

Sedbergh & District **LOOKAROUND**

December/January 2018

Issue 361

Donation £1

A warm and seasonal welcome to this Double Issue of Lookaround and while we think of the good times ahead in our beautiful area, we must also think of all the tragedies that are occurring around the world and pray

that peace from conflict and relief from disasters is forthcoming to all mankind.

Wishing everyone a Season of Goodwill for now and forever.

Dennis & Jacky Whicker

SEDBERGH CHRISTMAS LATE NIGHT OPENING

Wednesday 6th December 2017 Opening Ceremony 6 p.m.

| | |
|--------------------|----------------------|
| Astral Circus | Hog Roast |
| Sedbergh Town Band | Dentdale Choir |
| Mulled Wine | Craft Market |
| Cumbria Gaita Band | Father Christmas |
| Magician | Organ Recital |
| Flower Festival | Ringing of the Bells |



**Tickets to see Father Christmas are on sale
in the Information & Book Centre at 72 Main Street**

Organised by Sedbergh & District Chamber of Trade & Business

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

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Guardians of the Galaxy vol. 2

Chris Pratt, Zoe Saldana, Dave Bautista
 Vin Diesel (voice), Bradley Cooper (voice),
 Michael Rooker, Karen Gillan. Certificate 12A

Saturday 2nd December

film starts **7.30pm**

Sedbergh People's Hall

Flicks in The Fells

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 6th December

The Highland Clearances

Mike Winstanley

7:30 pm Settlebeck School

Wednesday 17th January

How water shaped Kendal

Geoff Brambles

7:30 pm Settlebeck School

Everyone is most welcome to attend
any or all of our lectures.

Members £1 ~ Non-Members £2

www.sedberghhistory.org

Chairman: Graham Dalton 25436

Secretary: Karen Bruce-Lockhart 20224

Treasurer: Chris Elphick 20605

Membership Secretary: Chris Elphick 20605

USEFUL TELEPHONE NUMBERS

Age UK South Lakeland

01539 728180

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

Stricklandgate House every Tuesday 1400 - 1600

01539 795000 or 0845 6060265

Police in any area

101

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Yorkshire Dale National Park

0300 456 0030

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

| December Birthdays | | | January Birthdays | | |
|--------------------|--------------------------------|-----|-------------------|--------------------------------|-----|
| Day | Name | Age | Day | Name | Age |
| 5 | Patrick CLEMENT # | 11 | 7 | Emily WHITE | 10 |
| 7 | Niamh DWYER # | 4 | 13 | Elizabeth COWIN # | 11 |
| 8 | Eric DOBSON | 2 | 15 | Anika BURBIDGE # | 11 |
| 10 | Emily CASH # | 8 | 16 | Charlie COLTON | 9 |
| 12 | Ted METCALFE # | 2 | 25 | Hannah MARSDEN # | 8 |
| 14 | Imogen GUBBINS | 11 | 30 | Elana ADGIE # | 4 |
| 15 | Kate ANDERSON # | 9 | 30 | Stanley ALLAN | 11 |
| 16 | Tom CAPSTICK | 10 | | Nonagenarian & Over | |
| 16 | Ella PRATT | 12 | 7 | Rev Bill Long | 103 |
| 18 | Edward HODGSON # | 5 | | | |
| 20 | Paige METCALFE # | 5 | | | |
| 21 | Sophie SAYNOR # | 7 | | | |
| 22 | Vicky WOOF # | 11 | | | |
| 23 | Holly MIDDLETON # | 3 | | | |
| 24 | Tom BROWN # | 6 | | | |
| 26 | Lexxi COTTAM | 7 | | | |
| 27 | Haydon COUSINS | 10 | | | |
| 31 | Ewan CANNOM | 7 | | | |
| | Nonagenarian & Over | | | | |
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COLLIN SMITH APOLOGY

Last month, Mr Collin Smith submitted a hand-written article about his memories of Debbie Watling which appeared on Page 86.

I typed in the text but unfortunately I made grammatical errors totalling at least 22 which may give the impression that the author had made them, which was not the case. One of them was the inexcusable error of spelling his name wrong.

I wish to apologise to Mr Smith for any embarrassment I may have caused and misled Lookaround readers.

I create the Lookaround in it's entirety every month on my own and I make errors which I strive not to, so to Mr Smith and anyone else that I have reproduced your submission wrongly, again, I apologise.

Dennis J Whicker

LATE NIGHT OPENING

Merry Christmas from the Sedbergh & District Chamber of Trade & Business!

*Heather Thomas – Project Manager
(project.manager@sedbergh.org.uk)*

As organisers of Late Night Opening on Wednesday 6th December we would like to encourage the town to come along and enjoy the evening. There is lots on offer and it's a great opportunity to have a good look at all of the wonderful and varied shops that we have here.

We would like to thank all of those individuals and businesses who have been involved in the organising and running of the event. Lots of time and effort goes into planning an event of this scale, so on behalf of the town, a

huge thank you.

Of course, we could not put on the event without the kindness of our sponsors so we would like to express our gratitude to those as well.

We would also like to thank Sedbergh Parish Council and the Sedbergh and District Community Trust Fund for their generous grants to support this event.

As well as Late Night Opening, this month is also when 'Small Business Saturday UK' takes place. It is described as, 'a grassroots, non-commercial campaign, which highlights small business success and encourages consumers to 'shop local' and support small businesses in their communities. The day itself takes place on the first Saturday in

DENT FOLK CAROLS

DECEMBER 1st - 3rd

Concert - Friday 1st - 7.30pm

"Drive the Cold Winter Away"

with One Accord, Muldoon's Picnic and guests - £8.50

Workshops

Saturday 2nd: Folk Carols: 10am and 2pm - £12.50 each session

Sunday 3rd: Folk Carols: 10am - £12.50 each session

Saturday 2nd 7pm

Ceilidh (with caller) and Festive Meal

Dent Memorial Hall £15 - just Ceilidh - £8

Sunday 3 Dec 1.30pm

Singing Walk with the choirs - £12.50

Tickets from Sedbergh TIC, Dent Stores, David Burbidge or if remaining at the door



SETTLE-CARLISLE CAROLS

December 9th

Workshop to learn folk carols 9am - then sing them on the train, in the stations, and in several pubs from Langwathby to Settle.

Lifts available from Sedbergh, or join singers at Dent.



COWGILL FOLK CHORALE Monday evenings in Dentdale

Learn folk carols round the fire and sing them with visiting choirs

www.lakelandvoice.co.uk David Burbidge 015396 21166



December each year, but the campaign aims to have a lasting impact on small businesses. In 2017 Small Business Saturday is on Saturday, December 2nd. On Small Business Saturday, customers across the U.K go out and support all types of small businesses, online, in offices and in stores.' (<https://smallbusinesssaturdayuk.com>)

So it's a great time to get behind the wonderful shops and businesses that we are so lucky to have here on our doorstep.

We hope you all have a wonderful Christmas & New Year.

ADVANCED DRIVING

John Douglass
Cumbria Institute for advanced

Motorists have received a grant of £1,490.00 from Highways England, via Cumbria County Council, to purchase 10 Advanced Driver Courses to be given to young drivers aged between 17 and 24 years, who hold full driving licences and live in Cumbria. This expenditure will not be incurred until the Spring of 2018 when the program will be set up. If you qualify age wise and would like to benefit from advanced driving skills that will result in lower insurance costs, lower vehicle wear and tear cost and compliments from your passengers for your driving skills contact :- secretary@pakam.org.uk.



To all our Sedbergh clients

Join us for a glass of mulled wine and a mince pie at Duo, Main Street, Sedbergh at the Christmas Late Night Opening on Wednesday 6th December from 6pm



Kendal: 01539 721945

Windermere: 015394 46585

Crooklands J36: 015395 67571

Trusted Solicitors & Advisers

Thomson Hayton Winkley

www.thwlegal.co.uk

DENTDALE, HEAD TO FOOT

Mike Steele

Our October meeting was a talk on New York, New York! which was a geographer's perspective of a relatively recent visit by Susan Garnett to the American city of that name.

However, it rapidly became apparent that not only was this a personal tour of the many sites and attractions of this area, but also a fascinating historical insight into the American culture.

I do not think any of us realised prior to the meeting that both the New York Police and Fire Departments almost operate as a closed shop and sons follow fathers into each as a matter of course. Strangers do not get in. You

wouldn't get away with that in UK!

The geology of the area actually determines where the tallest buildings can be built and as this is an area originally scoured by glacial activity the stone near the surface allows skyscraper building and the softer areas in between have been used for lower buildings and recreation areas such as Central Park.

Many of the classical buildings have cast iron frontispieces, which on first inspection might be taken for stonework, so being a cast-iron founder here in the late nineteenth century must have been very lucrative.

All in all, a fascinating insight into how this area developed.

Our next meeting is on December



FRIDAY 8TH DECEMBER 2017

KENDAL LEISURE CENTRE PRESENTS

FROM SOUTH AFRICA WITH ❤ ENTERTAINMENT, EDUCATION & EXTENDING LIVES



Featuring two of South Africa's finest singing stars

LAUREN-LEE BOCK

FELICITY KIRAN

Show starts at 7pm Tickets from Brewery Arts Centre, Kendal From £5 - £50 (VIP) www.breweryarts.co.uk/lakes-tickets 01539 725133 David Gummers Promotions www.dgpmusic.com • 07802 766570

A DONATION WILL BE MADE TO KENDAL ORGAN DONORS

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GUESTHOUSE

ANNA
SORBIE
HAIR & BEAUTY

SUPPORTED BY
Arnold Clark

ArmstrongWatson

the bay

Blue Star
Taxis



Performing Originals from Gospel, Soul and Pop and covers of hits from Adele and many more.

Featuring LOCAL Primary School Choirs

MC: Danny Matthews from the magnificent Bay Radio



Artists signed to



**SOUND BY
MJW
AUDIO**

1st and will be our traditional Christmas Jacob's Join to which all are cordially invited.

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

FAMILY MUSINGS

Sarah

Are you one of those people who wonder where the year has gone? So many folk are heard to say "I can't believe where the year has gone, it only seems 5 minutes since Christmas and here we are again!". I don't know about yours but I know where ours has gone..endless fun times with grandchildren, going farming, on bear hunts, picnics in the

car in the rain, playing hide and seek and the giggles give them away, building train track, helping in Sparks (creche)and seeing 4 of our grandchildren there. Saying goodbye to one of our Pastors at church with a lump in my throat because he is our son and altho not gone far it's a bit harder to visit. Then there's the fund raising events to support, the local businesses to encourage, Gala and Christian Festival to arrange and the 60th birthday celebrations.

Family to help and support, family and friends to meet up with or telephone (to hear the lovely Cornish burr) or write to.

Weekly caring trips to Hull. The garden to get into some sort of order. Short stories to write and send



smatt's
Duo
cafe Bar & Bistro



Late night opening Wednesday 6th December
9am - 9pm Why not pop in for a family meal

From 5pm

Get a free glass of mulled wine with an adult meal & a free hot chocolate with cream & marshmallows with every kiddie winkles meal

We are closing at 4pm on Christmas Eve reopening on
Friday 19th January 2018

We would like to thank all our customers for their continued support.

We wish you a very Merry Christmas & a Prosperous New Year

32 Main Street, Sedbergh, LA10 5BL 01539620552

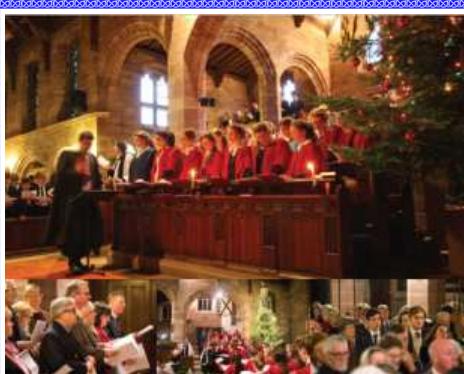
www.smattsduo.co.uk

hopefully off to magazines and competitions and a novel to write. Homework for writers group and writing course.

Remembrances of loved ones, new memories to create.. are you breathless? I would be but to me this is normal! Then there are the committee duties and coping with the aggravation (because whatever you do you can't please everyone) and putting that best foot forward even when you are not sure which it is.

How is all this possible? In God's grace and strength not mine. Supported by my lovely family of whom I am so proud and all my fantastic friends.

So, will 2018 bring a slower pace of life? Come with me into the New Year



Advent Service

Sunday 10th December

5pm Sedbergh School Chapel



Everyone Welcome

and let's find out! Have a lovely Christmas. Thankyou for reading Family Musings this year and I wish you all a very happy and healthy 2018.

DENT & SEDBERGH ORAL HISTORY SOCIETY CHRISTMAS CAROLLERS

Anthea Boulton & Veronica Whymant

We used to go round all the school houses carol singing with Joe Sanker Davis. I suppose Joe thought the boys would come up and put money in the bag if there were girls there, they were chiefly girls, you see, because the older boys had gone off to the army. Then one year we were invited to Gate [Dent]. That was lovely! Afterwards we got tea and mince pies and we could eat more than one! **Jean Rochford** b. c.1927

The best place to carol sing was behind the Red Lion [Sedbergh]. Because they used to 'ave to come out of the back and walk across to the toilets. And in them days it was all men that smoked, and entry was all in darkness, and we'd sing and they'd come out of the bar and all the smoke used to come out, you couldn't see owt, and they used to say 'What you doing, lad?' We'd say, 'carol singing'. And they'd give me a penny or so... But it was that pitch black, once or twice we used to get a florin instead of a penny. We used to think, somebody's going to wonder where their money's gone! **John Airey** b.1942

From *Telling it like it was: Dent, Sedbergh and district in living memory* edited by Anthea Boulton and Veronica Whymant

BAKES and BALLS

A healthier snack option for all!

Stephen Hall,

Founder Baker, Bakes and Balls

Now that we are firmly established in 'the Old Laundry' at Cannon House, I thought this would be a good time to explain a little bit about Bakes and Balls: what we do; what we stand for and more importantly, how you can get hold of the products!

Bakes and Balls is '**Feel Good**

Food' which tastes fantastic; looks great and is packed full of healthy ingredients. We set out to prove that a product can be dairy, gluten and nut free; diabetic and vegan friendly without compromising on taste or texture. and without adding sugars and fillers. This is not just a free-from brand - its an inclusive brand for everyone.

Bakes - a fresh approach using a range of different ingredients to bring you fantastic low-sugar treats that you don't need to feel guilty about

eating. Have you tried chocolate, cannellini beans and avocado? What about sweet potato instead of carrot?

Balls - Energy Balls that help to keep you going - whether you're pushing yourself to the limits to just need a healthy pick-me-up. The natural sugars are slow releasing, so that you avoid a sugar high (and dip) and are full of fibre. We use seeds instead of nuts and so the balls are packed with antioxidants as well.

Taste and Sustainability

We care about taste and source our ingredients carefully. Our dried fruit is just that - simply fruit - unadulterated. We use organic and fair trade ingredients wherever we can and are keen to support sustainable development. We use Coconut oil from Bula Batiki (@BulaBatiki) because it provides a sustainable income for the islanders of Batiki in Fiji. We incorporate Spice Drops (@holylamanatural) from Keala, because the company's factory is



Border Collie inspired gifts, clothing & homeware

Come & see us!

Christmas Late Night Opening
Wed 6th Dec

Sedbergh Artisan Market
Sat 16th Dec

Available to buy online and in:

Farfield Mill
Penny Black (Post Office)
Sedbergh Tourist Information Centre
Yorkshire Dales National Park Shops
No 6 Finkle Street

guided by the concept of Kudumbashree: 'The enhancement of a less-privileged family through empowering the women.' Meanwhile, the Fair-trade Premium paid by Ndali to the vanilla farmers of the Rwenzori mountains has benefited social projects in the community and encouraged entrepreneurship.

Availability

We are steadily increasing our retail outlets, but you can also buy online (including a special Twelve Balls of Christmas gift box) and soon you will be able to sign up for one of our snack-box subscription services at www.bakesandballs.com/shop. There is automatically free delivery or collection for anyone with a Sedbergh postcode.

New Developments

We constantly strive to make products which work for you and your diet. We have developed seasonal ranges and are working on an Ultra Ball for serious athletes that will work with your body to give you the nutrients and To be the first to find out about new developments, follow us and sign up to our newsletter online. Sign up with this code [Lookaround-

JHS Joinery

Qualified and Experienced Joiner Providing a Quality Service

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- Spindle Balusters
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- Wall & Floor Tiling
- Flat Pack Assembly
- Any small jobs considered

Jim Speak
Carpenter Joiner

M: 07896 596976

jim.speak@talktalk.net
debs.speak@gmail.com



[12] and you will receive a discount of 15% off your first order.

Stay in touch

Follow us on Instagram, Facebook and Twitter: @BakesandBalls

Contact us by email:

feelgood@bakesandballs.com

Sign up and shop at:

www.bakesandballs.com

Feel free to call in if you are passing through The Folly - I might just have a sample available! I would also love you hear any comments and reviews.

**BAKES
AND
BALLS**
FEEL GOOD FOOD

**TASTE THE
HEALTHY OPTION**

Free collection or delivery in Sedbergh

Shop online: www.bakesandballs.com

Follow us in Facebook, Instagram or

Twitter: @BakesandBalls

BARBON INN

Sandra Grainger

Here at the Barbon Inn we are holding the third annual Christmas Domino Knockout Competition.

The James Hoggarth Silver Rosebowl was presented to us by James Hoggarth, JIM to his mates, for us to hold this competition in his name and it was his wish that all proceeds are donated to his chosen charity "The north west Air Ambulance" to be held on the 2nd Wednesday of December each year, the winner will be presented with first prize and hold the James Hoggarth silver rosebowl for 1 Year.

Everyone is welcome to this enjoyable evening and a fee of £2 per entry will be collected on



registration.

Entries will be taken from 7.30pm and games will start from 8pm these times are approximate dependent on volume of entries. We will hold a raffle and all donations for raffle prizes are gratefully received.

A free supper for all will be provided later in the evening, followed by the presentation of the rosebowl to the winner and the presentation of the proceeds to the Air Ambulance representative will end the evening.

Last year was very successful and we hope to match it or better still beat it. Kind Regards.

JIM HOGGARTH SILVER ROSE BOWL DOMINO KNOCKOUT COMPETITION

Wednesday 13th December 2017

registration from 7.00pm at The Barbon Inn

£2.00 per game

We will be selling raffle tickets and later a supper will be served
Please call 01524276233 for enquiries and donations

All Proceeds to the North West Air Ambulance

Prizes and donations gratefully received

To be held annually on the second
Wednesday of December each year

SEDBERGH PARISH COUNCIL

Janey Hassam, Clerk to the Council

This report covers items from the Parish Council meeting on the 9 November 2017. The next meeting is on Thursday 14 December at 7.30pm in the Cornerstone Community Church, Joss Lane, Sedbergh.

FINANCIAL MATTERS

The meeting considered the draft budget for 2018-19 and agreed a number of adjustments to ensure the continuation of programmes for the maintenance and improvement of community assets, including the football pitch, the toilets and Joss Lane car park; the capacity to provide grants to local organisations; and the funding of new initiatives, including the newly established post of Parish

Council Handyperson. The emerging budget would necessitate a modest increase in the Parish Council precept of about 1.75%

GRANTS

The meeting agreed to award a grant of £1,000 to the Rose Community Theatre towards the cost of the purchase and installation of new curtains for the People's Hall and grants of £1,250 and £450 to the Sedbergh & District Chamber of Trade towards the funding of the post of Project Manager and the costs of Late Night Opening, respectively.

COMMUNITY HOUSING FUND

South Lakeland District Council's Community-led Housing Officer, Chris Hutton, attended the meeting to give a short presentation on the



proudly presents

'A Christmas Carol'

adapted by Annie Miller

The People's Hall, Sedbergh

Thursday 14th December 7:30pm

Friday 15th December 7:30pm

Saturday 16th December 2:00pm and 7:30pm

Ticket price: Adults £8:50

Children U18: £6:00

Concessions for OAP's ONLY Thursday and Friday: £6:50

Tickets available from TIC from early December

Middleton Church Committee

DOMINO DRIVE

Friday 15th December

7:30 pm

Barbon Village Hall

Refreshments & Homemade Cakes

All Welcome

Proceeds towards Middleton Church

Community Housing Fund (£2.36 million) which has been made available by Government to support the development of affordable housing within the District. Members discussed ways in which the Fund might be accessed and the Council will liaise with other organisations and housing providers to consider possible initiatives.

MARYFELL PLAY PARK

South Lakeland District Council, in partnership with the Parish Council, proposes to refurbish the play park at Maryfell, and a consultation/survey document has been circulated to ensure that residents' views are taken into account in the design stage. The survey can be completed on line (www.southlakeland.gov.uk/maryfell). Paper copies have been distributed via Sedbergh Primary School and completed survey forms can be left at the Information Centre, the Post Office, Sedbergh Mini Market and the

Primary School. Responses are required by 8 December.

SEDBERGH TOWNSCAPE PROJECT

The meeting was advised that work on the proposed resurfacing of the parking area at St Andrew's Church should commence within days and that the project had been awarded a grant of £2,500 by the YDNPA's Sustainable Development Fund.

Further discussions have taken place with the architect appointed by the Council to produce design options for the refurbishment of Joss Lane car park in order that consultation with residents and other interested parties might be undertaken.

MAIN STREET

Andi Chapple (CIC) presented a discussion paper on the possible extended use of Main Street for holding markets by securing a programme of temporary road closure orders for a number of days or

Keith Moorby MAAT

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evenings each year. Members agreed, without any commitment, to seek guidance from the District Council on the procedures and costs of so doing.

JOSS LANE CAR PARK RECYCLING

The meeting discussed the unsightly appearance of a huge quantity of bottles that had recently been left around the glass recycling skip on the car park. Whilst the District Council had been approached regarding the frequency of collections, members also noted concerns that the recycling facilities were being improperly used for the deposit of trade and commercial waste – a matter which will require further discussion with other bodies. The possibility of clearer signage being displayed will also be considered to discourage abuse of the recycling facilities.

OTHER MATTERS

Various other matters were discussed, including: further representations made to the YDNPA's Planning Officer regarding the former Baliol School site; the maintenance programme for Queen's

Garden; a response to SLDC's consultation on Public Space Protection Orders (for control of dogs); support for the Tennis Club's proposals for upgrading the Guldrey tennis courts; and a request from B4RN to lay cables across land



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Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions. **Public Participation is now at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend from 7.30pm.**

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

clerk@sedberghparishcouncil.org.uk

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

THE OFFICE

Philip Johns, Clerk to Garsdale PC,
015395 22170,
ps.johns@btinternet.com,

www.garsdaleparishcouncil.com.

The Official Bit: The last meeting of Garsdale Parish Council on 16th November was held in the village hall where the new heating system and heat reflecting paint kept us all very cosy. The rejuvenation of the hall is now well advanced and with the new filter system keeping the water clear and odourless, along with the new tariff free heating and paint scheme, the village hall has a much improved environment. Council would like to thank all those who have contributed their time freely but in particular Richard Dickinson and John Colton, without whom these improvements would not have happened. Thank you all.

There have been 3 very well

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attended meetings recently where B4RN have enrolled volunteers to seek wayleaves from landowners, admin staff and general dog-bodies. There is a determination to start building the system shortly and intend completing as much as possible over the winter before lambing starts in earnest. Council urge any landowners who haven't signed up to this extremely valuable scheme, to do so without delay as supplying broadband at a later stage will incur huge costs as opposed to the very moderate connection fee presently charge by B4RN.

The Coal Road's resurfacing works are now complete but sadly, gaping holes in the retaining walls along The Street and numerous deep potholes

along The Back Road still exist.

The next meeting will be on Thursday 18th January. Full minutes and agendas will be available on the website.

The Unofficial Bit: It was with great sadness to learn that Brenda Todd had passed away. Brenda was the wife of Thomas, local farmer and parish councillor, and had been a true matriarch of Garsdale. Personally, I was moved and staggered to see the sight of hundreds of people at her funeral. Cars were parked either side of St John's Church and stretched as far as the eye could see. The church was packed to the rafters with over a hundred people outside, standing uncomplaining in the bitter cold of the day.



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Seeing such support for Tom and his family, along with the presence of immense community spirit, put some things into perspective. The week before, my wife and I had been down in Nottingham, my birthplace, to be with our new granddaughter. We met up with some friends whom we had not seen since we moved here 4 years ago, despite protestations of them coming to visit. Their expressions of incredulity were a sight to behold as we described life in the dale. "How could we possibly live with no mains water, gas or drainage?" they asked. "Ten miles to the nearest shop and no pub in walking distance!". 4 years ago we were the same as them, big house, posh car, trips to fancy restaurants

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etc., running our own very busy business and generally wearing ourselves to the bone. Our only solace were the occasional trips to the dales, where we would breathe in the peace and quiet, marvel at the scenery and dream about 'one day' we could live here. Fate intervened and health issues meant that I could no longer practice as an optician and we had to sell up quickly, abandon all our patients and staff to the hands of others. When the dust began to settle, it occurred to us that our house was far too big for the 2 of us and we didn't need a posh car and a villa in Spain, what we wanted was the serenity of living in The Yorkshire Dales.

And so we moved. We realised that we were 'the new people' and wondered how we would fit in. Garsdale is purely rural, populated by farms run by families who have been here for generation after generation

but we were greeted with friendship and courtesy, with a nod and a smile wherever we went. What a contrast to the ultra-busy streets of cosmopolitan Nottingham where a greeting would be responded by a look of irritation having interrupted their mobile usage!

I asked a local resident once at how we were looked upon and he replied that as long as we were prepared to 'join in' and not hide behind the door, we would be very welcome. To that end, I took up the mantle of parish clerk, helped out at the village hall, volunteered for duty with B4RN and did a few odd jobs for people around the area.

We now live in a 300 year old cottage with stone walls as wide as

your arms could stretch. We have a piece of paper with "Deeds" written on the top stating that Bens Bridge End belongs to us, but it doesn't. I can close my eyes, touch the walls and feel the presence of all the generations of people who have lived here before, all kinds of people, from farmers to shoe makers to forestry men, people who have loved, lived and died here, whose blood and ancestry have seeped into the makeup of the dales. We don't own the cottage, we are its custodians, looking after it as best we can, ready for the next generation when it's our turn to slip away, for our blood to seep into the dale.

I know I will never be a Dalesman like Thomas Todd, who breezes past



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our cottage daily on his quad bike, dog perched on the back, giving me a cheery wave and a "ow do?" Leaving aside the lack of ancestry, I could never do what many do here, leave at first light, graft all day and return at sunset looking forward to a warm fire and a hearty meal at the kitchen table and to do that day after a day. "After all" they would say "the sheep don't know it's Christmas". So, when people ask us "how on earth can you live there?" I quote John, a plumber/electrician whom I occasionally work with. He's past retirement age, but had a position with ICI, where he oversaw hundreds of workers undergoing complex projects but now he loves to potter about doing a bit here and there. So

when asked that question he replies "look around you, take in the scenery, breathe in that fresh air and listen to the peace.....this is my office".

DENT PARISH COUNCIL

Graham Dalton, Chair

ROADWAYS IN DENTDALE

Users have found considerable improvement in the road conditions this autumn season, which everyone will benefit from.

The annual verge and hedge cutting has been in the hands of Cumbria County Council for many years, but dissatisfaction with its execution has grown increasingly with each one. Too little, too late with a light trim only, has been a summary of it. There has been a single cutting back of the



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excessive summer growth at the end of September, work which has needed tackling in August when shoots have been almost meeting those coming from the other side of the carriageway. Vision ahead has been impeded and space to pass other users considerably narrowed.

The County Council has been relieved of its responsibilities in 2017 and the work has been undertaken by a local contractor at the instruction of, and cost of, the parish council.

An initial cut was undertaken in August to remove the longest growth, which brought an immediate improvement for road users. A second one has now been made to cut growth over the carriageway right back so that it does not hang over to

impede traffic. There are some bare stems as a result, but they will soon green over again. Next year should need less radical treatment, but the growth does need restricting. Walkers and cyclists should not be pushed into the centre of the road and should be passed safely by vehicles with adequate freeboard. Two cars can now pass each other comfortably along most lengths.

12 farmers attended the last council meeting to praise the work done, and regular delivery vehicle drivers are also pleased. Inevitably, there have been one or two grumbles, but they are outweighed by those pleased to see the initiative. If anyone wishes to comment, please make your views known to any parish councillor.

North by Northwest Photographs from The Lake District to the Hebrides 6 - 22 December



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The cost falls on local taxation, but the county will refund the parish what the county could have spent on the cutting.

It is a good exercise in localism, work done at local level on behalf of a locally accountable body, reactive to local need, done by a local contractor, with local payment.

YORKSHIRE DALES NATIONAL PARK

Andrew Fagg

Sustainable Development Fund:
'Grants available now'

Nearly £100,000 is available this financial year for small-scale projects that result in positive benefits for the Yorkshire Dales National Park.

The National Park Authority's Sustainable Development Fund (SDF) provides a simple and accessible source of money for a wide range of initiatives.

So far this financial year, 18 local projects have been allocated £77,818, from an annual budget of £175,000.

The fund is open to individuals, community groups, businesses and the voluntary sector. Any scheme which contributes in some way to conserving the national park or promoting the enjoyment of it – and which provides some social or economic benefits in a local community – will be considered.
Sustainable Development Officer,

Andrea Burden, said: "Projects eligible for SDF money can be far-ranging, and big or small, from community composting and village enhancement, to local wildlife conservation and educational programmes, to renewable energy, sustainable transport and eco-tourism schemes."

For more information and to download the application form and guidance notes, please visit www.yorkshiredales.org.uk/sdf

YORKSHIRE DALES NATIONAL PARK

nudges house builders

Andrew Fagg

The Yorkshire Dales National Park Authority (YDNPA) has contacted

landowners, developers, builders, planning agents and Housing Associations to urge them to consider building new homes in the Park.

In an email, the YDNPA stresses that its planning policies have recently changed, with one of the main objectives being to increase housing supply.

The new, more flexible Local Plan sets a target of getting 55 new homes built in the National Park each year (see note). Last year, 39 homes were built.

A lack of affordable housing in the Dales is thought to be one of the factors affecting the ability of local communities to retain and attract young people and families.

"We want to nudge builders into



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action," said YDNPA Chairman, Carl Lis. "New build housing is now permitted in more towns and villages across the National Park than ever before.

"We have put together a long list of sites that have the benefit of an existing planning permission or housing allocation. Our message is simple: if you bring forward high quality schemes for these sites, we will approve them."

The YDNPA adopted the Local Plan in December last year. Since then, proposals have been approved for 79 new homes, with new policies on converting roadside barns and other buildings to local occupancy dwellings accounting for 50 of these

permissions.

Carl Lis said there were other changes that builders would find attractive: "Policies now permit more open market housing than before, making it more financially viable for developers to build the affordable and local occupancy homes that are so badly needed by local communities. Affordable and local occupancy housing is also subject to more flexible criteria. The Authority will negotiate on the mix of housing provided on development sites."

A guide to the new policies has been published here: <http://www.yorkshiredales.org.uk/living-and-working/planning-policy-section/local-planning-policy/delivering-new-homes>

Note: The Yorkshire Dales National Park Local Plan 2015-2030 does not cover the parts of Eden District, South Lakeland or Lancaster City council areas which were designated as part of the extended National Park from 1 August 2016.

YORKSHIRE DALES MILLENNIUM TRUST Champion



At the 20th anniversary meeting of the Yorkshire Dales Millennium Trust Douglas Thomson received a YDMT Champions award for his voluntary work in Sedbergh.



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REV. CAROLE MARSDEN

In November 2006 I wrote a piece for the Lookaround introducing myself as the new URC minister for Sedbergh -

The idea of writing a brief piece for Lookaround to introduce myself was a great one over a coffee one Wednesday morning but now I'm sat looking at a nearly blank screen where to start.

Hello! (a good start I hope) my name is Carole Gotham and I have recently become the new minister serving Sedbergh United Reformed Church on Main Street. I've moved up from the Manchester area and am still amazed that I have ended up in such a beautiful part of the world. I'm a

generation or so away from my family roots in Swaledale and Keld, but this part of the world is already feeling like home.

I am working for the Sedbergh Church part time and linking it to training job for the wider church in the North-West region. In order to return to local church work I left my most recent job which was as an instrumental and class music teacher in 6 schools in Manchester. 350 children a week, most of them bearing descant recorders, does little for the ears I assure you. I'll miss it though as I loved the job.

Music has always been a great love of mine and although it will no longer be my profession I hope I'll never

stop playing something. I'm loving being in town band though the instrument and uniform may take me a while to get to grips with!

I will probably be most often seen wandering, whatever the weather, around Sedbergh and the surrounding fells with my rather lovely labradoodle, Kenzie, between us we are enjoying exploring and building up leg muscles.

Now I'm stuck, what else to say? I enjoy archaeology, conducting my choir (in Stockport), playing the oboe, I've been on page 3 of The Sun newspaper (clothed I assure you), I believe I am still the youngest female minister in the whole of the United Reformed Church and I have an unusually fanatical liking of Cadbury

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Chocolate!

On a more serious note, I am really excited about serving both the church in Sedbergh and the local community. I work from the church most mornings of the week and am always open to visitors so feel free to pop in and say hello.

All the best, and many thanks for such a warm welcome to the area.

Carole Gotham (Revd)

- and here we are 11 years later with a goodbye looming.

To say I have fallen head over heels in love with Sedbergh probably doesn't do the depths of my feelings justice. I love this place, it has become home and it has well and truly shaped me.

So this isn't going to an overly long goodbye rather a see you later and a thank you.

Thank you for your welcome and acceptance, for the moments we have shared in celebration and loss,

for the support you give to your town band which has made it a joy and a delight, for the church fellowships, for school gate companionship, for your trust in me and for your good humour generally.

As a URC minister you know the deal that one day you will have to move, it is part of the role and one that often can't be predicted or planned for. It took us by surprise but has fallen into place in such a way I am sure God's hand in at work.

We will relocate to Shrewsbury in mid December and the girls will begin their new School in January at the start of term. I begin my ministry in Shrewsbury and Oswestry on the 6th January and am excited by the very different role that is before me. For those who have wondered, Rob will be busy being househusband and support alongside some very well earned time to follow interests after working hard full time for 38 years.

I came here because God and the local church called me to do a job. But that job is never just a job it is a whole life calling to try and shape and build relationships and community guided by faith in God. To me God shows thought Jesus' life that everyone is welcome, everyone is valuable and that God desires us to consider the spiritual side of our lives and the creation around us. I know I have got some things wrong...sorry! But as the saying goes...nobody is perfect.

So thank you for the last 11 years..... Thank you for simply being Sedbergh and its wonderful community and thank you for your many kind words of support as we have been

announcing and preparing to leave. They mean a lot even if sometimes I've blubbed a bit. (Sorry about that too)

My prayer is that the churches will continue to be brave and bold in their sharing together and in their outlook and vision, that as community you will always strive to welcome and build one another up and that each day the beauty of this place will lift your eyes to the hills and bring you a smile. (obviously should it rain just imagine the hill!!!!)

We'll be back ... promise!

I think that I can speak on behalf of many people when I say that we will miss Carole but wish her and her family all the health and happiness in the future in their new home. Ed.

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FRIENDS OF QUEEN'S GARDENS

David Parratt, Chairman

Friends of Queen's Gardens Group

Since the last article in the Lookaround, the Friends of Queen's Gardens have met on site with Hilary Taylor, the landscape consultant on 12th September. A copy of her report, together with a Master Plan of the Gardens has been placed on the Parish Council's website:

[https://www.sedbergh.org.uk/
community/parish-council/
publications](https://www.sedbergh.org.uk/community/parish-council/publications)

A subsequent meeting of the Friends was convened to discuss the report and her observations and to agree a plan of action, identifying areas in which the Friends can make progress. More recently, a survey has also been undertaken of the holly trees, laurels and rhododendrons to ascertain requirements for pruning, cutting back or removal in the case of plants which have self-seeded. The newly appointed Council Gardener, Paul Mitchell, has also made a significant impact on the gardens, clearing areas of unwanted vegetation, hedge trimming, grass cutting and the removal of garden waste.

A HLF (Heritage Lottery Fund) enquiry application has been submitted by the Council on 15th October and a response is expected in the near future. This is the initial enquiry which will hopefully be viewed favourably and subsequently a full application will be made for substantial works of restoration recommended in Hilary Taylor's report.

During the recent Friends meeting, various issues were explored,

including; contact with other special interest groups such as the Allotment, Orchard & Sedbergh in Bloom groups, local schools, Yorkshire Dales Young Rangers, open meetings/tours of the garden with historical information, musical events in the garden with the Town Band, Spellbound Theatre Group and so forth.

The Friends are keen to broaden the membership, to include any residents in the wider community Sedbergh outside the Queen's Drive area. If anyone is interested in joining the group, please contact either: David Parratt (Chairman) 20964, dmparratt@gmail.com or Robin Archer (Secretary) 07725 887737, robinarcher@hotmail.com



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Busy! Busy!! Busy!!! What a busy WI week. Monday – Committee meeting, Tuesday – Main meeting, AGM plus speakers, Wednesday – WI Federation visit to Dalemain House from which I have just returned. Now I must write up all these exciting events for your delectation before the witching hour of midnight. So, “in no particular order”, as they say on “Strictly”, I will start with the one which could truly be the most important.

After the business of our enthralling AGM, we benefitted from a



presentation from two of our FIRST RESPONDERS. Myles Ripley and Jackie Hooley told us what being a First Responder involves and showed us how to help if we were ever in a position where someone has collapsed. If we do nothing then probably that person will die. If we try to help then there is a chance we will help save their life. They demonstrated all the vital steps in the process with the mnemonic of **DR's ABC** to help us remember them. (**D**anger – avoid; **R**esponse – are they conscious?; **A**irway – check it is open; **B**reathing – listen for it; **CPR** (Cardiac Pulmonary Resuscitation) – do it! ie-regular

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chest compressions). At the end of their talk, of less than one hour, I was happy that I would be able to perform all the actions which might save a precious person's life. So, if I, at my age and stage of fitness, could do it, then so could you. Our speakers expressed a willingness to pass on this skill to anyone and everyone so look them up and learn. Sincere and admiring thanks were proffered to Jackie and Miles. Next time I see my grandsons I shall check that they are up to date with this information. After all, it might be me that they save!

Now back to our business meeting. Various incidental but important matters were mentioned. Marion Wood will be purchasing new pads

for the defibrillator at the People's hall. She will also be representing our group of W Is at next year's National AGM in Cardiff. Susan, Shirley and Margaret had attended the Federation Council Meeting at the Villa and while enjoying the speakers felt that the venue was not the most suitable for the occasion (that is the polite way of putting it!) We agreed to partake in decorating the church for Late Night Opening. We shall do it in the morning so we shall not miss

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our beauty sleep! We had all enjoyed the Annual Federation Quiz which was held at the White Hart, and one of our three teams came joint second but we all enjoyed it and the chips were excellent. A team from "off" won and good luck to them – Warton Wanderers, I think. Christmas Lunch arrangements were finalised. Sedbergh Golf Club - here we come!

Then AGM proper. A perfect financial report from Margaret Denton

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was followed by a report of reminiscences and appreciation from our secretary, Sue. Susan Sharrocks, our President topped it off with her President's Report thanking retiring committee member and long-serving president Shirley Richardson for her continued support and encouragement. Dilys Evans, although retiring from the committee will continue to be our Dementia Action representative. We welcome Elizabeth Perrott and Sarah Woof onto the committee. The meeting unanimously elected the committee with Susan Sharrocks as our continuing President.

The meeting concluded with a raffle win for Joyce Cox and the competition for, "Something Red",

being shared between Dilys Evans and Barbara Hollett.

We meet for the final time in 2017 at Sedbergh Golf Club for our Christmas Lunch on Tuesday 5th December at noon to feast ourselves on Christmas goodies. Do join us in 2018 -People's Hall Committee Room at 2-00pm, Tuesday January 9th for renewed companionship and fun.

And once again, as I, and the Reader's Digest, always say, "**A Happy Christmas to all our readers!**"

SEDBERGH WI

Moira Folks

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Council Meeting of the Cumbria-Westmorland Federation, held for the first time at The Pavilion, The Villa, Levens, but we were accompanied by Jean Jones, our veteran member of all things WI in her 60 years as a member in many places, north and south of the Scottish border. An AGM may not sound like the most entertaining of functions but, after the business was over, we were introduced to our guest speaker for the morning, Debbie North, and her husband Andy, who showed us the computer pictures illustrating Debbie's brainchild, Access the Dales, while Debbie spoke to us. Debbie and Andy had been keen fell walkers until she was struck down in

her mid-forties by chronic spinal degeneration in 2008, obliging her to retire from her much-loved job as a primary school headmistress, and confining her to a wheelchair. Desperately missing their jaunts in the great outdoors, they sought ways to get out on the fells again. Thanks to modern All Terrain Wheelchairs (ATWs) they have been able to do just that, using bridleways to follow the Coast to Coast route twice; climbing Latrigg and Skiddaw and

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Blencathra; and closer to our own homes, climbing Winder, the Calf and Calders. This is not an easy option (the ATW doesn't glide over obstacles and can get stuck in mud and overbalance if not properly used), nor a cheap one (an ATW can cost up to £15,000!) but for Debbie and Andy it has been life-changing. Their aim is 'Making the Inaccessible Accessible' to transform the lives of others with limited mobility. They have worked in

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conjunction with Julia Bradbury and "The Outdoor Guide" on testing out accessible routes, and also for the "Miles without Stiles" guides. Debbie's enthusiasm for her project was overwhelming and inspirational. What an amazing woman! No less amazing and inspirational is her husband Andy's support for her in so many ways. (To find out more, you can google Debbie North, Access the Dales, or The Outdoor Guide.)

The afternoon meeting at the Council began with the awarding of trophies won by many WIs at the Westmorland County Show. This was followed by another excellent guest speaker: Peter Slack, a Derbyshire Dales farmer who, with a completely deadpan delivery, related hilarious

(and often risqué!) tales of the scrapes that ramblers often get into and that require farmers to get them out of! Needless to say, hundreds of WI members were reduced to tears of laughter! It was a very good day.

The Federation Fun Quiz was held in 7 locations on November 6th: conveniently for the WI groups in the Sedbergh area, one of them was held in the White Hart Social Club in Sedbergh, which proved a good setting for it. Sedbergh WI entered one team and Killington entered three! The Quiz was won by Warton Wanderers with three teams tying for second place, only one point behind them: Killington Klangers, Sedbergh Stars and Soulby Cyclones! Many thanks to the White Hart for our

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sandwich and chips supper to finish off an enjoyable evening.

Sedbergh WI's Annual General Meeting was held on November 8th. Ellen reminded us of the varied speakers and outings we have enjoyed in the past year, as well as the book club and walking group activities. Treasurer Sandra Kemp reported that we still have a healthy bank balance. Five committee members were re-elected and we are very happy that Valerie Welti will be joining us on the committee.

The book club discussion at Moira's house on November 9th centred on broadcaster Jenni Murray's autobiography, "Memoirs of a not so Dutiful Daughter", which details

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Jenni's life-long fractious relationship with her difficult and unkind mother, rooted in the jealousy each had of the other's relationship with Jenni's beloved father. The chapters follow each month of the final year of her parents' lives when Jenni also went through gruelling treatment for breast cancer, flashbacks to Jenni's past life interwoven with her current experiences of caring for her sick parents. It was a brave book to write because Jenni doesn't come out of it

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very well herself but our sympathies certainly lay with her rather than her battle-axe mother who was cruelly critical of everything she did, despite her great achievements career-wise. The average score given was 7/10: not a cheerful book to read but very interesting.

There will be no meeting in the People's Hall in December because we shall be having our Christmas Dinner then, but we will be back in

the committee room on 10th January 2018 at 7.30pm to hear Keith Wood's talk entitled "The Force and Me". Visitors and new members will be very welcome.

DENTDALE WI

Pat Allen

November, and it was the time of year for the AGM. The Memorial Hall looked very business like as we entered with tables laid out with Agendas and copies of Treasurer's Report. To start the evening, Kate Cairns introduced Federation WI advisor Anne Timmins and we joined together to sing Jerusalem.

However, there were just a few business items before the AGM. It would seem that everything is in

place for the charity Quiz Night with pie and peas supper. Catherine Sugden gave details of the recent Federation Council meeting held at the Villa in Kendal and Thelma Belfield reported on the Federation Quiz at the White Heart in Sedbergh. Not the first prize for Dentdale WI, but a very respectable score and a good evening meeting up with other WIs. All mentioned the refreshments were tasty, especially the chips!

Then it was time to hand over to Anne Timmins to take us through the AGM.

It would seem our finances are in a good state and Kate Cairns Financial Report was duly adopted.

Thelma read through the Secretary's Annual Report. Just amazing that so

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much has gone on during the year. The competition cup went to Chris Taylor, a clear winner so, well done Chris!

The committee members agreed to stand again for another year and so, on to nomination for President and this year it was always going to be a sticking point as Marion Feltham was stepping down as President due to family commitments.

Marion had volunteered to stand for president three years ago during her first year as a WI member and she had proved a worthy President ... "A breath of fresh air "...kind, hardworking and generous with her time and talents.

However, the same could be said about all the committee members and much to our relief two members came forward to share the post. We are just delighted that Sue Owen and Kate Cairns will be working out a shared strategy for the Dentdale President.

Anne Timmins was very relieved in the way things had worked out and wished us well for the future.

It was then time for a refreshing cuppa, cakes and a chance to talk before a game of charades organised

by Sue Owen. Maybe reluctant at first, but members were soon joining in.

The 2017 Programme is nearly at an end but the year is going out in style with a chocolate demonstration on the afternoon of 29th November and Christmas Lunch at Sedbergh Golf Club on 15th December including the traditional Santa's basket!

Christmas will be celebrated by the Federation with a Festival of Carols at Kendal parish church on 8th December at 2pm and a coffee morning at the Federation Offices on 15th December.

Dentdale WI will return to the Memorial Hall on Wednesday 10th January. New members and visitors will be very welcome to join us.

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SETTLEBECK NEWS

Juliet Proctor

Settlebeck students and staff are very excited about supporting the Town Twinning visit to Zrece in Slovenia in February. 17 students from Year 9 and seven staff will be taking part in the trip organised by Dave Smith and the Town Twinning Committee, which will involve us working with colleagues in school in Zrece, skiing, climbing and taking part in many different cultural visits.

The start of an academic year brings new Year 7s and in the last week of September, we enjoyed 4 days of sunshine on our residential in the Lakes. Students did rock climbing, canoeing, body boarding, sailing,

walked up to Stickle Tarn, woodland art and the Tree Top Trek at Brockhole. All the students were amazing, developing and securing some lovely friendships and overcoming some fears.

Cross country season is upon us. The first race of the season was the English Schools Fell Running Championship at Giggleswick. It was a tough course where the elite of the country competed. We had some fantastic performances from Henry Hunter (8th), Caius Pennington (12th) and Cj Middleton (26th).

The Year 7 District Trials took place at QEGS, Penrith with Caius Pennington (narrowly missing out on selection), Thomas Moorhouse,

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Mikey Charnley and Phoebe Hall all putting in great performances.

The Sedbergh Prep School Cross Country also gave Caius, Thomas and Phoebe an opportunity to run, with other great performances from Isaac Brewer, Lucy Capstick and Molly Partington.

SEDBERGH SCHOOL NEWS

Karen BL

November

The School have announced that their associated company Sedbergh School International Ltd has signed a contract with the Chinese Rong Qiao Group to advise them as they build, own and operate the Rong Qiao – Sedbergh Bilingual School in Fuzhou (formerly Foochow). Fuzhou is near

the coast opposite Taipei in Taiwan, about 650 miles north of Hong Kong. The school will provide the Chinese core curriculum, supported by the traditional British IGCSE and A Level curriculum.

This year Sedbergh is placed in top 15% of schools in Britain for the value it adds to pupils' performance at A Level. Pupils gain one full grade more than the national average in each exam they take.

Events

On 17th September Lupton House "swam the Channel" for Macmillan Cancer – a total of 1416 lengths in the swimming baths.

An interesting talk was given by Bromte scholar Isobel Stirk about Shirley and Emily's education as part

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The Cross Keys will be closed during the period 21st January to the 15th February as Alan & Chris will be in South Africa to do a final handover of the Thandi charity.

Friends are moving in to look after Kat and Albert the donkey and to take any calls for future bookings.

Coffee Tea and snacks will be available during the day on Saturdays & Sundays.

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of the Heritage Lottery Fund project.

The roof is going on to the Sports Hall

The Prep School took part in the Harvest Festival in the church in Casterton and their choir sang over the weekend of 13/15 October

The U6th History and Economics had a trip to the Houses of Parliament and the Bank of England, and the sailors went to the 3000 Nationals at Rutland Water

The School took part in Dyslexia awareness week

Sport

The Equestrians will have taken part in the National Schools Equestrian Championships at Addington Manor, Bucks, over the half term holiday.

Nine pupils went to the England Rugby training camp at the end of September

The 1st XV won against Berhamsted 73-9 – and 170 pupils went to play there. They won against Durham 28-6. And against Barnard Castle 31-0.

All matches on 11th October had to be cancelled because of water on the pitches, except the netball against Stoneyhurst which were moved to the Sports Hall – 1sts won but 2nds and 3rds lost

December

Events

The new Headmaster of the Prep School, Will Newman, was interviewed by Lancashire Life in the edition published on 23rd October.

Year 10 visited Heysham Power station as part of their GCSE Physics studies

The Prep School sponsored walk raised £2,360.02 for the North West Ambulance and a Grenfell Tower Disaster Charity

Surgeon Lieutenant Commander Andy Brown, OS, gave a lecture at the Prep School on Retracing Scott's Footsteps to the South Pole

A very successful fireworks and bonfire night was held on the day after the School returned from half term, watched by the whole School, the Prep School and the Town.

Both the Prep School and the main School took part in the Shoe Box Appeal again this year

Both Schools held multiple talks, readings etc on WW1 during the week preceding Armistice Day, both as a School and in the Houses – including the Prep learning that jelly babies were originally called Peace Babies. The School held a ceremony



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at the Cloisters on Armistice Day, and their full Remembrance Day service on the Sunday, taking place on brilliant if cold days.

The scholarship candidates visited the school during the first full week of November.

The Headmaster's Invitation Concert took place on Remembrance Sunday which a "spectacular" programme

Sport

Abbie Scott, playing rugby for England was interviewed in the November edition of Cumbria Life

A record number of 13 riders and 15 horses attend the four days of the National Schools Equestrian Championships in Buckinghamshire over half term, and were one of the few schools having pupils competing

at every height and in every discipline from dressage, arena eventing to show jumping. They finished in the top eight in the various competitions and four pupils gained individual places in the top eight. The captain, Darcey Wilkinson, added to the excitement of the event by having to have the M40 shut in both directions while her horse was changed to a recovery lorry.

The 1st XV had an unbeaten first half of the term, ending by winning 34-9 against Kirkham and 74-5 against Llandovery. Their first game of the second half of the term was against RGS Lancaster 83-0. It is said that there are no particular stars this year, but the whole team is excellent and works well together – and gets almost



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embarrassing results! They will have played Woodhouse Grove at home by the time this is published

Tom has been named the North Yorkshire Tennis League Junior Player of the Year. The U19 girls are County Netball champions and go forward to the Regionals in January. Three girls played Lacrosse for Yorkshire. The U 16 boys Hockey are County Champions for the 5th year running.

Just before half term the Prep School hosted their annual Northern Invitational Cross-Country, bringing home 5 individual medals and 4 team awards despite rain and a subsequently slippery course

Cameron Redpath (S), son of the Sale and Scottish flyhalf Brian

Redpath, was the youngest player ever to appear for the Sale Sharks at 17 and 326 days. He has been in the England U17 team and both the English and Scottish U18 teams. Same Moore (W) and Ali Crossdale (P) also played for Sale & Saracens in the Anglo-Welsh Cup Sale won 29-22.

Georgina Boyd-Moss(L) has captained her 50th 1st XI victory in 59 games at hockey.

The shooters were overall winners at the Lathallen Invitation March at Forfar

Future Events

By the time this is published the School's performances of Fiddler on the Roof will be taking place. Booking is expected to be at trybooking.co.uk

Both the 1st XV matches (against Millfield and QEGS Wakefield) in December are away.

Term ends on 14th December and the next term starts on 4th January.

Rugby, hockey, Lacrosse, and netball teams set off for the south on 6th December to play games against Millfield, Sherborne, and Wellington

The Foundation will be working hard to raise money for the Lupton Scholarships through the Big Give.

The Friends of Sedbergh Prep are holding a wreath making day on 1st December

The School extends a warm invitation to the Town to attend the Advent Service on Sunday 10th December at 5 pm in the School Chapel. This is almost exactly the same – with different pupils reading the lessons - as the Carol Service to which only parents can go due to shortage of space.

Maryfell play area



In partnership with the local community, South Lakeland District Council and Sedbergh Parish Council are raising funds to install a new play area and make better use of the green space next to it. We would like to hear your views on how we could improve those areas.

You can complete the survey by 8th December either online at:

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LEST WE FORGET

Settlebeck's Remembrance
Sally Ingham

As the generation of men and women who served in or experienced the two world wars dies out, it would be easy for this generation and future generations to forget the loss and sacrifice of these two global events, and in turn to ignore the continuing loss and cost of war. Increasingly, there are no longer the mothers and fathers or granddads and grannies to tell us about this period in history as there were when I was young.

This week at Settlebeck we gave Remembrance a key focus. Our head of Design and Technology, Dave Jermy, delivered a whole school assembly on Tuesday on the 67

million lost in both wars, and also on the origin of poppies, from their appearance on the battlefields after the fighting, disturbed mud being ideal ground for them, as well as how the money collected from the sale of these supports injured soldiers and their families and how the factory producing them provides work for ex-servicemen.

Our Wednesday lower school assembly, taken by our head of drama, Gillian Rea, was planned with the help of lower school students studying "Private Peaceful". They informed students of the causes of the First World War, the conditions in the trenches, the use of pigeons as messengers, read out letters from soldiers killed and talked of the

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poignant moment where the two enemy sides played football on Christmas Day highlighting our common humanity and the tragedy of war.

In our Friday upper school assembly, our maths teacher, George King explained one of the derivations of the poppies being worn , the act of Moina Michael , who struck by the clinical feel of the area from where American servicemen were departing, decorated it with flowers – poppies – which the departing servicemen asked to take with them. This and the final lines from McCrae's poem "In Flanders Fields", which asks that we keep faith with the soldiers, inspired the idea of them becoming a permanent symbol to remember those lost in the war or suffering as a result of it.

The poppies, as was noted in the St. Andrew's Remembrance Service, actually use paper produced at Kendal's James Cropper; 150 miles of the red paper is apparently produced for this purpose.

Four of our students represented the school at the this Remembrance service, reading two poignant poems: "Futility" by Owen and "Memorial

"Tablet" by Sassoon. Two others stood alongside our Headteacher, Sarah Campbell, to read the long roll call of men from Sedbergh and the surrounding areas who died in the two world wars. They also laid two wreaths of poppies at the war memorial along with other organisations.

Our students also visit the topic of war in history and in religious studies and study some of the war poets in English. I remember being taught "Dulce et Decorum Est" and now teach it myself, still moved by its images and message.

In addition, our annual French Trip with Year 8 students includes a visit to a war museum, La Coupole, which was developed to launch a V2 rocket at London (which fortunately never happened), and to one of the war cemeteries, usually Étaples, a large cemetery which overlooks and runs down to an estuary, its rows of white gravestones a concrete reminder of the terrible losses; here we stand in silence to remember the dead. Also, we look at the books recording those buried here, sometimes finding a relation of one of the students.

This year the issue of war was

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particularly highlighted as our stay in the French town of Le Touquet was diverted to Belgium due some unexploded world war bombs having been swept up near this coastal town and it being put on lock down. As a result, we ended up in Ypres which brought the issue of the wars even more to the fore, this being the city that was totally destroyed in the First World War, now amazingly rebuilt as it once was with little evidence of how it was razed to the ground. It reminded me of Coventry, where I once taught, with its symbol of the phoenix rising out of the ashes after its severe bombing in the Second World War, a tribute to human nature's refusal to be cowed.

Staying in Ypres also gave us the opportunity to see trenches, stand at the Menin Gate to hear the Last Post bugle call and view the names on the walls of this imposing war memorial. In a local church, St. George's, we saw the names of young men from Sedbergh School on one of the many memorial plaques there. We also witnessed the thousands of names at the nearby cemetery of Tyne Cot which looks over towards the fields where the massacre of Passchendaele occurred.

We believe all these experiences ensure that our students do not forget the serious cost of war and the sacrifices of those who have died in these and other conflicts since.

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NATIONAL ARBORETUM

Spider, Snack and Monkeyme.

Nick Cross

Recently I attended a Poppy Coordinator's seminar held at the National Arboretum, Alrewas near Burton-On-Trent. When the seminar was over, I took the opportunity to visit the Memorial Wall, that forms the centrepiece of the Arboretum and bears the names of all the Servicemen and Women who have been killed on active service since 1945. The numbers are quite staggering and it took me some time to seek out five friends with whom I trained and who lost their young lives in violent circumstances.

The dead are listed alphabetically

under the year of their death and beneath the year 1972 I found one with whom I served in a now little remembered conflict in the Dhofar province of Oman. The circumstances that made him a casualty are painful to remember as was the fate of another of my comrades who died in 1998, the result of the severe wounds he sustained in the same engagement.

It was in that same year that Snack's parents wrote to me to tell me of his death in a nursing home at the age of 47. Of course, since that day amongst the 'djebel' when he lost the use of both legs, his left arm and the sight in his left eye, Snack was utterly dependent upon others for his

welfare; a bitter fate for an ex Royal Marine.

He was a huge man and a great personality with a shock of the reddest hair, which in the Nottinghamshire dialect gave him his nickname, and hailed from Eastwood, the mining village that gave birth to D H Lawrence. His family were all miners and immensely proud that he had succeeded in the Marines.

'Spider' died instantly. A Para from Bloxwich, (somewhere in Walsall he said), and often told of a grandfather who played football for Walsall Swifts before the War. I found his name on the wall and now have a photograph of it. Spider was, at 23, the oldest of us.

When I heard of Snack's death I tried to write down my feelings which, in a much abridged form, I repeat here. It is neither poem nor prose, but a stream of consciousness that was a first reaction to the sad news. I offer it here in Remembrance of all Servicemen and Women who have lost their lives in the retreat from Empire 1948 to.....?

'We were young then, Spider, Snack and Monkeyme. Spider the Para; Snack, the Miner's son and me.

We, inseparable three, who ran the Beacons and yomped the Moor; who payday chased the Oswestry girls and shared our fags when skint.

Alive we were, we indestructible youth; cursing the Sergeants who trained us, who bawled at us and kept us sharp. Young in the sun, bronzed in our innocence we faced every challenge and together, much muddied, we came laughing through.

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Officer said. "Dhofar it is, Sergeant Tice will fill you in."

"Never heard of it." Said Snack.

"Arabs." Said Spider.

"Oman." I said.

"Clever *#@!~^." They said.

From wet Wales to a heat that strikes and a light that burns is but a flight away.

Here were the painted wastes over which Thesiger walked and the Badu, driving goats and sheep, for centuries have sought life.

Mountains dry and high, roads rare and dusty then, looking for insurgents. When

A flash of light! A crack, a rattle! Get down! Take cover! Cock and aim, second nature now.

Then it was done, and Spider was dead while Snack lay bleeding on the sand.

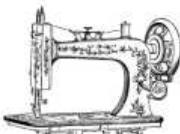
It was a grey Birmingham day that laid him to rest. The last post sounded and, with wreath adorned, Spider was gone.

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His Mother asked me how he died. Too young I was to recollect what only long years have taught.

"He was my mate." I said and through her tears, I hope, his Mother understood.'

BOXES OF HOPE CUMBRIA

Pam Dent

Thank you very much to everyone who was involved in any way in this year's shoe-box campaign, from the bags of knitted hats and scarves left hanging on my door to the 193 boxes already picked up by Karen Simkins, our local trustee. This number will no doubt have risen by the time I attend the Shoe-box Service at Kirkby Stephen Methodist Church in a few days' time.



By the time you read this, the boxes should have arrived in Romania, ready for distribution by this year's team of volunteers. Whether in a local church or community hall, by the roadside or in the middle of a field, excitement runs high as the children receive their boxes and share their delight with family and friends.

For the small team of volunteers, the daily routine includes loading up the trailer at the start of the day, handing out boxes individually to up to 1,000 children and, all too frequently, pushing the minibus out of snow and ice or clingy mud - hard work, but infinitely worthwhile to see the smiles which light up the children's faces.

So, yet again, multu mesc - thank you very much.

THE ALPHA COURSE

Sandy Roy

Cornerstone Community Church
New Street Sedbergh
Every Thursday commencing 11th
January 2018
19:00 – 21:00

EVERYONE HAS QUESTIONS

We believe that everyone should have the chance to explore the Christian faith, ask questions and share their point of view; wherever they are in the world.

WHAT IS ALPHA?

Alpha is a series of sessions exploring the Christian faith, typically run over eleven weeks. Each talk looks at a different question around faith and is designed to create conversation. Alpha is run all around

the globe, and everyone's welcome. It runs in cafés, churches, universities, homes, bars - you name it. No two Alphas look the same, but generally they have three key things in common: food, a talk and good conversation.

WHAT ABOUT ALPHA AT CORNERSTONE COMMUNITY CHURCH?

We want to give you a safe place to ask your questions, meet other people exploring the same questions and explore what Christian faith is all about. Everyone is welcome, and no question is off limit. We believe that Christian faith is something which brings life and hope, and which stands up to lived experience as well as intellectual scrutiny. People come to Alpha from many different experiences and walks of life. You will be very welcome.



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Our Alpha Course will be held on Thursday evenings, commencing 11th January 2018. Each evening will begin with a meal at 7.00pm, and will end promptly at 9.00pm. There is no charge for Alpha, which is an initiative of the Western Dales Mission Community.

To find out more, please contact our Alpha Co-ordinators, contacts as follows:

Sandy Roy, on 015396 20785, or sandyroy@mac.com

Dick Gorst on 07870 895054, or rtg@sedberghprep.org

TIM FARRON MP

Last month in Lookaround I wrote about the pressure I was putting on ministers to deliver on the issues that people have raised with me. Chasing them up on improving broadband speeds, asking them to look into the plans to stop the provision of 24 hour consultant psychiatric care in Cumbria, calling on ministers to abandon plans to cut our schools' budgets, the list goes on. To be honest I think this is going to be the key part of my job over the coming months and years as sadly ministers really don't seem to be that interested in anything other than fighting amongst themselves.

So I have been keeping up with the questioning, I asked one of the

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ministers in the Department for Exiting the European Union what reassurances he could give our hill sheep farmers to give them confidence and encouragement. I was really disappointed to learn that he could not give them any or at least all he was prepared to say was that the Government "wishes to have a deep and special partnership with the European Union". This when our local farmers face a 52% tariff on anything they sell to the EU if we move to World Trade Organisation rules which is a big worry when 90% of what they export goes to the EU at the moment. I can see I will need to keep up the pressure there.

My question to the Minister in the Justice Department about getting the court in Kendal re-opened gained a similarly poor and uncaring response.

But the thing that has been the key focus of my time has been re-starting our campaign to get a radiotherapy

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unit built at our hospital in Kendal. Anyone who had read this column in Lookaround will be well aware of the success of our campaign to get the chemotherapy unit built but everyone knew at the time that we really could not say we had done the job until we also had a radiotherapy unit.

Radiotherapy is a key element to any treatment of cancer, about 40% of people who get treated for cancer will have radiotherapy. This is why it is simply wrong that we currently have to travel to Preston to get this treatment. The National Radiotherapy Advisory Group recommends that no-one should have to travel for more than 45 minutes to receive radiotherapy treatment. Just try getting to Preston from Sedbergh or Dent in 45 minutes without running the risk of being done for speeding!

We have launched a petition calling on NHS England to bring radiotherapy to the Westmorland

General Hospital. If you haven't signed it already (several thousands have) then please go online to find it and sign. In addition I have held a drop-in session for people with experience of cancer treatment around here, I have asked the Health Minister to ensure that travel times are part of the criteria for delivering radiotherapy in this country. I even hosted a radiotherapy event in the Houses of Parliament to make MPs more aware of the benefits of radiotherapy treatment.

I am sure that December will be just as busy. If there is anything I can help you with please do email tim@timfarron.co.uk or call us on 01539 723 403.

I hope you have a brilliant Christmas and are looking forward to a great 2018.

Thanks for all your support.

St. ANDREW'S CHURCH DENT

Susan Johnson

Once again this year our Christmas Bazaar was held in November.

Sunshine and good publicity helped make this a festive, popular event.

Local craftsmen attracted much

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attention with their artistic displays
and many of us bought our Christmas
cards and presents and ordered
festive wreaths and table decorations.

The home-produce stall was piled
high with cakes (both Christmas and
chocolate!) puddings, scones,
biscuits, jam and chutneys. The
cafe was popular with friends and
families enjoying coffee, sandwiches
and cakes; keeping everyone in the
kitchen very busy.

Sales of raffle tickets were
extremely brisk, thanks to the
generosity of local businesses and St.
Andrew's parishioners who donated
extra-special raffle prizes.
A very special thank-you to
everyone who supported St. Andrews

for making the day a great success.
We are now planning something a
little different for Christmas 2018.

**St. ANDREW'S CHURCH
SEDBERGH**

Susan Sharrocks

Tony Reed Screen

Churchwardens

News from the Pews



Your Parish Church
Remembrance Sunday was cold,
bright and clear as the congregation
filed in to the mournful sound of bells

half muffled. Rainbows, Beavers, Scouts, Fireman and the British Legion brought their standards to be laid on the altar during the service. Rev. Carole Marsden played the Last Post and Reveille, poignant, as it will be the last time she will play for us at this service, her duties taking her away from Sedbergh.

The Christmas Fair went well. Lovely stalls with lots of tempting goodies to buy, from books and cards to cakes and preserves, with Father Christmas sitting in his corner with his swanky newly shined boots ready to take note of your Christmas list, the Fair was ready to open.

It is always a concern to the organizers of events if there are going to be enough helpers and then once everything is in place, are there going to be people coming through the doors to browse, to buy, or to eat. Our worries were needless as a steady stream of people kept the stallholders and the catering ladies gainfully employed.

Church Fairs would not be the same without Roger Bush and his toe tapping accordion music making a happy atmosphere and the Town Band jollifying everyone along as they

browsed and shopped along the aisles.

Thank you to all those who gave their time to come and help on the day, those who gave raffle prizes, too numerous for me to write and thank each one of you. Your generosity of giving of your time, your energies and things you provide to be sold is very much appreciated.

CHRISTMAS MESSAGE

David Hendrickse

Minister at Sedbergh Christian Centre

The Authority of a Baby or a King?

"Why should I listen to you?" That's a good question & one I've been frequently asked during my career working with children in youth clubs & children's homes. What they're really trying to get at is, what authority do I have to tell them to do something? What benefit would they get if they did what I asked them to do? I try to reason with them that I am trying to help them navigate life in a way that enables them to really benefit from good decisions. But I often get the reply, "You're not my dad! I don't have to listen to you!"

In the Governments Guide to Children's Homes, it says that,

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"Children in residential child care should be loved, happy, healthy, safe from harm and able to develop, thrive and fulfil their potential." That's what I'm trying to do, to love the children that I'm caring for. In time some begin to see this. So to answer the question, "Why should I listen to you?" It's because I am trying to lovingly care for you.

People ask the same question when it comes to Jesus Christ, "Why should I listen to you?" "What authority do you have to tell me what to do? What benefit would I get if I listened to you?"

Prostitutes, fraudulent tax collectors, children, business men & women, the poor, the sick, those fighting for independence & some religious leaders came to Jesus, were loved by Jesus, were challenged by Jesus to live differently, & they were changed. They started living a life that is less selfish & they begin to think about & try & meet other people's needs.

They followed Jesus' example. People think that Jesus will condemn them, because some Christians do. But God did not send Jesus into the world to condemn the world, but in order that the world might be saved through him...

Matthew writes that, the crowds were astonished at Jesus' teaching, for he was teaching them as one who had authority, and not as their religious leaders. The authority that Jesus had, was an authority that came from a wise, pure & loving heart. Those who recognised this love became His disciples. They willingly submitted to his authority, as a child does to a loving & kind father.

During Christmas & as we start a new year, my question to you is, do submit to the wise, pure & loving authority of Jesus the King, God's son & your saviour, or has His authority no place in your life, because He's just a baby wrapped in rags & laid in a cattle trough?



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ROSE COMMUNITY THEATRE

Sandra Gold-Wood

Many thanks to all the people who came along to see 'Sedbergh and the Great War'. The play was very well attended and the RCT have received many complimentary remarks about the event which was in support of the annual British Legion Poppy Appeal. A big thank you is extended to all those who took part giving up so much of their time and particularly to the parents who ferried their sons and daughters to and from rehearsals. All the young people who took part were so natural in their roles and the adults weren't bad either. The RCT are sorry that due to exams Max Geuer will not be able to take part in the Panto next

year and we wish him all the best he will missed as he is an asset to any group. We also thank Kalum Heywood Byatt for taking part as he had to work a double shift in order to get time off to be in the play, that's true dedication. Izzy Newbold and Ella Pratt played the young sisters who witnessed the difficulties face by their family and Kristian Pratt who is just 8 played the poor telegram boy who had to deliver the bad news. He did extremely well on his first outing with the RCT. Special thanks to Annika Burbidge who stepped in to the role of Clara at the last minute and sang so beautifully also to Robbie Kendal and Jack Garnett who read the poems of A E Houseman



with such feeling.

On Sunday November 26 members of the RCT met up to read through the script of next year's pantomime, 'The Wars of the Noses'. This is a medieval romp through the 15th century and will be an historically inaccurate account of antics of all the local Dukes, Earls, Barons, Kings and will also feature the unforgettable, 'Richard the Nerd'. All this fun and nonsense will take place in the People's Hall in March, Thursday/Friday/Saturday, 15/16/17.

If you are interested in becoming involved in the RCT, perhaps you are good at painting and shifting scenery, sewing, making suits of armour, I jest, ha, how appropriate, or perhaps you like to sing and make a fool of yourself then do come and join our friendly inclusive group. We meet each Sunday at 1.30 for 2pm start in the People's hall committee room. Next meeting will be Sunday December 3. We are particularly looking for someone to take on the publicity side of things, i.e. putting up banners, posters and sorting tickets and such like.

As you may know the RCT is fund raising to replace the Stage curtains

in the People's Hall. RCT has raised close to £3,000 and can now add a further £1,000 which has been awarded by the Parish council plus £95 from Sedbergh WI. Two more coffee mornings (Nov 26 and Dec 6) will help to bump up the funds plus there are other grants pending and some hoped for donations; please. So with a little luck we may see those curtains go up before the end of 2018.

If you can help with any fund raising ideas then the RCT would be pleased to hear from you. Call 015396 21808 many thanks.

CITIZENS ADVICE

Karen Evans

"Over the past year, I have been getting into debt as my wages don't keep pace with inflation. Every time I reach my credit card limit, the company increases it automatically. At first I thought this was wonderful but now I can't see how I will ever repay it. What can I do?"

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checking their ability to repay it.

It's really important that anyone who is struggling to pay off their credit card seeks debt advice as soon as possible. Citizens Advice can help you to work out the best way to manage your finances and strategies for repaying your debt. They can also help you to maximise your income, including any benefits or tax credits you may be entitled to.

If you feel you are entering into a credit card debt spiral, get help as soon as you can.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 03444 111 444 for an appointment and help, 015394 46464 for debt and on-going enquiries. South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No: 6113551. FRN: 617574

THE GARDALE-HAWES BOOK OF BRIDGES

Ruth Annison

Last year, special events were held in and around Hawes to mark the 140th Anniversary of the opening of Garsdale station in 1876 i.e when the Settle-Carlisle line opened. A highlight of the programme was the chance to see the book of original engineering drawings for structures on the Garsdale-Hawes Branch, opened in 1878.

The book itself (which is a yard

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wide, two yards when open, and two feet high) is old, fragile and in need of skilled professional conservation/restoration to safeguard the drawings inside. However with modern techniques it has now been digitally scanned for permanent reference. If funds become available, replica copies can be made, to be used for research or exhibition purposes and, importantly, to ensure that a replica copy is kept elsewhere in case of loss or damage to the original drawings.

Formal consent has been granted for restoration to be undertaken and two experienced conservators appointed. I am convening a group to raise funds by launching an Appeal for the £3,100 required. Advice and support have been received in planning the project, from staff at the North Yorkshire County Record Office, the Dales Countryside Museum (DCM, Hawes), Network Rail Archives, the trustees of the Macfie-Calvert Collection (held at the DCM) and others – a tremendously encouraging start.

The reason for publicising this work is that the Garsdale-Hawes branch line at the head of Wensleydale was

built by the Midland Railway Company, and by contractors who also built many miles of the Settle-Carlisle line. If, because of this local connection, any readers would like to contribute to the costs of restoration and conservation of *The Book of Bridges* (as it has become known), donations would be greatly appreciated. The Friends of the Dales Countryside Museum (a registered charity, which can claim Gift Aid) have agreed to act as bankers for this appeal; cheques should be made out to them and sent to the treasurer of the FoDCM, Mr. Graeme Thompson c/o the DCM, Hawes, N. Yorkshire DL8 3NT.

As appeal organiser, I will be pleased to answer any enquiries, acknowledge all donations for which contact details are given and report back on progress of the work (01969 650349; ruth.annison@gmail.com).

DENT MEDITATION CENTRE

Catherine Morris

Trustee of the Meditation Centre

The Winter Solstice is a time to reflect on the spirit of the dying year and also a time to dream and look to find a new way to relate to the world,

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We are all now very adept at celebrating Christmas, but how many of us take some quiet time beforehand to reflect on the dying year? To meditate on what has gone before? To sit in stillness and peace to connect with our own souls again? Or to consider what we may want to relinquish?

At the Meditation Centre we offer our Winter Solstice 'mini retreat'. In the beauty and peace of our candle-lit space, we provide a place for you to step aside from the busy-ness of the pre-Christmas period for a while. Together, we take time to sit, go inwards, enjoy the peace and prepare ourselves for the celebrations of the new year to come.

Today it is very easy to draw the curtains on a winter's night, turn on the TV or computer and think very little about the significance of this time of year. To our ancestors the Winter Solstice wasn't just about hunkering down till Spring, it was also a time of great spiritual significance – a time to mourn and let go of that which was finishing.

It was customary to observe a

period of inner darkness, reflection, even a time of retreat. Then, with the lengthening of the days after 22 December, there was the very real sense of a rebirth of the soul. The concepts of death and mourning were important because it is only after those that rebirth can occur.

For most of my adult life the period from Halloween up to 21st December felt like a depressing time. The light was dying, plants were dying and the weather was getting worse. Until... I began studying the Bardic Grade of 'The Order of Bards, Ovates and Druids' course. I began to learn the folklore and customs of ancient Britain and all about "Living the Wheel of the Year" - that is, the various celebrations that took place, and still do, to mark, honour and understand the role that the seasons play in our lives.

It felt significant to discover that it is no coincidence that Christmas comes 4 days after the Winter Solstice. In 273CE the Christian church officially fixed the birthday of Christ in midwinter so that the already existing post solstice celebrations of the rebirth of the 'Sun God' could be incorporated into the new Christian religion.

So why not treat yourself to a mini retreat this Winter Solstice? Come and join us for our Solstice event at the Meditation Centre on 16th December. This may then inspire you to take some time at home to mark this turning point of the year – by bringing pines cones or evergreens into the house, lighting a candle and taking time to reflect, enjoy the peace and prepare for the returning light.

SEDBERGH SPRING SHOW

Saturday 24th March 2018

Winter is here, and the evenings are dark and cold so now is the time to start planning your entries to the 2018 Spring Show. We have added in some new classes and removed a few of the less popular ones.

Please also note the new minimum and maximum sizes for the photography classes. We have introduced the new sizing as there was such a wide variation last year, it was difficult for the judge to compare them fairly.

The official entry forms will appear in the shops towards the end of January, but here is a list of classes to get your ideas started. Last year was a bumper show with 900 entries!

We look forward to equalling that in 2018. I am sure we can with so much talent in Sedbergh. The school classes will be agreed with the schools separately.

Any queries please ring Margaret Milburn (20610) or Marion Wood (21385)

Handicrafts

A patchwork or quilted item
A new item from something old (any material)
A wooden item
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An exhibit in a candle stick (W/D 45cm)
A Spring Basket (W/D 45cm)
"Once Upon a Time" W/D/H 25cm)
"Tranquillity" (W/D 60cm)
Garments
A hand knitted garment in thicker yarn
(double knitting or thicker)
A hand knitted garment in finer yarn
(4 ply or finer)
A hand knitted scarf or snood

A crocheted article or garment
A hand knitted or crocheted hat
Home Produce
Four squares of currant pasty
Fruit pie
Four cheese scones
Four fruit scones
Six biscuits of any variety
Four cup cakes
Six handmade chocolates
Lemon drizzle cake
Gingerbread (not larger than 10in,
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Round shortbread
Six flapjack pieces
Victoria sandwich (filled with
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| Pot of marmalade | Water (size minimum 8x6, maximum 12x10) |
| Pot of any other jam or jelly | People and Portraiture (size minimum 8x6, maximum 12x10) |
| Pot of lemon curd | Local Event (size minimum 8x6, maximum 12x10) |
| Pot of chutney | Small print of Flowers (maximum 5x7) |
| Bottle of homemade wine, cordial or other drink | Individual children and junior entries |
| A white loaf (handmade) | Potato print Age 6 and under |
| A brown or wholemeal loaf (handmade) | Beaded craft item (e.g. Hamma or Aqua) Age 7-11 |
| Art | Gingerbread Man - homemade and decorated Age 11 and under |
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DECEMBER GARDENING

During a mild spell in November, I was surprised to find a good number of winged blackfly sitting sunning themselves on one of my sheets. I had thought that the season for aphids was past but these had obviously been waiting for a fair day, before taking to the air for pastures new. They didn't get very far!

Generally, aphids – greenfly, blackfly (and sometimes brownfly and pinkfly and woolly white ones) do not hibernate as adults out of doors and, being poor fliers, they do not take flight and head for the sunny south to

avoid the cold. Many species overwinter as eggs on the host plants that they intend to attack when they emerge with the first signs of spring.

There are over 500 different kinds of aphid and many are specific to one, or often two, host plants. Waterlily aphids need plum or blackthorn trees on which to overwinter as eggs whereas Honeysuckle aphids need the roots of wild Hemlock (or another plant in the same family) on which to last out the winter.

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Aphids have the potential to multiply at an alarming rate with new female babies being able to produce young parthenogenetically (without the aid of a mate) within a week of being born. Thankfully lots of things like to eat them, and other things take their toll, but they can still be a big, persistent problem on many plants. Where eggs may be overwintering on dormant buds of trees and bushes (fruit trees and Viburnum bushes are



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commonly affected), a Winter wash, sprayed over the twigs can be very effective. Do this sometime during the winter months, on a mild, calm day, and you will, at least eradicate most of the eggs which are waiting to hatch and feed on the newly emerging leaves in Spring.

Elaine Horne

OCTOBER WEATHER

What a month weather-wise!! I have never recorded so much rain since moving here 22 years ago!! For the month I recorded 11.8inches (300mm) and of this 5.8" (133mm) fell on Wednesday 11th, a record in itself. The dial on the manual rain gauge went round and started again and the electronic gauge simply couldn't cope

with the downpour. It was swamped. We also only had 5 days when we didn't measure any rainfall. Temperatures generally held up reasonably well but we did have our first frost. We had a maximum of 65.5F (18.5C) and a minimum of 27.9F (-2.3C). Wind chill took the temperature below zero on 4 nights. Winds were generally from the North West with only 5 days from a more Southerly direction with a maximum gust of 25.7MPH (41.4kph).

The rain, of course, produced a few problems not only did it swamp our septic tank but it flooded the field yet again. The stream from the overflow of Oakdene's pond should flow under the road but I suspect this no longer exists and so it goes into my

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neighbour's field and thence into mine flooding a large part of the field marooning the sheep. The lake was deep enough to go over a welly and the stream was moving so quickly that an apple I dropped was washed away before I could bend down and pick it up!! The winter flowering jasmine has been in flower for some weeks now. There is still a daisy in flower. A few small flocks of fieldfares and redwings have passed through. The sparrowhawk keeps putting in an

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appearance. It is obvious that our neighbour's feeders are not in use judging by the visitations we are getting especially from sparrows. The redpolls haven't been about so perhaps they have moved on. The owls are calling as if setting up territories. The frost put an end to the flowering pots and baskets so they will need to be cleared and anything hardy salvaged. As mentioned previously it has been a poor year for

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butterflies and the honeybees haven't faired too well as the stores they have collected one day they have eaten the next as the weather has prevented them flying regularly hence honey is in short supply apparently.

COGS

Community Orchard Group Sedbergh
Apple Day 2017

Steve Smith

Sedbergh's enthusiasm for fresh local apple juice continues! On Saturday 28 October our splendid Town Cryer made sure everyone knew about the 2nd annual Apple Day, in the People's Hall. A record 400 kg of apples were turned into more 200 litres of delicious juice, and all these

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apples were grown locally, in town gardens and country orchards from Killington to Cautley, and from Millthrop to Loftus Hill. Some were brought on the day, while others had been gleaned by COGS members during the autumn.

Outside the Hall, a busy crew worked at the scrapper – the noisy machine for chopping apples into pulp – and the hydropress, which used water pressure to squash the pulp. It was astonishing to see how much juice gushed out! The dry spent pulp was collected for pig food – lucky pigs!

Inside, there was plenty to see and do. Visitors could bring their apples to be identified by experts Andy Gilchrist and Hilary Wilson from SLOG: many people will recognise a Bramley, but who knew that Howgate Wonder, Lord Derby and Lane's Prince Albert grew in Sedbergh? There was a wonderful array of plants to buy from Chris Hollett's plant stall, and in the Children's Corner there was a



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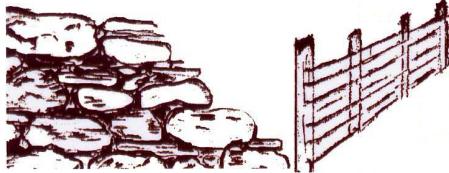
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competition for the longest apple peel, as well as other creative crafts. The Sedbergh Beekeepers stall showed us that without bees and their pollinating work, there would be no apples and Expert Composters Susan Blunt and her colleague on the Garden Organic stall showed us the importance of compost. The Red Squirrel Group and Cumbria Wildlife Trust reminded everyone of the beauty and richness of our natural surroundings, and the Royal British

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Legion were on hand to sell poppies. Delicious cakes and quiches, tea and coffee were produced by the tireless kitchen team, and everyone enjoyed the music of Common Ground.

On behalf of COGS, grateful thanks to all involved.

The funds raised by this enjoyable event, together with generous grants from the Community Trust and the Parish Council, will be used for the next stages of development at the

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Community Orchard, which will include the planting of tree cordons and the stocking of raised beds.

If you would like to join COGS and become involved in the Community Orchard, please get in touch with Ann Parratt 20964 or Jacqueline Smith 20760.

CUMBRIA WILDLIFE TRUST

Orchids in Cumbria
Emma Palmer, Sedbergh Group
Peter Bullard, Cumbria Wildlife Trust Director visited Sedbergh this autumn to talk about orchids in Cumbria. Peter is a renowned local botanist and spoke of a life long passion for orchids, something which many people in the audience shared.

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There are either 30 /33 [it's a long story...] species of orchids found in Cumbria; ranging from those which number in the thousands to several orchids who only just survive. Sadly, some have already been lost including the wonderfully named Lady's Bed Slipper Orchid, which was very popular with Victorian amateur collectors. The primary threat to orchids now is intensive agriculture.

Some orchids can be tricky to identify even to those who know a lot about them. Orchids can hybridise, resulting in a new and fertile cross breeds. They do this without any interference from humans and the result is an orchid that

combines the features of two different species. This can be quite off putting for amateur orchid spotters although it also means that one can confidently pretend that it is a hybrid if identification is proving tricky!

Despite the exoticness and beauty of British orchids, they are tough plants that prefer harsh conditions. Many of the best spots in Cumbria are former industrial sites;

quarries, slag heaps and disused railways. They also frequently pop up on motorway verges and some of you may have seen the display in June/July of Heath Spotted and Northern Marsh (and their hybrids) on the A684 just before J37 of the M6. The



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motorways junctions of Shap and Tebay are also excellent orchid spotting sites but do take care.

The most common orchids in Cumbria are the Early Purple (flowers in April) and prefers limestone and woodland areas. This is followed by the Northern Marsh Orchid which flowers in June and the Common and Heath Spotted Orchids. It is not unusual to come across large patches of these orchids. Slightly rarer orchids include the Dark Red Helleborine, the Fragrant Orchid(s), the Lesser Butterfly Orchid and the velvety Fly Orchid. These descriptive names capture the shape and colour of each species, which mimics its preferred pollinator. Finally there are some exceptionally rare orchids including the Small White Orchid and Autumn Ladies Tresses.

Apart from M6 junctions other good places to see orchids locally are in some of the Cumbria Wildlife Trust

nature reserves:

- ◆ Waitby Greenriggs – west of Kirby Stephen. Wide variety from June to August including some rarer species.
- ◆ Hutton Roof Crags – an excellent but somewhat disorientating site for dark red helleborines in late July to August. See the excellent website by Brian Yorke for more details: <https://epipactisatruberous.blogspot.co.uk/>
- ◆ Latterbarrow – close to Foulshaw Moss for up to 10 species.
- ◆ Humphrey Head – for the rare Green Winged Orchid.

Never pick orchids in the wild. If you are unsure about the identification of an orchid then take a photo, including

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the leaves and note its location; there are excellent websites that can help with identification or try one of the wildflower Facebook groups such as Cumbria Botany.

SEDBERGH COMMUNITY SWIFTS

Tanya Hoare

You have probably heard of Edward Jenner, the country doctor who, in 1796, began his work that led to the development of smallpox vaccination. In an experiment which would be frowned upon today, he injected the scrapings from a milkmaid's cowpox blisters into the arms of the 8 year old son of his gardener. When the lad was subsequently injected with infective material from a smallpox victim, he suffered no ill effects.

Why are we writing about Jenner in an article devoted to swifts? Because as well as being a doctor he was also an accomplished ornithologist who published pioneering studies on the cuckoo and on bird migration.

In 1788 he was elected to membership of the Royal Society, the pre-eminent scientific body of the day, not for his momentous work on vaccination, but for a study on the cuckoo. Up to then it had been thought that it was the adult cuckoo which pushed the eggs from the parasitized nest. Jenner established that it was the newly hatched cuckoo chick which did so using a special depression on its back, which filled out after 12 days, and in which the eggs to be ejected could be lodged.

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At a time when migration was poorly understood, Jenner then turned to studying swifts. He was a pupil and friend of John Hunter, an eminent surgeon and anatomist and regarded as the father of scientific surgery. In a famous quote in a letter to Jenner he wrote “... but why think? Why not try the experiment?” Jenner did exactly that with swifts. He marked 12 swifts by clipping two claws from each and discovered that the same birds returned to the same nests over subsequent years, one swift being followed for 7 years. Only one person previously had marked birds for the study of migration (see below). Ringing did not start until 1899.

In Jenner's time many naturalists



believed that birds hibernated in a torpid state in the mud at the bottom of rivers and lakes. This Jenner found hard to accept. He knew that hedgehogs in spring were thin and almost devoid of fat whereas when swifts appeared in May they were plump and well nourished, surely not what would be expected of a bird which had just emerged from a period of torpor and prolonged starvation. A German, Johann Frisch was the first person to mark birds to discover what happened to them in winter. He tied red thread around the legs of swallows, and found the colour had not faded by the following year, thus making it unlikely that the bird had spent the winter submerged in water.

If birds did not spend the winter hidden in a torpid state where were they? Jenner knew from his nephew, a naval officer, that many healthy land birds occurred hundreds of miles out at sea. Jenner believed this clear ability for birds to fly long distances was evidence that birds migrated. He even went so far as to say that a bird's true home was elsewhere, and that birds such as the swift left home for three months solely for the purpose of breeding.

He was however puzzled as to how young birds found their way home on their first migration. He noticed that swallows and house martins collected together before migration and thus the fledglings might possibly learn by migrating with experienced birds. However he had no answer for the cuckoo, where the adults left before even the young had made their maiden flights. Thus he had to accept

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that the departure of fledglings was due to an "unknown principle", one in fact that scientists are still trying to unravel in all its complexity to this day.

So when you have your flu vaccination this winter, give a thought to Edward Jenner, health pioneer and expert experimental ornithologist.

For any advice on helping swifts, don't hesitate to contact Sedbergh Community Swifts:
email ta.hoare@btinternet.com or ring 01539 824043

DENTDALE CHRISTIAN FELLOWSHIP

John and Sarah Woof. (015396 25212)

As we come to the close of 2017 we look back on the challenges and the encouragement we have lived through during the year. We, as a Fellowship have been ridiculed and ignored, and criticised. .but that doesn't worry us, after all He whom we serve, Jesus experienced the same!

There have been moments of pure joy, the delight of hearing the testimonies of others who walk with

Jesus, the fun and enjoyment of those who came to and took part in the August Festival. The support we give each other, the meals, the prayer times, the being "fellowship".

DDCF grew out of 'Praise & Testimony' services at the Methodist Chapel, God led us to where we are now, a new venue and a name. We want to complement and work alongside local churches but will not compromise what we believe.

Personal relationship with Jesus and serving Him in our daily lives and on the front line of where we live and work. Doesn't mean always get it right and certainly not that any of us are perfect, we all need God's grace to serve him and you.

Our year ends with a lunch on the afternoon of New Years Day and as with all our events, large and small everyone is welcome. We wish you all a Christmas blest with happiness and a healthy and happy New Year. God Bless.

Seasons Greetings

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SEDBERGH ART SOCIETY

Jenifer Alison

On Friday afternoon November 10th, Stuart Gray demonstrated for us a wealth of techniques and ideas for a working sketchbook.

There was a good turn-out for this our first demonstration of the season.

You might have met Stuart at Farfield Mill, where he and Ruth Clayton share a studio. He loves painting landscapes and still life, and enjoys working with acrylic paints. Over the years he has filled a great number of sketchbooks! Many of these were out on display and greatly admired by us.

Delivering this subject to a group of people with such a wide range of interests and experience could have been daunting. Stuart, however, had an approach we could all relate to, his ideas were accessible and practical, and his own artwork is inspiring.

At the time of writing (November 14th) I am tidying up all my sketchbooks into some kind of order and am using techniques shown to us by Stuart. We had a 'Painting Day' on Saturday November 25th, when we can continue to incorporate Stuart's

ideas into our own work.

JANUARY 2018

There will be a demonstration on Friday afternoon 12th January, 1.30 – 3.30pm by a local artist, Peter Threlfall, who will show us how he creates scenes of Morecambe Bay in acrylic. Two weeks later on Saturday 27th January, we will meet for an independent painting day from 10am – 4pm in the Cornerstone Community Church, New Street,

On February 2nd at 7pm. our AGM will be in the Cornerstone Community Church, New Street and will be followed by an illustrated talk by Christopher Ware describing his profession as a railway and landscape artist. If you have ever been to the North Yorkshire Moors and alighted from the preserved steam train at Levisham Station you will have noticed or even visited his studio on the platform. It is called 'Warehouse Art'.



If you would like any more information, we will be very pleased to hear from you. Contact me, Jenifer Alison on 01539 824666, or email me: jen.alison10@gmail.com

B4RN

progress in and around Sedbergh
Douglas Thomson

This article reports on B4RN's progress in and around Sedbergh.

Firbank

Alan Tallersall

Following our public meeting last December Firbank and Lowgill have made remarkable progress in gaining support from the communities for the introduction of broadband though out this area. There is a very high take up of people wanting to have the fantastic B4RN hyperspeed broadband and as community involvement has grown we have raised enough finance through residents investing in shares to make a start installing broadband ducts this

October. We have begun by installing the ducts to bring the live broadband from Killington to the cabinet at Waterside. This cabinet, although based at Waterside in Firbank has been provided by the YDNP for the benefit of ourselves and the three neighbouring communities of Howgill, Marthwaite and Killington.

We are particularly grateful for landowners who have granted us free wayleave over their property. Wherever possible local farmers are using their mole ploughs and diggers to install the system, backed up by a growing band of volunteers.

The terrain is difficult so we welcome more volunteers to join us to get tasks done. Many of the tasks are simple and but we also take



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advantage of B4RN training courses for the more difficult tasks. Although winter is approaching we hope to continue pressing on when weather permits.

As well as working to take the broadband to all homes that want it in Firbank and Lowgill we are also working to install ducting from the cabinet to supply all our neighbouring parishes. We have already nearly completed the installation of a duct from our border with Killington to our cabinet. This is in readiness to receive and send out fibres to all the properties in our area and Killington and when other areas are ready we will also supply Howgill and Marthwaite and provide a connection to the Sedbergh cabinet to provide even more security.

After we have installed around our area we had planned to terminate at the motorway. However, as many other parishes have done, we will pass on a link to the adjoining properties in Grayrigg and others further north.

Cautley

Gina Barney

In Cautley and Dowbiggin we have to cross four bridges in beautiful



settings for which Cumbria CC has granted wayleaves,

Route planning has gone well so we are ready to go when the weather permits and the connections are made up from the south.

Killington

Ian Dawson

Volunteers are at present laying ducting to allow superfast fibre to be blown to every resident in Killington allowing us to share the benefits of the B4RN network. Already a few residents have house kits and are eagerly awaiting connection. Our main priority, however, is installing the main connection northward to the cabinet in Firbank. We would like to thank all those landowners that have granted free wayleave and access to their land, as well as those neighbours that have invested in shares without whom the whole project would founder.

Marthwaite and Howgill

Martin Stockdale

After a lot of hard work and some progress during summer, work in the West Sedbergh (Marthwaite and Howgill) areas has slowed down

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recently.

As we investigated possible routes for the connections between areas, it became apparent that rather than being one of the first areas to be connected, Marthwaite in particular would have to lag behind some of the other areas, particularly Killington and Firbank.

Mike's therefore been focussing on the Howgill route while I've been trying to help the other Sedbergh areas to get their work moving quickly.

In the next few months we'll be making an effort to get the route finalised and wayleaves agreed so that we will be ready to go when it is possible to do so.

Help is still needed in these areas, if

you're able to help with wayleave discussions or want more information please get in touch at b4ws@gmx.co.uk.

Sedbergh Town

Douglas Thomson

Though there is not much to see considerable progress is being made with bringing the hyperfast broadband to Sedbergh Town.

A small amount of ducting has been laid through Sedbergh School's estate which will connect to the service coming up from the south and run east to the cabinet on Winder Drive.

Planning is going well to build a ring of fibre around Sedbergh. From the ring spurs will supply the service into the town but only if your local sector

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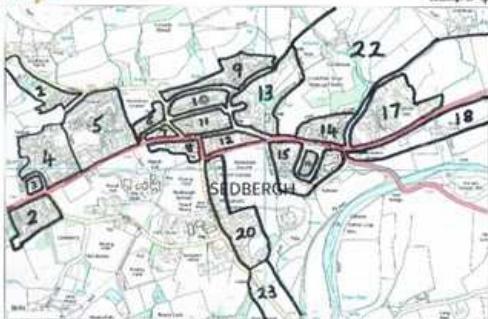
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organises itself to install the ducting.

Sedbergh has been divided into sectors – see map. Each sector will need an individual or group to organise the installation. This will mainly be organising for the ducting to be buried in gardens and connected to properties. There will be plenty of support and training from local experienced volunteers and from B4RN staff but the work on the ground has to be done the local community – that means you!

If you can lead the organisation for a sector on the map do contact me.
douglas@ddathomson.co.uk

COMMUNITY PROJECTS

Barbara Hartley

The B4RN Project Team F –
Millthrop, Frostrow, Farfield and

Hallbank

A fellow volunteer forwarded a Times article last weekend headed “Hawes for thought” and it’s worth a read. Hawes is described as a phenomenon - a case study of self-sufficiency, community spirit, bloody mindedness and the awesome power of bootstraps and it made me think how we would describe our own community. We tend to focus more on the failures than the successes but if we stand back and think of what is actually going on in our small community – we are collectively amazing!

We run a community bus service called the Western Dales – manned and managed by local volunteers, we have run an Information Centre for tourists and locals since the National Park abandoned us, we run a book shop and a charity shop with profits to the tune of thousands each year going to support local groups and organisations, we have raised almost half a million pounds to upgrade The People's Hall where amongst a host of events a local community group run a cinema, we have built and run a new Peoples Gym, we have a local history group which operate a history

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

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

For more information, visit our website:

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



room where people from all over the world come and research their roots, we host the local community police in the Information Centre and we run a first responders group. I'm sure there is more ...

And now there is a very large group of volunteers bringing high speed fibre broadband to us all. What has been so heart-warming is the breadth of support for this project from across the community. It seems to have no boundaries and no borders.

Team F is the area more or less from Peggleside on the Dent road, through Millthrop to Frostrow linking Hallbank and Farfield and onward to Longstone Common. We are currently planning the route with the help of the landowners. There are

over 140 properties which will have the ability of a connection if this is wanted. The land owners have been almost unanimously agreeable to bringing ducting through their fields and gardens. Some of the landowners see no personal benefit yet have been generous enough to let their land be used to help others. This is true community spirit and something that we can be hugely proud of.

New volunteers are always needed – there is a lot of work to do when the digging starts.

So if you can help please can you email us at b4rnteamf@gmail.com

Even a few hours here and there is really valuable. Thank you.

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Christmas Menu

Three courses £19.99

Starter

Hearty winter vegetable Soup, herb crouton.

Mixed game terrine wrapped in pancetta, spiced autumn chutney, candied walnuts, game crisp.

Grilled goats cheese, variety of heritage beetroot, candied walnut, crisp salad leaves

Main

Roast succulent Turkey, pigs in blankets, forcemeat and sage stuffing,
roast potatoes, and fresh seasonal vegetables with cranberry sauce.

Slowly roasted Brisket of beef, Yorkshire pudding, roast potatoes and seasonal vegetables.

Steamed wild mushroom, caramelised onion and thyme suet pudding, creamy mash potato,
red wine gravy pot, seasonal vegetables.

Dessert

Christmas pudding, brandy sauce

Sticky toffee pudding, toffee sauce, vanilla ice cream

Luxury ice cream from Lakeland 2 scoops

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SEDBERGH & DISTRICT COMMUNITY TRUST

Tony Reed-Screen

The Grants Committee met in November and made awards to the following:-

- Sedbergh Little People
- Dent Grammar School Education Foundation
- Sedbergh Christmas Late Night Opening
- Sedbergh and District Chamber of Trade and Business
- Sedbergh Red Squirrel Group
- The Rose Community Theatre
- The People's Hall

So far during the current financial year the Trust has made grants of over £16,000 to the community and with one more disbursement in February the total for the year will be in excess of £20,000.

The Charity shops have had a good year and scaffolding and a minor flood in October have not affected

sales which have exceeded those in the past due to a continual flow of good quality merchandise from donations. There is far more to running the shops than is apparent on the shop floor. A tremendous amount of time is spent sorting and pricing, laundering and ironing and safety testing of electrical goods.



We are indebted to our volunteers who make everything happen and to all of you who have donated items. Please keep donating so that we can keep giving to the community.

**SEDBERGH & DISTRICT
HISTORY SOCIETY**
PROGRAMME Winter 2017/8

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.

Wednesday 6th December

The Highland Clearances

Mike Winstanley: An illustrated talk



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which will deal with the Highland Clearances of the late 18th and early 19th centuries. The alleged cruelty and inhumanity of the landowners have become legendary but how justified is this opinion? This talk tries to take a dispassionate view of this tumultuous time.

SETTLEBECK SCHOOL

2018

Wednesday 17th January

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

Wednesday 7th February

The history of Holme Mill

Geoff Pegg: An illustrated talk describing the history of Holme Mill from its first use as a flax mill in 1790, followed by its conversion to a coconut matting factory in 1864, through to its closure as a mill in 1975.

SETTLEBECK SCHOOL

Wednesday 21st February

St Helena: a final voyage?

Mike Beecroft: An illustrated talk outlining the history of the island, its links to Britain, and the connections between Napoleon and the Doveton family from Cumbria. The talk will also review recent developments and the prospects for the future of the "Saints" and their island.

DENT MEMORIAL HALL

Wednesday 7th March

Discovering a landscape of industry

Andrew Lowe: An illustrated talk looking at the wide range of crafts and industries that have made the Lake District a working landscape. The industrial heritage is a vital component of the attractive landscape we see today.

SETTLEBECK SCHOOL

Wednesday 21st March

Iron Age track to motorway: two thousand years through the Lune Gorge

Graham Hooley: This illustrated talk

will include reference to the Roman period and recent archaeological investigations at the Low Borrowbridge fort in addition to considering the different transport routes up to the building of the M6.

SETTLEBECK SCHOOL

Saturday 24th 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

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.

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continue in the new year and will be at 1200 on the second Thursday each month in the Red Lion.

Everyone over the age of 50 is most welcome to attend where you can meet old friends and make new ones while partaking in a 2 course meal which changes every month.

If you would like any more information or you wish to attend, please contact Mary on 20438.

DENTDALE MEMORIAL HALL

Sarah E Woof. Chairman.

A date for your diaries; DMH AGM is 7.30pm Monday March 26th.

Members of the public are welcome. Come and encourage us!

SIGN-ALONG

is back!

Hannah Clarke

Join Lynda and her friend Kendal the sign language puppet at Sedbergh library on Monday 18th

December 10.30am-11.30am

This fun, interactive sign-along session is based on the popular festive story 'Stick Man' by Julia Donaldson and includes berry tasting – even Stick Man and his Stick Family will be there!

Suitable for children aged 2+.

Places are limited so to book your FREE ticket please contact the library 015396 20186.

POETS CORNER

From this month, Students from Settlebeck are keen to submit Poems for Lookaround Readers to enjoy.

Where I'm from

Alastair Dunkinson, Year 7

I'm from full English breakfasts and the fried fatty salty smell of bacon.

I'm from an old school, a youth hostel and now a bed and breakfast.

I'm from rough stone walls always cold whatever the weather.



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I'm from the warm comforting aroma
of home cooked meals
and extravagant homemade cakes
like the six tiered rainbow cake
my youngest sister and I made.
I'm from cold wet weather, squelchy
mud
and sweaty wellies.
I'm from faded second hand clothes,
charity shops and handmade
dresses.
I'm from dirty mountain bikes, thirty
foot boats
and a dream to sail the world.
I'm from a musical family of six
who share the same interests.
I'm from hundreds of hours of
reading,
immersed in the vast world of

fantasy novels.

I'm from all of this and so much more.

POETS CORNER

The Yorkshire Life

Kit Halliwell

I'm from Yorkshire,
From downfalls and grey ugly skies,
Yet always optimistic of the sun that
ever shines -

here you have to be!

I'm from trees and gorgeous
smelling meadows and swifts and
swallows,

And quarries and pastures
and sheep, dogs and sheep-dogs,
I remember the first puppies I ever
saw -

blacks and whites and browns and
greys

all ever so fluffy.

I love the taste of fresh berries and
birds I see

from the window half-way up the
stairs,

I love the bats also
who hover and glide after dusk,
The new-born lambs bleating and
greeting

give a fresh boost each year,
But most of all I love the family

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SEDBERGH INFORMATION & BOOK CENTRE



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Leaflets

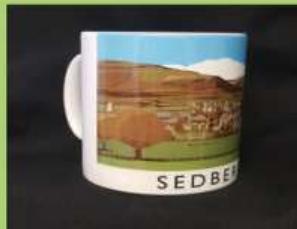
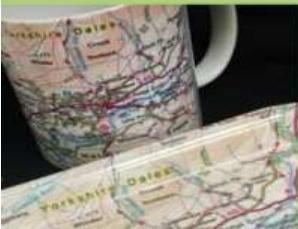


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015396 20125



Maps
Cards



that brought me up here.

POETS CORNER Where I'm From

Phoebe Hall, Year 7

I am from the endless supply of
humous, from breadstick and fig rolls
I am from the soft cosy blanket dens
looking like a fort, carefully making
them
behind the sofa in the front room,
(spending whole days inside.)
I am from the smell of the kitchen,
after baking chewy chai spice cookies
with my sister,
from licking the spoon,
and eating them in one mouthful.
I am from the teacher's favourite to
class clown, from Rowan and

Thomas, from hearing the annoying,
"Chop Chop!" and "Chin up!"
I am from the sound of the waves'
roar,
from the struggle of getting into a
damp wetsuit
on a windy gritty beach,
from watching the indigo waves,
crashing into the bay,
from the feel of the salty wind in my
hair.
I am from all of these moments and
many ahead.

POETS CORNER Back Then

Rhys Tasker, Year 8
I remember the fish pie,
simmering on the hob.

I remember the early nights,
first day of school tomorrow!
I remember the air fix models;
the smell of super glue run wild.
I remember the football,
from heartbreak to ecstasy.
I remember Monday mornings,
slouching out of bed.
I remember the Lego pieces,
lost into oblivion.
I remember the days out,
from funfair to it's unfair!
I remember the bed,
drifting into slumber.
I remember Year 6,
saying my goodbyes.
I remember the holidays,
like a completely different world.
I wish I could go back then.

The following Sunday we held a special service to remember the local people who had served in the First World War. This was almost exactly a hundred years since the death of Private Orlando Garnett, whose memorial plaque has recently been renovated. Once again, the church was decorated, but this time by felt poppies, created and stitched by Karen Webb. Richard (Griz) Mason spoke movingly about his recent trip to the war graves in Belgium and showed some of the photographs he had taken there. An exhibition of photographs and information about Cautley and WW1 was on display in the church for two weeks. Many thanks to Diane Elphick for all her work in putting the display together.

St MARK'S CHURCH CAUTLEY

Judith Bush

'Gardening' was the theme of our Harvest thanksgiving service this year, and the church was suitably decorated with plant pots, trowels and seed packets as well as the usual flowers, fruit and vegetables. We enjoyed singing the traditional harvest hymns and giving thanks for the abundance of creation.

COMMUNITY OFFICER REPORT

Martin Boak 5251

INCIDENTS OF NOTE

Within the wider area that your Parish falls since the last parish meeting there have been 32 incidents reported, resulting in four crimes being recorded.

Of note or with community impact were:

19th October report of four 12 foot

Calling all PHOTOGRAPHERS!

Please consider donating images for the
Information & Book Centre's **2019 calendar**.

We're looking for striking and unusual images with something that ties them to the area.

Images will need to be landscape format and around 12 x 9 inches at 300 pixels per inch (they will be reproduced at A4). Email images, Flickr links etc. to office@sedbergh.org.uk or drop your prints in at 72 Main Street by the second week of February 2018.

* The 2018 calendar is on sale now at no. 72 *

gates having hinges cut off presumably with the intent of stealing them from a property in Killington.

28th October report of a drum of sheep dip stolen from a farm in Dent.

3rd Nov criminal damage reported to a sign at Sedbergh golf club

4th Nov report of youths setting off fireworks at the people's hall.

Also multiple suspicious vehicle checks carried out in the area all were in order but thanks keeping an eye out better to be safe than sorry.

There have been several reports lately of vehicles in the South Lakes area being broken into and tools stolen, where possible please ensure tools etc. are not left in vehicles overnight.

Police and trading standards have also recently had more reports of unauthorized fish sellers in various locations, if you encounter traders at your door that give any cause for concern please contact the police on 101

CRIME FIGURES

Crime figures can be obtained via the Cumbria Police Website:

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

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Alternatively use the following link:

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

CRIME PREVENTION

Any suspicious activity/vehicles please contact 101.

As autumn approaches and darker evenings please check on your security measures especially security lighting.

CUMBRIA COMMUNITY MESSAGING

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

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

www.cumbriacommunitymessaging.co.uk

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

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

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

FOLLOW US ON TWITTER AND FACEBOOK

www.twitter.com/cumbriapolice

<https://www.facebook.com/cumbriapolice>

<https://crimestoppers-uk.org/>

Contact police on 101. For emergency always call 999

Your Police Community Support Officer is: Martin Boak 5251

Email:

martin.boak@cumbria.police.uk

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PERSONAL & SMALL ADS £1

Christmas Messages

AIREY

Rose would like to wish friends and neighbours a Happy Christmas and New Year.

ALLAN

Christmas is nearly here again. Where does the year go? Ann, Bill, Andrew and Mark would like to wish you all a Happy Christmas and a Happy and Healthy 2018.

BROOKS

Rowley and Jean Brooks would like to wish all family and friends a merry Christmas and all the best for 2018.

xx

CAMPBELL

Maurice and Raymond would like to wish all their friends a Merry Christmas and a prosperous New Year.

CAPSTICK

John and Sheila would like to wish family and friends a Merry Christmas and a Happy New Year.

CLOWES

Alan & Chris at The Cross Keys Cautley wish our many friends & customers a very Happy Christmas and a Healthy New Year.

COWIN

Diane would like to wish all her family and friends a very Merry Christmas and a Happy New Year.

DAWSON

Christmas Greetings to my family and friends, filled with love, joy and peace. May the New Year be a blessed one. Jenny

DEVINE

Merry Christmas and happy New Year to Laura, Nigel, Anne-Marie, Ben, Jenny and Dawn, and to all my friends in Sedbergh and Dent. Special thanks to all the Western Dales bus and volunteer car drivers. Georgina.

DOUGLAS

Gladys wants to wish all her friends and neighbours a very Happy Christmas and healthy New Year. Special wishes to Helen, Kay and the team.

GIBSON

Terry and Doreen would like to wish all family and friends a Merry Christmas and a happy New Year.

HALL

Judy and Allan would like to wish friends and neighbours a Happy Christmas and New Year.

LAW

Valerie would like to say thank you to everyone who sent her cards, flowers and goodies after her stay in hospital. She would like to wish everyone a Happy Christmas and all the best for 2018.

PERSONAL & SMALL ADS £1

LOWTHER

Julie lowther, would like to wish all of my family and friends, a very Merry Christmas and a Happy New Year. xx

MARDEN

Carole & Rob and family would like to
wish all friends a Merry Christmas
and a Healthy New Year.

METCALFE

Rex Would like to wish all family and friends a Merry Christmas and a Happy New Year.

MIDDLETON

Steven, Michelle, CJ, Sienna, Jody and Pippa would like to wish family, friends, neighbours and not forgetting the Howgill Harriers, a superb Christmas & a very Happy New Year.

MITCHELL

Ann would like to wish everyone a
Merry Christmas and Best Wishes for
the New Year.

POSTI FTHWAITE

Peggy would like to wish family and friends a Merry Christmas and happy New Year

PRUCE

May would like to wish all friends in Sedbergh a very Happy Christmas

RAW

Edna would like to wish all friends and neighbours a Happy Christmas and best wishes for the New Year

SKILL

Elizabeth and Zander wish all friends
and neighbours very Happy
Christmas and best wishes for 2018.

STEADMAN

Garth and Jean would like to wish all our friends and past customers a very Happy Christmas and a Happy New Year

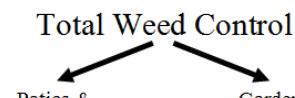
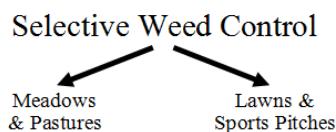
TODD

Margaret would like to wish all family and friends a Merry Christmas and a happy New Year.

WHICKER

Jacky & Dennis would like to wish all their family and friends a Very Merry Christmas and a Happy, Healthy, Peaceful & Prosperous New Year.

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PERSONAL & SMALL ADS £1

BRENDA TODD

Thomas, Janet and Linda would like to thank relatives, friends and neighbours for the cards, flowers, food and kind messages of sympathy following the sad loss of a dear wife and mum "Brenda". We would also like to thank the doctors and district nurse team from Sedbergh Medical Centre, for all the help and care given to Brenda. Also thank you to the ambulance men who took Brenda to hospital. Thank you also to everybody who visited Brenda whilst in Preston hospital following her operation.

=====

IVY OWEN

Ivy's family would like to say a big thank you for all the kindness and support following Ivy's death. Ivy came to Sedbergh from a Maghull, Merseyside in her 83rd year. Sedbergh welcomed her and Ivy embraced Sedbergh and her next adventure. Ivy made many new friends and neighbours. When Ivy required more support to enable her to stay at home, PPA care agency were brilliant and they too became her friends. The last 15 months Ivy was a permanent resident at Hartland House, Milnthorpe and was given loving care, respect and support. Even as Ivy became more frail she was positive and content leading to her peaceful death. Mum will be so missed but she'll be smiling, greeting old and making new friends and getting on with her next adventure.
XX

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| Regular Events/Meetings | | | |
|-------------------------|---------------------|--------------------------|----------|
| 1000 | Every Sunday | Free Entry to Locals | FM |
| 1600 | 3rd Sunday | Messy Church | CCCN |
| 1000 | Every Monday | Wild Goose Qigong | CCCC |
| 1030 | Every Monday | Sedbergh Songsters | GH |
| 1730 | Every Monday # | Brownies | CCCC |
| 1400 | 1st Monday | Bridging the Gap | MC |
| 1930 | 1st Monday | Dent Parish Council | DMH |
| 1930 | 1st Monday | People's Hall | PH |
| 1900 | 3rd Monday | Chamber of Trade | PH |
| 1430 | Last Monday | Tea & Company | CCCN |
| 0930 | Every Tuesday | Drop-in & Relax | MCD |
| 1300 | Every Tuesday | Howgill Toddlers | HVH |
| 1830 | Every Tuesday | Cub Scouts | SHQ |
| 1830 | Every Tuesday | Swimming Club | SS |
| 1930 | Every Tuesday | Bridge Club | WHC |
| 1400 | 2nd Tuesday | Killington WI | PH |
| 1400 | 3rd Tuesday | Sight Advice Sth Lakes | PH |
| 1930 | 3rd Tuesday | Ladies NFU | PH |
| 0830 | Every Wednesday | Sedbergh Market | JLCP |
| 1000 | Every Wednesday | Coffee Morning | CCCC |
| 1000 | Every Wednesday | Yoga for All | HVH |
| 1145 | Every Wednesday | Age UK Swimming | SS Baths |
| 1315 | Every Wednesday | Art Society | PH |
| 1730 | Every Wednesday | Sedbergh Juniors | PH |
| 1730 | Every Wednesday # | Beaver Scouts | SHQ |
| 1900 | Every Wednesday | Sedbergh Town Band | SSBR |
| 1930 | Every Wednesday | Sedbergh Seniors | PH |
| 1930 | 1st & 3rd Wednesday | History Society (Winter) | SSAT |
| 1915 | 2nd Wednesday | Dentdale WI | DMH |
| 1930 | 2nd Wednesday | Sedbergh WI | PH |
| 1830 | Every Thursday | Swimming Club | SS |
| 1800 | Every Wednesday | Yoga for All | SPS |
| 1400 | 1st & 3rd Thursday | Child Health/Baby Club | PH |
| 1430 | Every 2 weeks | Cameo Club | CCCN |
| 1430 | 1st Thursday | Afternoon Cream Tea | Duo |
| 1930 | 1st Thursday | Howgill WI | FCH |
| 1200 | 2nd Thursday | Age UK Lunch Club | Red Lion |
| 1915 | 2nd Thursday | Royal British Legion | WHC |
| 1930 | 2nd Thursday | Sed. Parish Council | PH |
| 1100 | Every Friday | Mindfulness Course | MCD |
| 1700 | Every Friday # | Barrel of Fun | StAS |
| 1800 | Every Friday | Cub Scouts | SHQ |
| 1930 | Every Friday | Scouts & Explorers | SHQ |
| 1330 | 1st Friday | Dentdale Club | DMH |
| 1000 | Every Saturday | Swimming Club | SS |

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

PLACES OF INTEREST TO VISIT IN THE AREA

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

| Organisation | Updated | Contact | Tel: | 015396 |
|--------------------------------------|----------------|---|-------------|---------------|
| Age UK South Lakeland | 09/16 | Helpline | 01539 | 728180 |
| Aglow International | 04/15 | Mrs Armitstead | 015242 | 71062 |
| Allotments Association - Dent | 02/14 | Mrs Owen | Dent: | 25505 |
| Allotments Association - Sedbergh | 02/09 | Mr Atkins | Sed: | 20031 |
| Angling Association | 01/09 | Mr Wright | Dent: | 25533 |
| Art Society - Sedbergh | 09/14 | Mr Morrison | Sed: | 20209 |
| Badminton - Sedbergh | 10/08 | Mr Wheatley | 07816 | 437500 |
| Beekeepers Association | 04/15 | Mrs Pauley | 015242 | 51549 |
| Bell Ringers (StAS) | 02/14 | Mrs Sharrocks | Sed: | 20754 |
| Book Group | 01/09 | Mrs Dodds | Sed: | 20308 |
| Bowling Club - Sedbergh | 09/14 | Mrs Killops | Sed: | 20279 |
| Bridge Club | 01/09 | Mr Estensen | Sed: | 21060 |
| Bridging the Gap | 05/14 | Mr Richardson | 01772 | 561323 |
| British Legion | 12/15 | Mr Parratt | Sed: | 20964 |
| Canoe Club - Sedbergh | 01/09 | Mr Hinson | Sed: | 20118 |
| Caving Club - Kendal | 01/09 | Mr Teal | Sed: | 20721 |
| Chamber of Trade | 12/12 | Mrs Sayner | Sed: | 20935 |
| Chameleons Drama Club | 01/09 | Mrs Bush | Sed: | 20058 |
| Christian Aid | 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 * | 12/17 | Miss Gladstone | Sed: | 20438 | |
| 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 | | |
| Tennis Club | 01/09 | Mr Robinson | Sed: | 21014 | |
| Town Band | 01/09 | Mrs Waters | Sed: | 20457 | |
| Town Twinning Group | 09/14 | Mrs Garnett | Sed: | 21138 | |
| White Hart Sports and Social Club | 01/09 | The Committee | Sed: | 20773 | |
| Voluntary Car Scheme | 06/15 | Mr Dodgson | Sed: | 20869 | |
| Walking & Cycling Group | 08/14 | Miss Nelson | Sed: | 21770 | |
| Westmorland Gazette Correspondent | 01/09 | Mrs Gold-Wood | Sed: | 21808 | |
| Women's Institute - Dentdale | 06/14 | Mrs Belfield | Dent: | 25775 | |
| Women's Institute - Howgill | 04/13 | Mrs Hoggarth | 01539 | 824663 | |
| Women's Institute - Killington | 01/09 | Mrs Sharrocks | Sed: | 20754 | |
| Women's Institute - Sedbergh | 12/13 | Mrs Kernahan | Sed: | 20733 | |
| Yoga | 11/16 | Mrs Hennedy | Sed: | 20899 | |
| Young Cumbria | 01/09 | Mrs Hartley | 01524 | 781177 | |
| Young Farmers Club | 11/15 | Miss Thompson | 07590 | 115844 | |
| Young Kidz | 01/09 | Mrs Baines | Sed: | 21287 | |

* = Latest Amendments

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

EDITORS COMMENTS

NEW ADVERTISER

Another new Advertiser this month is Bakes & Balls which features on Page 11.

Please mention Lookaround if you make any enquiries.

FUTURE OF LOOKAROUND

Back in 1988 when it looked like Lookaround would finish, the 'Lookaround Support Group' was formed which kept things going. There is currently enquiries being made to form a similar Group. Back in those days, everything came in on paper and it was hard work. Today, most of the information comes in electronically which makes the task so much easier. Regular Editorial Meetings would not be required and not so many people to put things together so just a couple of hours per month would be required. If you feel you would like to volunteer to keep *Lookaround* going, please contact Nick Cross on 015396 22566 (new number).

If there is no support or help, the last issue of Lookaround will be December 2018. As of now, I will not be taking any payments for Advertising after that month. Should the Lookaround continue, new Contracts will be made from February 2019.

LOOKAROUND INFORMATION

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

Whilst every effort is made to ensure

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

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

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

editor@sedberghlookaround.org.uk

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).

AROUND SEDBERGH 2018 CALENDAR



AROUND SEDBERGH 2018 CALENDAR

NOW ON SALE AT THE INFORMATION & BOOK CENTRE
72 MAIN STREET, SEDBERGH

tic@sedbergh.org.uk
015396 20125

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
(Continued on page 96)

a business basis, & also make an appeal for wanted items.

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

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

GROUPS AND ORGANISATIONS

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

This can be supported by text which cannot all be included in the advert.

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

BUSINESSES

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

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

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

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

Payments by BACS can also be made.

This account is valid from June 2017.

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

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

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

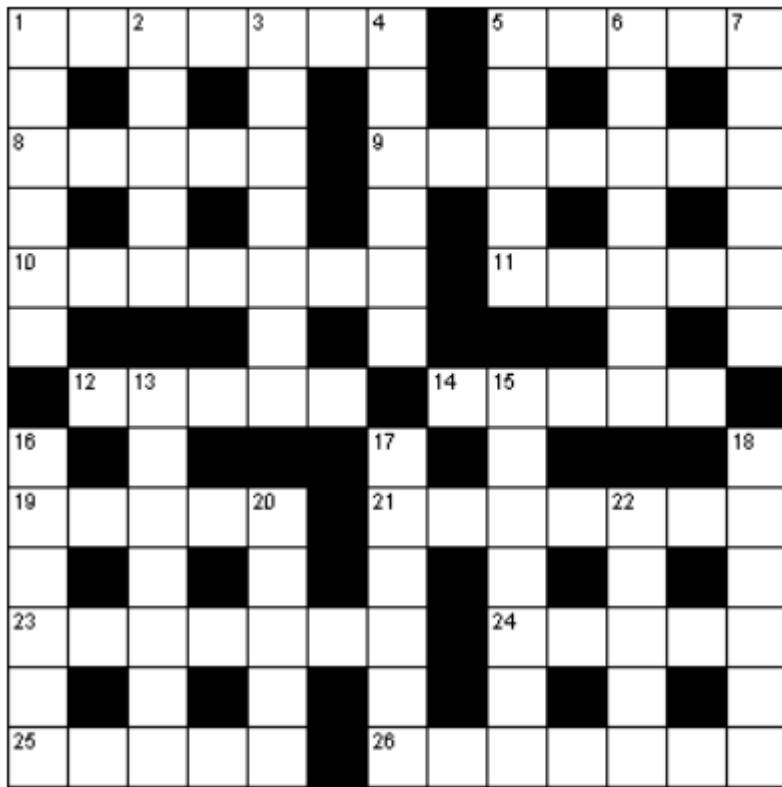
CHILDREN'S BIRTHDAYS

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

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

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

Dennis J Whicker



Across

1. Buccaneers (7)
5. African equine (5)
8. Serious (5)
9. Disregarded (7)
10. Abhorrent (7)
11. Beer mug (5)
12. Intense (5)
14. Thicket (5)
19. Regular hexahedrons (5)
21. Residence (7)
23. Greed (7)
24. Deportation (5)
25. Choose (5)
26. Journeyman (7)

Down

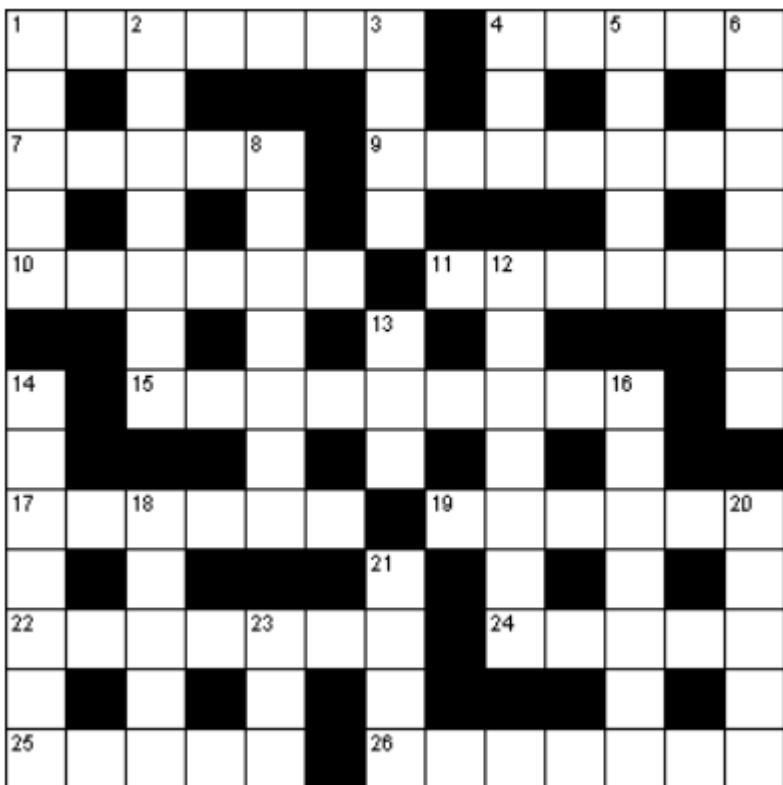
1. Rector (6)
2. Kind of puzzle (5)
3. Deluge (7)
4. Grabbed (6)
5. Regions (5)
6. Edges (7)
7. Fervent (6)
13. Vegetable (7)
15. Remnant (7)
16. Abrasion (6)
17. Photographic equipment (6)
18. Aft (6)
20. Change position (5)
22. Ways out (5)

WORDSEARCH - Can you find all 19 words?

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | H | E | P | H | E | R | D | M | E | N | N | I | O |
| T | E | D | A | G | T | S | T | A | R | K | N | G | O |
| M | E | L | D | R | N | H | P | R | D | S | P | E | E |
| E | A | O | R | J | S | E | P | Y | E | E | D | W | S |
| H | H | G | M | K | S | H | E | E | P | E | S | A | D |
| E | E | R | T | S | J | E | S | U | S | A | S | R | G |
| L | A | L | D | O | N | K | E | Y | D | O | G | T | M |
| H | L | N | B | I | N | S | O | N | L | G | J | S | A |
| T | E | W | G | A | A | G | J | L | I | M | R | P | N |
| E | T | O | E | E | T | S | H | F | I | Y | H | D | G |
| B | Y | R | D | N | L | S | T | S | N | R | G | E | E |
| E | S | N | E | C | N | I | K | N | A | R | F | T | R |
| R | E | D | H | E | Y | E | A | M | G | H | E | S | L |
| I | J | S | S | E | J | E | P | H | T | Y | N | Y | M |

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

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



Across

- 1. Moment (7)
- 4. Graphic (5)
- 7. Steps (5)
- 9. Love story (7)
- 10. Gives up (6)
- 11. Topics (6)
- 15. Nutritionist (9)
- 17. Nearly (6)
- 19. Movie genre (6)
- 22. Transport system (7)
- 24. Dye (5)
- 25. At a subsequent time
- 26. Recite (7)

Down

- 1. State indirectly (5)
- 2. Accomplish (7)
- 3. Limited period of time (4)
- 4. Vitality (3)
- 5. Animal toxin (5)
- 6. Chest of drawers (7)
- 8. Sorrow (7)
- 12. Monstrous (7)
- 13. Fuel (3)
- 14. Angry dispute (7)
- 16. Paradise (7)
- 18. Slightly wet (5)
- 20. Scope (5)
- 21. Song of praise (4)
- 23. Armed conflict (3)

WORDSEARCH - Can you find all 19 words?

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | J | P | S | N | A | I | P | P | I | L | I | H | P |
| N | E | R | E | V | E | L | A | T | I | O | N | E | G |
| A | O | S | S | S | T | C | A | R | I | H | J | S | A |
| I | Y | H | T | O | M | I | T | N | O | N | L | A | O |
| N | H | N | H | H | S | E | U | H | A | A | P | R | L |
| O | E | T | J | H | I | T | N | I | T | H | I | O | O |
| L | B | I | U | O | I | G | H | I | I | L | L | M | S |
| A | R | T | D | I | M | T | A | L | H | T | U | A | S |
| S | E | U | E | A | N | N | E | A | L | T | K | N | I |
| S | W | S | R | I | S | M | H | S | N | S | E | S | A |
| E | S | K | R | S | O | M | A | T | T | H | E | W | N |
| H | I | O | A | N | T | D | M | P | E | T | E | R | S |
| T | C | K | H | S | N | A | I | S | E | H | P | E | U |
| O | S | I | S | M | T | N | T | T | T | I | A | L | H |

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

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



BED & BREAKFAST

| Proprietor | Address | Phone (015396) |
|---------------------|---|-----------------------|
| 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 S Sharrocks | Holmecroft; Station Road, Sedbergh LA10 5DW (2017/11) 1D; 1T; 1S; TVL; CH; NS; NP*; P; DR Web Site: www.holmecroftbandb.co.uk | 20754 |
| 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 |
| 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 WiFi available | 20251 |

CAMPING, CARAVANNING & SELF-CATERING

| | |
|---|--------------|
| Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09) | 01969 667356 |
| Sleeps 2; D; CH; TVL; P; NS; DW | |
| Mrs Whitfield Old Station Cottage. Station Road, Sedbergh LA10 5HP (2016/12) | 20799 |
| Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage www.oldstationcottage.co.uk | |
| Mrs A Bramall Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) | 20360 |
| Self-Catering Sleeps 6-8 | |
| Borrett Barn Caravan, Marthwaite, Sedbergh (2017/02) | 21175 |
| Sleeps 4 people; D; T; CH; L; P; NS | |
| Borrett Barn Flat, Marthwaite, Sedbergh (2017/02) | 21175 |

KEY

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

BUS SERVICES

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

| Western Dales Bus S1 Kendal Shuttle Saturdays from 7th October 2017 | | | | | |
|--|-------|---------|-------|-------|-----------------|
| Kendal Morrisons | | | 12:45 | | |
| Kendal Blackhall Road [opp bus sta] | | 09:00 | 12:50 | 14:20 | 16:15 |
| Kendal Asda | | 09:06 | 12:56 | 14:26 | 16:21 |
| Westmorland Hospital | | 09:07 | 12:57 | 14:27 | 16:22 |
| Oxenholme Station | | 09:10 | 13:00 | 14:30 | 16:25 |
| Killington M6 Bridge | | 09:20 | 13:10 | 14:40 | 16:35 |
| Sedbergh Dalesman | | 09:33 | 13:23 | 14:53 | 16:50 18:40 R |
| Sedbergh Maryfell | | 09:35 | 13:25 | 14:55 | 16:52 R - |
| Dent village | | 09:50 | | 15:10 | 17:05 18:55 R |
| Cowgill | | 10:03 | | | 17:18 19:08 R |
| Dent Station | | 10:05 | | | 17:20 19:10 R |
| <i>Dent Station</i> | | | | | |
| <i>Train from Leeds</i> | | 10:16 | | | 19:23 |
| <i>Train from Carlisle</i> | | 10:40 | | 17:32 | 19:20 |
| Dent Station | | 10:20 * | | 17:35 | 19:30 R |
| Cowgill | | 10:22 | | 17:37 | 19:32 R |
| Dent village | | 10:35 | | 15:15 | 17:50 19:45 R |
| Sedbergh Maryfell | 08:15 | 10:48 | 13:38 | 15:28 | 18:03 - |
| Sedbergh Library | 08:20 | 10:50 | 13:40 | 15:30 | 18:05 * 20:00 R |
| Killington M6 Bridge | 08:30 | 11:00 | 13:50 | 15:40 | |
| Oxenholme Station | 08:40 | 11:10 | 14:00 | 15:50 | |
| Westmorland Hospital | 08:43 | 11:13 | 14:03 | 15:53 | |
| Kendal Asda | 08:45 | 11:15 | 14:05 | 15:55 | |
| Kendal Blackhall Road Bus Station | 08:55 | 11:25 | 14:15 | 16:05 | |
| Kendal Morrisons | | 11:30 | | | |

* R = Calls on Request only.

* On reaching Sedbergh Library at 1805 the bus will only continue with the last journey to Dent Station and back by request to the driver earlier in the day.

* 1020 from Dent Station will wait up to 10min beyond the scheduled departure for a late running train from Leeds

BUS SERVICES

Western Dales Bus S3 Hawes Hopper
Tuesdays only from 2nd May 2017 R = Request only

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

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

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

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



BUS SERVICES

| Western Dales Bus S4 Kirkby Stephen Connect Fridays only from 6th October 2017 R = Request only | | | | | | |
|--|-------|-------|-------|-------|---------|---------|
| Dent | - | 09:30 | - | - | 13:40 | 15:45 R |
| Sedbergh Spar | - | 09:44 | - | 11:29 | 13:54 | 15:59 R |
| Sedbergh Dalesman | - | 09:45 | - | 11:30 | 13:55 | 16:00 R |
| Sedbergh Maryfell | - | 09:47 | - | 11:32 | 13:57 | 16:02 R |
| Cautley Cross Keys | - | 09:54 | - | 11:39 | 14:04 | - |
| Fat Lamb | - | 10:00 | - | 11:45 | 14:10 | - |
| Ravenstonedale | - | 10:05 | - | - | 14:15 | - |
| Kirkby Stephen Station arr | - | 10:12 | - | 11:52 | 14:22 | - |
| Kirkby Stephen Station dep | - | 10:15 | 10:36 | 11:55 | 14:25 | - |
| Kirkby Stephen Town | - | 10:20 | 10:41 | 12:00 | 14:30 | - |
| Kirkby Stephen Co Op | | 10:21 | 10:42 | 12:01 | 14:31 | |
| <i>Kirkby Stephen Station</i> | | | | | | |
| <i>Train from Leeds</i> | | | 10:34 | 12:30 | 14:32 | |
| <i>Train from Carlisle</i> | | | | 12:49 | 15:00 | |
| Kirkby Stephen Co Op | | 10:24 | 10:49 | 12:34 | 14:48 | |
| Kirkby Stephen Town | | 10:25 | 10:50 | 12:35 | 14:49 | |
| Kirkby Stephen Station arr | | 10:30 | 10:55 | 12:40 | 14:54 | |
| Kirkby Stephen Station dep | | | 10:58 | 12:43 | 15:02 | |
| Ravenstonedale | | | | 12:50 | 15:09 | |
| Fat Lamb | | | 11:05 | 12:55 | 15:14 | |
| Cautley Cross Keys | | | 11:11 | 13:01 | 15:20 | |
| Sedbergh Maryfell | | | 11:18 | 13:08 | 15:27 | |
| Sedbergh Library | 09:10 | | 11:20 | 13:10 | 15:29 | |
| Opposite Morphet's Garage | 09:11 | | 11:21 | 13:11 | 15:30 * | |
| Dent | 09:25 | | | 13:25 | 15:44 R | |

* R= Calls on request only

* The 1530 from Sedbergh to Dent and back will only run upon request to the driver on the day.

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

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

BUS SERVICES

Western Dales Bus S5 Kendal Shopper
Thursdays only from 19th October 2017

| | | | |
|-----------------------------------|-------|-------|-------|
| Sedbergh, Dalesman | 08:55 | | |
| Sedbergh, Maryfell | 08:57 | | |
| Cautley, Cross Keys | 09:05 | | |
| Fat Lamb | 09:13 | | |
| Kirkby Stephen Station entrance | 09:19 | | |
| Kirkby Stephen Town, Market Place | 09:24 | | |
| Kirkby Stephen Co-op | 09:29 | 11:39 | 14:19 |
| Kirkby Stephen Town, Market Place | 09:30 | 11:40 | 14:20 |
| Kirkby Stephen Station entrance | 09:35 | 11:45 | 14:25 |
| Ravenstonedale, Nursery School | 09:41 | 11:51 | 14:31 |
| Newbiggin on Lune | 09:45 | 11:55 | 14:35 |
| Tebay Roundabout | 09:54 | 12:04 | 14:44 |
| Killington M6 bridge | 10:04 | 12:14 | 14:54 |
| Kendal Castle Green | 10:13 | 12:23 | 15:03 |
| Kendal Blackhall Road | 10:18 | 12:28 | 15:08 |
| Kendal Morrisons | 10:23 | 12:33 | 15:13 |
| | | | |
| Kendal Morrisons | 10:33 | 13:13 | 15:23 |
| Kendal Blackhall Road | 10:40 | 13:20 | 15:30 |
| Kendal Castle Green | 10:45 | 13:25 | 15:35 |
| Killington M6 Bridge | 10:54 | 13:34 | 15:44 |
| Tebay Roundabout | 11:04 | 13:44 | 15:54 |
| Newbiggin on Lune | 11:13 | 13:53 | 16:03 |
| Ravenstonedale, Primary School | 11:17 | 13:57 | 16:07 |
| Kirkby Stephen Station entrance | 11:24 | 14:04 | 16:14 |
| Kirkby Stephen Town, Market Place | 11:30 | 14:10 | 16:20 |
| Kirkby Stephen Co-op | 11:31 | 14:11 | 16:21 |
| Kirkby Stephen Town, Market Place | | | 16:22 |
| Kirkby Stephen Station entrance | | | 16:27 |
| Fat Lamb | | | 16:34 |
| Cautley, Cross keys | | | 16:41 |
| Sedbergh, Maryfell | | | 16:49 |
| Sedbergh, Library | | | 16:51 |

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

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

| December Church Services | | | | | | |
|---|--|---|----------------------------------|-------------------------|--|---------------------------------|
| St. Andrew's Sedbergh | 3rd | 10th | 17th | 24th | 25th | 31st |
| 8.00 am | HC BCP | HC BCP | HC BCP | HC BCP | | HC BCP |
| 10.30 am | United Service | Holy Communion | Holy Communion | Family Service | Holy Communion | Ecumenical Service CCC |
| 6.30 pm | Evening Prayer | | Evening Prayer | | | |
| Wednesday | 6th | 13th | 20th | 27th | | |
| 11.15 | HC BCP | HC BCP | HC BCP | HC BCP | | |
| | 3rd | 10th | 17th | 24th | 25th | 31st |
| St. Mark's Cautley | 2:30 pm Holy Communion | 9.30 am Morning Prayer | 2.30 pm Carol Service | | 9.30 am Service by Ext. | 11.00 am Cautley Chapel |
| St. John's Garsdale | 10.00 am Holy Communion by Ext | 10.00 am Street Chapel | 2.00 pm Low Smithy | 10.00 am Holy Communion | 10.00 am Service of the Word | |
| Lune Parish Services | | | | | | |
| | 3rd | 10th | 17th | 24th | 25th | 31st |
| Holy Trinity Howgill | 10.30 am United Service St Andrew's | 2.00 pm Carol Service Firbank 2.00 pm Carol Service Killington | 2.00 pm Carol Service Killington | | 10.30 am Christmas Day Service Firbank | 10.30 am Ecumenical Service CCC |
| St John's Firbank | | | | | | |
| All Saints Killington | | | | | | |
| Dent & Cowgill Parish Services | | | | | | |
| | 3rd | 10th | 17th | 24th | 25th | 31st |
| St. Andrew's | 10.30 am Holy Communion United Service | 10.30am Holy Communion | 10.30am Holy Communion | 10.30am Holy Communion | 10.30 am Holy Communion | 10.30 am Holy Communion |
| St. John's | | 10.30 am Holy Communion | | | 9.00 am Holy Communion | |
| Cornerstone Community Church (CCCM/N) Services (Formerly URC & Methodist) | | | | | | |
| | 3rd | 10th | 17th | 24th | 25th | 31st |
| 10.30 am | CCCM/PH | CCCN | CCCN | CCCN | | CCCN |
| worship@peopleshall | | | Messy Church | | | |
| | 3rd | | | 17th | | |
| 10.30 am | People's Hall | | 3 pm | CCCN | | |
| HC = Holy Communion | | SS = Sunday School | | | | |
| BCP = Book of Common Prayer | | MP/EP = Morning Prayer/Evening Prayer | | | | |
| CW = Common Worship | | M&P = Meditation & Prayer | | | | |
| PC = Parish Communion | | Taize = Modern Chants & Choral | | | | |
| | | NSV = New Sedbergh Version | | | | |

| January Church Services | | | | | |
|---|--|--|--|--------------------------------|--------|
| St. Andrew's Sedbergh | 7th | 14th | 21st | 28th | |
| 8.00 am | HC BCP | HC BCP | HC BCP | HC BCP | |
| 10.30 am | Ecumenical Service @ CCC | Holy Communion | Holy Communion | Family Service | |
| 6.30 pm | Evening Prayer | | Evening Prayer | | |
| Wednesday | 3rd | 10th | 17th | 24th | 31st |
| 11.15 | HC BCP | HC BCP | HC BCP | HC BCP | HC BCP |
| | 7th | 14th | 21st | 28th | |
| St. Mark's Cautley | 2:30 pm Holy Communion | Morning Prayer <i>Northumbria Service</i> | No Service | 2.30 pm Prayer & Meditation | |
| St. John's Garsdale | 10.00 am Holy Communion | 6.30 pm Street Chapel | 2.00 pm Low Smithy | 10.00 am Holy Communion | |
| Lune Parish Services | | | | | |
| | 7th | 14th | 21st | 28th | |
| Holy Trinity Howgill | <i>The Churches at Howgill and Firbank are in Hibernation from January to March with regard to weekly Services</i> | | | | |
| St John's Firbank | | | | | |
| All Saints Killington | 10.30 am Joint ECU CCCM | 2.00 pm Holy Communion | 10.30 am Joint Service St Andrew's | 2.00 pm Holy Communion | |
| Dent & Cowgill Parish Services | | | | | |
| | 7th | 14th | 21st | 28th | |
| St. Andrew's | 10.30 am Holy Communion | 10.30 am Holy Communion | 10.30 am Holy Communion | 10.30 am Holy Communion | |
| St. John's | | | 2.30 pm Holy Communion | | |
| Cornerstone Community Church (CCCM/N) Services (Formerly URC & Methodist) | | | | | |
| | 7th | 14th | 21st | 28th | |
| 10.30 am | CCCM/PH | CCCN | CCCN | CCCN | |
| worship@peopleshall | | | Messy Church | | |
| 7th | | | 21st | | |
| 10.30 am | People's Hall | | 4 pm | CCCN | |
| HC = Holy Communion | | | SS = Sunday School | | |
| BCP = Book of Common Prayer | | | MP/EP = Morning Prayer/Evening Prayer | | |
| CW = Common Worship | | | M&P = Meditation & Prayer | | |
| PC = Parish Communion | | | Taize = Modern Chants & Choral | | |
| | | | NSV = New Sedbergh Version | | |

Religious Services in Sedbergh

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

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

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

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

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

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

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

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

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

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

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

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

## Lookaround Advertising Rates

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

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

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

Answers to Wordsearch  
on Pages 98 & 100

|              |               |
|--------------|---------------|
| JESUS        | MATTHEW       |
| ANGEL        | CORINTHIANS   |
| MARY         | PHILIPPIANS   |
| JOSEPH       | THESSALONIANS |
| GOLD         | ROMANS        |
| SHEPHERD     | ACTS          |
| SHEEP        | GALATIANS     |
| STABLE       | REVELATION    |
| MANGER       | PETER         |
| INN          | JOHN          |
| DONKEY       | JUDE          |
| STAR         | EPHESIANS     |
| BETHLEHEM    | COLOSSIANS    |
| MYRRH        | TIMOTHY       |
| FRANKINCENSE | PHILEMON      |
| STRAW        | HEBREWS       |
| GIFT         | MARK          |
| GOD          | LUKE          |
| SON          | TITUS         |



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

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

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

# DIARY OF EVENTS

Dates are held up to 13th October 2018.

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.

| DECEMBER   |                                                        | JANUARY     |                                                         |
|------------|--------------------------------------------------------|-------------|---------------------------------------------------------|
| <b>1</b>   | <b>1000 Voices from the Land Exhibition</b>            | <b>DCMH</b> | 3 0830 Sedbergh Weekly Market (16) JLCP                 |
| <b>1</b>   | <b>1030 Sedbergh in Pictures Exhibition (22)</b>       | <b>FM</b>   | 6 1000 StAD Coffee Morning DMH                          |
| <b>1</b>   | <b>1030 Local Artists Exhibition (22)</b>              | <b>FM</b>   | 9 1930 Domino Drive FCH                                 |
| <b>1-3</b> | <b>Dent Folk Carols Weekend (6)</b>                    | <b>Dent</b> | 10 0830 Sedbergh Weekly Market (16) JLCP                |
| 1          | 1400 Dentdale Head to Foot                             | DMH         | 10 1930 WIS - The Force & Me PH                         |
| 1          | 1845 Casterton Carol Service                           | HTCC        | 11 1900 Alpha Course Commences (41 & 49) CCCN           |
| 1          | 1930 DFC Drive the Cold Winter Away (6)                | DMH         | 12 1330 AS Peter Threlfall CCCN                         |
| 1          | Fiddler on the Roof (SS)                               | SS          | 17 0830 Sedbergh Weekly Market (16) JLCP                |
| 2          | Small Business Saturday (6)                            | Sedbergh    | 17 1930 HS - How Water shaped Kendal (4 & 80) SSAT      |
| 2          | 1000 Dentdale Chapel CM                                | DCS         | 21 1600 Messy Church (51) CCCN                          |
| 2          | 1000 DFC Workshop (6)                                  | DMH         | 21 1900 Cricket Club (Nov) AGM WHC                      |
| 2          | 1900 DFC Ceilidh & Festive Meal (6)                    | DMH         | 24 0830 Sedbergh Weekly Market (16) JLCP                |
| 2          | Flicks in the Fells - (4)                              | PH          | 24 1930 CWT Greenland's Coast CCCM                      |
| 2          | 1930 Carols by Candlelight                             | HJCG        | 27 1000 AS Workshop - Les Darlow CCCN                   |
| 3          | 1000 DFC Workshop (6)                                  | DMH         |                                                         |
| 3          | 1330 DFC Singing Walk (6)                              | Dent        |                                                         |
| 3          | 1930 North Westmorland Arts Concert (Sept)             | Appleby     | 2 1900 AS AGM & Christopher War CCCN                    |
| 4          | 1930 Christmas Domino Drive                            | GVH         | 2 1930 Potato Pie & Domino Drive (72) KPH               |
| 5          | Town Band Christmas Concert                            | StAS        | 3 1000 StAD Coffee Morning DMH                          |
| 6          | 0830 Sedbergh Weekly Market (16)                       | JLCP        | 7 1930 HS - History of Holme Mills (4 & 80) SSAT        |
| 6          | 1000 CM - Vacant                                       | CCCM        | 8 1300 Medical Centre Closed for Training (38 & 56) MC  |
| <b>6</b>   | <b>1030 North by Northwest Exhibition Starts (22)</b>  | <b>FM</b>   | 13 1930 Domino Drive FCH                                |
| 6          | 1600 B4RN Annual Jacobs Join                           | Melling     | <b>14 1200 Weekly Lent Lunches commences</b> STAS       |
| 6          | 1800 Late Night Shopping (1)                           | Sedbergh    | 14 1930 WIS - American Indians PH                       |
| 6          | 1930 HS - The Highland Clearances (4 & 80)             | SSAT        | 19 1930 FCH Annual General Meeting FCH                  |
| 7          | 1930 WIHF - Christmas Party                            | TBA         | 21 1930 HS - St Helena - The Final Voyage? (4 & 80) DMH |
| 8          | 1900 From South Africa with ❤ (8)                      | KLC         | 24 1000 AS Workshop - Anthony Barrow CCCN               |
| 9          | 0900 Carol Workshop & Singing in the Train (6)         | CS          | 28 1930 CWT Passionate about Otters CCCM                |
| 10         | 1700 Advent Service (10)                               | SS          | 28 1930 North Westmorland Arts Concert (Sept) Appleby   |
| 12         | WIK - Christmas Lunch                                  |             |                                                         |
| 12         | 1930 Ladies NFU Old Sedbergh                           | PH          | 2 1930 Domino Drive & Tattie Pie HVH                    |
| 12         | 1930 Christmas Domino Drive & Mince Pies               | FCH         | 3 1000 StAD Coffee Morning DMH                          |
| 13         | 0830 Sedbergh Weekly Market (16)                       | JLCP        | 7 1930 HS - Discovering Landscape (4 & 80) SSAT         |
| 13         | 1000 CM - StAS Bells                                   | CCCM        | 13 1930 Domino Drive FCH                                |
| 13         | WID - Christmas Lunch                                  | TBA         | 14 1300 Medical Centre Closed for Training (38 & 56) MC |
| 13         | WIS - Christmas Dinner                                 | TBA         | 14 1930 WIS - A Little Easter Gift PH                   |
| 13         | 1900 Jim Hoggarth Silver Rose Bowl (13)                | Barbon Inn  | 14 1930 CWT Gardening for Butterflies CCCM              |
| 14         | 1200 Age UK Christmas Lunch Club                       | Red Lion    | 15 1900 The Wars of the Noses (55) PH                   |
| 14         | 1915 Royal British Legion (77)                         | WHC         | 16 1900 The Wars of the Noses (55) PH                   |
| 14         | 1930 Spellbound 'A Christmas Carol' (14)               | PH          | 17 1900 The Wars of the Noses (55) PH                   |
| 14         | 1930 Parish Council - Sedbergh (14)                    | CCCM        | 21 1930 HS - Iron Age Track to Motorway (4 & 80) SSAT   |
| 14         | SS Term Ends                                           |             | 23 1330 AS Ruth Clayton CCCN                            |
| 15         | 1930 Spellbound 'A Christmas Carol' (14)               | PH          | 24 1000 AS Autonomous Workshop CCCN                     |
| 15         | 1930 Christmas Domino Drive (15)                       | BVH         | 24 1900 HS AGM (4 & 80) SSAT                            |
| 16         | 0930 Artisan Market (16)                               | JLCP        | 25 Clocks March Forward                                 |
| 16         | 1400 Spellbound 'A Christmas Carol' (14)               | PH          | 25 1930 North Westmorland Arts Concert (Sept) Appleby   |
| 16         | 1400 Winter Solstice Celebration (16 & 58)             | DMC         | 26 1930 Dentdale Memorial Hall AGM (82) DMH             |
| 16         | 1930 Spellbound 'A Christmas Carol' (14)               | PH          |                                                         |
| 17         | 1500 Messy Church (17) ( <i>Change of start time</i> ) | CCCN        | <b>APRIL</b>                                            |
| 18         | 1030 Sign Along (82)                                   | Library     | 7 1000 StAD Coffee Morning DMH                          |
| 20         | 0830 Sedbergh Weekly Market (16)                       | JLCP        | 11 1930 WIS - Your Bladder & You PH                     |
| 20         | 1000 CM - Vacant                                       | CCCM        | 21 1000 AS Workshop - Alex Jakob Whitworth CCCN         |
| 20         | 1930 Christmas Domino Drive                            | HVH         | 21 1930 Olde Time Dance (ph) PH                         |
| <b>22</b>  | <b>1000 Voices from the Land Exhibition Ends</b>       | <b>DCMH</b> | 25 1930 CWT Amazon to the Antarctic CCCM                |
| <b>22</b>  | <b>1030 North by Northwest Exhibition Ends (22)</b>    | <b>FM</b>   |                                                         |
| 25         | Christmas Day                                          |             |                                                         |
|            |                                                        |             | 4 1800 KL Beer Festival KLRC                            |
|            |                                                        |             | 5 1000 StAD Coffee Morning DMH                          |
|            |                                                        |             | 5 1200 KL Beer Festival KLRC                            |

**COVER PHOTO**  
**Main Street at Christmas**  
*Heather Thomas*

|                                        |      |
|----------------------------------------|------|
| 6 1200 KL Beer Festival                | KLRC |
| 9 1930 WIS - First Responders          | PH   |
| 18 1330 AS Helen Shields               | CCCN |
| 19 1000 AS Autonomous Workshop         | CCCN |
| <b>JUNE</b>                            |      |
| 2 1000 StAD Coffee Morning             | DMH  |
| 13 WIS - Summer Outing                 | TBA  |
| 23 1930 Olde Time Dance (ph)           | PH   |
| <b>JULY</b>                            |      |
| 7 1000 StAD Coffee Morning             | DMH  |
| 11 1930 WIS - 30 Years Behind the Mike | PH   |
| 25 1000 CM - Sedbergh WI               | CCCM |
| <b>AUGUST</b>                          |      |
| 4 1000 StAD Coffee Morning             | DMH  |
| 8 1930 WIS - Games Night & Photo Share | PH   |
| <b>SEPTEMBER</b>                       |      |
| 1 1000 StAD Coffee Morning             | DMH  |
| 12 1930 WIS - A Little Bit of Art      | PH   |
| <b>OCTOBER</b>                         |      |
| 6 1000 StAD Coffee Morning             | DMH  |
| 10 1930 WIS - Uplifting Stories        | PH   |
| 13 1930 Olde Time Dance (ph)           | PH   |
| 28 Clocks Fall Back                    |      |
| <b>NOVEMBER</b>                        |      |
| 3 1000 StAD Coffee Morning             | DMH  |
| 14 1930 WIS - AGM & Jacobs Join        | PH   |
| <b>DECEMBER</b>                        |      |
| 12 TBA WIS - Christmas Dinner          | TBA  |

A  
 MERRY CHRISTMAS  
 TO ALL OUR  
 READERS



**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                          |
| CO     | = Community Office                        |
| CS     | = Carlisle Settle Railway                 |
| CTiS   | = Churches Together in Sedbergh           |
| CWT    | = Cumbria Wildlife Trust                  |
| DCMH   | = Dales Countryside Museum, Hawes         |
| DCP    | = Dent Car Park                           |
| DCS    | = Dentdale Chapel Schoolroom              |
| DFC    | = Dent Folk Carols                        |
| DMH    | = Dent Memorial Hall                      |
| DMC    | = Dent Methodist Chapel                   |
| FCH    | = Firbank Church Hall                     |
| FM     | = Farfield Mill                           |
| GH     | = Gladstone House                         |
| GVH    | = Garsdale Village Hall                   |
| HJCG   | = Hawes Junction Chapel, Garsdale         |
| HS     | = History Society                         |
| HTCC   | = Holy Trinity Church, Casterton          |
| HVH    | = Howgill Village Hall                    |
| JLCP   | = Joss Lane Car Park                      |
| KLC    | = Kendal Leisure Centre                   |
| KLRC   | = Kirkby Lonsdale Rugby Club              |
| 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                          |
| SASL   | = Sight Advice South Lakeland             |
| 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 by appointment only - Monday**

## Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

**(By appointment only)**

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

Dressings Clinic – Friday afternoons

**(By appointment only)**

## Blood clinic

Monday – Thursday – 8.20am – 12pm

**(By appointment only)**

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

See our website

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

for further details

## Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

## Bridging the Gap

*First Monday - 1400 - 1600*

Mrs Colpus 01228 595937

## Location of Defibrillators

72 Main Street ~ People's Hall ~ Fire Station

## **POLICE**

101 or 999

Crimestoppers 0800 555 111

## **DENTAL SURGERY**

Main Street 20626

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

Monday to Friday 0900 - 1700

Saturday \*

## **SEDBERGH LIBRARY** Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

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

Tuesday 0900 - 1900

Saturday 0900 - 1400

## **SEDBERGH & DISTRICT INFORMATION CENTRE**

*for resident & visitor information*

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

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

Tel: 015396 20125/20504

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

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

## **VETERINARY SURGERY**

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 \*

1400 - 1500 \*

Other times by appointment only \*

## **PUBLIC TOILETS**

Main Street, Sedbergh

Main Street, Dent

## **MARKET DAY**

## **WEDNESDAY**

Last Page Update:

May 2017