Campbell Tel: 20918

CORNERSTONE COMMUNITY CHURCH

New Street/Main Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

SOCIETY OF FRIENDS

QUAKERS
Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. Andy McMullan 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 McMullan Tel: 20018

Rev. Christine Brown Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

Rev. David Crouchley Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am 1st Sunday each month

Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545 375721

Lookaround Advertising Rates

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

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

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



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

Mrs Whitfield	Old Station Cottage. Station Road, Sedbergh LA10 5HP (2016/12) Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage www.oldstationcottage.co.uk	20799
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Self-Catering Sleeps 6-8	20360
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	Sleeps 4 people; D; T; CH; L; P; NS	21175
Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi Speight Cottage: sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub sam@thecapps.co.uk	34032
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	Sleeps 4 people; D; T; CH; L; P; NS	21175
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	Sleeps 2; D; CH; TVL; P; NS; DW	01969 667356

KEY

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

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DIARY OF EVENTS

Dates are held up to 19th October 2019. Dates in BOLD are start & finish events. Numbers in Brackets indicate Advert/Article on a Page. Month in Bracket relates to issue that details last appeared.		
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OCTOBER		
3 0830 Weekly Market (78)	JLCP	
3 1000 Weekly CM - Firbank Church (4)	CCCM	
3 1930 HS Cumbrian Statesman Decline (17 & 74)	SSAT	
4 1930 WIH&F - AGM & Advisor	FCH	
5 Booktown Festival Starts (5)		
5 Public Writing (5)	Cafes	
5 Book Themed Craft (5)	FM	
5 DHTF Alpac Farming (54)	DMH	
5 0930 Rachel's Story (5)	CCCN	
5 1500 Rebecca Crowe (5)	Library	
5 1930 Roger Stevens (5)	Smatt's Duo	
6 Public Writing (5)	Cafes	
6 Book Themed Craft (5)	FM	
6 1000 StAD Coffee Morning	DMH	
6 1000 Audrey Wilson (5)	Library	
6 1000 Family Poetry (5)	Library	
6 1000 Learn to Meditate (6)	MCD	
6 1130 Alex Johnson (5)	Westwood Books	
6 1400 Thanksgiving for CCCM (6)	CCCM	
6 1500 Alex Johnson (5)	Westwood Books	
6 1930 Amanda Owen (5)	PH	
7 Public Writing (5)	Cafes	
7 Book Themed Craft (5)	FM	
7 1000 Children's Writing Workshop (5)	SSL	
7 1130 Adult Writing Workshop (5)	SSL	
7 1230 Author Panel & Q&A (5)	Westwood Bks	
7 1900 Finale Themed Dinner (5)	Black Bull	
7 Booktown Festival Ends (5)		
8 1300 Age UK Be Fraud Smart (25)	PH	
9 1400 WIK - Life of a Reservist RAF Padre	PH	
9 1600 Simply Repair South Lakes	PH	
10 0830 Weekly Market (78)	JLCP	
10 1000 Weekly CM - Christian Aid (4 & 1)	CCCM	
10 1300 MC Closed for Training (10)	MC	
10 1915 WID - Julehygge (correctly spelt)	DMH	
10 1930 WIS - Uplifting Stories	PH	
11 1200 Age UK Lunch Club	Dalesman	
11 1915 Royal British Legion (1 & 50)	WHC	
12 1930 Italian Evening & Bingo	FCH	
12 1000 Release, Rebalance & Renew (6)	MCD	
13 0900 Flu Clinic (10)	MC	
13 1000 FOSH Coffee Morning (13)	DMH	
13 1930 Olde Time Dance (13 & 64)	PH	
14 Family Portraits (14)	SSAT	
14 1930 NW Arts Concert (Sept)	Appleby	
16 1400 SASL	PH	
16 1930 Ladies NFU - Volunteering in Zambia	PH	
17 0830 Weekly Market (78)	JLCP	
17 1000 Weekly CM - Middleton Church (4)	CCCM	
17 1930 HS Edwardian Steamboats (17 & 74)	DMH	
18 1930 BL Voyage to Antarctica (1 & 50)	CCCM	
20 1930 Flicks in the Fells	PH	
21 1100 Drop in Meditation (6)	MCD	
21 1600 Messy Church (21)	CCCN	
22 1930 Beetle Drive	GVH	
24 0830 Weekly Market (78)	JLCP	
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NOVEMBER		
24 1000 Weekly CM - Garsdale/Cautley Ch's (4)	CCCM	
27 1000 Apple Day (ad & Text)	PH	
28 Clocks Fall Back		
31 Halloween		
31 0830 Weekly Market (78)	JLCP	
31 1000 Weekly CM - Bowling Club (4)	CCCM	
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DECEMBER		
1 1930 WIH&F - Morecambe Bay Safari	HVH	
2-11 Streams of Remembrance (51)	StAS/StAD	
2-12 WW1 Exhibition (62)	StAS	
2 1800 Gala Fireworks Evening (42 & 72)	PH	
2 1930 Autumn Domino Drive	HVH	
2 DHTF Plastic Wastes (54)	DMH	
3 1000 StAD Christmas Coffee Morning	DMH	
3 1900 Bonfire & Fireworks Night	GVH	
3 1930 Flicks in the Fells	PH	
7 0830 Weekly Market (78)	JLCP	
7 1000 Weekly CM - Royal British Legion (4)	CCCM	
7 1930 HS Yards of Kendal (17 & 74)	SSAT	
8 1200 Age UK Lunch Club	Dalesman	
8 1915 Royal British Legion (1 & 50)	WHC	
8 1930 Diwall Supper Club (48)	Garths Farm	
9 1600 Charity Night (49)	No. 6	
9 1930 WIH&F Domino Drive	HVH	
11 Remembrance Day		
11 1930 Remembrance Day Concert (51)	StAS	
13 1930 Domino Drive	FCH	
14 0830 Weekly Market (78)	JLCP	
14 1000 Weekly CM - LNUF (4)	CCCM	
14 1300 MC Closed for Training (10)	MC	
14 1915 WID - AGM	DMH	
14 1930 WIS - AGM & Jacobs Join	PH	
18 1930 NW Arts Concert (Sept)	Appleby	
19 1930 Domino Drive	GVH	
20 1400 SASL - Christmas Lunch	TBA	
20 1930 Ladies NFU - Weaving with local wool	PH	
21 0830 Weekly Market (78)	JLCP	
21 1000 Weekly CM - TBA (4)	CCCM	
21 1930 HS Railway for Sedbergh (17 & 74)	SSAT	
23 1800 The Christmas Angel (53)	PH	
23 1930 Domino Drive	FCH	
24 1100 Christmas Fair	SIAS	
28 0830 Weekly Market (78)	JLCP	
28 1000 Weekly CM - Town Band (4)	CCCM	
30 St Andrew's Day		
30 1900 HS Annual Dinner (17 & 74)	Golf Club	
30 Folk Carols Festival Starts	Dent	
<hr/>		
DECEMBER		
1 1930 Flicks in the Fells	PH	
2 Folk Carols Festival Ends	Dent	
4 Town Band Christmas Concert	STAS	
4 1930 Ladies NFU - Collecting Vintage Clothes	PH	
4 Sing Joyfully (text August)	TBA	
5 0830 Weekly Market (78)	JLCP	
5 1000 Weekly CM - TBA (4)	CCCM	
5 1800 Late Night Opening	Sedbergh	
5 1930 HS Charity, Poor Law & Workhouse (17 & 74)		
5 SSAT		
6 TBA WIH&F - Christmas Party	TBA	
7 DHTF Christmas Jacobs Join (54)	DMH	
8 1000 FLOW with Tony Bennett (6)	MCD	
9 1930 NW Arts Concert (Sept)	Appleby	

COVER PHOTO
Community Orchard
Stuart Manger

- 11 TBA WIK - Christmas Lunch
 11 1930 Domino Drive & Mince Pies
 11 1930 Sing Joyfully (text August)
 12 0830 Weekly Market (78)
 12 1000 Weekly CM - TBA (4)
 12 WID - Christmas Meal
 12 WIS - Christmas Dinner
 13 1200 Age UK Lunch Club
 13 1915 Royal British Legion (1 & 50)
 19 0830 Weekly Market (78)
 20 1930 Christmas Domino Drive
 25 Christmas Day
 26 Boxing Day

2019
JANUARY

- 8 1930 Domino Drive FCH
 16 1930 HS Must Farm Pile-Dwelling (17 & 74) SSAT
 27 1930 NW Arts Concert (Sept) Appleby

FEBRUARY

- 6 1930 HS Cumbria Cattle Driving (17 & 74) SSAT
 12 1930 Domino Drive FCH
 13 1300 MC Closed for Training (10) MC
 14 St Valentines Day
 17 St Patrick's Day
 18 1930 FCH AGM FCH
 20 1930 HS Invasion via Garsdale (17 & 74) SSAT

MARCH

- 1 St David's Day
 6 1930 HS Wide changing roles of women (17 & 74) SSAT
 10 1930 NW Arts Concert (Sept) Appleby
 12 1930 Domino Drive FCH
 14 1300 MC Closed for Training (10) MC
 20 1930 HS How water shaped Kendal (17 & 74) SSAT
 22 1900 HS AGM & Jacobs Join (17 & 74) SSAT
 23 1930 Olde Tyme Dance - Denis Westmorland (PH) PH
 28 2000 Sing Joyfully (text August) Casterton Church
 30 1300 Spring Show PH
 31 Clocks March Forward

APRIL

- 7 1930 NW Arts Concert (Sept) Appleby
 19 Good Friday
 22 Easter Monday

MAY

- 6 May Day
 18 1200 Sedbergh Gala Day Lupton Field
 27 Late Bank Holiday

JUNE

- 8 1930 Sing Joyfully (text August) KL Church
 15 1930 Olde Tyme Dance - Roe Valley (PH) PH
 28 Hells Fells Marthwaite
 29 Hells Fells Marthwaite
 30 Hells Fells Marthwaite

JULY

- 20 1930 Olde Tyme Dance - Bill Johnson (PH) PH

AUGUST

- 5 August Bank Holiday
 26 August Bank Holiday

SEPTEMBER

OCTOBER

- 19 1930 Olde Tyme Dance - Roe Valley (PH)
 27 Clocks Fall Back
 31 Halloween

PH

NOVEMBER

- 30 St Andrew's Day
 25 Christmas Day
 26 Boxing Day

DECEMBER

All entries in the Diary are free and helps other organisations to make their own plans for events. If you have it in your Diary, please put it in ours.

DIARY KEY

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

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.00am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Surgery by appointment only –

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

Dent Surgery

Monday by appointment only

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday afternoons

(By appointment only)

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

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

See our website

www.sedberghmhp.nhs.uk

for further details

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

POLICE

101 or 999

Crimestoppers 0800 555 111

DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

Saturday *

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

MARKET DAY

WEDNESDAY

Last Update:

March 2018