

Sedbergh & District **LOOKAROUND**

June 2019

Issue 377

Donation £1

Unfortunately, just at our busiest time of the month, the week before the deadline, our email system had a major malfunction and was out of action for five days. Consequently Lookaround looks a bit thin and frail

this month. If we missed your articles or advertisements we're very sorry, please do resubmit them for next month. The email is now resurrected and more robust. So we hope there will be no recurrence. *Ed.*

**CELEBRATING ARMED
FORCES DAY 2019
28TH-30TH JUNE**



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CAMPING OPENS AT NOON
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TRACTOR PULL
BIRD OF PREY FROM 11AM
CHILDRENS ACTIVITIES
FROM 10AM
HELLS FELLS GOT TALENT
FROM 11.30AM
BACKGROUND MUSIC AND LIVE
BANDS FROM 1PM
2PM BRITISH ARMY TRIAL BIKES
HAPPY HOUR FROM 4PM
5PM TIPSY FILLY COCKTAIL SHOW

SUNDAY
7.30AM CAR BOOT
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9.30AM FELL RACE
CHILDRENS ACTIVITIES
FROM 10AM
11AM BARS OPEN
BACKGROUND/LIVE MUSIC
FROM NOON



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Weekly Coffee Morning
St Andrews Church
 Weds 10 am to 12 noon
5th June T.B.A.
12th June T.B.A.
19th June T.B.A.
26th June W.I. Killington
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 Coffee Morning

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June Birthdays

No Birthday Announcements for June. Send yours for July now!!

APPLEBY HORSE FAIR

The travellers to the Appleby Fair will arrive from Tuesday 28 May. It is important you report concerns or incidents to the police for early resolution. This can be done easily by telephoning 101, selecting Option 5 (hours 8am to 11pm) or at www.cumbria.police.uk and search for Appleby Horse Fair.

ADVERTISING IN LOOKAROUND

~~~  
Local businesses, big or small  
~~~~~

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~~~~~

Community Organisations and Events  
~~~~~

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~~~~~

Whatever you offer, it's good to let people know you're out there.

A local monthly magazine for locals.

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including help with design  
See page 61 for details.

If you want to be seen, **LOOKAROUND**

## **SEDBERGH PARISH COUNCIL – CHAIRMAN'S REPORT**

*Kevin Lancaster*

We are now a full council and befitting a parish of our size we have had twelve monthly meetings. All councillors and district councillor Sheila Capstick have excellent attendance records.

Our busiest meeting was in February when we had a large contingent of members of the public wishing to lobby us in opposition to proposals for replacing the garage colony on Castlegarth with one bedroom flats. They were able to express their views directly to the leader of South Lakeland and cabinet member Phil Dixon both of whom also attended the meeting

We are fortunate as a parish to have Janey Hassam as our employee. She has worked for us for over five years now and so we have reviewed her terms of employment, recognising her special commitment. She is now our "Parish Clerk and Executive". We believe the change of title puts her on a better footing when dealing with external authorities on our behalf.

The previous council contracted with Paul Mitchell to be our parish handyman and the new council has been keen to rationalise and clarify that role. He is extremely effective and again, we are very fortunate to have him.

The previous parish had also worked intently with Sedbergh Tennis Club to secure funding for resurfacing works at the courts. Our clerk has worked with representatives of the club to secure the efficient implementation of the work.

### **Pyjamarama Story Session**

This Bookstart week join us at Sedbergh library for a fun Story & Rhyme session for little ones and their grown-ups.  
With simple crafts  
and  
a FREE book to take home.

No need to book, just turn up – bring your teddy if you want to!

**Wednesday 5<sup>th</sup> June**  
**10.30am-11.15am**

Major works have also been done to the wall of the Bowling Green, correcting deficiencies which were probably always there. The Friends of Queen's Gardens have worked with the Parish Handyman and many other volunteers to improve Queen's Gardens . Though the work of Cllr Arnold the parish was able to take a full part in Sedbergh School's challenge week.

The good summer weather last year ensured that the parish's income from its two car parks has remained extremely buoyant. However, the parish will face very significant costs, especially on Joss Lane in the medium future.

Work is now well under way on the Maryfell play area. Also we are keen to progress a new parking area on Maryfell following an original idea from a member of the public.

Outside the town, Mitch and others take care of the parish's picnic area at Ghyllas on our behalf.

At the end of June I visited Zreče in Slovenia, our twin town along with the chairman of Dent parish and nine others. I continue to believe our links with Zreče will provide both

communities with great opportunities in the future.

The main unexpected expenditure during the year has related to trees which had become potentially dangerous. As a parish we have no option but to fell these trees when they are found to be dangerous.

However, in spite of this, primarily because of our car park income the finances of this parish are robust and envied by almost all other parish councils.



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## TIM'S COLUMN

*Tim Farron*

Firstly a massive thank you for voting in Suzie Pye as your district councillor in the elections earlier this month. Suzie was so disappointed to miss out narrowly on being elected last year but fortunately she is the kind of woman who sees that type of thing as a challenge and as I hope you know has been working really hard to win your support since then. I am sure she will be a great hard working councillor who will do her best to make things like a 20 mile an hour speed limit in Sedbergh happen. I even have hopes that she will be able to find somewhere in Dent to build some much needed affordable housing for local people.

I spent almost all of the day of the election in Sedbergh and had a brilliant time. The weather was kind to us for once and people were generally nice to me when I turned up on their doorstep to remind them to get out and vote and there were lots of chocolate biscuits in our campaign HQ; what more could you want?

Back in Parliament I have been working to get two more ambulances for our area. Any of you unfortunate enough to have needed an ambulance will know you can wait for hours for one to arrive. When you look into things sadly this isn't surprising. It's not due to the paramedics and technicians involved in driving the ambulances around it's simply the fact that there aren't enough vehicles. Currently the North West of England has the lowest number of ambulances per head of population of any part of the country

(In London they have twice as many as we do). There are 21 ambulances covering the area from Barrow through to Lancaster and of those just six are based in our area. When you think about how big that area is you can easily see that it is not enough. I had a very positive meeting with the Health Minister who looks after these matters, Steve Hammond MP. He agreed to take the information I had given him away and have a think about what he could do about it. It wasn't the agreement to give our local ambulances the money they need to give us two more but in the world of Government where things tend to move slowly it was a very encouraging response. I just need to keep on his back now!

If you would like to help me by supporting this campaign it would be great if you could sign my petition. You can find it here [www.southlakeslibdems.org.uk/ambulances](http://www.southlakeslibdems.org.uk/ambulances). The more support you give me the more ministers listen.

I also got a positive response on another health matter. I told the Secretary of State for Health, Matt Hancock about how, the other day, I drove a lady living around here to

Preston for her radiotherapy treatment and that, although the treatment was great, it was a three hour round trip. And she needs to do it 15 times! As a result I now have another meeting with another health minister in the diary; let's see how that one goes.

As ever if I can help with anything then please drop me a line at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or give us a call on 01539 723 403. Thanks so much for your support.

### COUNCILLOR'S CORNER

*Ian Mitchell*

Firstly I'd like to take this opportunity to thank all voters in SLDC who turned out to vote on Thursday 2nd May, the 55.1% is above the national average. I'm also obviously delighted to welcome Suzie Pye onto the council to represent our beautiful ward.

Suzie has achieved so much in the last year after heartbreakingly losing by 4 votes. She has set up Sedbergh zero waste and the repair cafe. In addition to this she has knocked on so many doors throughout our area, talking to residents about their concerns and the great things in our

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## **COFFEE MORNING**

In aid of  
“Action for Well-Being”  
(Local Mental Health Charity)

DENT MEMORIAL HALL  
Sat 8th June 11am - 2 pm  
Serving teas, coffees, sandwiches  
Cake Stall ~ Raffle  
Craft Stall ~ Bric-a-Brac  
Face painting

area. I've heard a lot about how national politics have shaped the local elections throughout the country, however I don't think this can be associated with Suzie's victory, she has earned her seat through hard work, this along with your local Lib Dem team working all year round, we got the result we thoroughly deserve.

While it seems from the outside that we concentrate fully on elections, I can confirm that the hard work behind the scenes continues unabated.

### **Crossing at QES**

Several residents have contacted me to convey their concerns about children's safety between QES and St Mary's. I have recently met with County Cllr Nick Cotton to look at the issue. I agree that without a proper crossing this is a high hazard. I have meeting scheduled with the head from QES, as well as reps from St Mary's and Kirkby Lonsdale Town Council. I will keep you updated with progress.

### **Booths crossing**

I'm delighted that we have positive news, the funding for this project has finally been found, and work will start this financial year.

This has been a long process, which was started over 12 months ago by Christine Best when she was running for district council. I'm delighted that myself, Suzie Pye and Kirkby Lonsdale town council could push SLDC to secure the last of the funding.

However, the credit for this project rests with Councillor Nick Cotton, he has put a huge amount of work in. This is a great example of the Lib Dem team, working alongside KLTC to get things done.

### **Assisted Living**

While out canvassing for the elections, I was asked to look into the possibility of an assisted living facility in Kirkby Lonsdale, I have started to make enquires into this and I will keep you all updated.

### **Parking**

Last month I met with the bursar of Sedbergh School to discuss the parking issue on Back Lane. He was very apologetic about the situation that arose, and he is keen to work with local residents, councillors and Sedbergh Parish Council to improve this. He did point out that another event ran very smoothly. I am meeting him again to discuss this issue in more detail, and future actions.

### **Appleby Horse Fair**

Appleby horse fair is nearly here, I have two more meetings scheduled this month with the Multi-Agency Strategic Co-ordinating Group, if you have any issues you would like to raise in regard to the fair, please contact me.

### **Casterton Parish Council**

A strange situation has arisen at



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Casterton Parish Council, following the election in May, there is only one parish councillor.

This has meant that district councillors and a county councillor have had to be appointed to make the PC quorate! Although all of us are happy to help out, while a new election is called, it is vital that people who live in Casterton are on the PC. If you would like to join the Parish Council, please contact myself or go direct to Casterton parish clerk.

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

Ian Mitchell  
[ian.mitchell@southlakeland.gov.uk](mailto:ian.mitchell@southlakeland.gov.uk)  
07530602234

## OUNCILLOR'S CORNER

*Cllr Suzie Pye*

After just missing out last year I can't tell you how good it felt when, in the early hours on election night it was announced that 1,332 people had put a cross next to my name and I was a District Councillor for Sedbergh and Kirkby Lonsdale. It is testament to residents here that ours was the highest turnout in the District and one of the highest of recent years.

Alongside the elation is a huge feeling of responsibility. It is humbling to think that so many people have put their trust in me to champion our area and represent their interests, alongside fellow Liberal Democrat Councillor Ian Mitchell. I am looking forward to embarking on a four-year term representing what must be one of the loveliest wards in the country.

We are at the edge of Cumbria, on the boundary of South Lakeland and in a corner of the National Park but I'll do my best to make sure that we are at the centre of everyone's thoughts!

Please feel free to contact me with any queries or concerns, at [suziejpye@gmail.com](mailto:suziejpye@gmail.com) or on 07833534710

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## **SEDBERGH PARISH COUNCIL**

*Janey Hassam*

*Clerk to the Council*

This report covers items from the Annual Parish Council meetings (and normal monthly meeting) held on the 9<sup>th</sup> May 2019. **The next monthly meeting will be held on Thursday 13<sup>th</sup> June 2019 at 7.30pm.** The meeting will be held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

### **Annual Meetings of Sedbergh Parish Council**

The formal processes of the Council were completed at the Annual Meeting of Sedbergh Parish Council, including the selection of Committees and representatives to outside bodies. Cllr Kevin Lancaster was re-elected as Chair of the Council, with Cllr Ian McPherson elected as Vice-Chair. The Annual draft Accounts were received, along with the draft



Annual Governance and Accounting Statement. The period for the Exercise of Public Rights being 17 June 2019 to 26 July 2019. The Sedbergh Annual Meeting of the Parish was also completed and a summary of the Chairman's Annual Report is noted below.

### **Other Matters**

Various other matters were discussed: Planning, Amenities, and Financial matters. Highways matters were also discussed,

along with the anticipated start date for the repair to the Bailey Bridge on the A683 – Kirkby Lonsdale road. Updates on progress for Maryfell playpark and parking were also noted, along with selection of a contractor for the Tree felling at Queen's Garden and the Playing field.

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

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

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](mailto:clerk@sedberghparishcouncil.org.uk)

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

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## GARSDALE PARISH COUNCIL

*Philip Johns*

The last few weeks have seen a surge in B4RN activity and I have been out most days helping to blow fibre, fitting house kits and aiding Chris Conder from B4RN installing routers and bringing properties live, so, unfortunately, I haven't had time to do my usual epistles. However, on the 16<sup>th</sup> May our parish meeting is taking place with discussions scheduled regarding traffic calming, especially in conjunction with red squirrel deaths on the road, and, of course, B4RN ultrafast broadband. Full reports will be in the next issue.

For those residents who have been fortunate to have been connected to the fastest domestic broadband in the world, I hope the wait and all the hard work was well worth it.

As I have been connected, my contact details have changed:-

**Philip Johns, Clerk to Garsdale Parish Council**

garsdaleparishcouncil@outlook.com  
07807 909860  
www.garsdaleparishcouncil.com



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

2019

Wednesday 12th June  
Thursday 11th July



## FUTURE OF THE FORMER URC BUILDING

*Keith Wood*

By the time you read this our bid to purchase the URC building will have been made and we possibly may know whether the bid has been accepted or not.

Much work has gone into making a sensible and reasoned bid. If the bid is successful there will be much more work to do. We are planning for our community to become considerable more involved. We may soon be talking to you! Do come and talk to us if you feel you can contribute even in any small way.

If we are successful, the building will be bought and run in a similar way to the purchase of the building at 72 Main Street. Initially a Knights company will buy it and a new Charitable Incorporation Organisation will run the building and raise the money to repay the Knights.

Plans are afoot to be able to reopen the building by the 1<sup>st</sup> July – no promises though!

---

## JED'S GARDENING SERVICES

*Jed Fishwick*

I live in Sedbergh and am starting a gardening round:- Lawn mowing, strimming, planting, pruning, weeding, advice etc. I have many years' experience (mostly learnt informally) including 8 years at Sizergh Castle (National Trust). I have most tools/equipment and know the area – what grows, weather etc Reasonable rates. Fully insured. Refs Available. Tel Jed on 015396 21480 or email Jed on jed.fishwick@yahoo.co.uk

# HELLS FELLS

*Sheila Capstick*

Preparation for the Hells Fells Festival is well underway to celebrate Armed Forces Day 28 to 30 June 2019. The day will be a family festival which will recognise and celebrate all serving and veteran armed services personnel.

The aim of the event is to raise funds to support and assist those veterans that are struggling to adapt to civilian life. Some of the veterans who have been helped from the event last year will be attending to mingle and talk about this is being achieved.

Hells Fells work with the Community Self build Agency who address the issues around homelessness across the U K. in 2009 there was an upsurge in the number o f homeless veterans returning from the wars in Iraq and Afghanistan. The CBSA formed a subsidiary to address the direct needs of veterans and the since then, the Veteran Self Build has now resettled 266 veterans.

There are other ex-service personnel and their families that Hells

Fells are also passionate to assist, namely those that are struggling with the trauma they have experienced in service as well as the families that live with the impact of that trauma on a daily basis.

A ladies Yomp to highlight the issues of wives, partners and children who live with veterans struggling with adjustment into civilian life has been arranged and was inspired after eh 2018 Hells Fells event which brought the challenges that women, veterans and families face when their loved one returns after active service.

The Yomp is a challenging 80 mile walk over 5 days starting on the 8<sup>th</sup> June in Ilkley and ending in Bowness – the Dales Way.

The purpose of the Yomp is to bring 200 women together to make a clear statement that the challenges being faced need not be fought alone.

Further details; [Hellsfells.co.uk](http://Hellsfells.co.uk) and #hellsfells2019



## LOCAL YOUNG PEOPLE'S FUND APPLICATIONS

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

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

Applicants must be under 25 and reside within the civil parish of Sedbergh (Sedbergh, Dent and Garsdale) or the civil parishes of Dillicar, Firbank, Howgill, Killington, Lambrigg and Middleton. Applicants should be aware that only two awards will made to any one person, and should therefore consider when making an application whether they might require more or greater assistance in the future.

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

The next meeting of the Committee considering applications is on 12th July 2019, and applications should be submitted by 8th July.

Tel: 015396 20303 Email: [bursarssecretary@sedberghschool.org](mailto:bursarssecretary@sedberghschool.org)

## ZERO WASTE SEDBERGH

Suzie Pye

I have to admit I love a juicy statistic. How's this one: the average household in the UK wastes £480 a year on food that ends up in the bin. Now if that £480 was wasted on electricity, you'd change supplier, or switch off more lights.

36% of the UK's food waste is from fresh fruit and veg. This shouldn't come as a surprise if, like me, you often delve to the bottom of the fruit bowl only to have your finger stab through a blackened, overripe banana. Or you finally get around to investigating the funky smell coming from the fridge to discover half a browning cabbage from last Sunday's roast. We can all do more to tackle

unnecessary food waste in the home. Here are some tips and pointers you may find useful:

Plan your meals carefully to use up fresh ingredients over a few different meals, rather than be left with that half a cabbage;

Shop little and often, buying only what you need, rather than embarking on the "big shop", where we tend to over-stock (this admittedly is a tricky one, especially if you are super busy);

Use best before dates as guides rather than gospel. NB. Use by dates should be followed more closely;

Keep an organised fridge and freezer so nothing gets lost at the back and forgotten about;

Use up leftovers in soups – just



## JOIN US FOR A PRESENTATION & QUIZ @ AL FORNO - 13TH JUNE 6:30PM

Lecture by David Guthrie about lion research in Tanzania and a quiz to win

a safari in Saadani National Park, Tanzania.

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chuck it all in and you really can't go that wrong;

Adapt recipes to use up what you have in stock rather than buy more eg replace carrot with sweet potato, or peas with beans;

Weigh rice and pasta before cooking – don't guess. As a guide, try 90gm per person for rice (uncooked), and 70gm per person for dried pasta. Adjust to suit your appetite, and obviously reduce the quantity for children;

Give your peeler a rest – carrots, potatoes, butternut squash, cucumber etc. can all be eaten fully clothed;

Storing fruit and veg in the fridge, if you have room, will greatly prolong their shelf-life;

If you don't eat the crusts of bread, make breadcrumbs, mix with grated cheese, and freeze until you need a topping for lasagne.

Happy cooking!  
[www.zerowastesedbergh.com](http://www.zerowastesedbergh.com)

## 'SECOND WEDNESDAY' MARKET / VOLUNTEERING AT THE INFO CENTRE

*Andi Chapple*

I'll start if I may with a reminder that on the second Wednesday each month we are hosting extra stallholders at the market on Joss Lane – there were some stallholders from the Saturday markets who were interested in coming along but couldn't do every week it seemed like a better idea to get them all on one day so customers would know when to expect them. So far we've done this for a couple of months and it seems to have gone well; we've had beeswax polish and candles, jam, marmalade and chutney and fused glass.



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LIVING IN HARMONY-SUMMER SOLSTICE (1)

PERSONAL RETREAT DAY

Saturday 22<sup>nd</sup> 11am – 1pm

SUMMER SOLSTICE (2) SPACE FOR STILLNESS

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The next couple of 'second Wednesday' markets will be on 12 June and 10 July, I hope to see you there. Trading goes from 8.30ish to 1.30ish.

We are always looking for volunteers to help at the Information and Book Shop. We give out information to visitors and locals, we sell our own stock and second-hand books to help keep the place going, and we do a number of community things including parking permits, room bookings for upstairs at number 72 and taking a big part in keeping sedbergh.org.uk going.

We are looking for people to interact with customers and enquirers, but we have plenty of back room jobs too (although the back room itself is in need of tidying). We can fit your times round your other responsibilities if you have child care or part-time work; if you are thinking of getting back to work a stint with us could help you get back in the swing of things and would look good on the CV.

If you think you might be interested, please contact me at [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk) or on 07891 908025.

## **PROBLEMS WITH COUNCIL TAX?**

**Karen Evans**

My first council tax bill of the year has come through and I know I'm not going to be able to afford it with so many other important bills to pay, let alone food. What should I do?

Council tax arrears are a "priority debt", which means you need to pay them before other non-priority loans like credit cards. 14 days after you've missed a council tax payment your council can take you to court and request you pay your entire year's bill at once. If you don't pay, you'll owe court costs and possibly bailiff fees as well as your debt, which can add hundreds of pounds to your bill.

It's important to speak to someone in the council tax office about your situation immediately. You'll probably be asked to commit to paying a regular amount each month. If you're on a low income, you might be able to get a reduction on your council tax bill. You may also qualify for your council's Hardship Scheme.

For more help, use the [Citizens Advice budgeting tool](#) or contact your local Citizens Advice.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 03444 111 444 for an appointment and help, 015394 46464 for debt and on-going enquiries. Please note the opening hours at Windermere have been reduced, but contact details remain the same.

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## **TALKING LOOKAROUND**

*Rosemary Handley*

Each month as material is gathered together for The Lookaround we have another team sifting through everything to compile a shortened version that is then recorded in a room above the TIC for distribution to people who can no longer read the published edition because of their visual problems or because they have moved away, possibly to live with family or are in a care home, but want to keep in touch with what is going on in our very active community.

Our Committee provides all the necessary equipment e.g. speakers and memory sticks and a distribution system that ensures they receive their "Talking Lookaround" at the same time as the printed edition. You will see new posters around the town advertising ourselves as we are always on the lookout for new recipients. At present we have 8 people using our service and invite anyone who knows of somebody who might like to be included please to get in touch with Colin Cowperthwaite 20659; Elspeth Griffiths 20677; or Rosemary Handley 20540

## **FAMILY MUSINGS**

*Sarah E Woof*

In our extended families there can be many generations and often mannerisms can manifest themselves down the years. I have a friend who is also related as she is married to one of my cousins, yet her zest for life and her mannerisms remind me so much of my mum.

Then in our grandchildren I see my parents and my offspring and others obviously see the similarities too, thinking the little ones are siblings not cousins or are someone else's child. Goodness knows what bits of me will go down the generations... hopefully the creative part!

So much illness around everywhere, everyone knows someone who is awaiting a diagnosis or just heard one, or having tests or coping with something or other and often challenging. We all need to appreciate our good health however small it might be.

I love Easter. especially as we host an Easter party. and this year 20 children hunted for 110 eggs plus sweeties, bunnies and bears in our garden! Fantastic, long may it continue, I can see them still coming in their teenage years! We have fun all the year round in our garden and every week such adventures take place with the grandchildren and friends, bear hunts that include perilous climbing over rockery stone bridges ("don't you come this way Grannie you might fall") and battling through shrubbery. An interesting hole was discovered and through they went... but only when the stream is dry! Such joy. Usually a hole or two

J. N. & E.



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being dug to find worms for some 'pie' or other, or if it's wet then train track from room to room. Very precious times. I can still get down on the floor/grass with them I just need help to get up.

So many folks work hard in our communities to keep certain organisations ticking along and sometimes need more help. Someone told me recently they moved here because of the community spirit but were surprised to discover that they needed to join in... I think they expected to just sit and watch...?

In our community we gathered recently to give thanks for the long life of 100-year-old Gordon Middleton

who died in the house where he was born, he was farming and preaching up to the end of his life. A remarkable man.

There are a lot of remarkable people in our lives and for some life has become very challenging, and I think of one close friend in particular, also a "fan" of this column. No name but as she reads this or it is read to her I have a message -"keep on getting better and know how loved and missed you are".

For now, a little voice is getting impatient and there is fun to be shared so take care folks and look for those family mannerisms!

## LADIES NFU

Caroline Sandys-Clarke

On the 16th April the Ladies NFU members enjoyed a presentation given by Sarah Garman, the Senior Marketing and Fundraising Officer for THE BENDRIGG TRUST, situated at Bendrigg Lodge near Killington Lake. Bendrigg Lodge was purchased in 1977 and started out as an activities centre for young people from Borstals. The first groups visited in 1978, when it was known as The Northern Association for Community Care. It was renamed The Bendrigg Trust in 1988.

Supported by forward looking trustees, the Trust has expanded its brief and now accommodates people with all sorts of mental and physical difficulties with its Day and Residential courses which can be tailored to suit groups and individuals. Money was raised to build Acorn House, increasing the residential accommodation to provide ensuite facilities, special beds and hoists to make things easier for the more profoundly disabled. Helped by a large team of dedicated staff, visitors can enjoy such activities as caving, canoeing, zip wiring and a huge slide,



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built in the grounds. We were shown some videos of the activities and the pleasure and joy on the faces of the people taking part was amazing. At Bendrigg it is possible for a whole family, with a disabled member, to go and have a short break and enjoy all the facilities together. Or for a group of children from quite a disadvantaged school to go and have a holiday and enjoy the sharing of tasks and activities which they might never otherwise have a chance to do.

With over 4,000 visitors a year and NO government funding The Bendrigg Trust relies on donations and fundraising. This year they have received a grant from The Scottish Power Foundation for £76,000 for their project: Adventure for



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all.....Promoting, Sharing, Inspiring. This was officially launched on the 6th February by HRH The Countess of Wessex on a visit to Bendrigg. Sarah was warmly thanked by our president Helen Woof. Our meeting followed tea and biscuits. Do visit the website to gain more insight into this wonderful charity and its dedicated team. Our coffee morning on the 15th May raised money for this very worthy cause and aided by generous donations of their fees from some of our speakers, the total raised so far is £312.

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### JUNE GARDENING

*Elaine Horne*

The small crab apple tree in my garden has had the best year of its life. Its profusion of blossom reminds me of the reason that I originally planted it – having seen a mature tree in the garden of a stately home which I visited in 1990. The Japanese Crab - *Malus x floribunda* is named for the

abundance of flowers it bears. The crimson buds open to reveal pale pink inner petals, flushed dark pink on the outside. With age, the petals fade to white. Each bloom is dainty with narrow petals giving a delicate outline. Crab apples are produced but are only about the size of large peas so they do not have much of a culinary purpose. Trees are slow growing – after nearly 30 years, mine is around 10ft high and 15ft wide and the arching branches grow through two other shrubs; an upright evergreen *Eucryphia* which may, if I am very lucky, produce some white flowers in July, and a deciduous, silvery leaved *Eleagnus umbellata* which bears its clusters of small, tubular, fragrant, pale yellow flowers as the *Malus* flowers end.

Other notable flowering Crab Apples this year have been *Malus hupehensis*, a Chinese species with pure white flowers, and *Malus 'Golden Hornet'*, a reliable producer of a good crop of yellow apples.

Recently, I visited Priorwood Garden in Melrose where an old orchard contains specimens of at least 70 different varieties of apple. Some of them – “Pomme d’Api” - The Lady Apple and “Court Pendu Plat” originate from Roman times and were introduced to this country by the Romans who disliked the selection of crab and wild apples available in the woodlands of Britain. Having tried a bite of the crab apple which grows in the hedgerow just above the house, I can understand their point of view.

Fritz Hrynyk

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## DENTDALE - HEAD TO FOOT

*Mike Steele*

Our May meeting was an "At Home" where we decided on a few slight changes for the rest of the year (see below) and worked out a tentative programme for 2020.

### 2019 Revised Monthly Programme

June 7<sup>th</sup> - Fizz" & Fruits

July 27<sup>th</sup> - Strawberry Tea Fund Raiser

August 7<sup>th</sup> - Annual Outing to Richmond

September 6<sup>th</sup> - What did Granny do in the war? Freda Meakin

October 4<sup>th</sup> From garden to dents and dints and everything in between Tony Playfoot

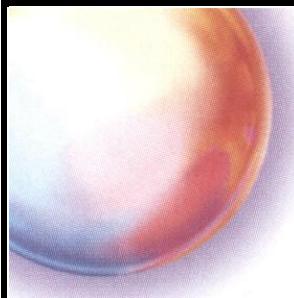
November 1<sup>st</sup> - "Northern Lights"  
Mike Steele

December 6<sup>th</sup> - Christmas Jacob's Join

As you can see our next meeting is on Friday June 7<sup>th</sup>, but our annual outing, this year to Richmond, is on Wednesday August 7<sup>th</sup> where we have booked the Western Dales bus for the day. If you would like to go on this trip please contact myself ASAP, details below, as we have only sixteen seats of which four have already been booked.

Other than the Richmond Trip all meetings are at 2:00 p.m. in Dent Memorial Hall, apart from the Strawberry Tea fundraiser which is on Saturday July 27<sup>th</sup> in the Memorial Hall (time to be finalised shortly).

For further information call Mike Steele on 015396-25054, m: 07813-806209 or e-mail [mds@hallbankcott.co.uk](mailto:mds@hallbankcott.co.uk)



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*Sedbergh Lookaround*

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## YDNP SUSTAINABLE DEVELOPMENT FUND: £175,000 AVAILABLE FOR LOCAL PROJECTS.

*Richard Payne*

Applications are being invited to the Yorkshire Dales National Park Authority's Sustainable Development Fund (SDF), which has £175,000 to allocate in 2019/20.

A report on SDF activity in 2018/19 shows that £156,124 was granted to a total of 27 projects. Each project not only supported local communities or businesses but also helped to either improve the environment of the National Park or provide opportunities for people to enjoy it.

In the west of the park, in the South Lakeland and Eden districts, projects included the installation of interactive displays at Kirkby Lonsdale Tourist Information Centre (SDF grant of £3,044); energy saving measures and a green roof at Sedbergh School's new Sports Hall (£20,000); and promotion of the Westmorland Dales Day (£919).

In the south, in Craven, projects included a 'virtual tour' telling the story of the archaeology of Victoria Cave near Settle (£4,959); archaeological investigations on a former medieval chapel site in Malham (£9,919); and installation of a new underground electricity cable to serve Long Preston's playing fields pavilion (£5,000).

In Richmondshire, projects included the refurbishment of Hawes Market House kitchen plus new fire doors and decoration (£9,560); installation of a new energy efficient heating boiler for Thornton Rust Institute

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(£3,086); and new solar panels and low energy lighting to Raydale Camping Barn (£1,980). The National Park Authority's Member Champion for Sustainable Development, Chris Clark, said: "We have had a very good start to 2019-20, with eight projects already under consideration. I would urge individuals, businesses or community groups to get in touch soon if they have a project idea that may need a helping hand. The SDF is one of the very practical ways the National Park Authority is supporting local communities."

Enquirers can get in touch by phone on 01969 652337, or by using the SDF email address:

[SDF@yorkshiredales.org.uk](mailto:SDF@yorkshiredales.org.uk).

An application form, a set of guidance notes and case studies can be found at <http://www.yorkshiredales.org.uk/living-and-working/sdf>.

## SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

The weather at the beginning of May turned very cold, after an exceptionally warm April, and swift arrivals here got off to a slow start this year. Some were seen in Main St on May 1<sup>st</sup> and at Sedbergh School on May 7<sup>th</sup> but at the time of writing (May 14<sup>th</sup>) there had not been as many around. Two of the Settlebeck school swifts safely came back on time, one in each box: the first on May 3<sup>rd</sup> and the second on May 7<sup>th</sup> and are awaiting the return of their mates. One of these swifts came into its box for the first time at the incredibly early hour of 4.12am, when it is barely light! Arrival times do vary widely, with some returning quite late in the evening.

Swifts are colonial birds, and the swifts breeding in a nest site call out from the hole to attract newcomers to find a site for themselves. That's why the playing of swift calls is the nearest thing to a silver bullet for tempting them to a new box or nest brick. It has been successful in several places in and around Sedbergh, and other swifts are not put off by the calls.

What sets swifts apart is that we never see swifts still. We only ever see them in flight, and never perched or on the nest like other birds. June and July are peak time for watching swifts as from mid-June onwards, when the eggs hatch, the parents will more active in feeding the chicks. The breeding adults always come into the nest at night, so just before it gets dark is a good time to spot nest sites – although they fly in so fast that blink and you've missed them.

Swifts flying high in the sky are busy feeding and at this time of year will be a mixture of breeders and those that are not yet old enough, the non-breeders. On summer evenings they swoop and swirl in the sky, eventually spiralling higher and higher until they disappear from sight, screaming as they go. The non-breeders then spend the night at over 1,000m high, descending again at dawn. These daily ascents and descents have been shown by radar studies.

Thank you to the many people who have put up boxes. We'd like to hear from you, *do please let us know:*

*if swifts breed in your house, or neighbours, are they back?*

*are swifts prospecting your boxes or have they taken up residence?*

*Would you like to help our swifts?*

*We really do need more swift spotters to watch out for nest sites and screaming parties.* Strolling around your patch is all you need to do, for example, and let us know about the swifts you see Can you keep an eye on the church tower to see if any go near the belfry boxes? We can explain more, and would love to hear from you, so do please get in touch, our details are on the next page.



**Swift  
Awareness  
Week**

**22<sup>nd</sup> – 30<sup>th</sup> June**

**SEDBERGH COMMUNITY SWIFTS**

**All about Swifts**

Displays in St Andrew's Church





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After last year's great success, the UK Swift Awareness Week will be from 22<sup>nd</sup>- 30<sup>th</sup> June, with groups all over the country putting on events. Do go and see the Sedbergh Community Swifts display in St Andrew's church. During the week we hope that some shops will also have displays.

We also invite you to a swift watching evening at Lowgill on Thursday June 27<sup>th</sup> at 8.30pm, where we have cameras in the nest sites. This is weather dependant and numbers are limited, so prior booking is essential.

To contact SCS: email  
[ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring  
01539 824043

## CUMBRIA WILDLIFE TRUST

*Karen Bidgood*

With the last of the snow and frost behind us give a thought to the migrating birds on their way back to Burns Beck Moss, our local Cumbria Wildlife Trust Nature Reserve, with its combination of raised and valley mires, providing a diversity of plant species which makes this site so interesting.

The overwintering Buzzard, Snipe and Reed Bunting have now been joined by Willow Warbler, Meadow Pipit and Cuckoo, along with others which may have joined by the time this report goes to print.

The frogspawn is already developing and we may even spot a toad or newt and lizards sunning themselves on the board-walks. Mammals too live on or near the site and we could be rewarded with a glimpse of roe deer and hare.

Willow trees are in flower and the bog myrtle in bud, soon to release the lovely resinous fragrance that we associate with wet, boggy mires. A careful eye may also spot the insectivorous plants and orchids which have adapted to grow in this unique environment.

I am also anticipating views of the

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The Cumbria Wildlife Trust Sedbergh Support Group welcomes you to join us at Burns Beck Moss on Saturday 22<sup>nd</sup> June at 10am for a stroll around the reserve and share our knowledge. Although the main path is on board-walks the ground could be muddy and uneven so please wear suitable footwear. It is about 6 miles south west of Sedbergh; follow the A684 towards the motorway then turn left down the Old Scotch Road and follow this for 3 miles. Park by Hills Quarry.

## **AN INVITATION TO LOOK 'BEYOND THE BEACHES'**

*Nick Cross*

At 06.30 hours on the 6<sup>th</sup> of June 1944 the American forces began landing on Omaha and Utah beaches in Normandy, then, one hour later, the British, Canadian, Free French and Polish forces landed on Gold, Juno and Sword beginning what has become popularly known as 'the Longest Day'. That, sadly, is where many narratives end. But that was only the first day, for another 76 days bloody battles raged across the picturesque Norman countryside for a victory that took the western Allies to Paris and then on to the Rhine itself.

On the Eastern Front the Soviet colossus, bloodily awakened in June 1941, was poised on the 'Belorussian balcony' to finally drive the German armies out of Eastern Europe in what many military historians regard as the most brilliantly conceived and executed tactical victory of the Second World War.

In order to comprehend the enormity of the year 1944 both 'Overlord' (as the Western invasion of France was known), and 'Bagration' (the Soviet offensive in the East), need to be viewed as a linked pair that eleven months later led to the utter destruction of Hitler's vaunted 'Thousand Year Reich'.

I think this is a story worth the telling and one, on this the 75<sup>th</sup> anniversary, where we need to remember the sacrifices of the many millions of men, women and children in the conflict and to show our respect to the frail, elderly survivors of both campaigns who so seared their

young lives in order to destroy the monstrous evil that was Nazism.

Nick Cross, the current Chairman of the Sedbergh Branch of the Royal British Legion will be giving two talks in the Church Rooms as close to the 75<sup>th</sup> anniversary as possible to the opening of each campaign with all receipts going to Sedbergh Branch funds. We need your help to aid us in supporting the veterans of more recent conflicts through the darkness and isolation that often surrounds them when they return to civilian life.

Operation Overlord: 'Beyond the Beaches', Wednesday 5<sup>th</sup> June 2019 in the Church Rooms, St Andrew's Church Sedbergh, beginning at 1930 entrance £5.

Operation Bagration: 'The Red Storm', Friday 21<sup>st</sup> June 2019 in the Church Rooms, St Andrew's Church Sedbergh, beginning 1930 entrance £5.

If you wish to attend both talks, (as I hope you will), then the inclusive entrance will be just £8. At both talks you will be able to buy British Legion merchandise and, if that were not all, we shall be offering the very limited edition British Legion D Day 75 pins.

#### We need your Support.

#### JEAN STEADMAN

*Garth Steadman*

Jean Garnett was born on 1st March 1948 in Coxhoe County Durham which became a place she loved to visit during the school holidays. Here she found her first passion – ice skating, she would spend many an hour on the ice rink in Durham and became an accomplished skater. After the arrival of Jean, Nannie Winnie and Grandad Tom returned to Sedbergh with their bundle of joy, firstly setting up home on Maryfell before securing their family home at 8 Thornsbank where mum was to spend a very happy childhood.

Jean went to the British school in Sedbergh before proceeding to Settlebeck. This leads on to a couple of memories that Jean loved to share. She always wanted to have her ears pierced, but her Mum and Dad always said "no". Jean wasn't happy about this so she and Sue Sowerby would take matters into their own hands and do it themselves. So, with a needle in one hand and a cork in the other, Sue set to and pierced Jeans ears. I think the pain was more than Jean had expected and Sue never did manage to set up that ear-

#### ROYAL BRITISH LEGION

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

Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.  
You do not need to have served in the Armed Forces to be a member.

Membership costs £17.00 - call 20964  
email: [dmparratt@gmail.com](mailto:dmparratt@gmail.com) for a form.

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



piercing business. Another time, they jumped out of the cloakroom window prior to the bell, to beat the school rush. The headmaster watched them and said goodbye; they thought they had got away with it. But oh no, he was waiting for them the next morning. Needless to say, they ended up in his office before getting the cane, which I think was a regular occurrence!!!!

Jean was very popular at school and in May 1967 she was chosen to be the Sedbergh Gala Queen, an honour her daughter, Michelle, was to receive some 30 years later. As Jean and her friends grew into mischievous teenagers, they loved nothing more than going to the regular dances at the People's Hall in the early 1960s,

and were keen supporters of the Hellions, which was ironically Garth's band. Her nights were cut short as her dad insisted that he picked her up at 10 o'clock on the dot with no boys in tow!!!!

Jean later married and gave birth to John on the 1st March 1970, also her 22nd birthday, what a present!!! Eight years later Michelle arrived and that was the start of a bond which would never be broken. Jean and Michelle were more than mother and daughter, they were best friends.

Michelle said "She was the most amazing caring Mum that John and I could ever have asked for. We are two very lucky people and proud to have her as our Mum. We shared many happy times and many special

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holidays, from Scarborough camping to our first ever holiday abroad to Malta. Our first trip to Turkey would see mum allow me my first alcoholic tipple “a brandy sour or two” gosh, I had a stinker of a hang over the next day, we often laughed about that. (what great times we had.)”

The first big landmark was 2003 with the arrival of the first grandchild, little did Jean know that many more would follow. John, Michelle and Mark gave her and Garth seven beautiful and handsome grandchildren: CJ, Chloe, Sienna, Jody, Ruby, Stanley and Pippa. They were her world and she was the best Nana, the love that they shared was so special and something that they will keep in their hearts forever.

Whilst holidaying in Goa, a memorable proposal was to happen. On Valentine's day 1992 Garth got down on one knee and popped the question. Together they chose the ring which was hand-made to mum's design and taste. Mum and Garth were engaged for many years before marrying in November 2003 after buying Ashgill at Millthrop and honeymooned in Southern Thailand. The song that was echoed at her funeral was “From This Moment” by Shania Twain which was their wedding song, the lyrics mean so much to all the family.

Jean and Garth enjoyed travelling and their love of cruises took them to many exotic and exciting foreign destinations. Strangely, her favourite film was *Titanic!!!!*

After being made redundant as a cook from Primary school and Settlebeck Jean joined the team at



Thurs 27th June

## Sedbergh Community Swifts

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Steadmans making products that won many prizes all over the Country. Including the National BBQ competition, The Butchers shop of the year, where Jean and Garth attended Claridges for the presentation dinner and they also won the Northwest Rural Retailer of the year, organised by the Countryside Alliance. This took them to the House of Lords to receive their prestigious award, Jean spent hours trying to find the right hat for the occasion, but to no avail.

Jean retired at 60 to enjoy family life (oh and not to mention Tipping Point and The Chase) and especially quality time with her grandchildren. This became more important to her as her illness progressed.

Jean was a loving, caring and without doubt courageous lady who fought to the bitter end. A true angel who will carry on shining forever, through all that she touched. Now fly free Jean, alongside Nan and Grandad until we all meet again. You are simply the best and we all love you so very much.

You might be gone, but you will never be forgotten. Love you x

## **NEWS FROM THE PEWS**

*Churchwardens*

*Susan Sharrocks*

*Tony Reed Screen*

Coming back home after a period of time away one looks at familiar surroundings through fresh eyes and returning in spring gives a particular joy. The bright shades of green in the hedgerows, the trees and lawns complementing the glorious colours of the bright verge side flowers, and in the gardens the azaleas and rhododendrons that just love the soil in this area. The beautiful blue skies over the Howgills set the picture postcard scene that I am sure we all carry with us when in distant



parts.

Thanks to a small team of dedicated gardeners there is not a weed to be seen in the church garden borders and the lawns are as manicured as can be on rough terrain. Over the next few months locals and visitors will be walking along the church paths for all sorts of reasons perhaps stopping to smell the roses, or linger on the benches to enjoy an ice cream. Many will be making their way to the services, the coffee mornings, the meetings and other occasions; happy and sad that bring them into the church itself.

The Woodhouse Ringing Machine was brought to the church on

### **a helping hand**



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Saturday 11<sup>th</sup> May. The machine being a "one off" needs expert care and handling. Made in the 1930's by George "Bobby" Frazer Woodhouse a science master at Sedbergh School and a prolific bell ringer whose name appears on every peal board in the ringing chamber.

In his will Mr Woodhouse left the machine to the Lancashire Association of Bell ringers. It has spent many years sitting on the lounge floor in various homes around the county of Lancashire before coming back where it started life.

Five trustees have been appointed from the LACR to ensure its welfare now and in the future. The trustee who restored the machine did so for the sheer pleasure of getting his hands on it being just the kind of pastime he enjoys. Bill joined the ringing association to cement his interest in the machine and finally his arm was twisted to learn to ring tower

bells although he reckons he is too old in the tooth for that. I think it is safe to say that everyone who heard the machine ringing on that Saturday were quite delighted with the sound and Bill said he had really enjoyed his time in the church meeting everyone explaining the workings and playing this unique machine that now sits in a lovely oak cabinet at the back of the church.

One of the methods (the name for the "tunes") rung on the machine was "Sedbergh Surprise Major". It is hoped that a local person(s) can be trained to use the machine, please make yourself known if you are so inclined.

Sunday 9<sup>th</sup> June the church worldwide celebrates Pentecost. In the week preceding starting on Monday 3<sup>rd</sup> June a series of displays called "Experience Pentecost" will be in St Andrew's. Someone will be present during the daytime to help answer any questions visitors may have on the subject. We look forward to welcoming children from both the primary school and Settlebeck at various times.

As always, there is a welcome on the mat.

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## DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

In June we will be having a Pentecost celebration and during these weeks some of those connected with DDCF will be praying for the youngsters sitting exams. 'A' levels, GCSE, school exams and other exams and tests. If you or your family are doing exams and you would appreciate knowing you are being prayed for then please contact us.

We will pray that parents stay calm and supportive amidst the stressful time and that those taking exams remember what they have learned and also stay calm.

You can write to 'Rhumes' Dent LA10 5QJ or phone or text; 015396 25212/ 07837988438.

Details of this initiative and everything else can be found on our website/Facebook page.

## ENVY

### The Second Installment of a fictional story.

Evelyn Salter

Last month we left Lydia about to open the door to her Aunt Connie with her man-friend and two neighbours who had come to pay their respects and to go to Lydia's mother's funeral.

Lydia took a deep breath and opened the door.

With the usual platitudes she showed them into the living room and offered tea. Grateful that the offer was accepted she escaped to the kitchen. Even so she could still hear Aunt Connie's man-friend Harold going on about money, how to save it and not waste it. She could hear him even over the sound of the kettle boiling. By the time she delivered the tea he was reminiscing about his tough up-bringing and how it hadn't done him any harm. Lydia wasn't so sure about that as Aunt Connie had apparently, '*walked into the door*', once too often over the years.

Next to arrive was Aunt Sylvie. Lydia hoped her thoughts didn't show on her face as she asked God why it was that Sylvie was still alive and her

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mother dead. She fought to hold down the lump in her throat, she could hardly bring herself to speak to the woman and after today she vowed that she never would again.

More guests began to arrive some pushing their way into the small living room and some overflowing into the hall way. Lydia hardly knew half of them but she did know why they were there. The fact that it was her mother's funeral was secondary, most were there hoping to rub shoulders with her sister the famous '*Chrissie Martin*'.

Lydia spotted her raincoat hanging on the hall stand and dared herself to put it on and leave them to it. She wondered then as she poured more tea whether it was the thought of seeing Chrissie again that made her want to leave. Did she really hate her sister so much? Her mind slipped back to her childhood.

Their mother had recovered, despite Aunt Sylvie's pessimism. Mrs. Martin still wasn't able to do much and the weight of responsibility had fallen on Lydia's shoulders. It would have been enough for an adult to cope with, let alone a child of thirteen.

Through all the years Lydia had done her best for her mother. She shopped, cleaned and cooked for them all. Her mother had been grateful of course. What she couldn't bear was her mother's insistence that Chrissie had lessons in music, dance and singing. Oh how well she remembered sitting watching the dance class and wishing with her child's heart that she could join in. Mother explained that Chrissie had real talent and there wasn't enough

money for Lydia to have lessons too. Over the years the pill became a very bitter one as Chrissie blossomed and Lydia found herself taken more and more for granted.

Suddenly, there was a commotion among the assembly bringing Lydia back to the present. Aunt Sylvia was of course first to the door. Chrissie had arrived!

Lydia felt a blush running up her cheeks as she tried to check the intense emotions a meeting with her sister always brought to the surface. Everyone was falling over themselves to greet Chrissie. Honestly at that moment she could have happily choked her sister.

That was when she saw **Him!**

**To be continued....**

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Conductor: Roland Fudge Leader: Val Snelling

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with an American theme

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from: Sedbergh & District Information Centre (015396 20125),  
Orchestra Members or  
Sedbergh Pepperpot Club (015396 21196)

Any surplus from this concert will be shared between the People's Hall Redevelopment Fund and the Alison Armstrong Pepperpot Fund supporting the Orchestra and young musicians locally.

## **SEDBERGH ART SOCIETY**

Jenifer Alison

First of all, the WEDNESDAY PAINTING GROUP, which meets every Wednesday afternoon at 1.15pm in the People's Hall Committee Room, invites you to come along; you will be made very welcome. If you would like to see if this is for you, contact either John Conway or Margaret Copestake. A small fee is payable to help towards room hire.

John Conway:-

[conway44@btinternet.com](mailto:conway44@btinternet.com)

or Tel: 01524 241254

Margaret Copestake: -

[margaretcopestake@gmail.com](mailto:margaretcopestake@gmail.com)

or Tel: 01539 621842

EVENTS: Painting Day, Saturday, April 27<sup>th</sup>. As predicted this was an excellent day for discussing and enhancing on-going work in the company of good friends, and also for starting something new. It was very well attended and there was such a lovely atmosphere. Thanks to all who came and helped with the day.

Demonstration and Workshop by Anthony Barrow, 10<sup>th</sup> and 11<sup>th</sup> May

The Friday demonstration was an exciting introduction to the day to follow; below is about the Saturday workshop. As you can see by the illustrations, this was a highly adventurous and exciting day. The method we followed in the morning using Anthony's clear guidelines on where to put the eyes, ears, nose and

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mouth etc. may have been old hat for our excellent portraitists, but essential for people like me. I have always considered myself a dunce when it comes to portraits! It is amazing how, using gesso, charcoal, a rubber, rags, hairspray, and acrylic glazes helped me produce an acceptable result. Other results were superb. Anthony's humorous and cheerful personality is catching, and there was a great atmosphere. He clearly loves his painting and imparting his enthusiasm to others.

In the afternoon the approach was different. This time it involved splashing on to paper a cacophony of colours and shapes in drippy acrylics. It was so exciting to see how Anthony developed his splashes into a beautiful portrait. We were all a little tired after our intensive efforts in the morning, but gallantly attempted this ourselves, and there were some lovely results. Well done to all participants and thanks to Anthony and his wife Lynne, who was a great support and kept him organised!

So, what next? A Painting Day on Saturday June 15<sup>th</sup>, 10 – 4pm. Cornerstone Church Hall, New Street.

Friday June 21<sup>st</sup>, 7.30 – 9.30 pm. This will be our last Friday meeting for this season. We have a talk by David Hartnup entitled Stories behind the Victorian Artists.

On Saturday 20th July, an extra workshop to be led by Kath Lockhart, Reduction Lino Cut.

It will take place in the Cornerstone Community Hall, New Street, from 10am – 4pm. At the end of the demonstration by Kath, this was requested by a good number of the



participants. Her workshops have an upper limit of ten people, so could you let us know as soon as you can whether you would like to attend? Contact details for Gill and Jenifer are below.

The annual exhibition is getting nearer! It runs from Thursday 22nd August until Monday 26th August inclusive. The preview is Wednesday evening, 21st August. As usual it takes place in the Sedbergh School Library.

#### Contacts :-

##### **Jenifer Alison**

[jen.alison10@gmail.com](mailto:jen.alison10@gmail.com)

Tel: 01539 824666 or 07785 964008

##### **Gill Impey**

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## ROSE COMMUNITY THEATRE

*Sandra Gold-Wood*

Hello to everyone out there who enjoys a good Quiz be it from your armchair or actually taking part. You are invited to the 'Variety Quiz Night' believe me it will be like no other Quiz you have ever been to. This exciting evening is on offer at the People's Hall on Sat June 22.

Members of the RCT will be taking to the stage to amuse you with sketches and 'Woody' your usual PH Quiz Master will be on hand to deliver the questions in his inimitable style. There'll be Quizzes at the table, Quizzes on the stage, Quizzes old and new, in short a plethora of Quizzes and lots of fun besides. So please do come along and join in for your chance to win. Yes, folks as usual no expense whatsoever has been layout on lots of prizes.

This is a fund raiser for the People's Hall who are in the process of raising money for some comfy new chairs. Hooray.

Teams should be no more than six persons. Children are welcome. £3 per person plus a surprise raffle and a bar. Doors open at 7pm and Quizzing begins at 7.30pm sharp.

## SEDBERGH TOWN BAND

*Keith Wood*

Firstly, a few words about our fabulous Dance Extravaganza in March. Everyone who was there will agree that it was a great night and one of the band's greatest and most challenging performances. The PH was full of an enthusiastic and dance starved crowd. The whole audience could only stop their frantic jitterbugging and stare in wonderment during our 'Bohemian Rhapsody'. The bass section had served their detention and had finally got the idea. The trombones had unilaterally decided to 'stand and boogie'. So we carried it off beautifully (or if you prefer, according to Bandmaster Iwan "by the skin of our teeth"). Thank you to all who came, danced and enjoyed

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themselves.

Our next gig is during the Music Festival. Our very popular Spring Concert which starts at 7.30pm on Saturday 15<sup>th</sup> June at St Andrew's Church, Sedbergh. We will (as always) be brilliant. Look out for the posters. Get your tickets at the band members, TIC, usual shops or on the door.

On the following day Sunday 16 June at 2pm we will be entertaining those poor seaside dwellers at Grange over Sands. An afternoon of picnics and music in the promenade bandstand. Why not pop along to Grange. Feed the ducks and gaze wistfully across the sea with our fine brass music in your ears.

## SEDBERGH ORCHESTRA CAFÉ CONCERT

*Shirley Smith*

It so happened that the best date for Sedbergh Orchestra's Summer concert turned out to be July 4th, American Independence Day. It was clear then that the concert should be a Café Concert in the People's Hall with an all-American programme. Rehearsals are well under way with a selection of well-known and well-loved pieces and orchestra members are clearly enjoying themselves. Roland Fudge will be both conductor and host for the concert evening.

Tickets will cost £12 at the door but, since our café concerts are popular, it might be wise to buy tickets for £10 in advance from Sedbergh & District

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Information Centre (015396 20125), Sedbergh Pepperpot Club (015396 21196) or from orchestra members. Anyone 18 or under will have free entry, but will still need a ticket to exchange for a soft drink on arrival. The first glass of wine will also be free for those over 18! There will be nibbles on the tables to keep hunger at bay and a very short top-up interval part way through since the concert will only last for about an hour. A finger buffet will round off what we hope will be an entertaining and enjoyable evening.

## TALKING ABOUT ALZHEIMER'S

*Rev Dr Kenneth Wilson*

I want to say something about Alzheimer's this month. Only the other day I read that many people are loath to consult their GP about memory loss and related symptoms because they fear they might have Alzheimer's.

That is an understandable but mistaken attitude. It is true, sadly, that there is still a stigma attached to the condition: the World Alzheimer's Report in 2012 noted that 75 per cent of those living with Dementia and 64 per cent of carers experienced negative attitudes in their countries. And many individuals, sufferers and carers, say they are left alone because people do not visit them or invite them to their homes. They do not know how to cope.

Three things can be said with optimism. Early diagnosis is likely to be very helpful; there are treatments which can alleviate some of the symptoms and postpone the onset of more serious consequences. There



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are simple devices available which can extend independent living. And actually learning the reason for your symptoms will itself ease your anxiety; the truth will set you free.

Secondly, there are better medications being developed that will help with the development of the disease. More needs to be done, more resources are needed, but progress is being made. Alzheimer's Research UK has as its aim an Alzheimer's free Britain – nothing like aiming high!

Thirdly there is a growing number of care homes with specially trained staff in the event that we require 24 hour care or our carers need respite (though there is still a fight to be had to ensure that finance is provided

from the NHS to keep Dementia in line with other long term illness).

We will all know people with dementia. As society's demography changes and we all live longer, the occurrence of the disease will proportionately increase which means that it is vital we get rid of the stigma and accept those living with Dementia as normal members of the community.

The Church has, I believe, a major role to play as a community which accepts inclusivity: since we proclaim we are "all one in Christ", we had better get used to practising what we preach. I'm sure we want to; let's put aside our fears, seek advice for ourselves when we think it might be appropriate, and welcome all.

## SIGHT ADVICE

*Sue Harper*

Our meeting began with a discussion as to where to have our June lunch and we finally decided on the "Fat Lamb" again.

After Tea, Biscuits and mini Easter Eggs, Amy Pearman from Kendal Sight Advice talked to us and demonstrated various interesting pieces of equipment such as a bright red piece of plastic to make it easier for a blind or partially sighted person to find their food as opposed to a white plate which can cause confusion due to the lack of contrast. She also demonstrated talking clocks and watches and a talking key ring.

A magnifier which hangs round the person's neck to leave their hands



free is useful for needlework. Also a device to clip on the side of a cup which vibrates when the liquid reaches a certain level, helps people to maintain their independence.

Everyone found Amy's talk very helpful. At our next meeting on the 21<sup>st</sup> May we will hopefully hear all about Alpacas.

## PYJAMARAMA STORIES

*Hannah Clarke*

This Bookstart week join us at Sedbergh library for a fun story and rhyme session for little ones and their grown-ups with simple crafts and a free book to take home. No need to book, just turn up – bring your teddy if you want to! Wednesday 5<sup>th</sup> June 10.30am-11.15am

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## A YEAR IN FITNESS JUNE 2019

*Stuart Wetherell*

This month's topic is activity and ageing.

"It's never too late to get in shape" is a mantra that we may feel was written for someone else – not for us. But research has shown that whatever our age and starting point, we can all make positive changes to how well our body functions to perform better and help us have active lives well into old age.

Obviously, there are natural changes that occur in our physical state as we age, but the biggest driver of change is more to do with what we do and why, than with our intrinsic ability to do certain things both now and in the future. Moving from childhood through to early adulthood and then to middle and later adulthood brings new responsibilities that jostle for our time and attention. Physical activity is often the one that gets pushed to one side – the luxury we can't afford. We also change what we do in our leisure time with a reduction in active pursuits and an increase in

socialising which involves, sitting and food and drink.

So, we see a change in ourselves and question our ability to be active again. It is something we tell ourselves we will do later, but, if we do nothing, we won't be active again! To make these changes happen, we need to be the agent of change.

Most of us recognise we need to be more active and live 'better' lives. We know the benefits of "Active body – active mind"; being able to enjoy time with family and friends, being self-reliant well into older age, reducing and preventing falls by improving balance and co-ordination, reducing disease ... the list goes on.

So, what stops us? Unsure of what to do – certainly. Fear that we may

hurt ourselves or make existing conditions worse – understandable, consulting your GP first may help remove this concern.

Disappointment / embarrassment with ourselves that we can no longer perform as we once could...

Firstly, be realistic. The negatives haven't happened overnight, and it will take more than a week of new activity to make a difference. The first thing is to identify a physical activity that you enjoy doing and ideally someone else to do it with to keep you motivated.

Our body is constantly repairing itself and replacing itself – natural regeneration. As we get older this process slows down, but, for the vast



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majority it doesn't stop until well into our 90's and beyond.

Our ability to move is a function of our skeletal muscle. If we do nothing, muscle mass will drop off as we age but if we are active and do exercises to develop muscle mass then we can halt and reverse this decline. Our heart is also a muscle that can be exercised and the efficiency of our heart, often measured as resting heart rate, can also be improved.

What we eat – our diet – also has a big impact on our physical wellbeing. As we get older, we become less efficient at absorbing some foodstuffs, for example, our ability to digest protein (one of the building blocks of muscle) reduces as we get

older. The other key to good health is eating a very wide variety of foods which help to establish good gut health. Recent research is suggesting that if our gut is not healthy (is stressed) then it impacts on the health of our whole body – including weight gain. There is a shift back towards a more holistic approach to looking at the human body rather than breaking it down into a 'catalogue' of individual component parts that need 'fixing' in isolation to the whole.

Sometimes to commence with a programme of exercise and activity just requires confidence and positive attitude. Sometimes you may need the specialised guidance of an expert,

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for example, the use of an experienced personal trainer or attending a structured class. The health outcomes of osteoporosis (OP), osteoarthritis (OA) and rheumatoid arthritis (RA) can all be improved through exercise – but, the approaches you need to take are very different. The same is true for cardiac rehab., post-operative repair and functional muscle rehabilitation following an injury.

Exercise and activity don't only 'work on muscles', activity also fires up the central nervous system and so is also very important in both slowing the progression and improving the outcomes of neurological conditions such as Alzheimer's and Parkinson's Disease. Again, it is useful to seek

### Tennis coaching is back!

Sedbergh Tennis Club is offering coaching for primary and secondary school children over six Sundays from June 9th, cost £15 per participant - just £2-50 per session!

The coach is Garstang-based Michael Cartmell, Numbers are limited and please note that by the time you read this, we may already have filled all the places through the schools.

Check with the Tennis Club Facebook page (Sedbergh Tennis Club) where we will say if there are significant extra opportunities. If it is a success it will be repeated.

guidance, but the Alzheimer's Society and Parkinson's UK have some excellent resources on their websites.

Should you have any further questions or want to know more please contact me.

[stuart.wetherell@btinternet.com](mailto:stuart.wetherell@btinternet.com)

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## PEOPLES GYM AND FITNESS CENTRE

Sandra Gold-Wood

On Saturday May 11 PG&FC held its Annual General Meeting at the People's Hall. The committee was returned on mass and will serve another year. The Chair (Sandra Gold-Wood) and the Treasurer (Rosemary Lewes) delivered their annual reports as did the Gym Manager Stewart Wetherell. The benefit of having a Membership Secretary (Anita Swarbrick) are becoming more and more apparent adding to the smooth running of the Gym.

The subscriptions will stay the same until the next AGM when they will

come under consideration again. The future of the Gym looks very good and the possibility of expansion was discussed. The meeting was held on such a beautiful day it is probable that the majority of our member were out and about but the committee gives it's whole hearted thanks to those who did come along.

The PG&FC committee are delighted to report that Jeremy Prall is back on the committee and we also welcome David Simpson who has stepped up to serve. The committee would like to thank Roger Smalley who came along to say what a great facility the gym is. It great to hear this and it goes a long way toward firing the enthusiasm of the volunteers on the committee who carry out the day to day running of the Gym in their own time.

If you have an idea that you would like to put to the committee, or you would like a copy of the Chair and/or Treasurers reports then please Email: [secretary@sedberghgym.club](mailto:secretary@sedberghgym.club)



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## KILLINGTON SAILING ASSOCIATION OPEN DAY

*Myles Ripley*

On behalf of the Killington Sailing Association I wanted to say thank you to the 65 people who came and tried sailing at Killington on Bank Holiday Sunday May 5<sup>th</sup> (rather cooler than Easter Sunday!). We raised £50 towards supporting the excellent activities provided by Bendrigg Lodge. The whole day was facilitated by the volunteers who took people out sailing – pupils from Sedbergh School, volunteers from Kendal Sea Cadets and Kentdale scouts – and of course some volunteers from the main membership of KSA. We were also loaned extra dinghies by Lancaster Sea Scouts and Sedbergh School as well as using the 8 dinghies that KSA own and are available to their members for free.

We hope we may have excited some of the “guests” to take on sailing as an activity and members of KSA can receive informal tuition on Tuesday evenings in term time. Youngsters can also join Kendal Sea cadets who sail/kayak/row every Monday evening or local scout

groups who occasionally have watersports days up there as well.

I hope you enjoyed your day and thank you for coming.

---

## WICKERFISHARTS BIG ART COMPETITION

*Stuart Gray*

Come along join us at Farfield Mill and produce a picture in a day. Have fun with fellow artists, hang your framed artwork up at 3:30 pm for it to be judged by Sheryl Roberts ‘the Turner of the North’. Prizes for the best three pictures.

**Sunday, July 28th at 9.00am**

For further details contact :-  
Stuart on 07817331914  
Ruth on 07742543371  
email [wickerfish@hotmail.co.uk](mailto:wickerfish@hotmail.co.uk)  
or personally at Farfield Mill studio 3K

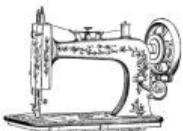


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## TENNIS COACHING IS BACK!

*Martin Lewes*

Now the new courts are complete, Sedbergh Tennis Club will be offering coaching for primary and secondary school children this year.

It will run for six Sundays from June 9<sup>th</sup>, and cost £15 per participant - £2-50 a week!

The coach is Michael Cartmell, who is based at Garstang, and you can read about him on the web.

Numbers are limited and please note that **by the time you read this, we may already have filled all the places through the schools**, but check with the tennis club Facebook page at <https://www.facebook.com/sedberghtennisclub> where we will say if there are significant extra opportunities.

And if it is a success it will be repeated.



## SEDBERGH SCHOOL NEWS

*Karen Bruce Lockhart*

The Duke of York visited the Rong Qiao Sedbergh School in Fuzhou China and presented iDEA (The Duke of York Inspiring Digital Enterprise Award) Bronze and Silver awards to pupils there. He said he encouraged more global exchange and commended the school as an example of successful partnership between GB and China

The Prep School had a very enjoyable skiing trip

DVDs of the School's production of A Midsummer Night's Dream are available

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Cam Harris raised some £2,500 for Multiple Sclerosis UK running in the



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London Marathon. In addition, 3 OSs also ran to raise money for charities.

The conservation group have been repairing paths and clearing rhododendrons in Dentdale.

The "Global Run" at the time of the Wilson Run brought in tweets with photos and videos from 23 different countries, 6 continents and 152,000 views

David O'Brien of Dent, former Governor of the School, died on 22<sup>nd</sup> April and his funeral was held in Dent Church on 11<sup>th</sup> May

Pupils and staff assisted at an Open Day sailing on Killington Reservoir.

**Drama** By the time this is published the School's production of Joseph and the Multicoloured Dream Coat will have been performed in the Arden

Theatre. On 28<sup>th</sup> April a performance of Macbeth by Three Inch Fools took place on a surprisingly sunny afternoon in the Evans House garden.

**Academic** Four year 6 mathematicians won the Maths Challenge at Hunter Hall for the second year running.

**Golf** Andrew Davis (17), besides winning the Welsh championship and being elected amateur golfer of the year, has been selected for the Walker Cup (amateur equivalent of the Ryder Cup), ie the adult squad.

**Shooting** At Easter during the holidays the Shooting team went to training camp at Bisley and practised on full rifle targets at distances from 200 to 1200 yards. They shot against



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the Royal Air Force. The Prep school team have won the Prep School's' Rifle Association's St David Shield with average scores of 92 out of 100.

**Netball** Jady Clarke, England's most capped netballer, trained in the Hirst Centre on 23rd April.

**Athletics** The Athletics team trained in Barcelona Spain during the Easter holidays. This seems to have paid off when they won the Boys' and Girls' Senior and Intermediate, and came second in the Boys' junior and 5<sup>th</sup> in the Girls' junior competitions in the HMC tournament at Gateshead

**Cricket** The first game of the year (before term started) against Worksop was lost by 4 wickets. They won against the MCC by 9 wickets, and won against Manchester

Grammar School, Myerscough, Lancaster Grammar School and Shrewsbury.

All term there is a T20 tournament running among the boys' Houses and a Girls' XI. The Girls' U 15 lost to Wakefield and won with the loss of 1 wicket against Ripon. The 3<sup>rd</sup> XI, which includes some staff, is now playing in the League, and won against Ambleside. The Prep School played the Newcastle School for Boys in the Banbury Cup and were 4 wickets for 8 runs, but pulled themselves together and won, qualifying for the Northern final for the 7<sup>th</sup> year out of the last nine.

**Rugby** The 1<sup>st</sup> XV achieved the remarkable "Double Treble" of winning the Daily Mail Cup, the

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National Sevens and the National Super Tens for the second year running. Hart won the inter-house Sevens on the first weekend of term. Cameron Redpath OS and Josh Hodge OS have both been named for the England U20 for the Junior World Championship In Argentina. Will Hayden-Wood has been selected for the England U20 team for the second year running

**Equestrian** Gabriella Farebrother-Dunn has qualified for the Royal Horse Show. The team came third out of 38 at the Royal Windsor Land Rover inter schools' competition

**Swimming Six** prep school pupils have qualified LAPS National Swimming Finals.

### Future Events

First Class Specsavers County Championship 30 June to 03 July Lancashire v Durham. This first-class fixture presents a fantastic opportunity for cricket fans in the North West and the School is delighted to have been selected to host. Play will start at 11am and finish latest 6.30pm. Some food and drink will be available for purchase on site, and spectators will be encouraged to

visit the town to take advantage of all Sedbergh has to offer.

Tickets are available to purchase via the LCC website, and access will be free to all from 4pm each day.

For information on hospitality packages available, please email [eventsmanager@sedberghschool.org](mailto:eventsmanager@sedberghschool.org)

Lancashire CC, The AA, Sedbergh School and relevant local authorities are working together to minimise disruptions with traffic and parking, and routes will be clearly signposted and marshalled. Buses will also be arranged for spectators to travel from Old Trafford and Oxenholme station to help reduce congestion.

The School returns from Half Term on 2<sup>nd</sup> June

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Pupils will take part in the Great North Swim on 7<sup>th</sup> June

The Prep School Regatta will take place at Killington on 8<sup>th</sup> and 9<sup>th</sup> June

The Sedbergh Prep School Epic run is on Saturday 15th June at 1pm (walking group 12 noon) from the Prep School sports hall. All welcome to participate

The School are doing a Charity Skydive on 16th June

There will be a Teatime Concert in the Thornely Studio on Monday 17<sup>th</sup> June at 6 pm

The Home 1<sup>st</sup> XI games in June are against Durham Academy on 18<sup>th</sup> June at 11 am, against Grey High PE (T20) on 19<sup>th</sup> June at 4.30 pm, against Bolton GS on 22<sup>nd</sup> June at 11.30 am, against Lancashire Academy on 25<sup>th</sup> June at 11 am,

There will be a Challenge Week again in the last week of term when pupils will attempt to do things they would not otherwise experience helping others around the town and north of England. Some ten projects are planned in the Sedbergh area doing community based tidying up jobs etc as last year

The Prep School will perform *The Lion King* on 27<sup>th</sup> and 28<sup>th</sup> June

Speech Day and the end of term is on Saturday 6<sup>th</sup> July in the Hirst Sports Centre, the Prep School in the morning and the upper School in the afternoon, followed by the Leavers' Ball in the evening

The Chapel Choir will depart for their USA tour on 8<sup>th</sup> July

The Shooters will attend the Schools' Meeting Warmup starting on 10<sup>th</sup> July.

## Big Art Competition

Wickerfish Art Gallery

Sunday 28<sup>th</sup> July 2019



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## LOCAL YOUNG PEOPLE'S FUND

Karen Bruce Lockhart-Chairman

This Fund is provided by the Governors of Sedbergh School for the benefit of all young people (under 25) resident within the parishes of Sedbergh, Dent and Garsdale, as well as Killington, Dillicar, Firbank, Howgill, Lambrigg and Middleton for educational purposes.

The grants are not means tested and applicants are required simply to justify why they be awarded a grant and to give some idea of the cost of the purpose for which the grant is required. It should be borne in mind, however, that only two such grants can be awarded to any one person. It may not be sensible to apply for a

comparatively small grant for a primary school aged child who may need a much more substantial sum later in their educational career. For instance, a talented musician aged 8 might need violin lessons, but later in his or her career may require a very much more expensive instrument. The purpose must, of course, be educational but this covers sports training, music, and travel abroad as well as purely academic purposes.

At a recent meeting of the Trustees it was felt that it might be helpful to those considering whether to apply for a grant to know the types of grant that have been awarded recently, and accordingly the following are some typical recent awards

Grants for laptops at university and

for A Level courses

Grants for university text books

Grants for overseas educational travel

A grant for a residential field trip

A grant towards a gap year placement abroad

A grant to assist with fees for an extra-curricular language course

A grant to assist with the cost of books, equipment and uniform for a vocational course

Grants towards the cost of musical instruments

The awarding of a grant and the amount thereof depends very much on the justification put forward in the application. One applicant might want a laptop simply for ordinary use, another may be embarking on an



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extremely technical electronic university course which requires a very expensive computer and might receive a larger grant. Another may be going on a two week course in Europe, while yet another may be going for six months to work with a charity in a less developed country. It is also helpful to know what other steps the young person has taken to raise funds.

The next consideration of applications will be early in July and the Trustees hope that young people of the district will give early consideration to applying for a grant.

Application forms can be obtained from the Sedbergh School Bursary or from the Tourist Information Office.

## SETTLEBECK NEWS

*Sarah Campbell*

**Settlebeck is 70!** Settlebeck School first opened as a school in 1949 and has been serving the Sedbergh Community ever since. To mark this anniversary on Friday 21<sup>st</sup> June we are holding a Pop Ceilidh, called by Sue Nicholls. This ticketed event starts at 7.30pm with a licenced bar available. Tickets can be purchased from Settlebeck School Office or Sedbergh Mini Market

On Friday 28<sup>th</sup> June, you can revisit your youth by taking a school tour from 2.30pm and reminisce about your school days over afternoon tea. The school archive of photographs from 1949-2019 will be on display to jog your memories. If you do intend to visit the school on Friday 28<sup>th</sup> June we would be grateful if you could register your interest by email at [office@settlebeck.org](mailto:office@settlebeck.org) or by phoning 015396 20383

### **Building Works at Settlebeck**

As previously reported Settlebeck School has secured £325,000 from the DFE to complete work on the roof and upgrading the fire safety systems within the school. Work on replacing a large section of the roof begins on Monday 22<sup>nd</sup> July and will last approximately 16 weeks. During this period the majority of the main car park will be out of use. We apologise for any inconvenience this may cause to visitors and the local community but hope you will understand the need to undertake such vital building work. As this work continues into the new academic year all the planning to ensure site safety has taken place.

## DENTDALE W.I.

*Thelma Belfield*

Wednesday 8<sup>th</sup> May had been a busy day for some of our members. Earlier in the day fifteen of us had set off for Lancaster to visit the GB Antique Centre, the Countrystyle Farm Shop and have lunch at the Countrystyle Kitchen. We had all had a very enjoyable day out and were now coming together again for our evening meeting.

President Sue Owen welcomed everyone with a special warm welcome to Patricia Howell who was going to talk to us later about the work of the Woodland Trust.

After singing Jerusalem with a big thank you to Catherine Sugden at the piano it was business as usual. Traditionally May is the month that all WI's consider the Resolutions that have been forwarded to the National Federation of WI's for debate at the AGM. Earlier in the year we had voted in support of 'A Call Against the Decline in Rural Bus Service'. Nationally this had received huge support with 35124 votes in favour. The AGM takes place in June and we look forward to hearing the result hoping that this issue will be taken forward and a campaign supporting it

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will be formed.

Then we were on to less serious issues. Jackie our events organiser shared final details of our Summer Outing. The Yorkshire Lavender Farm is our destination, stopping en-route at Jervaux Abbey. It promises to be an interesting day out with a formal talk given by a staff member at the farm, the opportunity to explore the gardens, have lunch and maybe purchase some beautiful lavender plants.

Next, we heard an update from our Craft group who have been working to produce our competition exhibit for the forthcoming Lune Valley Group meeting on the 20<sup>th</sup> May. It needs some finishing touches, but it is

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looking pretty good and we all are hoping it will be the winner. Although this project has taken priority, Sue assured us that various other craft sessions requested by members will be arranged in due course.

Our secretary Rita reminded us of several events taking place within the Federation including a Jive Night at Old Hutton WI and a Walking Treasure Hunt at Brigsteer. A final item from the Federation is the publication of a Centenary Calendar for which WI Groups have been asked to contribute a photograph of members reflecting a decade during the last 100 years in which the Women's Institute has achieved a successful Resolution Mandate. Having been allocated the 1940's when Equal Pay for women for equal work was the successful mandate, we are busily seeking costume and equipment of the era and a volunteer to be a model. There will be more on this, but we have managed to form a sub committee to start the ball rolling.

Bringing the business session to a close, Sue shared a thank you message from our local First Responders group to our members for their help at the event and for

providing salads at their fund-raising BBQ.

End of business and into social time. Sue formally introduced Patricia Howell. Patricia has worked with the Woodland Trust for many years. She trained initially as a Radiation Biologist and it was whilst she was working in the south west of England in Somerset and Wiltshire that she became interested in trees. She began by sharing with us some stunning photographs of trees including an American Oak growing in Keswick, Yew trees in Borrowdale and her very own favourite, the Rowan tree. The Woodland Trust was established in 1972 by Kenneth Watkins and Avon Woods was the first site. There are now 700,000 members and supporters of the Trust. Its purpose was to create, protect and restore woodland and to ensure the value of trees in our landscape is understood. Amongst many benefits that trees give us, they help to purify the air in city areas and in rural areas they help prevent erosion and provide habitat for wildlife. Additionally, there is nothing more pleasant than walking through beautiful woodland simply for pleasure. We were quite

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shocked to learn that only 13% of the UK has tree cover which is an extremely low figure in comparison with other European countries. Destruction of ancient woodland by commercial projects such as the proposed new HS2 train service from London to the north of England is a major concern.

Patricia is passionate about her love of trees and shared with us some of the current threats facing our woodlands. Globalisation, developments in agriculture with the destruction of hedgerows, Climate Change and pests and diseases such as Ash Die Back. There has been a rapid loss of woodland since the 1930's and the Trust work tirelessly, having replanted 43 million trees

since its foundation. Patricia's talk gave us all a lot of food for thought. A woodland walk with birds singing in the trees and at this time of year a carpet of bluebells on the ground should be a pleasure protected for future generations. Patricia judged our competition of the evening selecting Anne Steele 's entry about her own favourite tree – the Apple tree as the overall winner. Jackie and Sue were lucky raffle winners each taking home a beautiful pot plant.

As always, we give a warm welcome to visitors and new members, please come and join us at our next meeting in July when our guest speaker will be Pamela Bolton telling us about Contemporary Rag Rugging.

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## SEDBERGH WI - JUNE 2019

Moira Folks

Anglesey: a new venue for our walking group's annual holiday, which was extended to a full week this year, from April 26<sup>th</sup> to May 3<sup>rd</sup>. Old friendships were renewed as five former members joined in the fun at a large holiday cottage at Menai Bridge, which gave the option of walks and visits on the island itself, as well as in Snowdonia. They enjoyed the beautiful gardens surrounding the property and lovely coastal walks, especially seeing dolphins. Other highlights included seeing red squirrels. Many thanks go to Ellen for organising an excellent week.

The meeting on May 8<sup>th</sup> was billed as 'Resolutions Evening' when we

## Calling all PHOTOGRAPHERS!

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have to vote on proposals put forward by the National WI to decide on public campaigns. Sometimes we have an outside speaker to enlighten us about the proposals but this time Valerie Welti and Sandra Kemp had been to an advisory meeting beforehand and ably explained the proposals to us. Dear to all our hearts in Sedbergh is the campaign to encourage the government to support the rural bus services which are a lifeline to members of rural communities, for shopping, hospital appointments and work, as well as social activities. Funding has been severely reduced in recent years and even more services are now under threat. The second proposal could be summed up in four words: 'DON'T FEAR THE SMEAR!' Encouragement and education are the key to this attempt to raise women's awareness that having a cervical smear test when it is offered by the NHS could save thousands of lives each year: at the moment only 71% of women take up the offer. It is estimated that if all eligible women attended, 83% of cervical cancer deaths could be avoided. Most worrying is the fact

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that the 25 to 29-year-old age group has the lowest attendance rate.

Having lost a niece to cervical cancer at the age of 32 I know only too well the suffering she and her family had to endure and would encourage you to find out more by googling an excellent website called 'Jo's trust' for further information. We voted on both the proposals which will be carried forward by our delegate to the National WI Council meeting in Bournemouth in the summer.

'Priscilla: The Hidden Life of an Englishwoman in Wartime France' by Nicholas Shakespeare was the book club's chosen title for April. This was a biography by Priscilla's nephew of his mysterious aunt, whom he remembered slightly as a young boy. Trapped in Paris by the German invasion in 1940, she spent four years under Nazi rule, and there were family rumours that she had possibly been in the French Resistance and in

a concentration camp for some time. Academic research and a chest of photos and letters which is found when Nicholas starts asking the family about his aunt after her death, lead to his tracing some of what happened to her. Several members of our group loved the book, especially the insight given into an enemy alien's position in Nazi-dominated Paris, and also in what life in Paris was like more generally during the Occupation and its aftermath. Others found it hard to get into, not helped by the small size of the print and over 400 pages. Scores consequently varied between 3 and 9/10! The average was about 6.3/10. Tea and lovely cakes ended the meeting, which Stefanie hosted: thank you, Stefanie!

There will be no meeting in the People's Hall in June as we will be away for our Summer Outing.



---

## WHAT'S IN A NAME

James Palmer

**Capstick, Copestake, Copestick, Capstack:** Geoffrey Coupstak 1295 Register of the Freemen of the city of York. Henry Coupestack 1301 Subsidy rolls of York. John Copestake 1474 Register of the Freemen of the city of York. A hybrid of old French *couper* to cut and old English *staca* a stake. 'Cut-Stake' a name for a wood-cutter. Might be useful if you have an awkward log to split perhaps?

## KILLINGTON W I The afternoon W I for the Entire District

Wendy F-U.

We were all happy to welcome our President, Susan Sharrocks, back from distant lands. It is lovely to hear how her family are progressing.

Sebastian and Talitha have settled well into their new school and life in Abu Dhabi. The little granddaughter in Sydney, Svea, is full of fun and will be starting playgroup soon. How quickly they all grow up. So do we at Killington WI. Birthdays this month for Valerie Cann, Marion Wood, and Lavinia Mahon, but no special cakes today as none of these are decadal. (I wonder if that is in the dictionary? – my computer hasn't rejected it so it must be OK). Susan welcomed Rosemary Marsden as a new member and we look forward to her company. Later, Sue commented, "A good meeting. We are like Topsy and just growing!" We had news of our member, Shirley Richardson. Some of us had visited her last week in a retirement home over in north-east England where she is recuperating after a stroke. We hope to go again next month. She recently sent us a

## Painting and Decorating

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card printed with this quotation from Douglas Adams' Watership Down, "*I may not have gone where I intended to go, but I think I have ended up where I needed to be.*"

The next Item on our agenda was to vote for the RESOLUTIONS to go forward to the W.I National AGM to be held next month in Bournemouth. I have mentioned these before so I shall just say that the resolutions to be debated concern, firstly, Cervical Screening, and secondly, Rural Bus Services. Thanks to Marion Wood for her summaries on these topics.

Various other Items were discussed – our Coffee Morning in the St. Andrew's Church Rooms. On June 26<sup>th</sup> – please come – The group meeting at Casterton, - our summer outing to Bowes on Tuesday 18th June - still room for more to join us for that - our Garden Party at Sally's on Tuesday 30th July - .....you can see that life is just one long round of pleasure!

Speaking of which, tea followed. My goodness what a spread – scones and three different kinds of feather-light cakes. We don't need birthdays! And after that entertainment followed.

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Avril Hobson read us the poem which she had selected for the recent "Reading Aloud" event and really funny it was. Then Sarah Woof took the stage (or just stood up!), and read several extracts to us. The first was one which she had written herself at a time when she was hospital visiting down in Bristol, entitled, "Brief Encounter". That too was funny but also very moving. Our thanks to them both.

So that's about it for now. Remember - assemble at Joss Lane Car park by 9-30 am on Tuesday June 18th to set out on our outing to Bowes. Bring your song sheets but not your knitting!

## HOWGILL AND FIRBANK WI

*Audrey Hoggarth*

May already and into our summer programme. We met at Howgill village Hall on May 3<sup>rd</sup>, as Sarah our president was delayed former president Bridget Postlthwaite

Presided over the meeting. Thirteen members and two visitors were given a warm welcome.

The main business was to discuss and vote on the two resolutions chosen to go forward to the N.F.W.I. in Bournemouth on June 5th.

1. Don't fear the smear.

2. The decline in local bus services

Our delegate Margaret Hodgins is to be informed about our decision and vote in favour on both issues.

Sarah and Anne attended the popular speaker's afternoon at Burneside to hear new speakers with a view to booking them.

Numbers were finalised for the group meeting, hostesses being

Casterton W.I and final touches were put to our competition entry.

Members were reminded of the country fest on June 1st and 2nd.

Our coffee morning is booked for June 12th. With our usual stalls and raffle.

Liz our outing organiser gave details of a proposed day trip for a visit to Windy hall gardens and the steam boat museum in Windermere on June 26th.

Bridget introduced our speaker Carola Frank who gave a demonstration on "Glass Fusion" which is joining together pieces of Glass an effective way to play with colours, shapes, and textures before being fused at a high temperature in a kiln.

We were invited to "Have a go" so we took the hands on approach resulting in some impressive items. Dills thanked Carola for introducing us to this fascinating craft.

The competition for an article made from a detergent bottle was won by Anne Kendal with Pauline Robson second.

Our supper hostesses served up a Jacobs join before the meeting was brought to a close.

We next meet at Firbank church hall on June 6th. For a member's night THIS IS MY LIFE.

Guess who? From a photograph of our selves. Visitors Welcome.



## DYING MATTERS

*Francis Mason-Hornby*

A LOCAL estate owner is urging people that it is never too early to plan for one's own death.

Francis Mason-Hornby, owner of the Dalton Hall Estate, is aiming to spread the message following Dying Matters Awareness Week, which took place this month, with the aim of breaking the taboo surrounding conversations about death.

Francis introduced his woodland burial ground eight years ago, in a bid to offer greener alternative to cremations. The 30 acre site is based in woodland at the foot of Dalton Crags, Burton-in-Kendal.

Francis said: "Most of us have heard of the idea of having a 'Bucket List'; but how many of us have a list actions to be taken once we have 'kicked the bucket'? These are some of the basic 'life housekeeping' tasks that we really should tackle now. It is never too early to plan ahead, as any one of us could be run over by the proverbial bus tomorrow.

"The first step is to make a will as soon as possible (and take legal advice, if necessary). Secondly, if you would like to donate any organ or tissue, including your brain, to medical science, you can make what is called an 'Advance Decision' and you can also make your wishes known simply by writing it down and informing your family and your GP.

"As well as what happens at the end of your life, it's also important to consider the care you would like towards the end. For instance, where you would like to die and whether you wish to continue any life-prolonging

treatment. Give some thought also to how you would like to be remembered – would you like to leave messages for those you love? You could even do this in the form of a 'memory box' or a video.

"Finally, planning your funeral arrangements is vital. Together with the decision of being either buried or cremated, think about the kind of service you would like. For example, hymns, music and readings. Again, you can put this in your will, or simply write it down and give it to someone you trust."

Francis added: "We are all going to die, it is a fact of life. Unfortunately, some of us will die much sooner than others, but the time to start your preparation is now and some sensible planning will be a huge comfort to those you leave behind as you embark on the next great adventure."



*Francis Mason-Hornby*

## BEREAVEMENT

=====

### Jean Steadman Nee Garnett

Garth Michelle and John would like to thank everyone who sent cards and messages after our loss of Jean

We would also like to thank all the Health Service Staff who cared for her during her illness during the last two years

Also we are indebted to the people who visited and enquired about Jeans health during a difficult period

She will be greatly missed by us all

=====

## EDITORS COMMENTS

I told you we needed you, and now, well, can there be any doubt? My mentor, Mr Whicker, said there would be mistakes, and there was a pretty large one in the last edition. How right you were Dennis! The error was reported to us by a number of people and, I'm sure, noticed by a lot more. We managed to publish the advertisers index on the contents page, and then repeat it in its rightful place. So no contents. Just the articles themselves.

When the idea of a contents page was first raised for Lookaround there some doubt and debate as to whether it was a good idea (it would be extra work of course), because if there were no contents page readers would be forced to peruse it all, rather than



## LOOKAROUND NEEDS YOU

**The Lookaround Team need help with compiling the magazine and designing advertisements.**

**If you can spare some time please contact us.**

**Contact details are on page 63.**

just picking and choosing. So it meant you paid more attention to the other articles rather than just your favourites. But I can only issue another apology, one in a long series.

And if that wasn't enough our rather archaic email gave one last gasp and expired just when we needed it. To be honest it was very overdue for replacement, but a lack of email as the deadline approached focused the mind. We tried emailing our regular contributors, and chance encounters in the street meant we managed to round up a few contributions that had gone absent. But the edition is rather spare this time, I hope that we haven't missed too much. If we have, and it remains relevant please

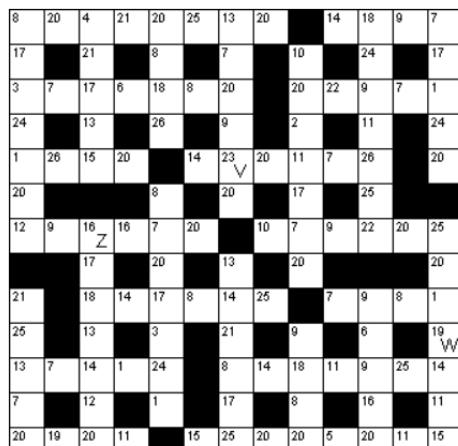
send it in for next month. We'll give it pride of place!

We have a new 'political' contributor this month—Suzie Pye, our new SLDC Councillor. Many congratulations to Suzie, she already works hard for the community and is already a regular contributor to Lookaround. I'd also like to say a big thank you to our outgoing councillor, Sheila Capstick (another Lookaround contributor) for all her hard work over the past year. We are very lucky in Sedbergh to have so many people with different skills and experience and from different political stances, who make significant contributions to local life, and spend a great deal of their own time working for us all,

*Ed Welti.*

## PUZZLE (SOLUTION ON PAGE 68)

Each letter in this puzzle is represented by a number 1-26. Can you crack the code and solve the crossword? Every letter of the alphabet is used at least once. Three letters are already in place to get you started.



|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

## **LOOKAROUND DETAILS**

### **LOOKAROUND INFORMATION**

The Sedbergh & District 'Lookaround' is edited, published and distributed monthly by the 'Lookaround' editorial team of volunteers and printed by Stramongate Press, Kendal.

The content of 'Lookaround' does not reflect the views of the editors and whilst every effort is made to ensure that information is correct, the editors cannot accept any responsibility for inconvenience caused through errors or omissions; if there is an error in your article or advert, please contact the editor as soon as possible.

The current issue is available from Sedbergh Tourist Information Centre, Sedbergh Mini Market, Sedbergh Post Office and Spar. Also from Dent Stores, the Barbon Churchmouse and by post (please address enquiries to the editor). Back copies are available to read at the History Society Archive at 72 Main Street or online at [www.lookaround.org](http://www.lookaround.org)

Items for the 'Lookaround' should be emailed to:

[editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk)  
posted to 'Lookaround' c/o 72 Main Street, Sedbergh, LA10 5AD or deposited in the 'Lookaround' post box at the same address.

### **ARTICLES**

Articles and reports are inserted for free and photographs may be included (depending on space). Articles should ideally be submitted as a word attachment to an email

addressed to the editor rather than as the text of the same email.

The font should be 'Arial', 11point and the piece should be single spaced and with as few 'hard returns' or paragraphs as possible. This is to make the job of proofing and formatting easier and also to ensure that all articles have the same impact and appearance.

Please put the title on the first line at the top of the article and the author's name on the second line. If you include images with your article please indicate where you feel they would be best placed. Conforming to these requests very much helps the proofreaders/formatters in getting your article to the compiler for printing in good time.

We are very happy to accept handwritten or typed pieces, if handwritten please use capitals to help us transcribe the article accurately and again, please place the title on the first line and the author's name on the second line.

### **CALLING ALL ADVERTISERS**

To any regular advertisers who haven't yet renewed their contracts for 2019—please do! We'd love to have you back, and we depend on you.

New advertisers are of course always welcome too.

Please see our terms and conditions, prices etc following this information.

### **ADVERTISING**

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

If you wish to place an Advert in Lookaround, please include the correct money or cheque with the

details & place it in the Post Box. A receipt will be issued & left in the Lookaround Tray in the Office for collection or include a SAE.

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

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

February to November is printed black ink on white. The December/January issue may be 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 a PDF 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 remain the same for 2019. They have been updated: December 1991, December 1995, March 1997 & August 1999 (*Over 19 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 but not on a business basis, & also make an appeal for wanted items.

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

Please ensure your submission is legible. We want to make sure we publish what you want us to publish.

### **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). See the sections on Contact and Payment Details below for information on how to pay.

### **CHILDREN'S BIRTHDAYS**

Children's Birthdays are included free on the Birthday Page. Please send us the date, name and age of your child before the submission date (15th of the month) of the issue when the birthday should appear.

### **COVER PICTURES**

If you have any pictures to go onto the cover of Lookaround, please send a high definition copy with the location and your name, and you will be credited. If the interest of the picture is in the centre it will be difficult to use as the centre is on the spine. Each half of the picture needs to work as one cover (back is the left hand side, front is the right).

### **CONTACT INFORMATION**

Email:

[editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk)

Phone:

**07464 895425**

Address:

**Lookaround,  
72 Main Street,  
Sedbergh,  
Cumbria,  
LA10 5AD**

Items can also be delivered by hand to Sedbergh & District Tourist Information Centre at the above address (72 Main Street) during open hours, and deposited in the Lookaround Post Box inside the office,

### **PAYMENT INFORMATION**

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BACS

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*Sort Code:*

**20-55-41**

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**Invoice Number, your name or reference.**

This account is valid from January 2019. No other account details are valid for current payments.

**PLEASE REMEMBER TO INCLUDE THE INVOICE NUMBER WHEN PAYING BY BACS**

*Lookaround Editorial Group*

### **A VIEW FROM THE FELLS**





## BED & BREAKFAST

| <b>Proprietor</b>   | <b>Address</b>                                                                                                                                                                                          | <b>Phone (015396)</b> |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| Mrs J Postlethwaite | Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09)<br>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW<br>e-mail:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>              | 21529                 |
| Miss S Thurlby      | 15 Back Lane, Sedbergh LA10 5AQ (2012/13)<br>1D; 1T; TVL; CH; DW; P; DR; VB<br>e-mail:- <a href="mailto:wheelwright.cottage@homecall.co.uk">wheelwright.cottage@homecall.co.uk</a> Free Wi-Fi available | 20251                 |
| Mrs A Bramall       | Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11)<br>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB<br>e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>             | 20360                 |

## CAMPING, CARAVANNING & SELF-CATERING

|                                                      |                                                                                                                                                                                                                                                                |       |
|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Mrs S Capp                                           | Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN<br>Boskins: Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi<br>Speight Cottage: Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub<br><a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a> | 34032 |
| Mr E Welti                                           | 8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT<br>Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS<br><a href="mailto:Ed_welti@btinternet.com">Ed_welti@btinternet.com</a>                                                                                              | 20770 |
| Mrs A Bramall                                        | Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11)<br>Self-Catering Sleeps 6<br><a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>                                                                                                              | 20360 |
| Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04) | Sleeps 4 people; D; T; CH; L; P; NS                                                                                                                                                                                                                            | 21175 |
| Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)    | Sleeps 4 people; D; T; CH; L; P; NS                                                                                                                                                                                                                            | 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

### Joss Lane & Loftus Hill Car Parking Charges

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 hour = £1.00                    | 4 hours = £4.00                   |
| 2 hours = £2.00                   | 5 hours = £5.00                   |
| 3 hours = £3.00                   | One week = £10.00                 |
| Annual Resident Permit, Day = £40 | Annual Resident Permit, 24h = £60 |

Both available from the Information Centre only,  
 renewable annually on 1<sup>st</sup> September.

| <b>Organisation</b>                  | <b>Updated</b> | <b>Contact</b>   | <b>Tel:</b>                 | <b>015396</b> |
|--------------------------------------|----------------|------------------|-----------------------------|---------------|
| Age UK South Lakeland                | 07/18          | Helpline         | 030 300                     | 30003         |
| Aglow International                  | 04/15          | Mrs Armitstead   | 015242                      | 71062         |
| Allotments Association - Dent        | 02/14          | Mrs Owen         | Dent:                       | 25505         |
| Allotments Association - Sedbergh    | 02/09          | Mr Atkins        | Sed:                        | 20031         |
| Angling Association                  | 01/09          | Mr Wright        | Dent:                       | 25533         |
| Art Society - Sedbergh               | 04/19          | Mrs Alison       | jen.alison10@gmail.com      |               |
| Badminton - Sedbergh                 | 10/08          | Mr Wheatley      | 07816                       | 437500        |
| Beekeepers Association               | 04/15          | Mrs Pauley       | 015242                      | 51549         |
| Bell Ringers (StAS)                  | 02/14          | Mrs Sharrocks    | Sed:                        | 20754         |
| Book Group                           | 01/09          | Mrs Dodds        | Sed:                        | 20308         |
| Bowling Club - Sedbergh              | 09/14          | Mrs Killops      | Sed:                        | 20279         |
| Bridge Club                          | 01/09          | Mr Estensen      | Sed:                        | 21060         |
| Bridging the Gap                     | 05/14          | Mr Richardson    | 01772                       | 561323        |
| British Legion                       | 12/15          | Mr Parratt       | Sed:                        | 20964         |
| Canoe Club - Sedbergh                | 01/09          | Mr Hinson        | Sed:                        | 20118         |
| Caving Club - Kendal                 | 01/09          | Mr Teal          | Sed:                        | 20721         |
| Chamber of Trade                     | 12/12          | Mrs Sayner       | Sed:                        | 20935         |
| Christian Aid                        | 11/17          | Mrs Thompson     | Sed:                        | 22023         |
| Citizens Advice Bureau               | 12/16          | Kendal           | 03444                       | 111444        |
| Community Orchard Group              | 06/16          | Mrs Parratt      | Sed:                        | 20964         |
| Cobweb Orchestra                     | 04/19          | Mrs Blackwell    | Sed:                        | 20056         |
| Community Swifts (Sedbergh)          | 03/16          | Mrs Hoare        | 01539                       | 824043        |
| Conservative Association - Sedbergh  | 01/09          | Mr Beck          | Sed:                        | 20336         |
| Cricket Club - Sedbergh              | 02/15          | Mr Hoggarth      | 01539                       | 583793        |
| Cumbria Wildlife Trust               | 01/09          | Mrs Garnett      | Sed:                        | 21138         |
| Dementia Friendly Community          | 10/18          | Dr Ripley        | mylesripley@btinternet.com  |               |
| Dentdale Choir                       | 04/17          | Mr Feltham       | Dent:                       | 25689         |
| Dentdale Head to Foot                | 04/17          | Mr Steele        | Dent:                       | 25054         |
| Dent Meditation Centre               | 09/14          | Mrs Brooke       | 07582                       | 017396        |
| Dent Memorial Hall                   | 01/09          | Mrs McClurg      | Dent                        | 25446         |
| Dentdale Players                     | 01/09          | Mr Duxbury       | Dent                        | 25535         |
| Dog Training - Sedbergh              | 01/09          | Mrs Robertshaw   | Sed:                        | 20316         |
| Sedbergh Environmental Group         | 02/19          | Mr Chapple       | 07891                       | 908025        |
| Farfield Mill Arts & Heritage Centre | 10/18          | Mrs Mowbray      | Sed:                        | 21958         |
| Firbank Church Hall                  | 09/11          | Mr Woof          | Sed:                        | 21343         |
| First Responders - Dent              | 01/09          | Mrs Pilgrim      | Dent:                       | 25589         |
| First Responders - Sedbergh          | 02/15          | Mr Cobb          | Sed:                        | 22541         |
| Football Club - Dent                 | 01/09          | Mrs Mitchell     | Dent:                       | 25432         |
| Football Club Junior - Sedbergh      | 11/17          | Mr Todd          | 07979                       | 569428        |
| Football Club Senior - Sedbergh      | 07/14          | Mr Parkin        | Sed:                        | 20585         |
| 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         |
| Grief Share                          | 02/19          | Duty Team Member | 07498                       | 870267        |
| 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 Village Hall                 | 01/09          | Mrs Stainton     | Sed:                        | 20665         |
| Kent Lune Trefoil Guild              | 12/13          | Mrs Gilfellon    | 01524                       | 781907        |
| Killington Parish Hall               | 08/13          | Mr Mather        | 015242                      | 76333         |
| Killington Sailing Association       | 10/18          | Dr Ripley        | mylesripley@btinternet.com  |               |
| Labour Supporters Group              | 12/17          | Mr Cross         | Sed:                        | 22566         |

|                                   |                           |                                           |                                                                    |             |
|-----------------------------------|---------------------------|-------------------------------------------|--------------------------------------------------------------------|-------------|
| Ladies National Farmers Union     | 12/11                     | Mrs Sandys-Clarke                         | Sed:                                                               | 21246       |
| Liberal Democrats                 | 12/08                     | Mrs Minnitt                               | 015242                                                             | 72520       |
| Little People                     | 04/19                     | Mrs Lidiard                               | 07734                                                              | 699723      |
| Lunch Club                        | 03/18                     | Mrs l'Anson                               | Sed:                                                               | 21757       |
| Lunesdale Archaeology Society     | 11/18                     | Committee lunesdale.archaeology@gmail.com |                                                                    |             |
| Meals On Wheels                   | 04/19                     | Mr Cowperthwaite                          | 07961                                                              | 925003      |
| 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 Gym                      | 02/19                     | Mrs Gold-Wood                             | Sed:                                                               | 21808       |
| People's Hall                     | 02/19                     | No 6 Finkle Street                        | Sed:                                                               | 20298       |
| 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       |
| 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      |
| Sedbergh United Charities         | 02/19                     | Mr Cann                                   | Sed:                                                               | 20771       |
| Sight Advice South Lakeland       | 04/15                     | Miss Harper                               | Sed:                                                               | 20613       |
| Sing Joyfully! (Casterton)        | 09/16                     | Mrs Micklethwaite                         | 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                               | <a href="mailto:kate574@btinternet.com">kate574@btinternet.com</a> |             |
| Swimming Group for Over 50's      | 09/18                     | Mr Beare                                  | Sed:                                                               | 21339       |
| Tennis Club                       | 04/19                     | Mr Lewes                                  | Sed:                                                               | 20052       |
| Town Band                         | 01/09                     | Mrs Waters                                | Sed:                                                               | 20457       |
| Town Twinning Group               | 09/14                     | Mrs Garnett                               | Sed:                                                               | 21138       |
| Voluntary Car Scheme              | 11/18                     | Mrs Skomp                                 | Sed:                                                               | 20305       |
| Walking & Cycling Group           | 08/14                     | Miss Nelson                               | Sed:                                                               | 21770       |
| Westmorland Gazette Correspondent | 01/09                     | Mrs Gold-Wood                             | Sed:                                                               | 21808       |
| White Hart Sports and Social Club | 01/09                     | The Committee                             | Sed:                                                               | 20773       |
| Women's Institute - Dentdale      | 06/14                     | Mrs Smith                                 | Dent:                                                              | 25607       |
| 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.

# DIARY OF EVENTS

Dates are held up to 25/04/2020.

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.

## JUNE 2019

|    |      |                                           |            |
|----|------|-------------------------------------------|------------|
| 01 | 1000 | St Andrew's Church Dent Coffee Morning    | DMH        |
| 03 |      | Experience Pentecost Exhibition (28)      | StAS       |
| 05 | 1030 | Pyjamarama (38)                           | L          |
| 05 | 1930 | Beyond The Beaches (24)                   | StAS       |
| 07 | 1400 | Fizz And Fruits - Dentdale Head To Foot ( | DMH        |
| 08 | 1100 | Action For Well Being Coffee Morning (8)  | DMH        |
| 08 | 1845 | Pentecost Celebration At Rhumes           | Dent       |
| 08 | 1930 | Sing Joyfully (Aug)                       |            |
| 09 |      | Sedbergh Tennis Club Coaching (44,41)     |            |
| 09 | 1000 | Tennis Coaching                           |            |
| 11 | 1400 | WIK - Outing                              | TBA        |
| 12 |      | WID - Summer Outing                       | TBA        |
| 12 |      | Second Wednesday Market (14)              | JLCP       |
| 12 | 1300 | MC Closed for Training (Mar)              | MC         |
| 12 | 1930 | WIS - Summer Outing                       | TBA        |
| 13 | 1200 | Age UK - Sedbergh Lunch Club              | Dalesman   |
| 16 |      | Sedbergh Tennis Club Coaching             |            |
| 16 | 1000 | Tennis Coaching                           | TC         |
| 18 | 1930 | Ladies NFU Meeting                        | PH         |
| 21 | 1930 | The Red Storm (24)                        | StAS       |
| 22 |      | Burns Beck Moss Nature Reserve Walk       | LA6 2QJ    |
| 22 |      | Swift Action Week (22,22)                 | StAS       |
| 22 | 1000 | Space for Stillness (Feb)                 | MCD        |
| 22 | 1000 | CWT Wildlife Walk At Burns Beck Moss      |            |
| 22 | 1830 | Peoples Hall Variety Quiz Night           | PH         |
| 23 |      | Sedbergh Tennis Club Coaching             |            |
| 23 | 1000 | Tennis Coaching                           | TC         |
| 26 | 1000 | WIK - Coffee Morning                      | StAS       |
| 27 | 2000 | Swift Watching Evening (22,27)            | Lowgill    |
| 28 | 1200 | Hells Fells 2019 (May)                    | Marthwaite |
| 29 |      | Coast to Coast in a day                   | Marthwaite |
| 29 | 900  | Hells Fells 2019 (May)                    | Marthwaite |
| 29 | 1000 | Dentdale Coffee Morning                   | DMC        |
| 30 |      | Sedbergh Tennis Club Coaching             |            |
| 30 | 730  | Hells Fells 2019 (May)                    | Marthwaite |
| 30 | 1000 | Tennis Coaching                           | TC         |
| 30 | 1100 | County Cricket Match Durham v Lancashire  | SS         |

## JULY 2019

|    |      |                                         |          |
|----|------|-----------------------------------------|----------|
| 04 | 1930 | Pepperpot Café Concert                  | PH       |
| 04 | 2000 | Sedbergh Orchestra Café Concert (35,31) | PH       |
| 06 | 1000 | St Andrew's Church Dent Coffee Morning  | DMH      |
| 07 |      | Sedbergh Tennis Club Coaching           |          |
| 07 | 1000 | Tennis Coaching                         | TC       |
| 09 | 1400 | WIK - Photograph Restoration            | PH       |
| 10 | 830  | Second Wednesday Market                 | JLCP     |
| 10 | 1915 | WID - Contemporary Rag Rugging          | DMH      |
| 10 | 1930 | WIS - Movement is Medicine              | PH       |
| 11 | 1200 | Age UK - Sedbergh Lunch Club            | Dalesman |
| 11 | 1300 | MC Closed for Training (Mar)            | MC       |
| 13 | 1000 | St Andrew's Church Summer Fair          | StAS     |
| 14 |      | Sedbergh Tennis Club Coaching           |          |
| 14 | 1100 | Space for Stillness (Feb)               | MCD      |

|    |      |                                   |         |
|----|------|-----------------------------------|---------|
| 16 | 1930 | Ladies NFU Meeting                | PH      |
| 20 |      | Reduction Lino Cut workshop (May) | Art Soc |
| 22 |      | Holiday Club                      | PH      |
| 26 |      | Holiday Club                      | PH      |
| 27 |      | Dentdale Head To Foot (20)        | DMH     |
| 27 | 1000 | Dentdale Coffee Morning           | DMC     |

## AUGUST 2019

|    |      |                                            |          |
|----|------|--------------------------------------------|----------|
| 03 | 1000 | St Andrew's Church Dent Coffee Morning     | StAD     |
| 05 |      | August Bank Holiday                        |          |
| 07 |      | Annual Outing - Dentdale Head To Foot (20) | DMH      |
| 08 | 1200 | Age UK - Sedbergh Lunch Club               | Dalesman |
| 13 | 1400 | WIK - Chat and Craft                       | PH       |
| 14 | 1000 | NW Cancer Research Coffee Morning          | STAS     |
| 14 | 1915 | WID - Fraud Protection                     | DMH      |
| 14 | 1930 | WIS - Zero Waste Sedbergh                  | PH       |
| 17 | 1000 | Dentdale Coffee Morning                    | DMC      |
| 18 | 1100 | Space for Stillness (Feb)                  | MCD      |
| 20 | 1930 | Ladies NFU Meeting                         | PH       |
| 22 |      | <b>Sedbergh Art Society Exhibition</b>     | SSL      |
| 24 | 1000 | Table Sale And Soft Play                   | DMH      |
| 26 |      | August Bank Holiday                        |          |
| 26 |      | Dent Gala                                  |          |
| 26 |      | <b>Sedbergh Art Society Exhibition</b>     | SSL      |

## SEPTEMBER 2019

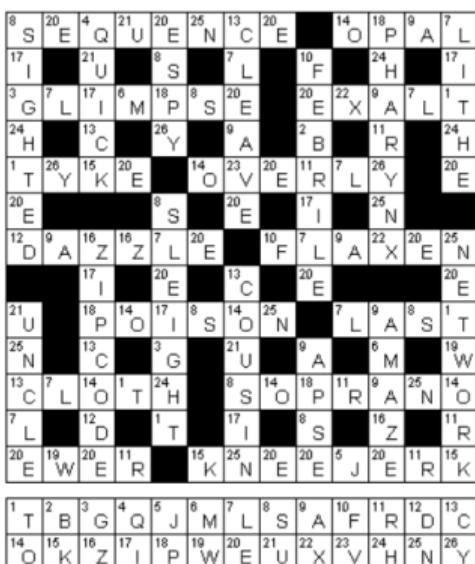
|    |      |                                         |            |
|----|------|-----------------------------------------|------------|
| 06 | 1400 | Dentdale Head To Foot (20)              | DMH        |
| 07 | 1000 | St Andrew's Church Dent Coffee Morning  | DMH        |
| 10 | 1400 | WIK - Busy Bees and Lemon Grass         | PH         |
| 11 | 1915 | WID - Morecambe Bay - Underwater Safari | DMH        |
| 11 | 1930 | WIS - A Little More Art                 | PH         |
| 12 |      | Westmorland County Show                 | Crooklands |
| 12 | 1200 | Age UK - Sedbergh Lunch Club            | Dalesman   |
| 17 | 1930 | Ladies NFU Meeting                      | PH         |
| 21 |      | <b>Sheep Fest</b>                       |            |
| 21 | 1000 | Space for Stillness (Feb)               | MCD        |
| 22 |      | <b>Sheep Fest</b>                       |            |

## OCTOBER 2019

|    |      |                                           |          |
|----|------|-------------------------------------------|----------|
| 04 | 1400 | Dentdale Head To Foot (20)                | DMH      |
| 05 | 1000 | St Andrew's Church Dent Coffee Morning    | DMH      |
| 08 | 1400 | WIK - Fascinating World of Family History | PH       |
| 09 | 1915 | WID - Jewellery Making with Xmas Theme    | DMH      |
| 09 | 1930 | WIS - Women and War                       | PH       |
| 10 | 1200 | Age UK - Sedbergh Lunch Club              | Dalesman |
| 12 | 1845 | Tabernacles DDCF At Rhumes                | Dent     |
| 15 | 1930 | Ladies NFU Meeting                        | PH       |
| 19 | 1930 | Olde Tyme Dance - Roe Valley              | PH       |
| 19 | TBA  | Old Time Sequence Dance (May)             | PH       |
| 20 | 1100 | Space for Stillness (Feb)                 | MCD      |
| 27 |      | Clocks Fall Back                          |          |
| 31 |      | Halloween                                 |          |

**COVER PHOTO**  
Clouds from Winder  
*Ann Middlemiss*

## PUZZLE SOLUTION



### USEFUL TELEPHONE NUMBERS

**Age UK South Lakeland**

030 300 30003

**Electricity in any area**

105

**Medical in any area**

111

**Pension Service Surgery**

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

**Police in any area**

101

**Sight Advice South Lakes**

01539 769055

**South Lakes Citizens Advice Bureau**

03444 111 444

**South Lakeland District Council**

01539 733 333

**Yorkshire Dale National Park**

0300 456 0030

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

### Regular Events and Meetings

| Regular Events and Meetings |                        | Regular Events and Meetings |                          |
|-----------------------------|------------------------|-----------------------------|--------------------------|
| 1000 Every Sunday           | Free Entry to Locals   | FM                          | 1315 Every Wednesday     |
| 1600 3rd Sunday             | Messy Church           | CCCN                        | 1400 Every Wednesday     |
| 1030 Every Monday           | Sedbergh Songsters     | GH                          | 1730 Every Wednesday     |
| 1730 Every Monday #         | Brownies               | CCCN                        | 1730 Every Wednesday #   |
| 1400 1st Monday             | Bridging the Gap       | MC                          | 1900 Every Wednesday     |
| 1930 1st Monday             | Dent Parish Council    | DMH                         | 1930 Every Wednesday     |
| 1930 1st Monday             | People's Hall          | PH                          | 1930 1st & 3rd Wednesday |
| 1900 3rd Monday             | Chamber of Trade       | PH                          | 1915 2nd Wednesday       |
| 1430 Last Monday            | Tea & Company          | CCCN                        | 1930 2nd Wednesday       |
| 0930 Every Tuesday          | Drop-in & Relax        | MCD                         | 1830 Every Thursday      |
| 1000 1st and 3rd Tuesday    | Grief Share            | CCCN                        | 1800 Every Wednesday     |
| 1215 Every Tuesday          | Over 50's Swimming     | SS Baths                    | 1400 1st & 3rd Thursday  |
| 1330 Every Tuesday          | Knit & Natter          | GH                          | 1430 Every 2 weeks       |
| 1830 Every Tuesday          | Cub Scouts             | SHQ                         | 1430 1st Thursday        |
| 1830 Every Tuesday          | Swimming Club          | SS                          | 1930 1st Thursday        |
| 1900 Every Tuesday          | Environmental Group    | Red Lion                    | 1200 2nd Thursday        |
| 1930 Every Tuesday          | Bridge Club            | WHC                         | 1915 2nd Thursday        |
| 1400 2nd Tuesday            | Killington WI          | PH                          | 0930 Every Friday #      |
| 1400 3rd Tuesday            | Sight Advice Sth Lakes | PH                          | 1100 Every Friday        |
| 1930 3rd Tuesday            | Ladies NFU             | PH                          | 1800 Every Friday        |
| 0830 Every Wednesday        | Sedbergh Market        | JLCP                        | 1930 Every Friday        |
| 1000 Every Wednesday        | Coffee Morning         | StAS                        | 1330 1st Friday          |
| 1000 Every Wednesday        | Yoga for All           | HVH                         | 1000 Every Saturday      |

See Group Page for contact details & Diary Page for Keys

# = School Term Time Only

| DIARY KEY |                                           | PLACES OF INTEREST TO VISIT IN THE AREA                                         |
|-----------|-------------------------------------------|---------------------------------------------------------------------------------|
| AS        | = Art Society                             | Bowling Green, Queens Gardens                                                   |
| BF        | = Brigflatts                              | Bruce Loch Nature Area, Busk Lane                                               |
| BVH       | = Barbon Village Hall                     | Cautley Spout, A683 towards Kirkby Stephen                                      |
| CCCN      | = Cornerstone Community Church, New St    | Community Office, 72 Main Street                                                |
| CM        | = Coffee Morning                          | Cornerstone Community Church, New Street                                        |
| CTIS      | = Churches Together in Sedbergh           | Cumbria Wildlife Trust, Community Office                                        |
| CWT       | = Cumbria Wildlife Trust                  | Dent Heritage Centre, Laning, Dent *                                            |
| DCMH      | = Dales Countryside Museum, Hawes         | Farfield Mill, A684 Garsdale Road *<br><i>Free to LA10 Residents on Sundays</i> |
| DCP       | = Dent Car Park                           | Friends Quaker Meeting House, Brigflatts                                        |
| DCS       | = Dentdale Chapel Schoolroom              | George Fox's Quaker Pulpit, Firbank                                             |
| DHTF      | = Dentdale, Head to Foot                  | Golf Club, Catholes, Sedbergh *                                                 |
| DMH       | = Dent Memorial Hall                      | Information Centre, 72 Main Street                                              |
| DMC       | = Dent Methodist Chapel                   | History Society, Community Office                                               |
| FCH       | = Firbank Church Hall                     | Holme Working Farm, Middleton *                                                 |
| FM        | = Farfield Mill                           | Holy Trinity Church, Howgill                                                    |
| GH        | = Gladstone House                         | Jubilee Wood Nature Area, Castlehaw Lane                                        |
| GVH       | = Garsdale Village Hall                   | Langstone Fell, A684 Garsdale Foot                                              |
| HS        | = History Society                         | Motte & Bailey Castle, Castlehaw Lane                                           |
| HVH       | = Howgill Village Hall                    | Pepperpot Folly, Busk Lane                                                      |
| JLCP      | = Joss Lane Car Park                      | Picnic Site, Ghyllas, Cautley Road                                              |
| KPH       | = Killington Parish Hall                  | Picnic Site, Settlebeck New Bridge                                              |
| L         | = Library, Main Street                    | Play Ground, Dent Village                                                       |
| LHCP      | = Loftus Hill Car Park                    | Play Ground, People's Hall                                                      |
| MC        | = Medical Centre                          | Play Ground, Maryfell                                                           |
| MCD       | = Meditation Centre, Dent                 | Queen's Gardens, Station Road                                                   |
| PH        | = People's Hall                           | St. Andrew's Church, Dent                                                       |
| QG        | = Queens Gardens                          | St. Andrew's Church, Main Street, Sedbergh                                      |
| RR        | = Rawthey Room, 72 Main Street            | St. Gregory's Church, Vale of Lune                                              |
| SASL      | = Sight Advice South Lakeland             | St. John's Church, Cowgill                                                      |
| SCC       | = Sedbergh Cricket Club                   | St. John's Church, Firbank                                                      |
| StAD/S    | = St Andrew's Church, Dent/Sedbergh       | St. John's Church, Garsdale                                                     |
| StJCC     | = St Johns Church, Cowgill                | St. Mark's Church, Cautley                                                      |
| StMC      | = St Mark's Church, Cautley               | Sedbergh Embroidery, StAS                                                       |
| SIC       | = Sedbergh Information Centre, 72 Main St | Tennis Courts, Guldrey Lane *                                                   |
| SPS       | = Sedbergh Primary School                 | Winder Fell, above Sedbergh                                                     |
| SS        | = Sedbergh School                         | * = Entry Fee Applicable                                                        |
| 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             |                                                                                 |

# BUS SERVICES

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

| Western Dales Bus S1 Kendal Shuttle<br>Saturdays from 25th May 2019 ufn |       |       |       |       |       |        |        |
|-------------------------------------------------------------------------|-------|-------|-------|-------|-------|--------|--------|
| Dent Station Connecting Trains (see full timetable next page)           |       |       |       |       |       |        |        |
| Dent Station                                                            |       |       |       |       |       |        |        |
| Train to Carlisle                                                       |       | 09.15 |       |       |       | 18:15  | 19:44  |
| Train to Leeds                                                          |       | 09.09 |       |       |       | 17:32  | 19:38  |
| Buses From Dent to Kendal                                               |       |       |       |       |       |        |        |
| Dent Station                                                            |       | 09.35 |       |       |       | 17.39  | 19:21R |
| Dent Village                                                            |       | 09.50 | 12:15 |       | 15:29 | 17.54  | 19:36R |
| Sedbergh Maryfell                                                       | 08.00 | 10.05 | 12:30 | 13.49 | 15.46 | 18.09  | 19:51R |
| Sedbergh Library                                                        | 08.02 | 10.07 | 12.32 | 13.51 | 15.47 | 18.11  | 19:53R |
| Killington M6 Bridge                                                    | 08.12 | 10.17 | 12.42 | 14:01 | 15.56 |        |        |
| Oxenholme Station                                                       | 08.22 | 10.27 | ..    | 14.11 | 16:06 |        |        |
| Kendal K Village                                                        | 08.27 | 10.32 | ..    | 14.16 | 16:11 |        |        |
| Kendal Blackhall Road Bus Stn                                           | 08.33 | 10.38 | 12.57 | 14.22 | 16.17 |        |        |
| Kendal Morrisons                                                        |       | 10.43 | 13:02 | 14.27 |       |        |        |
| Buses From Kendal to Dent                                               |       |       |       |       |       |        |        |
| Kendal Morrisons                                                        |       | 11.18 | 13:07 | 14.32 |       |        |        |
| Kendal Blackhall Road Bus Stn G                                         | 08.35 | 11.23 | 13:12 | 14.37 | 16.22 |        |        |
| Kendal K Village                                                        | ..    | 11.28 | ..    | 14:42 | 16.27 |        |        |
| Oxenholme Station                                                       | ..    | 11.33 | ..    | 14:47 | 16.32 |        |        |
| Killington M6 Bridge                                                    | 08.50 | 11.43 | 13:27 | 15:57 | 16.42 |        |        |
| Sedbergh Dalesman                                                       | 09.00 | 11.53 | 13.37 | 15.07 | 16.52 | 18.44R |        |
| Sedbergh Maryfell                                                       | ..    | 11.55 | 13.39 | 15.09 | 16.54 | 18.46R |        |
| Dent Village                                                            | 09.15 |       |       | 15:24 | 17.09 | 19:01R |        |
| Dent Station                                                            | 09.30 |       |       |       | 17.24 | 19:16R |        |

R= calls on request to the driver earlier in the day only

The 0935 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 Dent/Sedbergh Tuesdays Summer 2019. From Tuesday 21st May 2019 ufn**

| Buses From Dent to Hawes             |       |       |       |       |       |
|--------------------------------------|-------|-------|-------|-------|-------|
| Dent Village                         |       | 09:51 | 11:41 | 14:09 | 15:59 |
| Sedbergh Spar                        |       | 10:06 | 11:56 | 14:24 | 16:14 |
| Sedbergh Dalesman                    |       | 10:07 | 11:57 | 14:25 | 16:15 |
| Sedbergh Maryfell                    |       | 10:09 | 11:59 | 14:27 |       |
| Farfield Mill entrance               |       | 10:11 | 12:01 | 14:29 |       |
| Garsdale Street                      |       | 10:20 | 12:10 | 14:38 |       |
| Train to Carlisle                    |       | 10:54 | 12:22 | 14:48 |       |
| Trains to Leeds                      |       |       | 12:05 |       |       |
| Coal Road (Garsdale Station turning) |       | 10:25 | 12:15 | 14:43 |       |
| Moorcock Inn                         |       | 10:26 | 12:16 | 14:44 |       |
| Hawes Creamery                       |       | 10:37 | 12:27 | 14:55 |       |
| Hawes Market Place                   |       | 10:39 | 12:29 | 14:57 |       |
| Hawes Dales Countryside Museum       |       | 10:41 | 12:31 | 14:59 |       |
| Buses From Hawes to Dent             |       |       |       |       |       |
| Hawes Dales Countryside Museum       |       | 10:46 | 13:14 | 15:04 |       |
| Hawes Market Place                   |       | 10:48 | 13:16 | 15:06 |       |
| Hawes Creamery                       |       | 10:50 | 13:18 | 15:08 |       |
| Moorcock Inn                         |       | 11:01 | 13:29 | 15:19 |       |
| Coal Road (Garsdale Station turning) |       | 11:02 | 13:30 | 15:20 |       |
| Train to Carlisle                    |       | 10:54 |       |       |       |
| Trains to Leeds                      |       |       |       | 15:59 |       |
| Garsdale Street                      |       | 11:07 | 13:35 | 15:25 |       |
| Farfield Mill entrance               |       | 11:16 | 13:44 | 15:34 |       |
| Sedbergh Maryfell                    |       | 11:18 | 13:46 | 15:36 |       |
| Sedbergh Library                     | 09:30 | 11:20 | 13:48 | 15:38 |       |
| Sedbergh opp. Morphets               | 09:31 | 11:21 | 13:49 | 15:39 |       |
| Dent Village                         | 09:46 | 11:36 | 14:04 | 15:54 |       |

**Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Summer 2019. From Fri 24 May 2019 ufn**

| Buses From Dent to Kirkby Stephen/Brough |  |       |       |       |       |
|------------------------------------------|--|-------|-------|-------|-------|
| Dent Village                             |  | 10:21 |       | 14:28 | 16:28 |
| Sedbergh Spar                            |  | 10:36 | 12:46 | 14:43 | 16:43 |
| Sedbergh Dalesman                        |  | 10:37 | 12:47 | 14:44 | 16:45 |
| Sedbergh Maryfell                        |  | 10:39 | 12:49 | 14:46 | 16:46 |
| Cautley, Cross Keys                      |  | 10:46 | 12:56 | 14:53 |       |
| Fat Lamb                                 |  | 10:53 | 13:03 | 15:00 |       |
| Kirkby Stephen Station arr               |  | 11:00 | 13:10 | 15:07 |       |
| Train to Carlisle                        |  | 11:06 |       | 15:01 |       |
| Train to Leeds                           |  | 11:46 |       | 15:46 |       |
| Kirkby Stephen Station dep               |  | 11:07 | 13:10 | 15:07 |       |
| Kirkby Stephen Town                      |  | 11:12 | 13:15 | 15:12 |       |
| Kirkby Stephen Co-op                     |  | 11:14 | 13:17 | 15:14 |       |
| Brough Clock                             |  | 11:22 | 13:25 | 15:22 |       |

**Buses From Brough/Kirkby Stephen to Dent**

|                            |       |       |       |       |  |
|----------------------------|-------|-------|-------|-------|--|
| Brough Clock               |       | 11:27 | 13:30 | 15:27 |  |
| Kirkby Stephen Co-op       |       | 11:35 | 13:38 | 15:35 |  |
| Kirkby Stephen Town        |       | 11:37 | 13:40 | 15:37 |  |
| Kirkby Stephen Station arr |       | 11:42 | 13:45 | 15:42 |  |
| Train to Carlisle          |       | 11:06 |       | 15:01 |  |
| Train to Leeds             |       | 11:46 |       | 15:46 |  |
| Kirkby Stephen Station dep |       | 11:07 | 13:45 | 15:47 |  |
| Fat Lamb                   |       | 11:54 | 13:52 | 15:54 |  |
| Cautley, Cross Keys        |       | 12:01 | 13:59 | 16:01 |  |
| Sedbergh Maryfell          |       | 12:08 | 14:06 | 16:08 |  |
| Sedbergh Library           | 10:00 | 12:10 | 14:08 | 16:10 |  |
| Sedbergh opp. Morphets     | 10:01 | 12:11 | 14:09 | 16:11 |  |
| Dent Village               | 10:16 |       | 14:24 | 16:26 |  |

## BUS SERVICES

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

|                                      |              |              |              |
|--------------------------------------|--------------|--------------|--------------|
| Dalesman                             | 09.00        |              |              |
| Sedbergh, Maryfell                   | 09.02        |              |              |
| Cautley, Cross Keys                  | 09.10        |              |              |
| Fat Lamb                             | 09.18        |              |              |
| Kirkby Stephen Station entrance      | 09.24        |              |              |
| Kirkby Stephen Market Place          | 09.29        |              |              |
| Kirkby Stephen Co-op arr             | 09.30        |              |              |
| Kirkby Stephen Co-op dep             | 09.35        | 11.45        | 14.35        |
| Kirkby Stephen, Market St            | 09.36        | 11.46        | 14.36        |
| Kirkby Stephen Station entrance      | 09.41        | 11.51        | 14.41        |
| <i>Trains from Leeds to Carlisle</i> | <b>09.34</b> | <b>11.06</b> | <b>15.01</b> |
| <i>Trains from Carlisle to Leeds</i> | <b>09.20</b> | <b>11.46</b> | <b>14.31</b> |
| Ravenstonedale, Kings Head           | 09.47        | 11.57        | 14.47        |
| Newbiggin on Lune                    | 09.50        | 12.00        | 14.50        |
| Tebay roundabout                     | 09.58        | 12.08        | 14.58        |
| Killington M6 bridge                 | 10.08        | 12.18        | 15.08        |
| Kendal, Castle Green                 | 10.17        | 12.27        | 15.17        |
| Kendal, Blackhall Road               | 10.22        | 12.32        | 15.22        |
| Kendal, Morrisons                    | 10.27        | 12.37        | 15.27        |
| <br>Kendal, Morrisons                | 10.38        | 13.28        | 15.38        |
| Kendal, Blackhall Road               | 10.45        | 13.35        | 15.45        |
| Kendal, Castle Green                 | 10.50        | 13.40        | 15.50        |
| Killington, M6 bridge                | 10.59        | 13.49        | 15.59        |
| Tebay roundabout                     | 11.09        | 13.59        | 16.09        |
| Newbiggin on Lune                    | 11.17        | 14.07        | 16.17        |
| Ravenstonedale, Kings Head           | 11.20        | 14.10        | 16.20        |
| Kirkby Stephen Station entrance      | 11.27        | 14.17        | 16.27        |
| <i>Trains from Leeds to Carlisle</i> | <b>11.06</b> | <b>15.01</b> | <b>17.04</b> |
| <i>Trains from Carlisle to Leeds</i> | <b>11.46</b> | <b>14.31</b> | <b>15.46</b> |
| Kirkby Stephen, Market Place         | 11.33        | 14.23        | 16.33        |
| Kirkby Stephen Co-op arr             |              |              | 16.34        |
| Kirkby Stephen Co-op dep             |              |              | 16.35        |
| Kirkby Stephen Market St             |              |              | 16.36        |
| Kirkby Stephen Station entrance      |              |              | 16.41        |
| Fat Lamb                             |              |              | 16.48        |
| Cautley, Cross Keys                  |              |              | 16.55        |
| Sedbergh, Maryfell                   |              |              | 17.03        |
| Sedbergh, Library                    |              |              | 17.05        |

### DENT RAILWAY STATION TIMETABLE

*Valid until 14th December 2019*

| Northbound to Carlisle<br>For Garsdale times, add 5 minutes |       |        | Southbound to Leeds<br>For Garsdale times, subtract 5 minutes |       |         |
|-------------------------------------------------------------|-------|--------|---------------------------------------------------------------|-------|---------|
| M-F                                                         | Sat   | Sun    | M-S                                                           | Sat   | Sun     |
| 06 48                                                       | 07 52 | 10 34  | 07 05                                                         | 09 09 | 10 40   |
| 09 16                                                       | 09 15 | 11 01* | 09 38                                                         | 10 41 | 14 05   |
| 10 48                                                       | 10 48 | 13 55  | 12 10                                                         | 12 10 | 16 18 ~ |
| 12 17                                                       | 12 17 | 15 52  | 16 04                                                         | 16 04 | 18 41   |
| 14 43                                                       | 14 43 | 17 48  | 17 32                                                         | 17 32 | 19 03 * |
| 16 46                                                       | 16 46 | 20 20  | 19 38                                                         | 19 38 | 20 27   |
| 18 15                                                       | 18 15 |        |                                                               |       |         |
| 19 44 #                                                     | 19 44 |        |                                                               |       |         |

\* = To From Blackpool North—runs until 8th September

# = Runs 3 minutes later on Friday

~ = From Nottingham

## BUS SERVICES

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

Thurs = Thursday only

Fri = Friday Only

### Lookaround Editorial Team

|               |                             |              |                                  |
|---------------|-----------------------------|--------------|----------------------------------|
| Myles Ripley  | Team Leader<br>and Chairman | Jane Fisher  | Proofreading                     |
| Susa Ellis    | Treasurer                   | James Palmer | Proofreading                     |
| Philip Johns  | Secretary                   | Ed Welti     | Compilation and Vice<br>Chairman |
| Paul Saunders | Advertising                 | T.B.A.       | We hope!                         |

All Editorial Team members are also Trustees.  
Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation

# 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](http://www.sedbergh.org.uk/churches/anglican)

## **ROMAN CATHOLIC**

St. Andrew's Parish Church  
Sunday 12.00  
Holy Days 19.30  
**Parish Priest Kendal**  
**Tel: 015397 20063**

## **CORNERSTONE COMMUNITY CHURCH**

New Street  
Sunday 10.30

**Rev. David Crouchley Tel: 20329**

**worship@peopleshall**

1st Sunday each month 10.30 am  
**Rev David Crouchley Tel:20329**

## **SOCIETY OF FRIENDS QUAKERS**

Brigflatts  
Sunday 10.30  
**Tess & Philip Satchell Tel: 20005**

## **DENTDALE**

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

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

## **CHURCH OF ENGLAND**

Cautley & Garsdale

**Rev. Andy 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**

## **METHODIST CHURCH**

Dent; Dent Foot;  
Cautley; Garsdale Street;  
Garsdale Low Smithy; Hawes Junction

**Rev. David Crouchley Tel: 20329**

## **SEDBERGH CHRISTIAN CENTRE**

5.30 pm People's Hall every Sunday  
**Tel: 28151**

[www.sedberghchristiancentre.co.uk](http://www.sedberghchristiancentre.co.uk)

## **UNITARIAN & FREE CHRISTIAN CHAPEL**

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

## *Lookaround Advertising Rates*

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

All information to  
72 Main Street, Sedbergh LA10 5AD  
Closing Date 15th of every month.

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

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

| Combined plans for Western Dales Mission Community - June 2019                                                       |           |                                                |                                        |                                                                                                         |                          |                                          |
|----------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------|----------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------|------------------------------------------|
|                                                                                                                      | Time      | 2 <sup>nd</sup>                                | 9 <sup>th</sup>                        | 16 <sup>th</sup>                                                                                        | 23 <sup>rd</sup>         | 30 <sup>th</sup>                         |
| St. Andrew's, Sedbergh LA10 5BZ                                                                                      | 8am       | Andy McMullan HC-BCP                           | Andy McMullan HC-BCP                   | Gary Wemyss HC-BCP                                                                                      | Gary Wemyss HC-BCP       | Gary Wemyss HC-BCP                       |
| St. Andrew's, Sedbergh LA10 5BZ                                                                                      | 10.30pm   | United Service Andy McMullan HC                | Christine Brown HC                     | Judith Bush FS                                                                                          | Anne Pettifor HC         | Howard Smith HC-BCP                      |
| Cornerstone Community Church, Sedbergh LA10 5AF                                                                      | 10.30am   | United Service at St. Andrew's or Peoples Hall | David Crouchley Methodist Homes Sunday | Pam Dent HC<br>4pm- Messy Church                                                                        | Sarah Crouchley          | David Crouchley                          |
| People's Hall Sedbergh LA10 5DQ                                                                                      | 10.30am   | Harry Hutchinson                               |                                        |                                                                                                         |                          |                                          |
| St. Mark's, Cautley LA10 5LZ                                                                                         |           | 2.30pm Andy McMullan HC                        | 9.30am Judith Bush MP-NC               | At Sedbergh                                                                                             | 2.30pm Judith Bush Taize | 11am United Service at Cautley Methodist |
| Cautley Methodist Chapel LA10 5LY                                                                                    | 11am      | Brian Park                                     | Sarah Crouchley                        | Chris Fawcett                                                                                           | David Crouchley HC       | United Service Mel Harris                |
| St. John's, Garsdale LA10                                                                                            | 10am      | Gary Wemyss HC                                 | At Low Smithy United Service           | At Garsdale Street United Service                                                                       | Bill Mawdsley SW         | Judith Bush HCx                          |
| Garsdale Low Smithy Methodist Chapel LA10 5PF                                                                        | 2pm       | At St. John's United Service                   | United Service Philip Nolan            | At Garsdale Street United Service                                                                       | William Allen            | Pam Dent                                 |
| Garsdale Street Methodist Chapel LA10                                                                                | 6.30pm    | At St. John's United Service                   | At Low Smithy United Service           | 2pm & 6.30m United Service Camp Meeting Liz Whitfield                                                   | Own arrangement          | Brian Park                               |
| All Saints, Killington LA6 2HA                                                                                       | 2pm       | At Sedbergh                                    | At Firbank                             | At Sedbergh                                                                                             | Christine Brown HC       | At Howgill                               |
| Holy Trinity Howgill LA10 5JD                                                                                        | 2pm       | At Sedbergh                                    | At Firbank                             | At Sedbergh                                                                                             | At Killington            | Judith Bush HCx                          |
| St. John's Firbank LA10 5EF                                                                                          | 2pm       | At Sedbergh                                    | Andy McMullan HC                       | At Sedbergh                                                                                             | At Killington            | At Howgill                               |
| St. Andrew's, Dent LA10 5QL                                                                                          | 10.30am   | Christine Brown HC                             | Andy McMullan HC                       | Christine Brown HC                                                                                      | Christine Brown HC       | Christine Brown HC Taize                 |
| St. John's, Cowgill LA10 5RJ                                                                                         |           | 9am Christine Brown HC                         | At Dent                                | 2.30pm Church Warden EP                                                                                 | At Dent                  | At Dent                                  |
| Dentdale Methodist Chapel LA10 5QJ                                                                                   | 6.30pm    | William Allen                                  | June Allen                             | Brian Park                                                                                              | David Crouchley          | Chris Fawcett                            |
| Dent Foot Methodist Chapel LA10                                                                                      | 2pm       | At Dentdale                                    | David Crouchley HC                     | At Dentdale                                                                                             | Brian Park               | At Dentdale                              |
|                                                                                                                      | Wednesday | 5 <sup>th</sup>                                | 12 <sup>th</sup>                       | 19 <sup>th</sup>                                                                                        | 26 <sup>th</sup>         |                                          |
| St. Andrew's, Sedbergh LA10 5BZ                                                                                      | 11.15am   | Andy McMullan HC-BCP                           | Andy McMullan HC-BCP                   | Mark l'Anson HC-BCP                                                                                     | Mark l'Anson HC-BCP      |                                          |
| HC- Holy Communion (HCx- Extended Communion)<br>SW- Service of the Word<br>FS- Family Service<br>HS- Healing service |           |                                                |                                        | Ecu- Ecumenical<br>CM- Choral Matins (BCP)<br>MP-NC- Morning Prayer- Northumbrian<br>EP- Evening Prayer |                          |                                          |

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

## Option 1 - 24hr Prescription line

## Surgery and Dispensary Opening Hours

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

## Doctors Clinics

Monday – Friday

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

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

## Dent Surgery

**Monday by appointment only**

## Practice Nurses Clinics

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

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

Dressings Clinic – Friday afternoons  
**(By appointment only)**

## Blood clinic

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

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

See our website  
[www.sedberghmp.nhs.uk](http://www.sedberghmp.nhs.uk)  
for further details

## Bridging the Gap

*First Monday - 1400 - 1600*  
Mrs Colpus 01228 595937

## Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane  
Fire Station, Long Lane

Access Codes to the Defibrils are supplied  
on contacting Ambulance Control on **999**

## POLICE

101 or 999

Crimestoppers 0800 555 111

## Community Officer

Marion Jeffery

Telephone: 101, option 2, ext 45383

Email: marion.jeffery@cumbria.police.uk

## DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Miss Katie McKay,  
Katherine Parrott-Edwards & Sarah Boom  
(Hygienist)

Monday to Friday 0900 - 1700

## 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

## POST OFFICE

Main Street - Phone 20406

Wednesday

Last Page Update:

March 2019