

Sedbergh & District **LOOKAROUND**

September 2018

Issue 369

Donation £1

This month, there is a reduction in text to read so apologies for the pages with lots of Adverts on. This makes for only 96 pages but we still say a big thank you to all contributors for the support, which

supports our community.

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

Dennis & Jacky Whicker

Community
Self Build
Agency



HELLS FELLS™

Friday 7th - Sunday 9th September

Marthwaite Foot, Sedbergh

A weekend of action and adventure, choose from:

Guided walks with Alison O'Neil including hamper lunch & afternoon tea - £35
Bushcraft & Survival with former SAS Officer Ken Hames - £35

Lanes County Trial Bike Comp Saturday afternoon - £20, spectators free

Roots of Nature with Caroline Grindrod - £35 (Saturday only)

Young Farmers Tug of War Comp Saturday Evening



Team Competitions:

- Friday Evening Tug of War
- Saturday Raft Race, Fell Relay Race, MTB Relay Race
- Sunday, Clay Pidgeon Shooting, Assault Course Relay

Live Music Festival - Craft Beer - Craft Gin

Prosecco - Light Brigade Beer

Friday and Saturday Night

Tel: 07900 484024 - Rachael



www.hellsfells.co.uk

20% of all revenue from the event goes to the Community Self Build Agency, giving the vulnerable and disadvantaged a hand up – not a hand out.

CLOSING DATE: 15th of every month for everything

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD

Telephone: 015396 - 21960 ~ Mobile: 07464 - 895425

e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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Events & Miscellaneous			September Birthdays		
			Day	Name	Age
01 Ereble String Quintet 1		5	9	Holly COWIN	8
02 Moorcock Show 2		6	10	Harry DAWSON	8
03 Badminton Club		4	18	Thomas METCALFE	5
05 Yoga		9	19	Mia COTTAM	6
07 Hells Fells		1	25	Thomas DAWSON	9
08 Flicks in the Fells		8			
08 Meditation Centre Events		16			
11 Dentdale Choir		11			
12 Little Wonders SPS		12			
12 Medical Centre		12			
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18 Swimming Club		18			
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SEDBERGH BADMINTON CLUB Sedbergh School Sports Hall (behind Queens Hall) New season starts on Monday 3 September Juniors (6 years +) from 7.15 pm Adults from 7.45 pm <i>All ages and abilities very welcome</i> Details ring David 0781 643 7500	Weekly Coffee Morning Cornerstone Community Church Main Street, Sedbergh 10 am to 12 noon
	September 5th Garsdale Church 12th Talking Lookaround 19th St John's Hospice 25th First Responders
	USEFUL TELEPHONE NUMBERS
	Age UK South Lakeland 030 300 30003
	Electricity in any area 105
	Medical in any area 111
	Pension Service Surgery Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265
	Police in any area 101
	Sight Advice South Lakes 01539 769055
	South Lakes Citizens Advice Bureau 03444 111 444
	South Lakeland District Council 01539 733 333
	Yorkshire Dale National Park 0300 456 0030
	<i>If you would like to see any numbers listed here, please let us know.</i>

NORTH WEST BLOOD BIKES

William, Mary and family

On 11th of August, a Coffee Morning at Waterside Farm, Firbank in aid of the North West Blood Bikes.

Where do we begin? The weather forecast at the beginning of the week was slightly worrying but the day dawned with brilliant sunshine and couldn't have been better, bringing out the crowds. We were very fortunate and grateful to have the Russell Curwen Memorial Blood Bike on show with thanks going to Russell's sister, Sue Fiddler and Blood Biker Colin Kendal (in photo) who arranged this for us.

(The Memorial Bike was presented to Russell's family and the Blood Bikers by the Kendal Group of Freemasons on behalf of all the Cumberland & Westmorland (Cumbria) Members at a special Ceremony on Monday 16th July at Kendal. Ed.)

We find it hard to find words to express our thanks to all who



Sedbergh Pepperpot Club presents

THE

EBERLE STRING QUINTET

Pamela Redman and Jane Cull – violins
Beth Fuller-Teed & Allison Calderbank – violas
Mary Dainton – cello



**ST ANDREW'S CHURCH,
SEDBERGH**

Saturday September 1st

7.30pm

Mozart String Quintet in G minor K516
Vaughan Williams Phantasy String Quintet

Interval

Dvorak String Quintet op. 97

Tickets from

Sedbergh Pepperpot Club 21196
Sedbergh Information Centre 20125
£8 in advance ~ £10 on the door
18 & under free

Light refreshments will be available in the interval

supported the event and made the morning such a success. The kitchen staff and stallholders worked so hard and grateful thanks goes to them. Not forgetting the car park attendants who managed to park everyone without any mishaps!

Thank you all for the generous donations. It was a morning of mixed emotions, but also an amazing morning which raised £1,131.61 for North West Blood Bikes. What more can we say but a big thank you to you all.

Liz will be competing in the Great North Run on September 9th for the same Charity, so hopefully a final total will appear in the October Lookaround.



NEWS FROM THE PRACTICE

Tracy Thornton

Lots of things happening at the surgery to tell you about.....

Firstly Sharon Cheeseman our cleaner of 25 years retired in August, we would like to wish her well in her retirement and thank her for all her hard work over the years, she will be missed by all.

You may also notice that we have a different clinician on our appointments list, we would like to congratulate Sue Wrennall (now Sue Cooper) on her recent marriage to Paul, we would like to wish them all the best for their future together.

Triage of appointments

If you have been on our website/ Facebook page or looked at the right hand side of your prescription you will be aware that we are making some slight changes to the way we answer phone calls. From Monday 13th August reception staff will ask all patients booking appointments the reason for the appointment, this is so they can signpost you to the most appropriate clinician or service. We are making these changes as a result of an audit that we undertook in June which highlighted that 20% of our appointments potentially could have been avoidable i.e. patient could of been seen by a different clinician, had a telephone call or been signposted to another service. We hope this change will ensure patients are seen by the most appropriate person at the right time, improving patient awareness and education about who does what at the practice and what external organisations can offer. If a patient does not want to disclose the

reason then that is absolutely fine, however we would like to reiterate that all our staff are trained in confidentiality.

Flu Clinics

Flu season is fast approaching and we have some dates for your diaries, subject to flu vaccine delivery.

Saturday 22nd September 9am - 11am – walk in clinic

Saturday 13th October 9am – 11am – walk in clinic

Monday 24th September - 11.30am - 12pm - Dent Surgery – Please ring the surgery to book for flu vaccination at Dent clinic

These sessions are only for flu vaccinations. Please note booking appointments, collecting prescriptions and medical appointments **are not**

MOORCOCK & DISTRICT AGRICULTURAL SOCIETY

MOORCOCK SHOW

To be held at Mossdale

off A684 between Sedbergh & Hawes

Sunday 2nd September

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

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

Gates Open 10:30 - Sheep Judging starts 12 noon

Admission: Adults £5 - Children Free

-- FREE CAR PARKING --

www.moorcockshow.co.uk



M.O.Ts

Class 4 & Class 7



(Class 7 - over 3000kg and upto 3500kg GDW)

£10 LOVE2SHOP Voucher for the first 10 bookings with an MOT due date before 31.12.18 (Please mention that you saw our advert in the Lookaround).

Offer valid until 31st December 2018.

Prices start from £42.00. Booking Required.



015395 66029

J36-Crooklands



available on these dates.

Any patient eligible* for the flu vaccine can come to the practice any time during our working hours Monday – Friday 8.30am -6.30pm and will be able to have the immunisation without the need for an appointment, please note there may be a short wait at busy times and during lunch time.

**Eligible patients include all patients aged 65 and over, any patient under 65 in an 'at risk' group these include, Chronic Respiratory Disease, Diabetes, Chronic Heart Disease, Chronic Kidney Disease, Chronic Liver Disease, Chronic Neurological Disease, Immunosuppression, Asplenia or dysfunction of the spleen,*

pregnant Women, Morbid Obesity.

We are also running a childhood flu programme for all children aged 2 and 3 (born between 1/9/2014 and 31/8/2016); no appointment needed but please contact the surgery to ensure we have received the vaccines (this is administered as a nasal vaccine and not an injection)

Pulse checks for Atrial Fibrillation

In order to screen for abnormal heart rhythms – mainly a condition known as atrial fibrillation, we will be offering pulse checks when you attend for your flu vaccination. Atrial fibrillation is a condition that can occur at any age – but tends to present later in life and for many people does not have any symptoms

The Greatest Showman

Hugh Jackman, Michelle Williams
Rebecca Ferguson, Zac Efron. Certificate PG

Saturday 8th September

film starts **7.30pm**

Sedbergh People's Hall

Flicks in The Fells

that can alert us that there is a problem. The main issue with untreated atrial fibrillation is that it can result in a stroke which can leave a patient very disabled. We know that by finding atrial fibrillation early and offering investigations and treatment, we can reduce the potentially life changing events that are associated with this condition. The clinician who is giving your flu vaccination will ask you if you would like a pulse check and give you the opportunity to decline if you so wish.

If the clinician finds that you have an abnormal pulse, in most instances this will not need immediate action. You will be asked to book an appointment the following week for a routine ECG with one of our nurses in order to confirm or exclude the diagnosis. Only if the diagnosis is confirmed on ECG will you then be offered further investigations and treatment and this will all depend on a number of factors including your past medical history, your age and your own personal wishes.

My GP App and Patient Access

You may have heard about the new app 'Mygp' once downloaded this

enables patients to book/cancel appointments for you and your family anytime, anywhere. It also has the function to allow you to set a reminder to take your medication on time, record your weight and blood pressure data. To download the app go to your app store or www.mygp.io app sign in with your registered mobile number and date of birth. You can also link into Patient Access (if you already have this set up) to order your repeat prescription and view your medical record on-line. If you would like Patient Access please contact a member of the reception team to apply.

Directory of Services

We have compiled a list of useful contacts for services available in Sedbergh and the surrounding area to help and support you and your family. The new directory can be found on our website and is updated regularly www.sedberghmp.nhs.uk



**Paul
Hoggarth**



Building Contractor

**6" Wood Chipper For Hire
Small Plant Hire**

**015396 21413
07968 977429**

DDCF FESTIVAL

John & Sarah E Woof

A bit of a mouthful.. Dentdale Christian Fellowship Festival, thankfully can abbreviate. Once again a wonderful weekend and all took place in the lovely surroundings of Dentdale.

Friends started to gather on Thursday afternoon, first the garden was full of dogs which went exploring and turned their hearing off so their "mummy" called for them in vain. Then soon after they were all located and bundled in the car the children arrived and did the same, went of to explore the garden and refused to be called back to Mummy! Tent up, caravan occupied and others at the farm in the static. Our Guest room occupied and a happy crew shared meals out on the patio.

Friday more people arrived and in the eve the Creative Worship in the tent included song and dance and the start of a continual painting of praise and of course a supper!

Saturday morning breakfast in the huge tent on our drive (caused some parking chaos) then some of us went to the St Andrews Coffee Morning. The Bouncy Castle and cafe were very popular Sat (and Sun) afternoons and also the Sanctuary tent with massage, then of to the Meal at the George and Dragon followed by an interview with Ellie Holbrook about relating her faith to family life. Then her son Ben joined her to sing some worship songs.

"Courageous" was the film shown in the Methodist Chapel Schoolroom followed by hot chocolate and cake.

Yoga classes for all in Sedbergh



From
September 5th to October 11th

Wednesdays 10 - 11.30
Howgill Village Hall

Thursdays 6 - 7.30pm
Sedbergh Primary School

Classes are suitable for everybody
regardless of age, fitness or gender.

£39 for block of 6

For more information and to book
contact Lesley Hennedy:
07816 779238
e mail: lahmc@btinternet.com

Sunday morning we held a short time of worship and sharing and then the BC and cafe. John Fox from Quernmore was our speaker in the eve and he opened up a chapter of Genesis for us. We chatted over supper and the team started to disperse.

Some great conversations as we shared the love of God with those who came or we saw in the village. Many thanks to those who helped esp praying and on the "techi" aspect!

Meanwhile DDCF meets on 4th Sunday of every month, at Rhumes, starting 6.45pm with a buffet supper. And one Friday evening where we celebrate Shabbat. Further info: 015396 25212.



SEDBERGH PARISH COUNCIL

Janey Hassam

Clerk to the Council

This report covers items from the Parish Council meetings on the 9th August 2018. The next meeting is on Thursday 13th September 2018 at 7.30pm in the Committee Room, The People's Hall, Howgill Lane, Sedbergh.

Co-Option

Jake Cowperthwaite was elected onto Sedbergh Parish Council following the uncontested Election result in May. Jake is 20 years old is and believed to be one of the youngest ever Parish Councillors in Sedbergh.

Sedbergh Parish Council now has a complete council, comprising of the

Chair, Kevin Lancaster, Vice Chair, Roger Sedgwick and Members Ian McPherson, Steve Longlands, Ed Welti, Simon Arnold, Margaret Brooks, Helen Bromley, John Capstick, Sam Farrell and Jake Cowperthwaite.

Street Furniture/Vehicles on Pavements

Members noted concerns in regard to street furniture causing some obstruction on pavements and were mindful to remind business owners to try and be courteous to pedestrians at all times, allowing access for prams/wheelchairs/scooters etc. Members are, of course, aware that due to the nature of the pavements on Main Street/Finkle street, clear and safe access can be problematic. Further



BYROM

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We offer an excellent range of full house furnishings.

Beds, bedroom furniture, lounge suites, oak & pine dining room furniture to suit every pocket

Free measures & estimates given on carpets & vinyls & wooden flooring

Free fitting on carpets & vinyls by our in-house fitters

Many items available for immediate delivery

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Tel: 01539 727580

FAX: 01539 737688

nigelbyromskendal@gmail.com

www.nigelbyroms.co.uk





Come along for a social and a sing!

We are having wine and nibbles on the first day of our new term!!!

Choir members extend a warm welcome to visitors,
new starters and to anyone who wants to give it a go.

It is a very relaxed and friendly atmosphere and no experience is needed.
So come along on

Tuesday 11th September at 7:15 p.m. to the Memorial Hall in Dent.

Contact John for more details: feltham.john@btinternet.com

noted was delivery vehicles parking on pavements, sometimes causing vehicles to mount the pavement on the opposite side. Again, Members hope that all drivers are mindful of pedestrian safety.

Other matters

Various other matters were discussed, including: Planning, Amenities, Queen's Garden, Finances and grants. It was noted that the Tennis Court resurfacing was due to take place at the end of August and the Bowling Club wall repair/rebuild was scheduled for September. Repairs had recently been completed at the play park and work was scheduled to rebuild the wall at Joss Lane car park following the recent

damage. Correspondence items relating to Bus/Book shelter and The Methodist Church were also noted.

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

Treadwell Floo ring

Carpet & Flooring Specialist

Supply & Fitting of Carpets, Vinyls, LVT, Safety Floors & Wood
Westex, Comar, Penthouse, Kersaint Cobb, Polyfloor, Karndean, Altro, Plus Many More

Prochem Carpet Cleaning Service

Tel: 015396 21175

Gordon & Nicola Sproul

www.treadwellfloors.co.uk

meetings is held at 72 Main Street in the Parish Council Office and online at www.sedbergh.org.uk

WHY DO IT TODAY?

Philip Johns

While not an official Garsdale parish meeting, a large number of local residents met in the village hall on Tuesday 14th August to hear the latest updates from B4RN, the community broadband provider. After many months of background work, seeking wayleaves, financing and planning routes, B4RN was able to say it was all systems go!

Various teams have been beavering away, laying ducting in all directions and with Dentdale nearing full completion, the mole digging

Sedbergh Primary School's Little Wonders

Parent and Toddler Group



Starts Wednesday 12th September

Every Wednesday
(term time only)

9 - 10.30am

£2 for 1 child, siblings £1
Under 6 months free

- Free play (indoor & outdoor)
- Arts & Crafts Table
- Story/Song Time
- Adults tea & coffee
- Snack Time

A WARM WELCOME
AWAITS YOU

+

YOUR LITTLE ONES

From Birth to 3 years old

Contact Joyce Scarr
in the School Office
for more information

Tel: 015396 20510

admin@sedbergh-pri.cumbria.sch.uk



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

Wednesday 12th September

Wednesday 10th October

Wednesday 14th November



contractors were fast approaching Sedbergh and anticipate that they would reach the outskirts of Longstone Fell in the next couple of weeks. That is where the volunteers would be handing over to a new group from Garsdale: B4RN had done all they could and it was now down to this group to grasp the mantel and head off towards the village hall, where a new cabinet is to be sited. Dave Ryall from B4RN highlighted all the categories of volunteers that were needed, from general coordinators, logistics organiser, landowner liaison, general diggers, connection box fitters and tea makers, to list a few. If Garsdale missed this opportunity, what with the funding in place, then it would be a long time before such a chance would present itself again. Sky and BT are edging, over the next few years, to stop using satellite communications and as Garsdale has no terrestrial TV signal, the dale would then be literally back in the dark ages if we failed in this project.

If everything went to plan and sufficient support was forthcoming, B4RN anticipated that the duct from

Backyard Blooms



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

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

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

Sedbergh to the village hall could be laid with fibre blown through, making that section live with the world's fastest broadband, before Christmas. After that, steady progress should be made towards Grisedale and The Moorcock, bringing properties live as they went along.

I am pleased to report that a core band of volunteers were successfully gleaned from the meeting to do all the major jobs and sufficient others volunteered to help out where needed. However, it is always the case that more hands make lighter work and if you wish to be added to the list of volunteers, please contact me, not B4RN, with your details.

Philip Johns, Garsdale parish clerk,

015396 22170,
ps.johns@btinternet.com

The unofficial bit: in my last 'report' I condemned the practice of profiteering when selling eggs to a captive market, (incidentally, Morrisons, in Kendal, are now selling local free-range eggs at 6 for £1) but also brought to your attention the spiralling cost of the 'temporary' traffic lights that have blighted Garsdale since November, last year. There has been some progress, if you can call it that. Until Monday of the week of this 'report', traffic cones had been placed along the road so that vehicles travelling along the A684 would not be close to the endangered retaining walls. However, in instance No. 1,

Highways, in their wisdom moved the cones to the other side of the road making all vehicles, large or small, navigate close to these walls. They also craned in a portable 'toilet' into the nearby layby before coning off access to this and the other layby further up the road, which remains empty. Now I say 'toilet', but it's not just a toilet. Apparently, a discreet bucket behind a bush is no longer acceptable, probably something to do with 'uman rites, I shouldn't wonder. So this toilet has a shower, canteen, office, swimming pool, spa, children's play area....OK, so I'm exaggerating a little, but this 'toilet' is so large, a family of 4 could happily live in it. So far, in a total of 3 days, I've seen 2 men, one working a mechanical

digger, scaping out a 10metre ditch along the wall by the farmer's field. Any self-respecting person with a shovel could have done that in a couple of hours and wouldn't have needed a toilet the size of a 4 bedrooomed house to go with it.

Instance No. 2, Garsdale, along with most of the country, has seen precious little rain this summer, resulting in record low water levels in Clough River, an ideal time, you would think, for Cumbria County Council to start repairing the walls along the river, which are in imminent danger of collapsing, and would cut off a vital route for months, costing hundreds of thousands more to put right. But no, after many months of prevaricating and dithering, they wait



**CONTACT WESLEY BREWER
ON:
MOB: 07432632643
TEL: 015396 20668**

SEASONED FIRE WOOD

**BIG BAG AND
SMALL BAGS FOR
SALE**



Kids' activities in the churchyard, Town Band at TIC

SEDBERGH **artisan** MARKET

THE BEST **craft** AND **food** LOCAL **producers** CAN MAKE!

SATURDAY 15 SEPT on MAIN STREET, 9.30-3
... look out for the next one on 15 December

for the weather to break, letting the river build up a good flow, preventing access, before they finally decide it was time to start work. I don't have to remind you that this is our council tax money they are spending and the cost of the 'temporary' traffic lights has now passed £20,000.

So why do something today when they can put it off until tomorrow? Or the day after, or the day after ... ☺

COUNCILLORS CORNER

*Kevin J. Lancaster
Sheila Capstick*

The return to more normal weather from the baking sunshine of June and July has generally been welcomed. However, I hope the wet is just an interlude and the warm dry weather will soon return because like most farmers I need to make a second cut. The silage we have is perfect, we just need a lot more yet.

B4RN Hyperfast Broadband is continuing apace here in Cautley and Dowbiggin. As I write this we have installed over 7 km and soon there will be far more. Where we have been different from earlier projects is we have had three separate working

teams and that has really made a real difference. Our biggest challenge is still before us, getting the ducting over the river Heyber and through Hebblethwaite Gill. If anyone wants to see what we do when we mole plough the ducting in the ground or even help with the hand-digging through Hebblethwaite Gill just drop me an email. You will always be welcome.

Since last Thursday the new Sedbergh Parish Council is up to its full strength of eleven members with the co-option of Jake Cowperthwaite. At 21 Jake must be the youngest ever member of our council and one of the youngest parish councillors in England. Welcomes also to our other new members Ed Welti and Sam Farrell. As a council we want to do things rather than be writing plans and strategies. We now have just over three and a half years to get on with it. I have been very impressed with how soon we have set down to work and how well we are gelling together.

Outside Sedbergh it was good to see Dent Parish Council fully committed to employing Trevor

Hodgson once again to trim the road verges in spite of the preposterous obstacles Cumbria county council have tried to put in their way. There is much work for people like Trevor both inside and outside Dent parish. It is good news that national government is going to spend £1.9m on the A684 from Junction 37 of the M6 up to the county boundary at the Moorcock and how appalling that those in control of the county tried to divert the money to the A595.

Waste collection is the day to day business of district councils. We thought we had secured plastic recycling on Dent car park. The bin was there, and then it wasn't – bizarre. Sheila's new bin on New Bridge is being well used, too well



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used. Let's hope the district will empty it once in a while.

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



COUNCILLOR CORNER

Cllr Ian Mitchell

In my last article, I mentioned that many farmers in the area were desperate for some rain, to replenish water supplies and to get grass to grow for crop. Thankfully as I write this, rain has arrived and hopefully things will get easier for our farmers, it has also meant that there has been

no need for a hosepipe ban! Despite the rain, it hasn't kept the visitors away, and from my own experience Dent is having a good summer for tourists in comparison to previous years.

It is good to see that Sedbergh School's new sports facility is nearing completion, as I said last month, grassroots football (along with many other local sports) are desperate for new facilities. Planning permission was granted with the condition that the sports centre be offered for local community use... I expect many local sports clubs will enjoy using this facility very soon.

I'm currently working closely with Suzie Pye, on a variety of issues, we will be out and about throughout our

ward in the coming months and we look forward to talking to you about any concerns you have in our area.

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

07530602234

ian.mitchell@sldc.gov.uk



TIM FARRON MP

Despite the fact that Parliament is in recess it has been a bit of a month for trying to get some action out of a whole range of government departments.

I wrote to the Housing Minister James Brokenshire congratulating him on his move to allow councils to triple the Council Tax paid on homes that are left empty for more than 5



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years and to quadruple the rate paid on homes that are left empty for more than ten years but to beg him to extend this initiative to include second homes.

Increasing council tax on empty homes is a great way to encourage people to bring them back into use by families desperate for somewhere to live. But there are under 1000 empty homes in South Lakeland and there are currently over 3,000 people on lists waiting for somewhere to live, with the levels of homelessness have been rising at scary rates over the past twelve months.

A much bigger impact would be felt if we could get some of the second homes in the area brought back into use by local people. There are over four times as many second homes as empty homes. If second homes came back into use by local people that would wipe out our housing problem. This is why I asked the minister to

extend these new powers he is planning to give to councils. Even if increasing council tax did not persuade people to give up their second homes then at least the increased council tax revenue could help the council fund more affordable homes in the area.

I tabled a motion in Parliament calling on the Government to extend the Entry and Higher Level Stewardship schemes that pay farmers for the work they put in to keeping our countryside looking the way that it does. Currently the schemes start to run out at Christmas and the government has made no commitment at all to their replacement. We cannot allow this uncertainty to carry on.

Sedbergh Swimming Club

Swimming starts

Tuesday 18th September

Lesson enrolment night,
swim for existing pupils and
adults only

Lesson fees £27.00 and subs
must be paid to secure place
Subs

Adults £30.00 Juniors £15.00
Session fees

Adults £3.00 Juniors £2.00

Tuesday: Lessons 6.30-8.00pm
Adult swim 8.00-9.00pm

Wednesday: adult swim squad
6.30-7.30pm

Thursday: Lessons 6.30-7.30pm
Recreational swim 7.30-8.30pm

Saturday: 10.00-11.00am
incl Parent and me

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On another farming related issue I wrote to the farming minister George Eustace. I asked him to put in place some support measures to help farmers to cope with the drought we faced earlier this summer. I know that the absence of rain feels a bit like a distant memory but the impact all that dry weather had on animal feeds will be felt well into the winter. Many farmers had to use their winter feed to stop their animals starving when the grass stopped growing.

Finally I have been pressing the Department of Health over their funding for rural pharmacies. I have been hearing stories of some pharmacies in our area who have been paying out more for the drugs

that are prescribed than they are receiving back from the government. It is easier for big chains to keep going in this situation as they can make money selling more things. About 140 pharmacies around the country have been forced to close over the past couple of years we really cannot afford to lose any of ours.

And that's to say nothing of the regular communication I have been having with the Department of Transport about trains.

If there is anything you would like me to take up with the government. Just drop me an email at tim@timfarron.co.uk or give us a call on 01539 723 403. Thanks



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David and Elsie would like to invite you to an

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in celebration of 50 years in business

on

Sunday 9th September 2018

1pm to 5pm

at

Newbiggin-on-Lune Village Hall

J N & E CAPSTICK

Anne Dinsdale

Insurance Broker to

Celebrate 50 years of trading.

J N & E Capstick Insurance, based in Kirkby Stephen are to celebrate half a century in business, with customers and staff, past and present.

The family-run firm, based in Market Square also run an office in Sedbergh, will be holding an open-to-all anniversary event at Newbiggin-on-Lune village hall on 9th September.

Newbiggin-on-Lune is where founder Norman Capstick began the business in September 1968, when he received his first agency agreement from the then Provincial

Insurance.

The firm was then selling motor, home and farm insurance to the local community, and now also offers financial investments and is expanding its agricultural insurance cover.

Norman's wife Elsie, became a partner in 1973 and continues to keep a knowledgeable eye over the business. The firm has been run by their son, David, since 1989 and following Norman's death in 1998.

The financial investments side of the company is run by their daughter, Alison's husband, Gary Capstick who joined in 1989.

The firm expanded to Appleby in 1998, which operated for around 10



Photo by www.harringtons.uk.com

years. It also acquired Les Maddock Insurance Brokers, Sedbergh following Mr Maddock's retirement in 2007. The company moved to the old HSBC bank premises in Sedbergh in 2013.

In June 2017, J N & E Capstick Insurance established a "pop-up office" at Hawes auction, this is open on auction days. David said that it has taken off and is helping to improve the firm's presence in the agricultural sector.

The firm now employs 18 full and part-time staff, some having been with the company for many years. The family run company is keen to support the local community and believes that it has a responsibility to give something back to the area that, over the past 50 years, has supported

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them loyally.

This community support was further displayed in 2017 when the company won "Broker Claims Team of the Year" in the national Commercial Insurance Awards.

The award recognised businesses providing service which puts clients' needs at the heart of the operation. It won the award following outstanding work supporting customers who suffered from the Storm Desmond floods.

In 2017 David and staff raised over £1000 for Cancer Research and the Great North Air Ambulance service by doing a sponsored Tour De Lune bike ride.

David said that the insurance

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industry over the past 50 years is more computerised, and although computers do so much people still want to speak to people.

He said "I was chuffed with the award because people can buy insurance on the internet, but we offer a local service with a local presence and that's our USP (unique selling point). It demonstrates that we really look after people and I believe we have a service second to none".

Looking to the next 50 years J N & E Capstick Insurance is working to develop its online presence. The existing website is being redeveloped and is expected to be launched later this year. They are also trying to increase the social media activity and has a Facebook page.

Planning permission has recently been granted to develop a third storey at the Market Square premises, which will create more office space.



NEWS FROM THE PEWS

*Susan Sharrocks
Tony Reed Screen
Churchwardens*



Your Parish Church
Summer Sunday morning services at 10.30am have been joyful occasions sharing with visitors, our Western Dales Community Fellowship and a baptism where the

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serene baby did not bat an eyelid in protest against the cool water running down her forehead at the moment of baptism. The following round of applause was well deserved.

The dry weather gave unexpected free time to the chaps who mow the churchyard as the grass had a rest from growing for a few weeks, basking in the sunshine. No doubt that is about to change as the downpours we have experienced over the last few days (remember this is written in mid August) will encourage growth, and the green bins will once again be filled to the brim by the faithful grass cutters doing their weekly workout.

Taking inspiration from Carlisle

Castle's recent "Weeping Window" display of poppies we are planning to host a "Streams of Remembrance" in the churchyard for a week beginning on Saturday 10th November forming a backdrop for the Annual Remembrance ceremony to be held at St Andrew's on Sunday 11th November.

Dent Church is hosting a similar event in their own churchyard and we will be liaising closely with them over the many practical challenges we will face!

Briefly the outline plan is to have a poppy trail or stream through the churchyard representing Sedbergh town with tributaries representing Cautley, Garsdale, Killington, Firbank,



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November 30th - December 2nd

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Howgill, and Sedbergh School.

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

Anyone in the district who would like to make (or buy) a poppy will be welcome to add it to the "stream" and we will be able to provide special labels for you if you would like to remember a family member or friend lost in combat.

We have poppy patterns for crocheting and knitting. If you would like to have copies please contact us

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but please come up with your own ideas if you would like to - they will all be welcome. 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 have already asked the WI's to start making poppies and we hope to get other groups and people who have offered support involved soon but if you need a pattern, or are happy to help in any way we should be really pleased to have you on board and look forward to hearing from you.

The church will also host a special display inside put together by the



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History Society.

We hope this will be a very special
Remembrance Commemoration.



**CORNERSTONE
COMMUNITY CHURCH (URC)**

Martin Cope

*(Secretary: Cornerstone
Community Church, Sedbergh)*

Following a meeting of the URC members of Cornerstone Community Church last month, it was unanimously agreed to close the Main Street building and transfer it, along with the URC Manse, to the North West Synod of the URC.

This was a painful decision for the URC members to take, but the financial realities of one church operating across two sites has forced the closure to be the most sensible course of action to take. This decision was also prompted by the outcome of an independent options appraisal conducted by a firm of Manchester based architects, which took place in the spring. The appraisal favoured the development of the New Street, rather than the Main Street site. This outcome has been adopted by the members of Cornerstone Community Church.

There will be a special closing service at the Main Street site on Saturday 6th October at 2.00pm.

Cornerstone Community Church will honour all bookings for the rest of 2018, but will be unable to take any bookings for 2019.

Elders and members have not taken this decision easily, fully appreciating the role that the Congregational Church, URC and Cornerstone Community Church building has

played within the wider Sedbergh community since the 19th Century. They thank the community for their support over the years. An honourable history is coming to an end. Cornerstone Community Church will continue to support the people of Sedbergh from their New Street site in the future.



QUEENS GARDENS

Ann Parratt

The Friends of Queens Gardens invite all young children to a Teddy Bears Picnic on Saturday 8th September, all they have to bring is a picnic, a rug to sit on, an adult and of course, a teddy bear!

A treasure hunt, games and music will all be part of the fun during the

afternoon, with plenty of time to explore and play in the Gardens.

There will be tea, coffee and biscuits for the grown ups, and squash for the little people.



The fun starts at 2.30 pm, so come to the Gardens to have a great, free afternoon. Don't forget, all families are very welcome and the more teddies that come, the better!

Any questions, Tel. Ann on 20964. ☺



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DIGGING FOR BRITONS!

Graham Hooley, LAS

Community excavations in
the Lune Gorge

In the July Lookaround we reported that Lunesdale Archaeology Society (LAS) had been awarded a Heritage Lottery Fund grant of £53,300 to investigate a pre-historic settlement in the Lune Gorge south of Tebay. The work is now progressing rapidly and we have the first set of results from the geophysical, aerial and walkover surveys (see our website www.lunesdale.wordpress.com).

We are now starting the excavation phase and will be digging for the Britons living in our area two thousand years ago!

The excavations are planned for 27th September through to 12th October 2018 and we are now recruiting volunteers to help. No previous archaeological experience is required as full training will be provided on site by professional archaeologists. There



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will be a range of activities, from digging in the trenches through to washing, sorting and recording finds (and even making the tea!). We will also be drawing up a more detailed plan of the site using current surveying techniques, again full training will be provided to volunteers. We are planning a series of open days when visitors can come along to see what we have found and discuss the results so far with the archaeologists on site. Dates and times will be announced in the October Lookaround.

To keep informed about the project please visit our website www.lunesdale.wordpress.com or sign up to our Instagram feed (search for Lunesdale Archaeology in Instagram). You can also join our email list for regular updates and volunteering opportunities by emailing LAS at lunesdale.archaeology@gmail.com. You don't need to join LAS to get involved and don't need to commit to helping during the full two week period – any help and involvement will be most welcome.



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HOWGILL & FIRBANK WI

Audrey Hoggarth.

JULY

Thursday July 5th was hot with wall to wall sunshine. Nine members one former member and one husband met at Kirkby Stephen and took the train to Carlisle. The city has a lot to offer so it was no problem deciding how to spend the day. The highlight being the iconic poppy sculptures on display at the castle. On our return journey home we stopped off at Cross Keys in Cawley where we enjoyed a lovely meal prepared by Chris and her staff.

The afternoon continued with a short business meeting. We were reminded of forthcoming events, the County Show, The Torchlight Procession Calling all WI Suffragettes. We are invited to travel around the route in Kendal in a Classic Cin recognition of the centenary of some women getting the vote for the first time.

The competition for the drawing of a poppy judged by the cross keys staff first Sheelagh Dennis second Dylis McCaffery. Anita Carey went home with the raffle prize. Thanks were expressed to Chris and the staff. Also

to Liz Moore for the efficient organising of a great day out we all enjoyed.

AUGUST.

President Bridget Postlethwaite welcomed members to the meeting. We were pleased to see Mary Silva back with us. We had a good turn out of visitors Yvette Martin, Beth Charlton, and John Hatt.

A complimentary entrance ticket has been received for the council meeting to be held at the town Hall on October 23rd additional tickets are available .

The dreaded data protection forms have been received for us to deal with along with a helpful letter. Jackie Hooley gave details of the community excavations taking place at Lowe Borrow Bridge made

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possible after the Lunesdale Archaeology Society were awarded with a heritage lottery grant Anita Carey is leading a walk in October which will include a visit to the Site.

Speaker for the evening was area manager Paul Wilkinson from the Yorkshire Dales National park their aim is to assist with problems,

Offer help and advice and support landowners. deal with projects that can serve or enhance the area.

Liz Moore thanked Paul for a most interesting talk accompanied with slides giving us a glimpse back to storm Desmond when Fishermans Bridge over the River Lune was washed away it was reopened at the beginning of the year following intensive repairs carried out by Y.D.N.P Rangers and volunteers and Cumbria County Council. A well used right of way connecting Sedbergh and Firbank Parishes.

The competition what is the best feature of the Yorkshire Dales was won by Mary Silva with Bridget second.

Raffle winner was Jackie Hooley. We meet again on September 6 th. Anne Urquharts talk Is mentoring nurses in Nepal to be held at Howgill village Hall at 7.30 visitors and new members Welcome.



KILLINGTON AND SEDBERGH WI's

Wendy Fraser-Urquhart

Killington meets in an afternoon

Sedbergh meets in an evening

Both meet in the People's Hall in Sedbergh

Earlier in the year our Cumbria - Westmorland Federation which consists of 71 local WIs throughout

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the area, suggested that we organise an event in Kendal to publicise our activities and let prospective members know what we get up to. Many local institutes, ourselves included, did not think that this was a good idea as it was too far from home. However, we did think that an informative stall at our local Artisan Market would be a good idea.

So, on Saturday 15th September from 10am to 4pm we will be in Sedbergh Main Street, to chat to you and sell our delicious home-made goodies and other things. We have jointly decided that any money we make will be donated to Sedbergh Primary School to help with their ongoing improvements. So if any Sedbergh Primary parents,

grandparents, aunties, uncles, sisters, brothers or anyone else would like to contribute food, plants, bric-a-brac, books or lottery winnings, please contact us. Susan Sharrocks - 20754, or Sue Kernahan - 20733 Many thanks.



KILLINGTON W I

The afternoon WI
for the Entire District

Wendy Fraser-Urquhart

When we arrived in Sedbergh 21 years ago, we discovered many strange things! One of these was the "Jacob's Join"! Having never baked a cake since my school Domestic Science lessons, I had to set to and equip myself. I learnt to make: 1. a



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lovely lemon drizzle cake; 2. a scrumptious chocolate fudge cake; and 3. a Yorkshire Bun loaf. These have served me well over the years so thus it was I volunteered to provide one for our Killington WI Summer Garden Party. This was held in Sally's beautiful garden and a wonderful time was had by all. Sally is our weather goddess and once again the sun shone at her behest. We managed plenty of chatting in between our elegant eating. It was good to have the chance to catch up with our former member Barbara Leigh but sad that Pam Fenton had recently left us to be nearer her family in Marlborough. We wish Pam and Mike, "Happy Landings". Sadly though, nobody was able to enjoy my

lemon cake because I didn't make one! As my Mum used to say, "*The spirit is willing but the flesh is weak*". Please don't tell anyone in the WI, I might be excommunicated but I strongly recommend 'Grandma Wild's Lemon Drizzle Cake and Grandma Wild's Farmhouse Fruit Cake, obtainable from Powell's. If you want to be really devious you could remove the outer wrapping - NO, of course I wouldn't. (Thanks for the money, Martin!)

August used to be a non-meeting month for Killington WI but now the month seems busier than ever. Our Monday morning knitting or not-knitting gatherings continue 'come hell or high water' - (Mum again). And we have had a committee meeting



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and a proper meeting at the People's Hall.

Our speakers were Lhakpa and his wife Pat Sherpa who live in Barbon. They had met in the early nineties when Pat had gone trekking in the Mount Everest region of Nepal. Lhakpa was the Sherpa leader of the trek. He started his talk with an introduction to the general geography of Nepal and moved on to show us the spectacular mountains and the way of life of the people in the remote country side. He, himself is a highly qualified mountaineering guide as well as a leader of treks for walkers and we saw pictures of the impressive training which they undertake. The second part of their

talk concentrated on the work which they have organised and completed in his home village of Khiraule about 30 miles from Everest base camp. In 1995 Lhakpa took his wife Pat to visit his village where she saw that it did not have even the most basic requirements for a school. On their return she started raising funds. Their achievements since then have been absolutely phenomenal. They have rebuilt and equipped the school, opened a clinic, improved pathways and water supplies, and recently brought reliable electricity to the village. Now they plan to build a Community Centre and help rebuild houses which were damaged in the earthquake. The joy of it is that **THEY**

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do it! No middle men. No bureaucratic overheads. Every penny goes where it is needed. If you are an organiser make sure that your organisation hears their talk. An enthusiastic me proposed the vote of thanks

More tea and chat followed and Margaret Denton won our competition for "a warm hat" (suitable for Everest!), and also the raffle. Well done, girl! We had started our meeting with "business" but I will tell you what I need to later -yes there is still more to come!

If you are very observant you will have noticed that I put the following in by mistake last month -sorry. Our next meeting will be in the committee room of the People's Hall on Tuesday

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11th September at 2-00pm when Caroline Sandys-Clarke will tell us lots about her life with Alpacas . "Why-not Alpacas" Well! Why not?

SEDBERGH WI

Moira Folks

The second half of July was unusually busy for Sedbergh WI! A few weeks previously we had been asked to offer a prize for the Primary School Auction of Promises and had decided to offer a Cream Tea for up

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to 12 people in a place of their choice. This was won by the primary school staff who decided a good time to have it was to celebrate the end of term on the patio at the back of the school. Since there are 13 members of staff we extended the offer to a baker's dozen of them! At 3pm on Wednesday 18th July four of us turned up at the school with bags and baskets of food and crockery and, while the children were in Assembly,

we laid the tables which were set out on the patio with Marjorie's pretty embroidered tablecloths and Valerie's mother's wedding present china, as well as the all-important homemade scones, butter, jam and clotted cream. Once the children were safely out of the building we could make the tea and take it out for the staff to help themselves: they seemed very appreciative! When all was finished, we cleared away and took the washing-up home, very relieved that the rain which was threatening from mid-afternoon had stayed away.

Lots more baking was needed the next week for our Coffee Morning in the CCC Rooms on 25th July. Many thanks to everyone who came to support us: it was very successful.

The walking group, led by Rosemary Blanchfield, met the next day for an enjoyable circular walk of around 6.5 miles from Beetham nurseries, returning there for lunch. It was a pleasantly warm day, not too hot for walking.

Our Open Meeting on August 8th brought in lots of visitors (including men!) to see a presentation by Richard Cann of the History Society's collection of 'Slides of Old Sedbergh', some of the photos dating back to the 1850s. It was fascinating to see the changing faces of buildings familiar to us today such as 'The White Hart', 'The Black Bull' and 'The Dalesman', as well as photos of old cottages which were pulled down to widen the road, as in Main Street and Finkle

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Street. Perhaps the two most surprising buildings we saw in the photos were the octagonal Methodist Chapel which was later replaced by the large Methodist Church in New Street when the population grew; and the amazing Akay Hall between Busk Lane and the River Rawthey – a minor stately home really – which fell victim to the aftermath of WW1 when it was no longer possible to hire the staff needed to run the house and grounds. In 1936 the estate was bought by Sedbergh School but the building burnt down in 1939 and the remains are now completely overgrown by woodland. We had a very interesting evening and extend our grateful thanks to Richard and also to Valerie Cann, who operated the projector. At the end of the presentation everyone tucked in to tea and cakes!

On that same day, August 8th, our programme secretary, Sandra Gold-Wood, and her husband, Keith Wood, were in Ypres in Belgium, taking part in the British Legion Great Pilgrimage 90 Parade when they had the honour of carrying the Wreath and Standard respectively of our local British Legion branch to the Menin Gate for the Hundred Days Ceremony commemorating the last 100 days of World War 1.

Sandra Kemp hosted our book club discussion on the 9th. ‘Amenable Women’ by Mavis Cheek tells the story of Flora Chapman whose flamboyant husband, Edward, dies in a bizarre accident. The marriage has been strained for many years and Flora finds it hard to put on the face of a grieving widow. She finds a new

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direction for her life when she reads the history of their village, Huncott Ducis, which Edward had been preparing (not very successfully) and discovers that a previous resident had been Anne of Cleves, Henry VIII's rejected fourth wife who was disparagingly nicknamed 'The Flanders Mare' but achieved a very favourable divorce settlement from him and, even more importantly, kept her head – literally! Flora, who senses that there are some

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similarities of character between Anne and herself, sets out to discover more about her. Most of us enjoyed the book, appreciating the humour of the situations described, though one member of the group thought the wit was forced, and two or three didn't like the techniques used by the author to tell Anne's story whereas others thought it was a novel way of doing so; most of us were interested by the new slant put on the character

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of Anne of Cleves. Marks given were between 3 and 8, averaging about 6.5. It's worth pointing out that the historian and novelist Alison Weir said of 'Amenable Women': 'If you want to know the truth about Anne of Cleves, read this book.'

"A Little Bit of Art" is the title of our next meeting on Wednesday 12th September at 7.30pm in the People's Hall committee room. We're looking forward to seeing Stuart Gray and Ruth Clayton of Wickerfish Arts at Farfield Mill and the Craft Workshop in Sedbergh, who will be coming to speak to us and showing us some of their work; perhaps we might even get a chance to do something ourselves. New members and visitors

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Finally, on Saturday 15th September please come along to the Artisan Market where the joint Sedbergh WI and Killington WI stall will be selling cakes, crafts and produce to raise money for Sedbergh Primary School's "Big Build" fund!



Show evening on October 19th. This event will include the latest fashions from Kitty Brown Boutique with three of our members strutting their stuff as models (volunteers are needed). This is a charity funding event and the proceeds will be donated this year to the Air ambulance and Blood Bikes. An event not to be missed

We then heard that members had visited Kittridding Farm and enjoyed a delicious lunch there. Following this members are invited to an organised visit to the Growing Well charity (a recipient from our fund raising last year) and this will be combined with a Dining club lunch at Sizergh Barn. Two more food items followed, firstly plans for providing Afternoon Teas at

DENTDALE W.I

Thelma Belfield

As we met for our August meeting the fine warm weather we are all enjoying continues. With the sun shining through the windows Sue our President welcomed members and visitors.

As always the evening began with business and plans to hold a Fashion

the August Bank Holiday Monday Gala. We support the Gala every year and all our members provide delicious cakes, traybakes, teabreads and sandwiches and help with preparing and serving a scrumptious feast. Another event for the diary.

Looking forward to September when we are holding our Open meeting (another food event!) When a Jacobs Join supper will be served.

The last 'foodie' event to be discussed was our 'Christmas Party' I know it is only August but experience has it that the 'shopping early for Christmas has its benefits, we shall see, decisions are still to be made.

The final business items reminded



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us that October 23rd is the date for the Federation Council Meeting and tickets are available and again I know it is only August but the Federation calendar for 2019 is available to order.

Business over it was time to welcome Ian Beatty from the north Cumbria branch of 'Blood Bikes' who then shared with us the fantastic support service they provide to the NHS. The organisation provides a voluntary courier service across the North linking Cumbrian hospitals with those in Hexham and Newcastle and also with the Great North Air Ambulance at Langwathby. Transporting blood, plasma, microbiology and histology samples, bloods for testing, surgical instruments and also supplies of breast milk for the breast milk bank. The volunteer drivers use either motor cycles or cars to transport these essential items assisting the

medical teams providing care to patients. The Blood Bikes service is funded purely from charity fund raising, donations, local fund raising events and very fortunately for North Cumbria the Henry Surtees Foundation. The well known racing driver John Surtees set up this fund in memory of his son. The financial support from the Foundation in conjunction with the Vauxhall Motor company enables the volunteer courier drivers to have reliable motor cycles and cars to provide the service 24 hours 7 days a week 365 days a year. We learned that the cars are essential during extreme winter conditions as samples need to be retained at an optimal temperature and exposure on the carrier of a motor cycle would result in the samples freezing during transport and therefore rendered useless. The products are carried in sealed boxes and a formal paper trail is maintained through out the journey. All drivers must have an Advanced Driving qualification and many volunteers are ex policemen, firemen or ambulance personnel. The Blood Bikes courier service covers most of the UK and specimens are transferred across boundaries from one volunteer group to the next enabling a patient in an emergency situation in southern England to receive the required blood or other essential which may have travelled the length of the country. Some of us had seen these Blood Bikes vehicles on the motorway with their distinctive chequered logos, to others it was a learning experience, but we were united in being thankful for the life saving service these

volunteer drivers provide free of charge to our wonderful National Health Service.

Our evening ended as always with tea and biscuits, time to chat and on this particular evening to sign two cards. One to one of our members who is leaving the area to be nearer her family and the other to celebrate the 100th birthday of one of our past members. We do not have too many of these so it was a special occasion. Carol and Anthea went home with raffle prizes and Thelma won the competition with her humorous get well card.

We meet again on September 12th when it is our annual Open meeting and as always visitors are most welcome.



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SEDBERGH & DISTRICT HISTORY SOCIETY

Richard Cann

Winter Programme

WEDNESDAY 3rd OCTOBER

The strange decline of the Cumbrian Statesman

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 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.

Fiona Robinson Zeki

An illustrated talk on the findings of 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

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to explore Bronze Age life.

SETTLEBECK SCHOOL

WEDNESDAY 6th FEBRUARY

Cattle droving through Cumbria 1600-1900.

Peter Roebuck

An illustrated talk describing the origins and impact of cattle droving including its contribution to industrialisation, its growth during wartime and the adverse effects of cattle plague. The reasons for its decline and ending are also covered.

SETTLEBECK SCHOOL

WEDNESDAY 20th FEBRUARY

Invasion via Garsdale, June 1487

Adrian Braddon

An illustrated talk about a force of Yorkist royalists, German mercenaries, Irish levies and the person they had crowned King Edward VI. Their purpose was regime change and to depose King Henry VII. The talk will seek to put this event in its wider context and to remind us of the fragility of power at that period of time.

DENT MEMORIAL HALL

WEDNESDAY 6th MARCH

His sisters, and his cousins, and his aunts! The wide-ranging roles of women.

Diane Elphick

An illustrated talk looking at the varied and changing roles of women. The experiences of both men and women varied over time, place and according to class or income. What evidence is there to illustrate how the experiences of women in the Dales were in line with the national context.

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WEDNESDAY 20th MARCH

How water shaped Kendal.

Geoff Brambles

An illustrated talk examining the ways in which the natural behaviour of water and its human management have influenced the physical growth, urban morphology and economic development of Kendal.

SETTLEBECK SCHOOL

SATURDAY 23rd

MARCH

Annual General Meeting

7pm for 7.30pm.

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

SETTLEBECK SCHOOL

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

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

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



BOXES OF HOPE CUMBRIA

Pam Dent (20042)

Boxes of Hope Cumbria, working in conjunction with Nicu and our partner charity People to People in Romania, continues to go from strength to strength. Many of the 9671 shoe-boxes raised by last year's Christmas appeal were distributed in new (to us) areas in south east Romania, down towards Constanta and the Black Sea, and in the north east, bordering on Ukraine. This is a long way from the Oradea area in north west Romania, where People to People is based and where we started working with them back in 2013, but the needs of the poorest of the poor children and their families are just as great: living conditions are appalling, education lacking and unemployment rates extremely high. An additional challenge for last year's distribution team was that in one area they visited near the Bulgarian border the *lingua franca* was Turkish: "this proved interesting for us as only Nicu's contact could speak Turkish, and many of the villagers did not speak Romanian!" (BoH newsletter, January 2018).



The gift of a shoe-box is a vital part of getting to know a community and its most urgent needs, which are then followed up by People to People and other relevant charities. The primary school project at Tinca, with which Boxes of Hope was involved, has come to an end, the Romanian government having agreed to take over the running of what is now a fully functional and successful school. We are now involved in a similar project at Hetea, a small village near Brasov. Interestingly, chairs, tables and other equipment which was originally donated to the Tinca project have found their way to Hetea to set the ball rolling there – nothing is wasted!

However, what matters to the individual child is the gift of a shoe-box at Christmas time – I'm sure you can imagine the surprise and delight of the children as they open the boxes and discover the untold treasures within. Leaflets will be available from the Post Office and TIC (72 Main St.), to where completed boxes should be returned by **12th November**. Leaflets and empty boxes will also be available at

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CCC Main St. Local schools will again be supporting the appeal, so look out for your child bringing home a leaflet giving all the details of this year's campaign, including suggestions as to what to put in the boxes and a reminder to put the £2 donation on top of the items **inside** the box!

On behalf of the children, thank you for your unstinting support for your local shoe-box charity. Further details and pictures can be found at www.boxesofhopecumbria.co.uk.

SEDBERGH & DISTRICT CHRISTIAN AID

Anne Pitt

(on behalf of the committee)

Our AGM was held on the 17th July in St Andrew's Church rooms when we looked over the previous year's events. As a committee we have endeavoured to 'travel light' keeping up fund raising with trimming unnecessary workloads on our committee members drawn from our local church communities. This model seems to be working well. Having said this we'd be delighted if any others interested



in the work of Christian Aid would like to join our efficient small committee to spread the load even more efficiently.

Mrs Janet Dodds, our treasurer, presented the annual accounts with the totals raised through the year July 2017 – 2018 and we'd like to thank everyone who has contributed to it through this year.

Amount sent direct to Christian Aid during the year:-

October Coffee morning	£229.70
March Coffee morning	£150.00
May C.A. Week Coffee morning	£256.00

House to house	£2649.42
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Miscellaneous including:

Bequest from Rev Bill Long	£902.00
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TOTAL	£4187.12
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(Last years' total:-	£3530.91)
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Once again we are grateful for the great boost in the door to door envelopes from the Gift Aid slips were enclosed which means that from those donations Christian Aid receive extra money back from the tax man – always a cheery event.

We have one remaining activity this year which is our Coffee Morning on Wednesday 10th October in the CCC rooms in Sedbergh.



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BELLRINGERS

Elspeth Griffiths

St Andrew's, Sedbergh first Lady Bellringers during World War II.

First lady bellringer ringer from Sedbergh [Obituary October 1965]

Late Mrs D Blamire

The death took place on Wednesday last week at West Cumberland Infirmary, Whitehaven, of Mrs. Eleanor Blamire, of 2 Glebe Road, Distington, Cumberland. Mrs. Blamire, who was 55 years of age was formerly Miss Harrison, and married Mr. James Blamire, who survives her. Before marriage, was well known as the first lady bell ringer in the north. Trained by the late Mr Bobby Woodhouse, she was for several years a member of his team of ringers at Sedbergh Parish Church,

and he also taught her hand bell ringing. The funeral at Sedbergh Parish Church was conducted by the Rev. D A. Rogers (Vicar), with Mr L. Smith at the organ. Interment took place in Sedbergh.

Ella (Eleanor) Harrison was born in 1910 and married in September 1938 to James Blamire and was buried in Sedbergh on 30th October 1965, aged 55 years. The grave number is 162 Bl. 4.

Women Ringers at Sedbergh [Newspaper cutting of 29 September 1945]

"Silent" Training During War

The growing interest in campanology among women has been one of the results of the shortage of men ringers at the end of the war, when church bells were freed from their long silence. Sedbergh, always a stronghold of stalwart bell ringers, was well to the forefront in teaching this ancient art, and young girls of the town and district were being tutored – at a time when they could not hear any sound for their efforts. Now, these girls are fully-fledged bell ringers and assist in each Sunday programme at Sedbergh



Jean Wood Teresa Towler Betty Braithwaite
Bell Ringers in 'Time for Victory'



Bellringer Nellie Harrison c1947

Parish Church. "And very good some of them are," was the comment of Mr G F Woodhouse, who next year completes 50 years as a ringer and is recognised as one of the outstanding authorities on the art in the North of England. In August 1937, the Gazette published a photograph and article regarding a machine he had invented which would play any known peal simply by setting certain electric systems in motion. Speaking of the 720 Bob Minors which were rung the previous Sunday evening as a farewell to two of the girls who were leaving the district, Mr Woodhouse said: "They are all keen on their work and proud to do it. Originally Jean Wood, Teresa Towler, Betty

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Braithwaite and Diana James were in the team, but unfortunately at the time they become good ringers they have to leave the district to follow their occupations as teachers or students." Others are Jean Bone (aged 16), Joyce Taylor (15), Joan Sedgwick, Jean Thompson and three youths – Michael Bland, Leslie Braithwaite and Kenneth Ashworth. "People often ask me how long it takes to become an accomplished ringer," continued Mr Woodhouse. "It takes quite as long as it does to become an able pianist and, like music, you never come to the end. The heaviest bell for the female ringers is about 10cwts. The more you ring bells the more you want to, as there is always something new to learn. Two very worthy members, Mr T Sisson and Mr J W Pennington have been ringing for nearly half the century."

Campanology – At Sedbergh last week, 720 Bob Minor was rung in 20 minutes by Teresa Towler (16) 1-2, G F Woodhouse (conductor) 3-4 and Betty Braithwaite (17) 5-6. This is the first 720 rung by the two ladies. On

Continued on Page 80

SEDBERGH BOOK TOWN

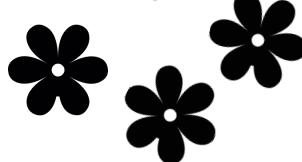
Shelagh Cobb

FACTS:

- 1) Sedbergh is England's only book town
- 2) Sedbergh has the most books for sale per head of population anywhere in England
- 3) Westwood bookshop was voted one of the Guardian newspaper's top ten second hand bookshops in England
- 4) Sedbergh is listed as one of 45 book towns around the world in a recent publication – 'Book Towns' by Alex Johnson (published by Frances Lincoln)

When foot and mouth devastated this area in 2001 a group of local people decided to take a step of faith and develop Sedbergh in to a book town. The project took off, book shops opened and festivals occurred annually. Of course, with austerity, some shops have closed and businesses are facing ongoing challenges.

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So where are all of our books? Some shops may have closed, but many outlets stock a range of very interesting second-hand books amongst their wares. The Sleepy Elephant isn't just for walkers, nor Farfield Clothing. Our local Charity Book Shop has shelves of differing topics and the Information Centre has a vast range of books. Farfield Mill has two excellent sections and, of course, the biggest of all outlets is Westwood Books. Most visitors spend many hours in there. Thank

Day	Time	Event	Venue	Cost	Booking
Friday 5th October	9:30 – 11am	Rachel's Story Time at Sedbergh Little People Stories for babies & toddlers	Methodist Church Hall, New Street, Sedbergh	£2 per family	No booking required
	3pm – 4:30pm	Rebecca Crowe – One day at a Time Author talk & book signing	Sedbergh Public Library – upstairs room	FREE	Booking Essential www.sedbergh.org.uk or contact TIC
	7:30pm	An evening with Roger Stevens Words, Music, Comedy & Dinner	Smatt's Duo, Main Street, Sedbergh	£24.95 per person	Booking Essential Smatt's Duo
Saturday 6th October	10am – 11am	Audrey Wilson - Nanna Strawberry Author book signing	Sedbergh Public Library – ground floor	FREE	No booking required
	10am – 11:30am	Family Poetry Session (suitable for age 5 upwards)	Sedbergh Public Library – upstairs room	£2 per family	Booking Essential www.sedbergh.org.uk or contact TIC
	11:30am	Alex Johnson , Book Towns Author Book Signing	Westwood Books	FREE	No booking required
	3pm	Alex Johnson , Book Towns Author Book Signing	Westwood Books	FREE	No booking required
	7:30pm (doors open at 7pm)	In conversation with Amanda Owen , The Yorkshire Shepherdess	People's Hall, Howgill Lane, Sedbergh	£12.50 £10.00 for concs	Booking Essential www.sedbergh.org.uk or contact TIC

goodness they also serve coffee!

We now have a high reputation as England's Book Town and many visitors come to Sedbergh from far and wide in order to view our books. It has been a while since we have had a festival, but this is soon to be rectified. A small weekend event will take place between **Friday 5th and Sunday 7th October**. Our theme will be 'Landscape and Wellbeing', and who best to talk about this than Amanda Owen – the Yorkshire Shepherdess. She has often appeared on tv documentaries and her books are on sale at the Information Centre. The remainder of the weekend will host other local authors. Details of events will be posted nearer the time.

We know that we are a Book Town but we need to celebrate and develop our literary visibility more. Our disused bus shelter on Main Street is soon to become a 'Book Shelter'. Many of our cafes will be adding bookshelves and turning in to book cafes. More is in the pipeline.

We residents are lucky to have such a unique asset, and should you wish to help spread the word further, do look at the Sedbergh Book Town

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www.sedberghbooktown.co.uk, or share Sedbergh Book Town and Sedbergh Book Town festival Facebook and Twitter pages. We have leaflets in the Information Centre, telling you where to find our outlets. These aren't just for visitors. We would be thrilled if our local residents wished to come and browse. Hope to see you soon.

Further information is also available at www.sedbergh.org.uk/events



Day	Time	Event	Venue	Cost	Booking
Sunday 7th October	10 – 11am	Children's Creative Writing Workshop with Claire Griffel (Suitable for ages 11 – 16)	Sedbergh School Library	FREE	Booking Essential www.sedbergh.org.uk or contact TIC
	11:30 – 1pm	Creative Writing Workshop with Claire Griffel (suitable for ages 16+)	Sedbergh School Library	£10.00	Booking Essential www.sedbergh.org.uk or contact TIC
	12:30pm	So You Want to be an Author? Author panel with Q&A session	Westwood Books	FREE	Booking Essential www.sedbergh.org.uk or contact TIC
	7pm	Finale Themed Dinner	The Black Bull	TBC	The Black Bull
All Weekend		Café Collaboration – Public Writing	Local Cafes	FREE	N/A
		Book themed craft sessions	Farfield Mill	TBC	No booking required

SEDBERGH SCHOOL NEWS

Karen BL

Events

Twelve members of staff left at the end of the academic year, among them John Sykes and Jim Fisher who retired having chalked up between them 216 terms. Dan Harrison takes over as Headmaster at the beginning of term and Andrew Fleck as Principal having jurisdiction over Sedbergh School, Sedbergh Prep School Casterton and the new Chinese venture.

During the holidays a great deal of refurbishment has been taking place – among other things Powell House has been rewired, two Houses have completely new House kitchens with electricity replacing the ancient gas equipment, and the Headmaster's office area has been rearranged to take account of the changes in management. The boathouse at Killington has been refurbished. By the way, the scaffolding on Sid's Barn and the barn in Akay Wood is there not for any work to be done, but to stabilise the buildings.

The National Children's Orchestra was again here in the second week of August and by the time this goes to press their informal preview of their concert programme will have taken place on 17th August. Judging by the noise when not playing instruments they enjoyed themselves.

The School is auditioning for *A Midsummer Night's Dream* to be performed in the Brewery Arts Centre in Kendal at the end of November.

Shooting

At the beginning of the holidays the Shooting Team had an outstanding



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time at Bisley and won the coveted Ashburton Shield – the first time for 21 years and only the 5th time in the history of the competition which dates back to the 1800s. At the same time a second team won the Schools' Fours beating Stamford by a single point. In addition Sarah Rorison won the Fox Quaich (for the top shot in the main School's competition) keeping the trophy at Sedbergh for the third year running. In the Veterans' Match the OS team came 5th and the combined

School and OS team won the Lucas Cup by one point.

Cycling

OS Euan Dowes was part of the 8 man Steve Pescott Foundation team in the Race Across Europe – 3,000 miles from Boulogne sur Mer to Gibraltar. They did it in 6 days, 19 hours and 7 minutes, working 24 hours a day with a rota of two teams of four, and beating the previous record.

Future Events

Sedbergh School is to run a Preseason Rugby Tournament on Saturday 1st September on Busk Holme.

The new boys and girls in Year 9 will arrive at 3pm on Tuesday 4th September. The rest of the pupils will

arrive at various times over the next day. Term starts officially at 7pm on 5th September.

On 19th September the School XI will play Rossall at home at football (soccer) at 2.45 while the 1st XV play their first home match against Wimslow at 3 pm. The next home match for the 1st XV is not until 13th October at 2.30 pm. and the next is against Kirkham at 2.30 on 17th October

On Saturday 22nd and 23rd September there will be an Old Sedberghian sports weekend with a second “Opening” of the Hirst Centre as in July there was little room for anyone but parents. There will be an Old Sedberghian Sports Dinner in the Black Bull to celebrate the Opening.

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The next day there will be more celebrations with various matches. At 10.00 there will be an OS netball tournament in the Hirst Centre. At 1.30 an OS Hockey match against the School. And a Golf match also against the School. At 2.15 a Rugby match – the Old Sedberghians against the Anti-Assassins

The Netball U14 District Tournament will take place at the School at 13.30 on Wednesday 26th September and the U14 District Hockey Tournament on Tuesday 2nd October at 1.30 pm. There is to be an U10 and U12 Rugby Festival on Buckholme at 10.00 am on Sunday 14th October.

At 7pm on Saturday 6th October the Yorkshire Shepherdess will give a talk in Powell Hall (*now confirmed as The People's Hall. Ed.*) as part of the Sedbergh Book Festival, and the next day the Sedbergh Booktown Festival Creative Writing Workshop will take place in the School Library.

In October (18th-21st) the last of the Pilgrimages by the Old Sedberghian Club to the WW1 graves will take place. At the end of this Pilgrimage 243 of the 258 names on the Cloisters will have been visited and the final event will take place at the

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Menin Gate to honour those with unknown graves.

Half term begins on Friday 19th October at 1 pm and finishes at 7 pm on Sunday 4th November. Despite this there will be rugby matches on 20th October against Berkhamstead, with the 1st XV match beginning at 1.15 pm

The "normal" Old Sedberghian Weekend will be later than usual on the 10th and 11th of November to mark the 100th Anniversary of the end of WW1.

"Academic"

The School's A Level results were once again very successful and again an improvement on the previous year. 66% of the exam results were graded A*-B with 16% graded A*. Two pupils got A*A*A*, five got A*A*A, one got four starred distinctions at BTEC exams, and four others got three. All pupils passed every exam they sat."



JULY WEATHER

With a dry start we reached an official drought on the 11th though the latter part of the month was fairly wet. With a total of 1.9 inches (48mm) it was a reasonable amount, considering the earlier drought, but almost a third of that fell on the 29th. Even during this wetter part we still had 11 dry days. With the lack of rain and the high temperatures plants became stressed especially grass. The high pressure which prevailed during the earlier part of the month was also responsible for lighter winds. The stronger winds were recorded during the latter part with a maximum gust of 17.7mph (28.5kph). Temperatures were high during the dry period of the month with many days getting well into the 80sF (26.6C) in the sun with a maximum of 78.6F (25.8C) shade temperature. The minimum temperature for the month was 43.9F (6.6C).

Due to the high temperatures water became a problem especially for the sheep. I am regularly taking 30- 40 gallons across. Fortunately they were clipped so weren't too stressed. The lack of grass meant I was still feeding full rations and taking hay across as well plus breaking branches of leaves from the bushes. I have had far more incidents of scald, particularly in lambs, during this hot spell. It has also the time for lambs to get heads stuck in the fence. This is largely due to the grass being greener on the other side of the fence and the ear tags which stop them pulling back.

Birds continue to visit the feeding station. It seems that the sparrows

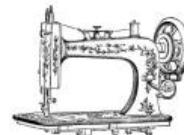
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have had a good season, judging by the times I am filling up the seed feeder. The various tits are regular visitors as are goldfinch and woodpecker. Likewise the very large numbers of assorted crows, especially jackdaws, suggest that they have had a good breeding season and are soon down to help the poultry and sheep eat up their rations when I leave.

Rabbits are not around at present it seems either in the garden or field. Butterflies are still in short supply, even though the buddleia is in flower. I have seen 1 comma, a couple of peacocks and a few small whites. Nettles and thistles seem to have had a bonanza this year and have grown tremendously in spite of the lack of rain but no caterpillars yet. The first cut of the grass in the garden resulted in 14 boxes to empty the last cut was just 2 boxes showing how the lack of rain has affected growth.



BOOK TOWN FESTIVAL

Write a Poem or a Short Story
Competition 2018.

Heather Thomas

This year, as part of Sedbergh's Book Town Festival, (See Page 46) we are holding a writing competition to celebrate being a book town, our history and our countryside. This competition is open to anyone aged between 6-18 years old with a creative writing flair to submit a poem or a short story. There are three different age categories; 6-9 years, 10-14 years and 15-18 years, and each category has a prize for 1st place and a prize for highly commended. Prizes will be monetary book vouchers for Westwood Books.

To enter, all you have to do is a

fictional short story (1,000 words max word count) or a poem, based on one of the photographs marked A-F..

Please include your name, age, contact details and the letter of your chosen photograph on your entry. You can submit your entry by email to sedberghbooktown@gmail.com or alternatively, you can write or print off your entry and submit it to Westwood Books. The Deadline for this competition is the 23rd of September. Please see further terms and conditions.

A few words of advice before you start your entry.

1) You don't have to take your chosen photograph too literally. You can be as imaginative and creative as you want to be but the



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- origins of your piece must be recognisable from your chosen photograph.
- 2) Study the photographs without over studying them. Sometimes first impressions can create the most creative stories and poems.
 - 3) You don't have to write about everything you can see in your chosen photograph but you must write about at least one thing which can be seen in the photograph.

Prizes

There will be a prize for first place and a prize for highly commended in each age category. Prizes will be monetary vouchers for Westwood Books.

Winning entries will be displayed

during the festival.

Terms & Conditions

- 1) This competition is open to anyone aged between 6-18 years old.
- 2) All entries must be original and unpublished.
- 3) You may only submit one entry per person.
- 4) You may only choose and write about **one** photograph.
- 5) If you are writing a short story please do not exceed the 1,000 word count or your story may be disqualified. The word count does not include your name, age, contact details or the title of your piece.
- 6) Winning entries may be published and displayed both online and as

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hard copies for the festival.

- 7) Winners will be notified before the festival.
- 8) Entries must be submitted by email to sedberghbooktown@gmail.com or as a hardcopy to Westwood Books. Please include your name, age, contact details and the letter of your chosen photograph in your entry. We have no formatting requirements but please make sure your entry is clear and easy to read.
- 9) We cannot accept responsibility for entries which are not received or which are received after the closing date (23rd of September) due to technical failure of for any

other reason.

Please send any queries or questions to sedberghbooktown@gmail.com or find us on twitter @Sedberghbooktwn. Good luck!
Photo's appear in the August issue from page 52.



SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

The only way to describe how the swift season has been in 2018 – fantastic! We were treated to months of exceptional aerial displays in glorious weather. The hot weather broke on July 27th with heavy rain, the skies became quieter, and it seemed to have been the signal for the non-

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breeding swifts, who have only themselves to look after, to embark on their migration back to Africa.

This year we have observed some unusually late breeding. In general swifts lay eggs by mid to late May. We had two newly-formed pairs of swifts that laid eggs very late in the season, around 20th June, the date by which chicks have usually hatched. We believe that this may occur when two young swifts that would not normally be ready to breed this season form a new pair, but because the conditions are very good, they do indeed go on to breed, albeit so late. It means that their chicks wouldn't fledge until around 20th August, well after the time that most other swifts have departed.

We also had the unusual situation where two pairs of swifts both laid a second clutch of eggs, after the original eggs had been knocked out of the nest. One of the pairs in the Settlebeck school boxes laid 3 eggs but all were knocked out. We were then astonished to see that another 2 eggs had been laid by 29th June. This is a considerable toll on a female to have produced 5 eggs. Unfortunately these too were knocked out – are these exceptionally clumsy swifts we wonder? Luckily, in the other webcam box all went smoothly for the other pair, with 2 chicks being successfully reared.

In a box at Lowgill, another pair of swifts knocked both their eggs out of the nest, within only a few days of laying. Then they too, a fortnight later in mid-June, laid 2 more eggs. The



chicks are doing well and although at the time of writing (15th August) they are still in the nest, we expect them to fledge in a few days time. Like the other late swifts, we have to wonder what the fate of these chicks is that launch themselves into the sky for the first time when there are far less or no swifts flying around to join. Do they have to migrate to Africa entirely on their own? We wonder how many make it.

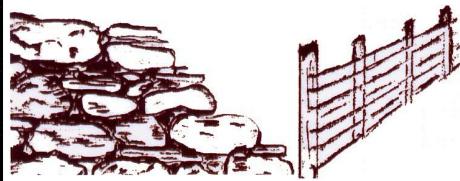
Finally: we'd like to hear from all of you who have swift boxes - please let us know if swifts have gone in. And also please do tell us if you know of buildings where swifts nest, as you may have seen properties that we're not aware of - we're gradually trying to map all the places where swifts breed in Sedbergh and elsewhere in the area.

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



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ROYAL BRITISH LEGION

Great Pilgrimage in Ypres.

Keith Wood and Sandra G-W.

Many of you will know that during the Great War of 1914-18 the city of Ypres in Flanders Belgium was one of the many places of great devastation and loss of life. The casualties sustained by the British and Commonwealth troops were unimaginable for our modern mind-sets.

While having royal patronage from its founding in 1921, the Legion

The Royal British Legion
Sedbergh Branch
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A VOYAGE TO THE ANTARCTIC

by Dr Myles Ripley
Thursday 18th October
7.30pm

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A talk will be given on the voyage in the hundred year old 3 masted bark "Europa", with tales of science, wildlife, swimming in very cold water and the little known WW2 operation "Tabarin"

Entry is free but donations to the Legion for the Poppy Appeal will be very welcome

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received its "Royal" appellation on 29 May 1971, on its golden anniversary.

In August 1928 a Great Pilgrimage was organised by the (then) British Legion to take members of bereaved families who perhaps hoped to find the graves of their sons/husbands/brothers/uncles or sweethearts. They visited the newly built monument to the missing that we know as the Menin Gate at Ypres.

Some of our own Sedbergh and District lads are buried or commemorated there.

Wednesday August 9 2018 saw the now Royal British Legion mark the 90th anniversary of this event with its 'Great Pilgrimage 90' (GP90). The RBL pulled off an astonishing feat of organisation getting



more 2500 RBL standard bearers and wreath bearers to Ypres in time and ready to march through the city to the Menin Gate.

How marvellous to see our own Sedbergh and district Standard being flown through Ypres with the many others from cities, towns and villages from all over the U.K. All traffic was banished for the town square and surrounding streets, barriers held back the crowds as the parade marched up to the Menin Gate led by the band of the Royal Marines (Scotland).

A very moving service of Remembrance was held in the monument headed by various notables including Archbishop of York, Dr Sentamu and our own



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Bishop James of Carlisle. Sandra and I were greatly privileged and proud to be chosen as Standard bearer and wreath bearer for our own Sedbergh Branch.

The wreath itself was laid by Sandra amongst a vast sea of wreaths within the monument. It carried a message from Sedbergh Primary school children dedicated to the fallen. It read,

'Thank you for sacrificing your lives to protect our freedom and our British



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values. We will always look up to you for the deeds you have done.'

This wreath and all the others were later placed on specially designed stands close to the monument and put in rows looking like a sea of huge poppies, quite a sight.

The event also commemorated the 'The 100 Days', when the tide of the war turned at last in favour of the allies on 9 August 1918 at the Battle of Amiens. Some of you may have seen the Cathedral Service at Amiens

attended by the Duke of Cambridge and our Prime Minister. President Macron was on his holidays.

After the GP90 Parade Ypres became very lively with pavement cafés full to bursting with people enjoying the entertainment which had been laid on. The RBL band played, the Royal Marines Band marched and played. The London Welsh male voice choir sang. It was wonderful, Sandra and I joined in the fun singing, Pack up your Troubles, Down by the

George Newton

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Riverside, Jerusalem and finishing off nicely with Land of Hope and Glory.

For Sandra and I life would not be complete without our many visits to this beautiful, friendly and entirely rebuilt city known almost universally by our soldiers as 'Wipers.' During WWI the town was totally destroyed. The people of Ypres somehow found the strength and resilience to start again having found the some of the original town plans and photographs in the ruins.

You can view the parade and other parts of this memorable day on YouTube RBL GP90 <https://www.facebook.com/100010015572581/videos/716752718668574/?t=17>

Please be assured that no part of this day was financed by money from the poppy appeal.

If you would like to become a member or just find out more about the Royal British Legion you can do so 'on line' www.britishlegion.org.uk/membership or you can contact our

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hard working secretary David Parratt on 015396 20964. You do not have to have served in the armed forces to become a member.



SEPTEMBER GARDENING 18

Elaine Horne

As daylight hours grow shorter, and parts of the garden begin to take on that end of season, dishevelled look, I begin to look forward to Spring. This is partly due to the fact that the spring flowering bulbs are now to be found in garden centres, supermarkets and plant catalogues.

Being very fond of spring bulbs I always have to buy a few, so I will no doubt succumb to some Tulips and Crocus this year. Tulips seem to be in fashion at the moment, but I doubt

that they will ever reach the heights of popularity which they gained at the time of "Tulipmania" in the mid 17th and mid 19th centuries. During these peaks in Tulip popularity rare bulbs were so sort after that people gave a good deal of money and sometimes items of property in order to purchase a rare bulb. For one bulb of Tulip 'The Viceroy' a collector gave 1000 pounds of cheese, 4 oxen, 8 pigs 12 sheep, a bed and a suit of clothes.

'The Viceroy' does not seem to feature in any of my plant catalogues so this year I shall opt for some of my old favourites. Tulip 'Abu Hassan' is a mid season variety with rich mahogany/copper coloured flowers and T. 'Little Princess', a small species, has rich pink, blue centred



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blooms. 'Coeur Cardinal' is a bright red with a hint of crimson.

I usually grow my new tulips in pots so that they are out of the way of hungry slugs and snails though the robust red and yellow Darwin types come up every year in the border.

I shall enjoy planting these, alongside some large flowered crocus, and look forward to the beginning of the growing season next year.



SEDBERGH UNITED CHARITIES

(Reg No 231058)

Richard Cann

The charity gives grants for educational purposes particularly for post secondary school education or vocational training. The purpose of

these grants is to help applicants with their costs such as for buying books or tools needed for their training. To qualify for a grant you must be under 25 years old and live in the civil parish of Sedbergh.

Anyone wishing to apply for a grant should write to the clerk by Monday 15th October stating their name, date of birth, address and the educational course or apprenticeship they are taking.

Mr R.W. Cann, Clerk to SUC, 21 Queens Drive, Sedbergh, LA10 5DP, (Tel 20771)



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Richard Cann

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three cottages. There is a vacancy at Number 3 Palmers Hill which is the middle property. The building is set back from the road with only pedestrian access. It is in a safe peaceful setting yet with easy access to the shops.

The property has the following internal accommodation; hall, living room, kitchen, pantry, bedroom, store room and shower room with WC. Externally there are two store sheds and a share of a building that was a wash house in the past. There is also a small front garden and a communal garden.

The residence is available for a woman of at least 55 years of age who lives alone and is of limited means. In the event of there being

more than one equally qualified applicant preference can be given to a person who is or has been resident in the Parish of Sedbergh. Another reason for preference can be if the person is a practising member of the Church of England. The person appointed will be given a licence to occupy for her lifetime subject to certain conditions.

For further details and application forms please contact the Clerk to Sedbergh United Charities & Widows Hospital, 21 Queens Drive, Sedbergh LA10 5DP, telephone 015396 20771. Application forms must be received by Friday 28th September 2018.



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The Dentdale Choir begins its new season on the 11th of September at 7.15 p.m. with a social event in the Memorial Hall in Dent Village. We will of course also sing and start to introduce some of our music for the year. We are looking forward to seeing existing and returning members and would love to welcome prospective members too. The choir is non-auditioning and ability to read music is not required. We do like to tackle some challenging music as well as learning some fun and lighter numbers.

This year we will be working towards a spring concert featuring Schubert's Mass number 2 in G. We will also be working on a series of shorter pieces

which will include some beautiful works by Tavener, Biebl and Gjeilo. During the first term we will also be working towards our usual Christmas Carol services in Dent and Cowgill. As well as preparing some more familiar carols, this term we will be working on a new work by Will Todd and some west-gallery-style carols by popular request of members of the choir.

The choir is a friendly and welcoming group who are committed to having fun but also working hard towards producing music that we love and are duly proud of. Do join us on the 11th and find out if you'd like to sing with us more. We'd love to hear from you in advance. Please contact the choir secretary:

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St MARK'S CHURCH, CAUTLEY

*Judith and Maureen
(Churchwardens)*

People flocked to St Mark's Church, Cautley on Saturday 21st July to admire the new path and to enjoy a cream tea. This was a fundraising event but also a social event, drawing together people from Cautley, Sedbergh and further afield. As well as the delicious cream tea there were plants and books to buy and musical entertainment from some members of the Bryce Street Strummers.

We were overwhelmed by people's

generosity and delighted to announce that we made £1350, which will go towards the cost of the path. Our grateful thanks to the Blake family, who worked tirelessly behind the scenes preparing plates of food, to the ukulele players and singers, and to all who came along to support us.



FAMILY MUSINGS

Sarah

I try to enter fully into the games the grandchildren play when with me, I pretend to be a tractor driver (avoided in real life), I help to stack little bales (done that in real life but ages ago, many more seen in the dale this summer), am a customer at the toy shop and do endless pulling and

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pushing of small bikes/cars and pushing the swing. Bear Hunts and "exploring" are things we do regularly, besides the sea, through a wood or just in the village. Playing "islands" is a game I will not be playing again, it consisted of benches for Islands and the floor the sea. When little child shouted 'spiders or sharks' we had to jump from land to sea or vice versa .. I probably didn't actually "jump" but unfortunately stood on end of a bench and it and me soared into the air .. what goes up has to come down..ooww. Bruises all along R side. I could hear little voices "Grannie .. u OK? " After few minutes I got up with Mummy's help . "u do that again?" asked an awestruck grandchild!

Jumping has occurred at the exercise classes a friend and I have joined and my poor arthritic knee was not very happy. We kept up with the fitter ladies in the group .. but did a bit of our own thing. Both collapsed in a

hot giggly heap as the rest did running on the spot while stretched out on the floor .. why? I have no idea, it must stretch and tone somewhere that nothing else can! Think I might pass.

What an awesome summer we are having, endless hot sunny days like I remember as a child. Meals outside, playing outside, even sleeping outside. And Grandad, me and 2 grandchildren are off on holiday in a caravan.. more on that next month.

Here we are preparing for the Gala, fancy dress ideas are kept secret, helpers sought for this n' that and all the planning will come to fruition. Over the years a great many people have helped and supported the Gala and persuaded folks to buy goods

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from the White Elephant Stall, one such person was the late Enid Mason who sold everything to someone! I remember at the "thank you event" going to get her a Brandy from the 'Sun' .. a double of course! Happy memories. Savor yours.

HOLIDAY CLUB 2018

The Holiday Club Team

The People's Hall was transformed into a hive of activity from Monday 23rd – Friday 27th July, as the children of Sedbergh and the surrounding area met during the mornings for the annual holiday club. This was hosted by the Western Dales Mission Community and was open to children of Primary School age,

The title of the 2018 holiday club

was 'On Your Marks...' and it was based on stories about Jesus from Mark's Gospel, with the theme of 'teamwork'. The setting was the Global Games, so the week had an international feel, with the children being athletes representing various countries. There were stories, games, crafts and singing. All the usual fun! Family members were invited to come along to a special service on Sunday morning (29th July) to find out what the children had been up to during the week.

More than seventy children attended during the week and their commitment and enthusiasm ensured the success of the club. None of this could have been possible, however, without the hard work and dedication



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of the team of leaders and helpers
who gave up their time and energy to
run the club. We are also extremely
grateful to the Sedbergh Community
Fund and an anonymous donor for
their financial support.

CHURCHILL TRAVELLING FELLOWSHIPS

Ruth Annison

applications deadline
September 18th!

A new category, **Rural Living –
strengthening countryside
communities**, has been added to the
subject areas for which applications
are being sought by the Winston
Churchill Memorial Trust for travel
abroad in 2019. Fellowships fund

between 4-8 weeks travel for 100+
people to explore and enrich their
personal or professional interests.

In the Rural Living category,
invigorating transport and improving
access are two of several aspects
that will be considered for funding –
and there are many other eligible
subject areas. There is no age limit
for applications – although this year
there is active encouragement for
young people to apply in any of the
award areas ‘to pursue a personal
passion early in a career.’

Full information is given on
www.wcmt.org.uk; ask at libraries or
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and the T&C should be checked with care.

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ruth.annison@btinternet.com



ZERO WASTE SEDBERGH

Suzie Pye

Well mid-August saw the first "proper" meeting of the Zero Waste Sedbergh team. Yes there is a team now, which feels great. Three present, and four apologies – not a bad start. It is exciting to be sharing ideas, and pooling resources and talents with others. At the time of writing we are still in need of a Secretary and a Treasurer. If you think you may be able to help, do please get in touch. It would be lovely

to have a good run up to Christmas, with a fully functioning team!

The big news this month is that Sedbergh is now working towards official Plastic Free Status. This will come via an organisation called Surfers Against Sewage (if you haven't heard of them already, keep an ear out as they tend to pop up in the media from time to time). To gain PF Status Sedbergh needs to meet five criteria, some of which we have already met (or very nearly). The full details can be found at zerowastesedbergh.com where I'll be keeping you updated on our progress.

Now, if you're only just getting on board with reducing the plastic you use, it can seem rather daunting but



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don't worry! There are a couple of essentials you may want to equip yourself with as a great place to start: a reusable bottle, a reusable coffee cup, and reusable bags. Once you are using these on a regular basis you will notice how habitual and easy it becomes - keys, wallet, bottle... Then you can begin to make other small changes when out shopping. You don't have to change the world overnight: if enough people take tiny steps, they soon become giant strides. For more tips and ideas, just visit the ZWS website or get in touch on 07833 534710.



COGS

Community Orchard Group Sedbergh
*Jacqueline Smith,
Treasurer, COGS*

With all its trees and other plants growing well, the Community Orchard is worth a visit. Why not stroll down, sit on the new bench and admire the

bee-friendly flowers and herb bed?

Many thanks are due to Simon Arnold and the Sedbergh School Challenge Week pupils for all their hard work on the splendid stump circle and the stylish compost bins.

Thanks also to Dawsons Fuels for their most generous donation of topsoil, delivered to the Orchard for the new raised beds. The Cosmos, Verbena and Nasturtiums are all looking good, and there are more plants to come in the autumn.

Steven Cayley and the Y5 pupils from Sedbergh Primary School will soon be visiting the Orchard to help set up the Bug Hotel, and to learn about fruit trees and pollination.

It is thanks to contributions like these that we can take pride in a true

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Community enterprise.

Here's a date for your diary: the Third Annual Sedbergh Apple Day will take place on Saturday 27 October at People's Hall. Bring along those apples to be turned into delicious apple juice. It's time to start collecting empty bottles! More details in next month's Lookaround.



SEDBERGH BRITISH SCHOOL TRUST

Mrs Jean Cope, Hon. Secretary

The Trustees will meet on Wednesday 12th September to consider **Grant Applications** from suitably qualified persons who have attended local authority schools in SEDBERGH and DENT, and who seek **FINANCIAL ASSISTANCE** to

further their education or for vocational training.

Applications should be in writing and addressed to: The Honorary Secretary of the Trust, 6, Guldrey Fold, Sedbergh LA10 5DY

CAR TAX SCAM

Dear Editor

Judith Walsh

We have recently been targeted by a scam which I feel I should alert people about.

Recently, we had to change the taxation class of a vehicle we own, we did this through the local post office who had to send a registration document to DVLA and we had to wait for a new one. I made a telephone call (not from our mobile)

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to DVLA, as the document took a long time coming, but eventually it arrived.

Just over a month after, we received a text message on our mobile phone apparently from DVLA, Swansea saying that they had been trying to contact us and for more details, click on to a website which looked quite convincing. When we clicked onto it, it had a government UK & Crown logo and appeared to be from a Tax Refund Department but going further then ask for lots of personal details including bank details, credit card details, national insurance number, driving licence number and security question answers! We began to hear alarm bells ringing and proceeded no

further.

The disturbing thing about this is that somebody obviously has been able to hack into DVLA to learn who is changing taxation classes and can then pursue them and get their 'identity details'.

The website had a Crown Copyright logo at the bottom and the amount they claimed we can get refunded corresponded very closely to the taxation charge of the vehicle involved, we could have been fooled.

We have reported this to Action Fraud. We would be interested to hear from anyone who else has experienced this scam.



OVER 50's SWIMMING

The Over 50's swimming is still

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If you need any more information, contact Mr. Beare on Sed 21339

We operate throughout the year and do not stop for school holidays and half terms.

B4RN

progress in Cautley and Dowbiggin

Dr Gina Barney Area Lead

There is quite a lot of ducting dug in now from Hallbank to Cross Hall and more is planned.

If any C&D resident has not received my emailed newsletter about getting ducts laid from your property boundary to the external wall of your

property, please contact me ASAP on 20790.

DENT GALA

Sarah

As I wrote this the Gala is ahead and as you read it the Gala has passed. As I write, raffle and tombola prizes are arriving and the popular Water and Wine sideshow has been prepared. We are unsure if the Pet Show will contain more than dogs or if the gazebos will protect from the sun or rain!

Many thanks to all who helped or supported in any way at all. More next month.

HELLS FELLS

Brian Capstick

So far in 2018, 43 veterans have

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committed suicide, with 5 in the past week in August. We have almost 4,500 veterans in prison and an estimated 1,300 sleeping rough.

On the 7th to 9th September, we are hosting Hells Fells 2018 to raise money for the Community Self Build Agency who rely entirely on charitable donations to deliver mental health interventions, welfare support and training to some of the most disadvantaged people in society.

The weekend event centres on live music, beer and local food at Marthwaite Foot, where many of the veterans who have come through the program will be helping to run the event.

The media profile of the event is high and already the support from the



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community of Sedbergh has been outstanding. Please come and join us and let's send a really powerful message that we do care, and those veterans that are struggling are not alone.



YORKSHIRE DALES NATIONAL PARK

Andrew Fagg

'At last!' Hen harriers fledge in
Yorkshire Dales

One of the UK's most persecuted birds of prey, the hen harrier, has successfully bred in the Yorkshire Dales National Park for the first time since 2007.

A pair has produced four chicks, which fledged in mid-July in the South



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Lakeland part of the Park. The birds nested in a large area of rush on upland pasture primarily used for livestock grazing, with the local shooting estate having rights over it.

Yorkshire Dales National Park Authority (YDNPA) officers have monitored the nest site since early May, working closely with Natural England and the landowner. Cumbria Police has offered behind the scenes support.

Natural England has attached satellite tags onto two of the birds, meaning that the birds' movements will be tracked. It has produced a national summary of this year's hen harrier breeding successes in England.

YDNPA Chairman Carl Lis said: "It is

a source of joy, and relief, that hen harriers have at last bred again successfully in the Yorkshire Dales National Park. These are magnificent birds, ideally suited to the Dales, and their long absence has shamed us all.

"Despite the brilliant news about the hen harriers, we shouldn't forget that it has been only a few weeks since a red kite was found shot dead in the south of the National Park. I would urge members of the public to pass on any information they might have to North Yorkshire Police. Grouse shooting concerns, conservation bodies, the police and local wildlife groups must continue to pull together."

Two hen harriers attempted to nest in the Yorkshire Dales National Park

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last year, but both attempts were thought to have failed because of natural predation.



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The choir will be meeting on Monday evenings from the end of September and learning a number of west gallery and Sheffield pub carols . West Gallery music was sung in country churches from 1700 through to 1850 when the music was banned by Victorian clergy for being too lively. The tradition continued in pubs in several parts of the country - especially in villages near to Sheffield - where it is sung with great gusto in the weeks leading up to Christmas.

The songs are in 3 and 4 part harmony and we will be teaching the harmony parts and tune by ear, so if you don't read music this won't be a problem. I will also be providing recordings for those who would like to practice at home.

On the first weekend in December the choir will be joining a weekend of folk carols in Dent with singers coming from far and near, and a concert with local singers and visiting harmony groups, plus workshops during the day, and festive singing lunches and suppers, and a singing walk up the valley.

We are also starting a children's choir on Tuesday afternoon's from

4.30-5.30pm for any children from Dent over the age of 8 - parents are welcome to get in touch if their children would like to join us. The children's choir will also be singing at the folk carols weekend.

JIM ATKINS

Douglas Thomson

A surprise supper was held for Jim Atkins at the Cross Keys to thank him for all the work he had done for Sedbergh first as a parish councillor and then as chairman of the Parish Council. Self-effacing Jim never realised it was more than a personal invitation until he walked into the Inn to find a prosecco welcome from those who much appreciated what he had achieved. Profuse thanks were



also given to Anna for her support for Jim's work and for secretly planning the supper!

TOWN CRYER

Dennis J Whicker

After giving the situation a great deal of thought, due to personal circumstances, regrettably I am hanging up my Tricorn Hat and



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retiring as Sedbergh Town Cryer. I have many happy memories of this role over the years and I apologise to those that I am unable to perform for.

COMMUNITY OFFICER REPORT

Hi everyone, I'd like to introduce myself – my name is Maz (Marion) Jeffery and I've taken over from Mandy as the local officer for Sedbergh, Dent, Grayrigg and surrounding area. I hope to be on foot patrol regularly within the town and I look forward to meeting you all. If you have any questions or issues please don't hesitate to contact me from the below details or stop me on the street!"

The crimes and incidents of note are:-

11/8/18

Anti-Social Behaviour, cars parked on Busk Lane during fell running race.
7/8/18
Suspicious vehicle in Beck Foot.
31/7/18
Criminal damage to an out building, Howgill
27/7/18
Anti-social behaviour from young people, Spar car park
19/7/18
Cold caller, Sedbergh
16/7/18
Criminal damage to sign, Firbank
My contact details are:- CSO 5383,
South Lakeland, Kendal Police
Station, Busher Walk, Kendal LA9
4RJ
T: 101, option 2, ext 45383
E: marion.jeffery@cumbria.police.uk



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.

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cornerstone Community Church Rooms	01/09	Mrs Haworth	Sed:	20428
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	06/16	Dr Ripley	mylesripley52@gmail.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	mylesripley52@gmail.com	
Labour Supporters Group *	12/17	Mr Cross	Sed:	22566

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	12/14	Mrs Suttle	07810	833478	
Lunch Club	03/18	Mrs I'Anson	Sed:	21757	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554	
People's Hall	08/15	Sleepy Elephant	Sed:	21770	
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196	
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662	
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125	
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826	
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885	
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808	
Red Squirrel Group - Sedbergh	04/17	Mr Hopps	07870	785322	
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816	
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723	
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723	
Scouts	01/09	Mr Mawdsley	Sed:	20723	
Scouts - Explorers	11/15	Mrs Colton	07789	906421	
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613	
Sing Joyfully! (Casterton)	09/16	Mrs Micklithwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
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	06/15	Mr Dodgson	Sed:	20869	
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770	
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808	
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775	
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663	
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754	
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733	
Yoga	11/16	Mrs 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.

Continued from Page 45

Sunday for evening service 720 Bob Minor was rung in 26 minutes by H Dawson (1), Teresa Towler (2), T Sisson (3), J W Pennington (4), E Pennington (5) and G F Woodhouse, conductor (6). The two young ladies have not been ringing very long and are to be congratulated on their progress. To ring two bells requires a lot of practice and perseverance.

The following are quotations from Diana Rochford, now Sunter about her mother, Jean Rochford, nee Wood, Jean Wood lived in Sedbergh from about 18 months old until 1950: *When we were in Sedbergh in Summer 2009 the Historic Society interviewed mum and when we went to the Sedbergh Church, she shot up the ladder without a moment's hesitation and gave them hours of insight into the history of Sedbergh, the church and bell ringing. She was like a walking historical encyclopaedia and that part of history will most certainly NOT be forgotten! Campanology is most certainly a lost art.*

Mum told us this story that is mentioned in the clipping; that the bells were muffled during the war and the HUGE excitement to ring the bells for the first time when Victory was declared in Europe. She said it was the most amazing experience to HEAR their years of work for the first time, with the bells starting at one church and then the next village taking up the peal, and so it spread across the North.

Somewhere, there is a lovely article from the local newspaper of a tribute

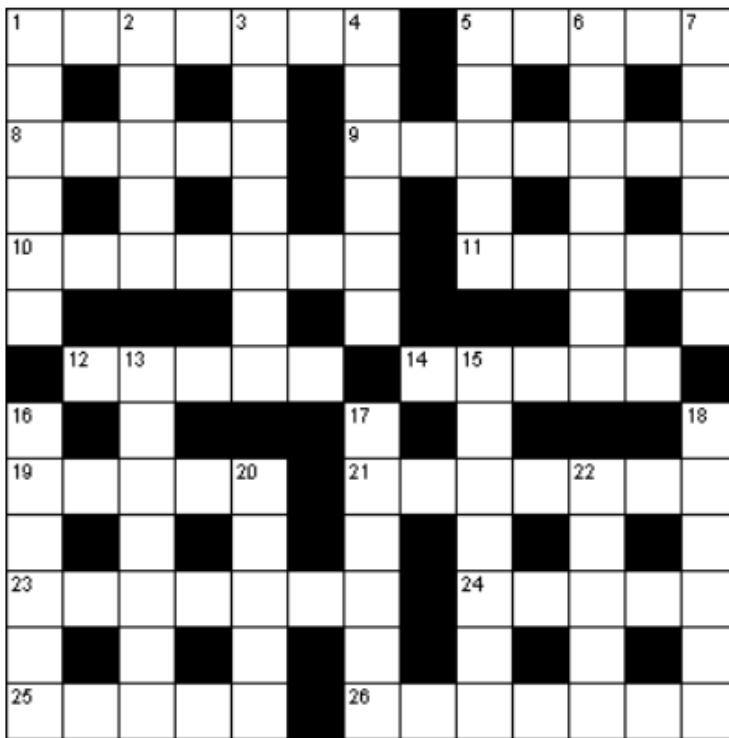
played by the bell ringers at St Andrews, to mum, one of their own, on her wedding day. I must hunt that down. She married on 22 July 1950

Anthea Boulton of Dent and Sedbergh Oral History Society interviewed Jean Rochford when she was here in 2009 and learnt more about her life in Sedbergh, about starring in *Rebecca* for the appeal for the People's Hall and about wartime Sedbergh. The interview is kept by the Society.



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

**Across**

1. Slow moving ice mass (7)
5. Lawsuits (5)
8. Sacred song (5)
9. Hide (7)
10. No longer in existence (7)
11. A select few (5)
12. Avid (5)
14. Shrimp-like crustaceans (5)
19. Implements (5)
21. Grisly (7)
23. Irksome (7)
24. Ice hut (5)
25. Church officer (5)
26. Throw away (7)

Down

1. Burrowing rodent (6)
2. Conform (5)
3. Vast (7)
4. Repeat aloud from memory (6)
5. Small boat (5)
6. First and most important (7)
7. Found a solution (6)
13. Staved off (7)
15. Draws back with fear (7)
16. Sculpture (6)
17. Entertained (6)
18. On the far side (6)
20. Examine minutely (5)
22. Strong lightweight wood (5)

PERSONAL & SMALL ADS £1

FOR SALE

Vax upright cleaner, as new, hardly used, 12 months old. £39.00 Tel: 21931.

=====

FOR SALE

Range Rover 4WD, Classic Ambulance. Ex-MOD (1982). Petrol £6,750 ono. ellyarcher@talk21.com

=====

FOR SALE

Morphy Richards four slice toaster & matching kettle. Cost £99.99. Unwanted gift £49. Tel: 21931.

=====

FOR SALE

Push Along/ Sit On trolley in good condition. Any offers? Tel: 20896.

=====

FOR SALE

Alloy Loft Ladder. Unused. £39. Tel: 21931.

=====

EDITORS COMMENTS

Dennis J Whicker

APOLOGIES

Nobody has highlighted anything this last month so maybe it was an error-free issue?

FUTURE OF LOOKAROUND

There will be an Editorial Meeting at 9am on Thursday 13th September in The Rawthey Room of 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.

Please see Page 6 of the July issue which gives an update from the New Team

The December issue will be my last

compilation and the new Team will commence from February 2019 so watch this space for future updates and details.

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

NEW ADVERTISERS

Yet another **new Advertiser** this month with **Dalesway Tyre Services**. Please mention Lookaround if you make any enquiries.

LOOKAROUND INFORMATION

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

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

Current Copies are available from Sedbergh Information Centre,

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

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

ARTICLES

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

ADVERTISING

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

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

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

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

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

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

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

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

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

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

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

The logo is a black and white graphic. It features a simple outline of a mouse's head facing right, with large ears and whiskers. This outline is set against a larger, dark, irregular shape that resembles a window or a leaf. The entire logo is contained within a thin black rectangular border.

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.

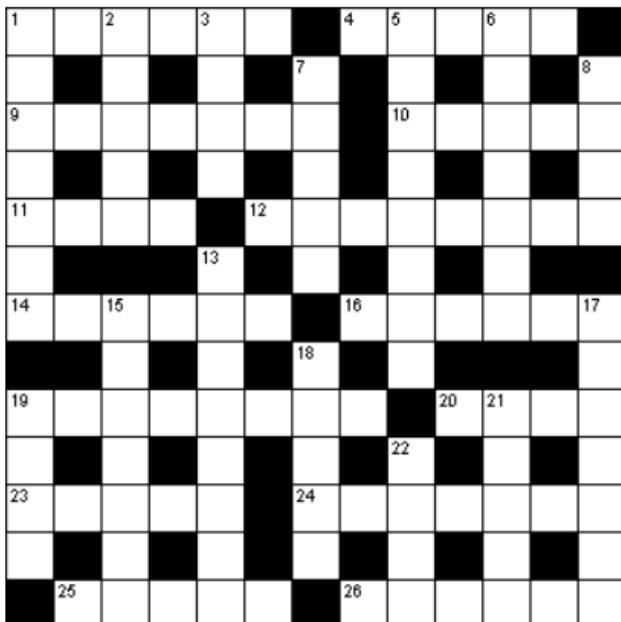
Every month, a randomly selected child will receive a £10 Gift Voucher to be used in Sedbergh or Dent from Lookaround who will receive it by post. For this reason, we require the postal address of each child. If we have no address, they are unable to receive it.

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.





Across

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

Down

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

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

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

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

EST. **SEDBERGH • MARKET** 1538
EVERY WEDNESDAY ON JOSS LANE CAR PARK

Regular stalls: fruit, veg and plants • artisan bread • fish
farm fresh meat • eggs • cakes • bric-à-brac
sweet and savoury vegan/GF snacks • hot Thai food

From 8.30 til lunchtime. Got a business idea or something to tell people about?
Try our stall plus gazebo deal – £11. Contact the Info Centre on 015396 20125.

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

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

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 dmparratt@gmail.com for a form.

For more information, visit our website:
<http://branches.brighthlegion.org.uk/branches/sedbergh>



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



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

Combined plans for Western Dales Mission Community - September 2018						
	Time	2 nd	9 th	16 th	23 rd	30 th
St. Andrew's, Sedbergh LA10 5BZ	8am	Andy McMullan HC-BCP	Gary Wemyss HC-BCP	Andy McMullan HC-BCP	Andy McMullan HC-BCP	Andy McMullan HC-BCP
St. Andrew's, Sedbergh LA10 5BZ	10.30pm	United Service at Cornerstone Community Church or People's Hall	Andy McMullan HC (NIV)	Christine Brown HC	Andy McMullan HC	Andy McMullan Harvest Festival FS
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Philip Nolan	David Crouchley HC	David Crouchley 4pm- Messy Church	David Crouchley	Chris Fawcett Harvest Festival 6.30pm- Worship Group
People's Hall Sedbergh LA10 5DQ	10.30am	tbc				
St. Mark's, Cautley LA10 5LZ		2.30pm Andy McMullan HC	9.30am Judith Bush MP-NC	At Sedbergh	6pm (Choral) Judith Bush Harvest EP	11am United Service Judith Bush
Cautley Methodist Chapel LA10 5LY	11am	David Crouchley HC	Philip Nolan	Gordon Middleton	2pm Thwaite Harvest Festival	United Service At St. Mark's, Cautley
St. John's, Garsdale LA10 5PQ	10am	Andy McMullan HC	At Low Smithy United Service	At Garsdale Street United Service	Gary Wemyss Harvest Festival	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2pm	At St. John's United Service	United Service Sarah Crouchley	At Garsdale Street United Service	At St. John's Harvest Festival	Philip Nolan
Garsdale Street Methodist Chapel LA10 5PQ	6.30pm	At St. John's United Service	At Low Smithy United Service	United Service 2pm only Tbc Harvest Festival	At St. John's Harvest Festival	Brian Park
All Saints, Killington LA6 2HA	2pm	At Sedbergh	At Firbank	Gary Wemyss HC	At Firbank	At Howgill
Holy Trinity Howgill LA10 5JD	2pm	At Sedbergh	At Firbank	At Killington	At Firbank	Andy McMullan Harvest Festival
St. John's Firbank LA10 5EF	2pm	At Sedbergh	Andy McMullan HC	At Killington	Andy McMullan Harvest Festival	At Howgill
St. Andrew's, Dent LA10 5QL	10.30am	Gary Wemyss HC	Christine Brown HC	Andy McMullan HC	Christine Brown HC	Christine Brown Harvest Festival HC
St. John's, Cowgill LA10 5RJ		At Dent	At Dent	At Dent	At Dent	At Dent
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Gordon Middleton	2pm- Peter Gorst Harvest Festival	William Allen	Pam Dent	Own arrangement
Dent Foot Methodist Chapel LA10	2pm	June Allen	At Dentdale	Brian Park	David Crouchley HC	William Allen
	Wednesday	5 th	12 th	19 th	26 th	
St. Andrew's, Sedbergh LA10 5BZ	11.15am	Andy McMullan HC-BCP	Andy McMullan HC-BCP	Andy McMullan HC-BCP	Mark l'Anson 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
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Double Column 5.2" x 2"	= £15.00
Double Column 5.2" x 3"	= £20.00
Double Column 5.2" x 4"	= £25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00
Postal per month to Britain	= £2.50
Postal per month Overseas	= £6.00

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

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

DIARY OF EVENTS

Dates are held up to 8th June 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.

SEPTEMBER

1 1000	StAD Coffee Morning	DMH	6 1000	StAD Coffee Morning	DMH
1 1030	Beyond 4 Walls (Aug)	FM	6 1000	Audrey Wilson (46 & 52)	Library
1 1930	The Ereble String Quintet (5)	StAS	6 1000	Family Poetry (46 & 52)	Library
2 1030	Moorcock Show (6)	Mossdale	6 1130	Alex Johnson (46 & 52)	Westwood Books
3 1915	Badminton Season starts (4)	SS	6 1500	Alex Johnson (46 & 52)	Westwood Books
4	SSAT & SPS Term begins		6 1930	Flicks in the Fells (8)	PH
5 0830	Weekly Market (87)	JLCP	6 1930	Amanda Owen (46 & 52)	PH
5 1000	Weekly CM - Garsdale Church (4)	CCCM	7	Public Writing (46 & 52)	Cafes
6 1930	WIH&F - The Smokery Haverigg HM Prison HVH		7	Book Themed Craft (46 & 52)	FM
7	DHTF Icons, Techniques etc (Aug)		7 1000	Children's Writing Workshop (46 & 52)	SSL
7	Hells Fells (1)	Marthwaite Foot	7 1130	Adult Writing Workshop (46 & 52)	SSL
8 1000	FLOW with Tony Bennett (16)	MCD	7 1230	Author Panel & Q&A (46 & 52)	Westwood Bks
8	Hells Fells (1)	Marthwaite Foot	7 1900	Finale Themed Dinner (46 & 52)	Black Bull
8 1430	Teddy Bears Picnic (26)	QG	7	Booktown Festival Ends (46 & 52)	
8 1930	Flicks in the Fells (8)	PH	8 1300	Age UK Be Fraud Smart (age uk)	PH
9 1030	Beyond 4 Walls Ends (Aug)	FM	9 1400	WIK - Life of a Reservist RAF Padre	PH
9 1300	Capstick's Open Afternoon (20)	Newbiggin	9 1600	Simply Repail South Lakes	PH
9	Hells Fells (1)	Marthwaite Foot	10 0830	Weekly Market (87)	JLCP
11 1400	WIK - Why Not Alpacas?	PH	10 1000	Weekly CM - Christian Aid (4)	CCCM
11 1915	Dentdale Choir (11 & 62)	DMH	10 1300	MC Closed for Training (6 & 12)	MC
12 0830	Weekly Market (87)	JLCP	10 1915	WID - Julehygge (correctly spelt)	DMH
12 1000	Weekly CM - Talking Lookaround (4)	CCCM	10 1930	WIS - Uplifting Stories	PH
12 1300	MC Closed for Training (6 & 12)	MC	11 1200	Age UK Lunch Club	Dalesman
12 1915	WID - Open Meeting	DMH	11 1915	Royal British Legion (56 & 89)	WHC
12 1930	WIS - A Little Bit of Art	PH	12	Release, Rebalance & Renew (15)	MCD
13	Westmorland County Show	Crooklands	13 0900	Flue Clinic (6 & 12)	MC
13 1200	Age UK Lunch Club	Dalesman	13 1930	Olde Time Dance	PH
14 1930	Sedbergh Parish Council (10)	PH	14 1930	NW Arts Concert (54)	Appleby
15 0930	Artisan Market (15)	Sedbergh	16 1400	SASL - TBA	PH
16 1100	Rainbow Chakra (16)	MCD	16 1930	Ladies NFU - Volunteering in Zambia	PH
18 1400	SASL - TBA	PH	17 0830	Weekly Market (87)	JLCP
18 1930	Ladies NFU - Fell Pony Society	PH	17 1000	Weekly CM - Middleton Church (4)	CCCM
18 1830	Swimming Season starts (18)	Baths	17 1930	HS Edwardian Steamboats (40)	DMH
19 0830	Weekly Market (87)	JLCP	18 1930	BL Voyage to Antarctica (56 & 89)	CCCM
19 1000	Weekly CM - St John's Hospice (4)	CCCM	22 1930	Beetle Drive	GVH
22 0900	Flue Clinic (6 & 12)	MC	24 0830	Weekly Market (87)	JLCP
23 1100	Drop in Meditation (16)	MCD	24 1000	Weekly CM - Garsdale/Cautley Ch's (4)	CCCM
24 1130	Flue Clinic (6 & 12)	Dent	27 1000	Apple Day	PH
24 1930	Cowgill Folk Chorale (24 & 75)	Cowgill	28	Clocks Fall Back	
26 0830	Weekly Market (87)	JLCP	31	Halloween	
26 1000	Weekly CM - First Responders (4)	CCCM	31 0830	Weekly Market (87)	JLCP
29 1000	New Heart Workshop (16)	MCD	31 1000	Weekly CM - Bowling Club (4)	CCCM
					NOVEMBER
3 0830	Weekly Market (87)	JLCP	1 1930	WIH&F - Morecambe Bay Safari	HVH
3 1000	Weekly CM - Firbank Church (4)	CCCM	2 1930	Autumn Domino Drive	HVH
3 1930	HS Cumbrian Statesman Decline (40)	SSAT	2	DHTF Plastic Wastes (Aug)	
4 1930	WIH&F - AGM & Advisor	FCH	3 1000	StAD Coffee Morning	DMH
5	Booktown Festival Starts (46 & 52)	Cafes	3 1900	Bonfire & Fireworks Night	GVH
5	Public Writing (46 & 52)	FM	3 1930	Flicks in the Fells (8)	PH
5	Book Themed Craft (46 & 52)	FM	7 0830	Weekly Market (87)	JLCP
5	DHTF Alpac Farming (Aug)		7 1000	Weekly CM - Royal British Legion (4)	CCCM
5 0930	Rachel's Story (46 & 52)	CCCN	7 1930	HS Yards of Kendal (40)	SSAT
5 1500	Rebecca Crowe (46 & 52)	Library	8 1200	Age UK Lunch Club	Dalesman
5 1930	Roger Stevens (46 & 52)	Smatt's Duo	8 1915	Royal British Legion (56 & 89)	WHC
6	Public Writing (46 & 52)	Cafes	11	Remembrance Day	
6	Book Themed Craft (46 & 52)	FM	11	Remembrance Day Concert	CCCM

COVER PHOTO
Dent Head Viaduct & the Milky Way
Dave 'Hoff' Fornall

18	1930	NW Arts Concert (NWA)	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 (87)	JLCP
21	1000	Weekly CM - TBA (4)	CCCM
21	1930	HS Railway for Sedbergh (40)	SSAT
24	1100	Christmas Fair	StAS
28	0830	Weekly Market (87)	JLCP
28	1000	Weekly CM - Town Band (4)	CCCM
30		St Andrew's Day	Golf Club
30	1900	HS Annual Dinner (40)	Dent
30		Folk Carols Festival Starts	
		DECEMBER	

1	1930	Flicks in the Fells (8)	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 (87)	JLCP
5	1000	Weekly CM - TBA (4)	CCCM
5	1800	Late Night Opening	Sedbergh
5	1930	HS Charity, Poor Law & Workhouse (40)	SSAT
6	TBA	WIH&F - Christmas Party	TBA
7		DHTF Christmas Jacobs Join (Aug)	
8	1000	FLOW with Tony Bennett (15)	MCD
9	1930	NW Arts Concert (NWA)	Appleby
11	TBA	WIK - Christmas Lunch	TBA
11	1930	Sing Joyfully (text August)	Casterton Church
12	0830	Weekly Market (87)	JLCP
12	1000	Weekly CM - TBA (4)	CCCM
12		WID - Christmas Meal	TBA
12		WIS - Christmas Dinner	TBA
13	1200	Age UK Lunch Club	Dalesman
13	1915	Royal British Legion (56 & 89)	WHC
19	0830	Weekly Market (87)	JLCP
20	1930	Christmas Domino Drive	HVH
25		Christmas Day	
26		Boxing Day	

2019
JANUARY

16	1930	HS Must Farm Pile Dwelling (40)	SSAT
27	1930	NW Arts Concert (NWA)	Appleby

FEBRUARY

6	1930	HS Cumbria Cattle Driving (40)	SSAT
13	1300	MC Closed for Training (6 & 12)	MC
20	1930	HS Invasion via Garsdale (40)	SSAT

MARCH

10	1930	NW Arts Concert (NWA)	Appleby
14	1300	MC Closed for Training (6 & 12)	MC
28	2000	Sing Joyfully (text August)	Casterton Church
30	1300	Spring Show	PH

APRIL

7	1930	NW Arts Concert (NWA)	Appleby
		MAY	

JUNE

8	1930	Sing Joyfully (text August)	KL Church
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		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 Page Update:

March 2018