

Sedbergh & District **LOOKAROUND**

June 2017

Issue 355

Donation £1

A big massive thank you to everyone that submitted things earlier this month. It has been a great help in getting Lookaround out on time for you all.

The issue with Barclays Bank has

now been resolved and hopefully, there will be no more problems.

There are many events on for everyone over the next few months. Please give them all your support.

Dennis & Jacky Whicker

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DAA Dementia Action Alliance



10am to noon

Wednesday 7th June

CCC Rooms Main Street

Usual Stalls

plus lots of valuable support

Sedbergh Red Squirrel Group

protecting our native red squirrels

RED SQUIRREL TEA PARTY

2 till 5 pm

Saturday 3rd June

Greenbank Garden ~ Entrance at the far corner of Joss Lane Car Park

beautiful gardens ~ lovely views ~ children's squirrel hunt

refreshments ~ raffle ~ plant sales

indoors if wet

FREE ADMISSION (Donations welcome)

sedberghredsquirrels100@gmail.com



CLOSING DATE: 15th of every month for everything

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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SWIMMING CLUB TIMES

Tuesdays

6.30 - 7.30pm children's lessons,
 7.30 - 8.30pm training squad,
 8.00 - 9.00pm adult swim

Thursdays

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

Saturdays

10.00 - 11.00am open swim, including toddler lessons 10.15 - 10.45
 Lent term ends Saturday 18th March.
 Summer term Tuesday 25th April to Saturday 8th July with a break for half term.



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of

Sedbergh Lookaround

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June Birthdays

Day	Name	Age
5	Tate GORNALL	4
7	Rowan ASHWORTH	7
9	Jack McDOWALL	10
22	Sophie-Mae BRATHWAITE	3
23	Archie MILBURN #	2
23	Lewis DALZELL #	11
23	George LABATTE	3
27	Eva LABATTE	1

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Film to be
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film starts **7.30pm**

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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.*



Allegri

Singers and Players

Handel: Utrecht Te Deum

Telemann: Machet die Tore weit

Vaughn Williams: Te Deum and Serenade to Music

St Andrew's Church, Sedbergh

7:30 pm

Saturday 3rd June

Retiring Collection



DENTDALE CHOIR CONCERT

Dentdale Choir chose a programme of contrasts for its Spring performance on 22nd April.

It opened with a recently written happy song of bride and groom with three words repeated, "Come, come away", a call which Richard Bruce and the choir invited the audience to do in the concert, with the music they made.

Durufle's Requiem followed. Written by the French composer towards the middle of the last century, when others were pursuing new genres, it follows the traditional Roman Catholic devotional latin rite of the funeral mass. Based on monastic chant form, it nevertheless uses sopranos and altos necessary to create the ethereal sound, as the soul makes the journey with fears and exhortations to eventually reach paradise. The work lasts forty minutes with only two short solo passages, so the singers need

undiminished concentration. There was some initial hesitation and lack of volume, particularly in the Kyrie, but by the Sanctus confidence had been established and the Hosanna in Excelsis had great beauty. Jenny Robinson's solo in the Pie Jesu was delicate and moving, and Iwan Lewis was effective in the baritone parts. The request for deliverance came with compulsion in the Libera Me and Dies Irae and the final repose as the soul nears the Garden of Eden was well controlled. This requiem lacks the well-known melodies of others, and is a challenge for any group of artists. Except for the brief cello interlude, the whole accompaniment fell on Roger Bush on the organ.

All the performers must be thanked for bringing to a dales audience this profound work for performance in a sacred place, which the church provided.

In the second half the mood

lightened with a medley of pieces each with its interest and some intriguing. Jolyon Dodgson, a professional opera singer, introduced the complexity of Verdi and Mozart arias, and a joyful monk in his cell with Panguar the cat. Romance was delivered with the beautiful octet by Stopford of the lover advising the beloved not to be afraid, as you are mine. The walls of Jericho stayed up, and the final choir number "Sure on this Shining Night" seemed a fitting comment for the evening by the performers and their amiable mentor, who even set a task for the audience. We had been led through a programme, between the deep and the comic. Hearty congratulations all round.

Graham Dalton

SEDBERGH & DISTRICT **HISTORY SOCIETY**

Wednesday 7th June
A tour of
CONSTABLE BURTON
GARDENS AND HALL
12:30 Loftus Hill Car Park

Monday 19th June
A visit to
RIEVAULX ABBEY
12noon Loftus Hill Car Park

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

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

Please note that dogs are no longer allowed on Outings.

Chairman: Graham Dalton 25436
Secretary: Karen Bruce-Lockhart 20224
Treasurer: Chris Elphick 20605
Membership Secretary: Chris Elphick 20605

www.sedberghhistory.org

DENTDALE CHRISTIAN FELLOWSHIP

On the first Saturday of May we held a day of prayer in the garden and declared the promises of God, claimed His sovereignty and rested in His presence. We prayed for our nation and the area in which we live, the areas represented included Dent, Sedbergh, Casterton, Carnforth and Nateby. Cities to villages were marked on a large map of UK. Looking at a picture of the human body we prayed for healing for those we know with health issues. Then we continued fellowship over tea and cake.

Pentecost will be celebrated under canvas on a field at Mill Beck following our involvement in the family fun day on the 29th.

Our regular gatherings on 4th Sunday eve and one Fri evening a month continue and all are welcome. Plans are advancing for the Festival Aug 4th to 7th which will include garden cafe, creative eve, pub meal & quiz, film night, afternoon tea and other events. Hope to see you there.

Jn and Sarah Woof. 25212

DENTDALE, HEAD TO FOOT

How do you change from a Foundation Course in Art and Design to being a sought-after letter carver?

Well, Pip Hall of Cowgill gave us a fascinating insight as to how her career had taken off following a meeting with a letter carver which inspired her to change course midway in her course and become the creative person she is today.

We were taken on a tour of various projects she had undertaken, from

the Stanza Stones project in conjunction with the poet Simon Armitage who is originally from Marsden, which ran from Marsden to Ilkley over the Pennine Watershed, to the Solar Seat in Birmingham, a regeneration project in Sheffield Market, the Ullswater Heritage trail and finishing with our own Cowgill Navvies commemoration project organised along with the Rev. Peter Boyles. Memorials are an ongoing thing and there quite a few examples in Dent churchyard, very individual compared to normal monumental mason work.

Throughout all it was increasingly apparent that each project had its own lettering style which reflected each individual subject and that each

type of stone had its own peculiarities for working, no two being the same.

The tools used now have tungsten tipped blades, so that the work is somewhat easier than of old.

All in all, a very different and thought provoking type of talk than we usually have.

Our next meeting is the "Outing to Skipton" on Wednesday 31st May, see posters for details, so there will be no meeting in June.

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

DENT GALA

This annual, much loved event takes place every year on August BH

SEDBERGH *Food & Drink Festival*

8th - 18th June 2017

For details of events,
pick up a brochure or go to
www.sedberghfoodfestival.co.uk

A list of events can also be found
at the Information & Book Centre

Sedbergh Food & Drink Festival is organised by
Sedbergh & District Chamber of Trade & Business



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Monday and needs a lot of helpers. Some people turn up and do what they have been doing for maybe 20 years, some feel this year/last year is their last time, always room for new people to get involved. We are open to new ideas provided they do not cost us money and they have people to run them! This year we plan to have everything on the field (except maybe ice cream van) and have a central "ring" for things like Children's Fancy Dress and Dog Show.

Obviously a lovely sunny day is hoped for.

Would you be able to join us as a helper for a couple (2) of hours or more or less?

Do get in touch and let us know.

*Chairman Sarah E Woof
Dent 25212*

MEDITATION CENTRE, DENT Teacher Training Course

A new cohort of trainee teachers are now learning how to teach meditation

at the Centre and they will graduate in September this year, so we are now opening our doors again to accept applications for the 2018 teacher training programme.

The programme enables students to understand – and be qualified to teach – a variety of meditation techniques which they can then take into their own communities and/or workplace to set up meditation groups within secular environments.

The course also enables current teachers of yoga, tai chi and other similar disciplines, to enhance their own skill-set.

Offering considerable personal development opportunity, the teacher training takes six months to complete and is heavily focused on experiential learning and self-study both at home and during four training weekends and a summer retreat at the Centre.

The course differs from others currently being offered as it gives students the opportunity to learn



Participants wanted for a paid reading study

If you are a native English speaker aged 20+, and you did not go to a university, you are eligible to take part in our study on reading comprehension of health-related information.

The study takes around 70 minutes to complete, and it can be done at a location of your choice.

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If you are interested in taking part, please contact **Michael Ratajczak** healthcomprehension@gmail.com to arrange the details

about different philosophies and meditation techniques which are embraced at the Centre – spanning both Eastern and Western traditions.

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If you want to know more, please email us at meditationcentrteam@gmail.com.

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Sue Stark



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APRIL WEATHER

A surprising month weather-wise, especially for April. We only received a total of $\frac{3}{4}$ inch (18.9mm) of precipitation!! Certainly my lowest ever recorded for this month. As to be expected in such a dry month we had a few dry spells. The longest being 8 days so no drought yet! Temperatures, as to be expected, were on the rise with a high of 67.1F (19.5C) but we had a low of 30.4F (-0.88C). With the wind chill added we had 4 nights down to freezing and 6 below freezing. The coldest night being 18F (-7.8C) due to the wind. It is these nights which make it hard for young lambs. A breezy month with only 3 days not getting into double figures with a maximum recorded of 19.0mph (30.58kph).

Although I recorded all the tupping dates the sheep haven't read the appropriate book and rarely perform to order. Lambing consequently started late and not with the expected ewe! Generally lambing has been OK. Fortunately I hadn't started when that horrendous weekend took a lot of lambs. With one still to give birth most lambings have been reasonable. The old girls just get on with it. The

newcomers, shearlings, especially with one lamb on board, are the biggest problem as the lamb tends to be on the big side. So far I have only lost 2. One I picked up to tube it and it expired on my knee! The other was a badly presented one which I didn't manage to get out in time. I am still bottling 3, for various reasons their mums' appear not to have enough milk.

Elsewhere spring has come in a rush. In the garden fresh new leaves on trees and shrubs and lots of blossom. Unfortunately my bees are defunct again so time will tell if any fruit has been set. Slugs and midges are about in plenty. On my early morning bottling trips at first light, 5am, I have witnessed 2 occasions where a crow has taken a young fledgling in spite of raucous protestations from the parents. The first was a song thrush and the second a blackbird. Around us nothing which nests in bushes is successful as the various members of the crow family raise even more predators. We have simply too many of the crow family. In many parts of the country this now includes ravens. One farmer counted 100 attacking his lambs!! We have too many and they need bringing back to a reasonable number so song birds stand a chance. This also applies to badgers to give bumblebees and hedgehogs a chance. Already this year badgers have dug out all the new bumblebee nests down our lane. Likewise if you doubt my comment on hedgehogs and badgers read Dr Ernest Neal's New Naturalists Monograph on the Badger.

WANTED

Room to Rent

Needs to be dry
for storage of boxes of
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Needs to be easily accessible,
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Please contact Sue on
07891 719795

GARSDALE GOING FOR GROWTH

On Sunday 7th May we held our Lambing Service at St. Johns Church, Garsdale. Thank you to Rev. Andy for leading our worship and reminding us of the work of shepherds who look after their sheep (and lambs) and of the Good Shepherd, who looks after His human flock.

An excellent tea was enjoyed in the church after the service, and grateful thanks go to all who provided food. Special thanks once again to the Labbate family for providing such well-behaved lambs. They even joined in the singing!

Donations were requested for the Nicholas Lowe Children's Home in the Buenos Aries Province, which resulted in the sum of £110 being raised. Many thanks to all for your support.

Mary Airey

GARSDALE MATTERS

We live up on the Garsdale Road

and in the last few weeks we have had roadworks. I have just learnt that much of the work was done by local people so we would like to thank them for the work done and the way it was done. It can't have been an easy job. The work was done overnight with minimum of fuss and each morning the road was clear. Once or twice the family came home late whilst the work was being done and we were helped through by the workforce with good humour and politeness. Thank you.

Derrick and Barbara Hartley.

SIX OF THE BEST

Oh dear, as clerk to Garsdale Parish Council, I have been told off, castigated and sent to the Headmaster's study. My article for the April edition of Lookaround has ruffled a few feathers and must now, on bended knee, offer a grovelling apology to the road gang who tirelessly worked filling in two

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potholes a day.

At the latest Parish meeting held on the 18th May, it was decided that I should split my ramblings into two sections, the first a 'dry' factual summary of the events and decisions taken with my "clerk's" hat on followed by any observations I wish to make bare headed and not signed off as 'clerk' so as to disassociate those comments from the parish council.

So, with hat on, at the Parish Meeting, Chairman Annette outlined the workings of the council over the past 12 months. The issues were that council had run with a full complement of councillors until very recently when two councillors resigned due to work commitments.

Fortunately, there is sufficient interest from residents to fill those places and hopes were that the council will be able to run a full re-invigorated squad again. Annette urged residents to sign up to the council database by emailing the clerk or at the website to reduce costs and increase efficiency. Other issues discussed were the school transport situation, incoming hyper-fast broadband, the grant awarded to the village hall, highways and motorbikes. Gavin Keeble, newly appointed tsar by B4RN for Garsdale outlined the progress being made by B4RN and appealed for volunteers to help with this community project. He was launching an online newsletter for Garsdale to provide updates.

There then followed a quick AGM where Annette was voted in for another year as Chairman and a speedy council meeting where Jill Dickinson was co-opted onto the council. A full account of the minutes and Chairman's report can be found on the website in due course. Our next meeting will be on Thursday July 20th at 7.30pm in the village hall.

*Philip Johns, Clerk to Garsdale Parish Council, 015396 22170,
ps.johns@btinternet.com,
www.garsdaleparishcouncil.com.*

And so, taking my council hat off, let's return to the issue of road maintenance in Garsdale. Firstly, I would like to thank and praise the work gang who have completed the resurfacing of the A684 with overnight

closures, over-running by just one day but completed soon after. The work is totally top drawer and it is now a pleasure to drive into Sedbergh without having to swerve around potholes or to have bones jangled every few yards, well done and you have all of Garsdale residents' thank yous ringing in your ears.

On the issue of the gang who undertook the filling in of potholes, the criticism levelled at me was that my barbs were pointed at the wrong people. Apparently it wasn't their fault that they turned up at 10.00am and packed up and left at 2.00pm completing the arduous task of filling in two or three potholes. No, it's all down to the management, they were

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the ones who decided which holes to fill and only provide sufficient tarmac to fill those and never mind the ones that were left behind. If that truly is the case then I do sincerely apologise and stand corrected.

So, which is the biggest scandal here, that these work forces were not given sufficient tasks and supplies to complete a full day's job, paid out of tax payers' coffers or the fact that these works were sanctioned at all? £38,000 of tax payers' money was spent on this unsatisfactory task only for it to be ripped up a few weeks later when a much more efficient and proficient full resurfacing work was carried out. Who sanctioned this? We will probably never know as,

rudely and with disdain, enquires to Cumbria County Council Highways by the parish council or by the Garsdale residents go blithely ignored. No doubt, there will be a faceless CCC official sitting at their desk with their feet up, nibbling on a publicly funded Garibaldi, who couldn't give a monkey's whatsit that £38,000 of tax payers' money has been flushed down the drain. No matter that £38,000 would have gone a long way to providing much needed safe transport for our school children attending schools and colleges in Kendal or Kirby Lonsdale, but no, not me sir!

Please spare a thought for me as I stand piously outside the

People's Hall

Old Time Sequence Dance with Denis Westmorland



Saturday 17 June

Doors open at 7.30 pm

Dancing to 11.30 pm

Bar facilities and Jacobs Join

Tickets at the door £4.00

Headmaster's office, head bowed and palms sweating, waiting for six of the best. No doubt that I won't be sitting down for a while but still at least the ride into Sedbergh will be bump free! Thanks lads.

*Philip Johns, Bens Bridge End,
015396 22170,
ps.johns@btinternet.com.*

SEDBERGH PARISH COUNCIL

This report covers items from the Parish Annual Meeting held on 9th May and the Annual Meeting of the Parish Council on the 11th May (including the normal monthly meeting also held on 11th May 2017). The next meeting is on Thursday 8th June 2017 at 7.30pm in the URC, Joss Lane, Sedbergh (*please note the change of venue for June*).

ANNUAL MEETING OF THE PARISH

The Annual Meeting of the Parish was held on Tuesday 9th May 2017. This meeting is an open meeting for

residents of Sedbergh Parish to attend and hear what Sedbergh Parish Council has done over the last twelve months and what is planned for the future and to raise any issues for consideration by Members at future meetings. Items discussed included the future planned resurfacing works at Joss Lane car park (including replacement ticket machines), the ongoing concerns at Maryfell in regard to traffic flow and parking, the planned redesign and refurbishment of the children's play park at Maryfell, the formation of a Friends of Queen's Garden Group, the proposed boundary and access works at the People's Hall and plans to refurbish the toilets at Main Street in the future. Whilst only a few



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residents came to the meeting, their attendance was much appreciated.

ANNUAL MEETING OF THE PARISH COUNCIL

This meeting sees the formalities of the Council being confirmed for the year ahead, including the election of Chair – Cllr Jim Atkins, Vice Chair – Cllr Ian McPherson and allocations to the Council's committees and to outside bodies where the Council is represented. The Annual Accounting statement for the Council was also adopted, the Period for the Exercise of Public Rights will commence on 18th June 2017, until 28th July 2017.

NORMAL MONTHLY MEETING SEDBERGH TOWNSCAPE PROJECT

Members discussed the recent unsuccessful bid to the LIP Project fund from SLDC in regard to the proposed boundary and access works at The People's Hall. Members agreed, however, to proceed with the works and cover the short fall from reserves. This would allow works to proceed (to coincide with the planned works of the People's Hall Committee), however, the planned resurfacing to the car park would now be deferred to a later date (to be confirmed).

OTHER MATTERS

Various other matters were discussed, including: planning applications; a grant application for £500 from The Western Dales Bus

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(approved); the Friend's Of Queen's Garden group (see separate article); the Community Resilience Plan (see next month's Lookaround); planned improvements to Sedbergh Tennis Courts; the Economic Study of Sedbergh and the 'Ashtag' project being run by YDNPA in conjunction with The Forestry Commission.

Members also discussed a number of highway issues, including the parking area in front of St Andrew's Church, concern over residents' parking on Bainbridge Road, report of a vehicle becoming stuck on Row Lane recently; and the faded nature of the disabled parking bay on Back Lane (now both reported to CCC Highways).

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

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

clerk@sedberghparishcouncil.org.uk

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

Janey Hassam – Clerk



Malcolm Sedgwick Joiner



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COUNCILLOR CORNER

I would like to take this opportunity to thank all of you who voted for me in the recent Cumbria County Council elections, held on May 4th this year. With your backing, I have been re-elected with an increased majority as the County Councillor representing the Electoral Division of Sedbergh & Kirkby Lonsdale (this also includes the parishes of Casterton, Barbon, Middleton, Dent and Garsdale). The County Council elections are held every four years so the next ones will be in 2021.

One of the stand-out statistics from the election, which reflects very well on the area, is that Sedbergh & Kirkby Lonsdale had the highest

turnout (55.1%) in the county. The turnout here was twice as good as the average turnout in Barrow (27.3%). It is gratifying that after so many months of hard work leading up to the election, so many people take it seriously enough to make the effort to vote.

Just when I was thinking I'd be able to take a break after the County Council elections and have a bit of a rest from pounding the streets and knocking on doors, news came through that a General Election had been called, so apologies to all of you who will have had to put up with about three months of non-stop electioneering. Many will sympathise with the frequently broadcast views



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expressed by 'Brenda of Bristol', delivered in her rich Bristolian accent 'You're joking, not *another* one'.

But life goes on and as an antidote to all the election work I had a wonderful afternoon recently with a bunch of fantastic Year 7 pupils from Queen Elizabeth School in Kirkby Lonsdale who had volunteered to come out and do their bit for the environment. I met up with the pupils and their teachers near the school, walked down to Devil's Bridge and spent an hour and a half cleaning litter from down by the river. It was a glorious sunny day, the river was low and the children loved clambering over the rocks finding all sorts of rubbish that people had left in the

Daphne Jackson

DO, MsC (Ost)
Registered Osteopath

**Mill Barn, Broad Raine
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cracks and crevices amongst the limestone outcrops.

From Cllr Nick Cotton

From the CCC Website, the Voting was as follows:-

Nick Cotton	1253
Kevin Lancaster	1163
Nick Cross	91
Daphne Jackson	60

D J Whicker

TIM FARRON MP

One election down and one to go. Thanks so much to everyone who voted for Nick Cotton. I know that he will work really hard to justify your support. 55% of those of you who could vote made the effort to do so, that was more than any other district

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in the South Lakeland area and the turnout here was so much higher than anywhere else in Cumbria. You should be amazingly proud. The way that people are still so heavily engaged in democracy in this part of the country is one of the many reasons why I have loved being your MP.

Elections are a time when, more than ever, you will find me dashing around trying to meet as many people as possible. In fact if you were near Kendal Castle the other Sunday you could have literally seen me “dash” in the Colour Dash raising money for St John’s Hospice. You can still sponsor me if you search online for Kendal Colour Dash you should find all the links you need. I am sure many of you will know what a wonderful service St John’s provides to people with life shortening conditions. But did you know that nearly three quarters of their service is paid for by donations. Please give if you possibly can.

Of course, I have also been out on the streets knocking on doors asking people for their support. One of the great things about elections is meeting so many people in a very short space of time. This really does bring some perspective on things and stops me from getting caught up in the so called “Westminster bubble”, not that there has ever been much of a risk with my home and 3 young children at school firmly in Milnthorpe.

Meeting all these people has made it very clear to me that helping people is really the only reason why anyone should become an MP. Just knocking on a few doors provides us with so

SEDBERGH MEDICAL CENTRE

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

Wednesday 21st June

Wednesday 12th July

Wednesday 20th September



many jobs we need to do for people in this area. One of the upsides of the system which means you have elections every year in Sedbergh is that it forces us to get out and knock on doors more or less all the time. Not that we should need any encouragement to get out there and see people – which why I have always done things like my Summer Surgeries.

What really worries me is how much this case work will increase over the coming months and years for whoever is elected to be your MP. As I said last month we know about the pressures on the NHS, our schools are suffering from a crisis in funding, our justice system is being put under pressure. Whoever becomes the MP for Westmorland and Lonsdale is going to have to work really hard if they are to help all the people who will need it.

Of course I would love to be re-elected as your MP but that is up to you. All that I ask is that you make sure that you do vote on June 8th. It is really important.

Thanks so much for your support

Tim Farron MP



Sedbergh Community Swifts

Swift Spotting!



Everyone is welcome to join us for some swift watching

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

Friday June 23rd

Meet Loftus Hill Car Park, 8.30pm

⌚ Festival Food Market

9.30 a.m. – 3 p.m., free entry

Call 015396 20504 for more information

Sunday 11th June

⌚ Lock Bank Farm: Open Farm Sunday

10 a.m. – 2 p.m. free entry

Call 015396 20252 for more information and to book

⌚ Mad Hatters at No 6 Finkle Street: Mad Hatters Tea Party

4 p.m. £13.50/£10, limited spaces – booking advisable

Call 015396 20298 to book

⌚ Three Hares: Washoku Japanese Taster Evening

7 for 7.30 p.m., £39.50 per person

Call 015396 21058 to book

Monday 12th June

⌚ Sedbergh Primary School: Cupcake Competition

3.30 – 4 p.m.

You are warmly invited to come and view the children's creations

Tuesday 13th June

⌚ People's Hall: Festival Film Night: Jiro Dreams of Sushi

7.30 p.m., Admission: £5.50/£3.50/
family ticket £15 (2 adults, 3 children)

Tickets available from the Information

⌚ Centre or on the door

Thursday 15th June

⌚ Howgills Accommodation: Cakes and Bakes with Nina from Three Hares

1 p.m. – 3 p.m., £20 per person
Call 015396 21058 to book

⌚ Howgills Accommodation: Dine and Bubbles with Nina from Three Hares

7 p.m., £40 per person
Call 015396 21058 to book

⌚ Duo: Thai Night

6.30 – 9 p.m., menus individually priced, reservations only

Call 015396 20552 to book

⌚ The Malabar: Tastes of North India

7.30 p.m., £25 per person,
reservations only

Call 015396 20200 or email
info@themalabar.co.uk to book

Sunday 18th June

⌚ Mad Hatters at No 6 Finkle Street: Mad Hatters Tea Party

4 p.m. £13.50/£10, limited spaces – booking advisable

Call 015396 20298 to book

⌚ The Dalesman: Pie Competition

Judging at 6 p.m. Pies must be delivered to the Dalesman by 12 noon on 18th June

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⌚ Three Hares: Field to Fork Full Tasting Menu 7 for 7.30 p.m.

Call 015396 21058 to book Throughout the Festival

⌚ The Dalesman: Brunches of the World

8 a.m. – 2 p.m., menus individually priced

Call 015396 21183 to book

⌚ Weaver's Café, Farfield Mill: Taste of the Dales

10 a.m. – 4.30 p.m., menus individually priced

Call 015396 21958 to book

⌚ Mad Hatters at No 6 Finkle Street: Afternoon Tea

12 p.m. onwards, Classic £9.80/£6,

Mad Hatter £13.50/£10

Call 015396 20298 to book

⌚ Sedbergh Heritage: Exhibition at Farfield Mill about the history of local food and drink

10 a.m. – 4.30 p.m.

⌚ Three Hares: Festival loaf on sale

For full listings, please see the brochure or go to

www.sedberghfoodfestival.co.uk

Sedbergh Food & Drink Festival is

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THE WEEKLY MARKET ONCE A MONTH

Hello from the Information and Book Centre – I hope this finds you well. You will, I hope, know that Sedbergh's weekly market is on a Wednesday on Joss Lane car park, with regular stalls selling fruit and veg, Cowgill farm eggs, fresh meat and fish, bread, cakes and pies, as well as Mary's famous Christie Hospital charity stall and (hold the front page!) the recent return of Vass from All Greek To Me with his family's olives, oils, dips and fabulous home-made Greek pastries. Trading begins around 8.30am (except for the greengrocers, who start at 7 for greengrocery reasons of their own).

Sedbergh's own Sarah M has recently resumed standing the market once a month with her prize-winning jams and preserves, cakes and ready meals – it's nice to have her back. We thought that there might be other traders who would do well at the market but couldn't come down every week so we asked around. We're

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happy to say that we're expecting fudge from a Sedbergh business from June, and I hope some more who haven't quite committed yet will join in soon.

So if you can't make the market every week, how about visiting once a month? It's usually the second Wednesday, so for June that's the 14th. We'll have information in the Information Centre about dates as the summer goes on, so please call in.

Best wishes, Andi Chapple

Westmorland Seniors, friendlies with other clubs and our annual competitions.

We are hoping to encourage new members so will be offering free taster sessions in June on Saturdays 10th and 17th at 10am to 12 noon. Also in July on Saturdays 8th and 15th at 5:30pm to 7pm. Members will be there to give tuition in a patient and friendly way. Please wear flat shoes. Bowls will be provided by the club. Come along and try Crown Green Bowling at the rear of Queens Gardens, Station Road.

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

SEDBERGH BOWLING CLUB

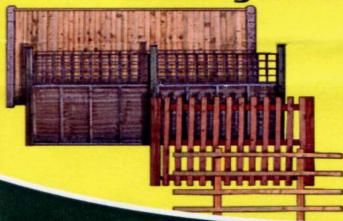
At the AGM pre-2017 season, Janet Baines was elected President. We shall have teams in Kendal and district, the Rural and two in

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CHURCHES TOGETHER

News from the Pews



Your Parish Church

Many of you will have passed St Gregory's (Vale of Lune) (Grade 11 Listed) church, on the left before Lincoln's Inn bridge and had a passing thought that one day you would stop and look inside. The following potted history may be helpful:

The history of this small building is

not without interest. When the Ingleton Branch of the London and North Western Railway was in course of construction in the years 1858-61, a Scripture Reader named Thomas Fayers was appointed to look after the spiritual needs of the railway navvies. His meetings, of necessity held in hutments or farm barns, became popular with the local farming community, for whom Sedbergh Parish Church lay at a distance of some two miles. When, therefore, it was time for the workforce to move on, the local people petitioned Miss Frances Upton, the owner of the nearby Ingmore Hall and Estate, to retain Thomas Fayers' services.

Accordingly, while not wishing to bring religious Dissent into the district, Miss Upton agreed to the request, the small Chapel with schoolroom attached was erected, and Thomas Fayers took up his duties. The building was formally known as the Vale of Lune Mission Church, and Fayers served it for some twenty years. He died in January 1888, whereupon the Bishop of Ripon issued a licence to the Vicar of Sedbergh and his curates to assume spiritual care of the local parishioners. This arrangement continued during the tenure of Ingmore Estate by Miss Upton's sister, Mrs Cottrell-Dormer, who turned the schoolroom into a chancel, and put in the stained glass, and during the time of her successor Major John Upton, who in 1917 transferred ownership of the Chapel to the Church

Commissioners, while enjoying a joint interest with the Vicar of Sedbergh in the patronage. Mrs Cottrell-Dormer had, in her time, endowed the Chapel with a not inconsiderable sum of money. In 1920 the Chapel was transferred to the new Diocese of Bradford. The year 1930 saw the death of Major Upton and the subsequent sale of the estate, and in the mid-1980s came redundancy and the closure of the building.

The piece de resistance in the tiny church are the delightful and colourful series of stained glass windows by Frederick George Smith which depict river scenes, trees and plants, as well as birds and animals found locally. These were installed in about 1900 when the church was refurnished.

An enthusiastic group comprised of

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folk from Dent to Brampton recently joined forces to give a much needed spring clean to this dear little church which is and was no doubt a much loved and special place to many people in the Sedbergh area.

The church door is unlocked during the day, endeavour to take a few minutes and discover for yourself this little gem.

Susan Sharrocks
Tony Reed Screen
Churchwardens

FAMILY MUSINGS

May is always a busy month and this year is no exception and the weather is glorious. This afternoon I pen this from the bed in my summer

house where Mitts and I are enjoying some resting time. The garden is taking shape, one fruit cage is erected and in use to protect flowers and vegetables, the next one will cover fruit and veg and then there is the poly tunnel to re home it has spent quite long enough languishing in the garage .. over 2 years in fact!

Family and friends birthdays come in abundance during May as does our Wedding Anniversary and we will find something to do to celebrate 36 years. I am not good at figures (that's why I'm rounded) but we were wed in 1981 so I think that's correct.

Auntie M at Hull now is in her 100th year as she celebrated her 99th birthday this month so our family age range is 1 yrs to 100 nearly!

Talking of birthdays mine comes ever closer and many of my contemporaries from boarding school are the same notable age this year, some of us are due to meet at our school reunion, there will be a lot of conversations beginning ""Don't you remember.." people, places and events, good bad and indifferent will be talked about. Somehow you only remember the good times and the kind people don't you, probably best.

Making houses out of huge cardboard boxes while playing with our grandchildren reminded me that you can have a lot of free fun and if that can be in glorious sunshine here in the garden then that gets my vote.

Enjoy the fun in the sun that comes your way .

Sarah



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WESTERN DALES MISSION

Community Treasurer

As you may be aware, there are many changes taking place among the different Churches and places of worship in Sedbergh and the surrounding area. We have a history throughout the years of working well together, predominantly through the Churches Together committee, to share worship on occasions and organise various outreach events. The main one you may be aware of is the annual Holiday Club for primary school children held during the summer holidays. Last year Churches Together ceased to meet and has now become part of the Western Dales Mission Community. This is part of a regional initiative and we are

excited to be leading the way. It sees the Anglican, Methodist, United Reformed Church and Salvation Army come together, with other denominations being partners along the way, to develop a shared vision for ministry, mission and outreach.

The Western Dales Mission Community requires a treasurer from November 2017. Do you feel you have the time and abilities to volunteer for this role?

Treasurers Duties

- 3 Take accounts to have them examined for the November AGM.
- 3 Make payments for the Christmas Cards.
- 3 Send out letters after the A G M to the individual churches asking them for donations to help us with our activities.
- 3 Early in the year pay cheques to Churches Together in Cumbria and to Ecclesiastical Insurance.
- 3 Pay cheques monthly for the administrator role for Western Dales Mission Community
- 3 Make payment for the hire of the Peoples Hall for Holiday Club when we get the invoice, and also any expenses.
- 3 Pay money in from the individual churches.
- 3 Pay in money from joint services.
- 3 Pay in any donations eg for Holiday Club.

If you feel you are able to fulfil this role and are able to start before November this would allow an overlap with the existing treasurer.

Please see Carol Marsden, Western Dales Mission Community Leader, for further details, telephone 015396 22030.

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SEDBERGH WI

Traditionally, our May meeting is given over to discussion and voting on the annual Resolutions put forward by the National Federation of WIs, but this year we decided to invite a speaker to add interest to our evening on May 10th and were very glad to have done so. Sara Brown from St John's Hospice in Lancaster showed us slides of the hospice, which has beds for 13 terminally ill patients in rooms with floor-to-ceiling glass doors which give access to the beautiful garden - even for the beds when weather conditions are appropriate - so patients can enjoy the fresh air and lovely surroundings. In addition to medical care for the residents, the hospice offers some day care facilities and also Hospice at Home care in conjunction with Macmillan Nurses; you may remember the Hospice Angels Campaign run by the Westmorland Gazette a few months ago to raise

£30,000 to fund this scheme. The hospice costs £4.5 million a year to run, only 31% of which comes from the NHS, leaving a massive £2.725million to be found from fundraising. A large proportion of this comes from community events and sponsored fun activities for supporters, such as the Kendal Colour Dash, the Barrow to Keswick 43-mile walk, the Moonlight Walk in Lancaster, and, much further afield, in 2016, 31 people walked the Great Wall of China, raising a massive £91,000 for the hospice! For 2018, 51 people have already signed up for a 10-day trek in the Andes to Machu Picchu in Peru, for which they need to raise £4,000 each. The Hospice is also supported by their clothing and furniture shops, a Kirkby Lonsdale market stall, and by the 500 or so volunteers who give their time to work in the garden or on the wards and in many other practical ways. Sara told us that their volunteers save them



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- Paths & steps
- Paving
- Boundary & garden walls (brick & stone)
- Gates & fences

getting on for £1million annually by doing essential work. I'm sure that the volunteers benefit too from working with like-minded generous people and making friends with them. Sara's enthusiasm for her work with the hospice was infectious and we really appreciated her vivacious presentation. She was very appreciative of the help, support and generosity of Sedbergh people at the coffee morning she ran for the Hospice at the CCC in Sedbergh in April so please look out for her next coffee morning later in the year!

Sara's talk was followed by refreshments and discussion of the WI Resolutions, on which we duly voted and instructed Anne Petyt as our representative to put forward our

wishes at the forthcoming area meeting. We also discussed arrangements for the local WI Group Meeting which we are hosting at the People's Hall on May 15th. A report on that will have to wait till next month.

The walking group holiday at Church Stretton in Shropshire in late April, in the same cottage as last year, was again very successful: the weather was good so they were able to walk every day and it was good to meet up again with former members Linda, Christine and Denise. Much as they all like the cottage and the area, they have decided to look for somewhere different next year.

"The Pinecone" by Jenny Uglow, the story of the Losh family from Wreay (pronounced 'Rhea'!) south of

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Carlisle, and in particular Sarah Losh (1786-1853), was the book we discussed at Gaynor's home on May 11th. Sarah and her sister Katharine inherited Woodside, the family home, from their father John in 1814, as well as his coal mines and other industrial concerns. After Napoleon was defeated in 1815 they were able to visit Italy and France on an extended tour and Sarah fell in love in particular with the simple Romanesque churches they saw, as opposed to the

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English Gothic style which was then in vogue. After Katharine's early death in 1835 Sarah set to work designing a beautiful new church at Wreay on similar lines, which you can visit today. (If you Google 'St Mary's Church Wreay' you can find details about it and about the Sarah Losh Heritage Trail which includes several of Sarah's other buildings. I heartily recommend a visit to this gem of a building, and also the Heritage

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Centre. If you want to visit the local pub, The Plough, check their opening times before you go!) Our verdict on the book itself? Marks given varied between 5 and 8. It was an academic work (40-odd pages of notes at the end bear testament to the research involved!) covering not just the history of the Losh family and its many branches, but wider-ranging social, political and literary history as well. It was easy to get bogged down in all the detail, so not everyone finished reading the book. Gaynor's luscious cakes (rhubarb and ginger, and date and walnut) and cups of tea completed a very lively and enjoyable afternoon!

We are looking forward to our

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summer outing to the Midland Hotel on June 14th, so there will be no meeting in the People's Hall that day.

Moira Folks

DENTDALE WI
May is traditionally the month when we discuss proposals for Resolutions put forward by WI members nationally. This year two have been selected for consideration. The first 'Plastic soup: keep microfibres out of our oceans:' this focusses on the amount of micro plastic fibres getting into our oceans and the impact this has on aquatic life. The second is Alleviating Loneliness: Focusing on the impact of loneliness on health. Both very diverse issues but equally

important.

So our meeting began with a general discussion followed by a show of hands for or against each issue. Unanimous support was given to both and our decision will be taken forward by our local delegate attending the Annual Meeting which this year is to be held in Liverpool. Final voting will take place before either or both resolutions are formally accepted and a campaign of action is constructed.

Other issues this month covered forthcoming social activities. Final arrangements for our summer outing this year to Acorn Bank owned by the National Trust and famous for the many different types of daffodil grown

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there, then continuing on for some retail therapy at Gretna Gateway.

Our Dining club this month is at Kendal College Restaurant, always a treat with excellent food and high standard of service provided by the students.

Finally 8 of us are joining Sedbergh WI for the annual group meeting when we will be entertained by Auctioneer Kev Kendal.

Our annual programme of meetings and events is always given great attention and although it is only May 2017 Marion asked all our members for their ideas and suggestions for our programme for 2018.

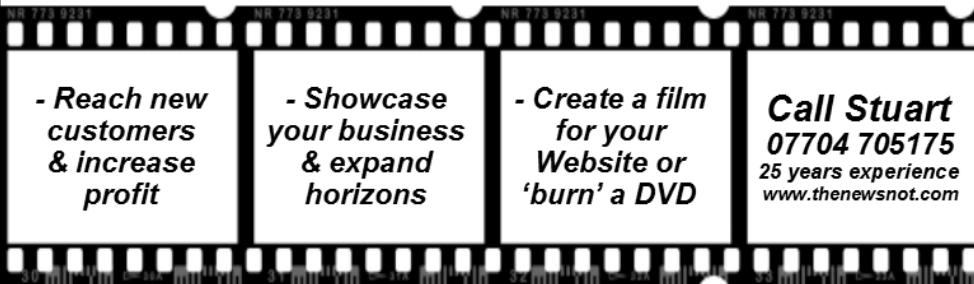
It was then time to welcome our speaker for the evening, an old friend,

Gordon Fletcher telling us of his trip to the Valley of the Moon in Argentina. A trip that was totally out of character for him as his main interests are Art and underwater scuba diving expeditions but he had learned of this trip to Argentina whilst surfing the net for research opportunities.

Subsequently he found himself putting on his rucksack and travelling to Heathrow and then onwards to Buenos Aires. A fairly lengthy journey at best, but made much more challenging on this occasion as his flight was two days following the terrorist attack on the Twin Towers in the United States.

Arriving in South America he then flew on to Mendoza and met up with the organizing team from San Juan University. He then went on to tell us of a very late meal consisting of a huge plate of mainly meat before the real trek began very early following morning. A 90 mile journey into the desert over dirt roads and scrub land. The camp was in a dry river bed of sedimentary rock where the annual rainfall had uncovered numerous fossilized specimens. All the food and water for the team had to be carried

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Afternoon Tea

Scrummy



into the desert. Diet consisted of pasta dishes, a somewhat salty 'hotpot' and barbecued meat, all washed down with copious amounts of wine. Each member of the team had only 4 litres of water allocated each day to cover all needs.

Gordon described the fossilized process to us telling us that the fossils found in the area dated back 228 million years ago, the era of pre-reptiles and pre-dinosaurs. On a daily basis the team moved out over the river bed and identified 'fossil findings' by tagging the find by lengths of white toilet roll which the team of scientists then followed up supervising the excavation. This was a very delicate process to prevent

damage to the specimens, which are then wrapped in 'scrim' and transported back to the laboratory for casts to be made for display in the Museum.

Gordon ended his talk with some personal memories. Of waking just before dawn, walking away from the camp and sitting to watch the dawn break in total and absolute silence. His final memory was one evening when volunteering to help to locate a member of the team who had 'gone missing'. He became aware of someone walking along side of him in the darkness only to find it was a huge spider. Never had his legs moved so swiftly to regain the safety of the camp.

Following this interesting and enjoyable talk our evening ended with tea and biscuits and a competition to name at least one country for each letter of the alphabet (with the exception of 'X') this was won jointly by Mary Roberts and Chris Taylor. The raffle prizes were won by Alice Ellison and Thelma Belfield.

We are a friendly group and visitors and new members are always given a warm welcome.

Thelma Belfield

W.I. HOWGILL AND FIRBANK

Members were given a warm welcome to the April meeting by President Bridget Postlethwaite. Our visitor, former member Norma Tattersall, came along to join us. Before the Business Meeting we wished a Happy Birthday to Sheelagh Dennis's. Bridget reported on the Council Meeting held at the Town Hall. There was a catch up on Federation news. Questions on W.I. issues were put to Trustees.

Speaker Meredith Towne gave a lively talk celebrating women's history through fashion in the 1920s, from the eyes of a young lady aboard a fishing fleet, on the hunt for a husband in India. An incredible

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speaker.

Members were reminded of the Group Meeting hosted by Sedbergh W.I., and held at the People's Hall on May 15th. Kevin Kendall, auctioneer, song writer and musician will be entertaining us. Liz Moore, our Outing Organiser will be giving us options for our outing on June 29th at the next meeting.

Bridget introduced our speaker Marjorie Bidgway and her neighbour and helper Sheila Capstick. Marjorie gave an interesting insight into the History of the Button and is in possession of a button box which belonged to her mother and previously her grandmother, that was just the start. Many hundreds of buttons later her collection is vast. Glass, silver, gold and porcelain. Anything and everything can end up as a button for decoration on clothing. We enjoyed looking through her amazing collection. Dills McCaffrey thanked Marjorie for a fascinating talk on an interesting topic.

The Competition for an arrangement of buttons on a plate, judged by Marjorie, was one by Mary Stainton with Audrey Hoggarth second.

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The social to name the household items was won by Pauline and Anne. The evening was brought to a close with our usual Jacobs Join.

Audrey Hoggarth

KILLINGTON WI THE AFTERNOON WI FOR THE ENTIRE DISTRICT

*"And after April, when May follows,
And the whitethroat builds, and all the swallows!"*

And what a beautiful fortnight we have had to start the month. All the blossoms and flowers have been a joy to behold. Today, the fifteenth of the month, is giving us the first, much needed, substantial rain.

I have just been home a few minutes from a WI meeting – a Lunesdale group meeting, organised this year by Sedbergh WI. The speaker was a well known local, namely Kevin Kendal, auctioneer and valuer at Eighteen-Eighteen Auctions at Junction 36. He pointed out that their name had been chosen before they knew that they were moving from Kendal! but quite a coincidence. We learnt how he had become involved in the auction trade from an early age, and how he had gained in

sense and knowledge through time. He gave us some pointers as to what is "collectable" and how prices are unpredictable. Then he set us a test. He had brought several lots for us to identify and value. Howgill WI were the winners and would have been presented with the prestigious Cup had it not been for the fact that last year's winners had forgotten to bring it! The members of Sedbergh WI treated us to a lovely supper - our thanks to them. A good time was had by all.

Our own WI had held its meeting last Tuesday – always in the afternoon, on the second Tuesday in the month. Members had plans for activities in the month ahead, plant sales, stone trough making, Country Fest, walks in various places, and lots of Coffee Mornings. Dilys invited us to help at the market stall for the Dementia Alliance Group and the coffee morning on June 3rd. Barbara Hollett invited volunteer and visitors to their Open Garden at Greenbank on Saturday June 3rd in aid of the Save the Red Squirrel Fund.

Resolutions to be discussed at the Annual Meeting of the National WI in June in Liverpool were considered.

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Marion Wood and Wendy FU, having earlier read the information provided, gave concise summaries of the subjects, respectively, "Plastic Soup", and "Alleviating Loneliness". (more about this after the National AGM).

Susan then welcomed our guest speaker, Sara Brown who is leader of the Fund Raising team for St. John's Hospice. She told us about the history of the Hospice and their plans for the future as well as showing some slides of what is on offer to those who are in-patients or day-patients and their families. It left us all with a very warm feeling of the love and kindness all around. Sara praised the many volunteers without whom the place could not function. Sara had organised the recent Kendal Colour Dash, and the 43 mile walk/run from Keswick, via Coniston, to Barrow. Her enthusiasm for her work and St. John's itself shone through and she gave us much to think about.

The usual lovely tea followed and

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was greatly enjoyed. Thank you, hostesses. The raffle was drawn and Sally Cragg won a box of Scottish Shortbread (notable, I thought, for the hinged lid on the tin and the Highland cow in relief! Small things amuse small minds!) The competition – a pill box – was won by Barbara Kooper (not one of Jackie Kennedy's hats).

Our next meeting on Tuesday 9th May at 2-00pm in the committee room of the People's Hall, is a lovely DIY one at which one of our own highly skilled members instructs us, always great fun! Marion Wood has entitled her meeting "BOBBIN LACE – HAVE A GO!" So, I can appropriately use the same closing line as I did last month. *Do join us if you are at a loose end.*

Wendy Fraser-Urquhart, with special thanks to Valerie Cann for her memory jogging minutes, and Susan Sharrocks for reminding me at 9-31pm of the midnight deadline for this June Lookaround!

PS KILLINGTON WI. Coffee Morning. Wednesday 28th June. All members to help, and all residents of, and visitors to Sedbergh to attend.

Wendy F-U

SEDBERGH SCHOOL NEWS

Construction has at last begun on the Sports Centre – the largest construction project since Powell Hall in 1904. It is thought that the School will be able to offer the community in the region of 45 hours use of the double courts for netball, tennis, basketball, badminton and the fitness centre depending on the School's timetabling and the requirements of local users. The School intend to keep the Town regularly informed of the progress of the build, and of any disruption to residents, walkers and other, by means of notices at the site, in the window of the School shop in Main Street, and the Town website.

Each year the Lord Lieutenant makes six awards for contribution to

the community. This year two went to pupils in the School, one of whom was Cameron Dale from Kirkby Lonsdale. A third went to Miles Ripley for a life time's work in the community.

Andrew Loughe, Head of Modern Foreign Languages, has co-edited the 5th edition of Tricolore, Examskills for Cambridge IGCSE and has been appointed to a housemastership at Headington Girls School. In fact four members of staff have produced text books.

Peter Meadows, a former Housemaster, died and so many people attended his funeral in Barbon church that the service had to be relayed outside.

In the week beginning 8th May the

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School endured an Inspection which seems to have gone well.

A team of staff and pupils ran in the London Marathon and raised about £17,000 for Afghanaid

The Headmaster took part in a bicycle race from Preston to Scarborough and back (last autumn he biked to the Headmasters Conference in Stratford taking 20 hours overnight)

The unique reactor at the Prep School I mentioned last year is to become available to other schools over the internet in the autumn. It is called an H-Cube Mini Plus and is used by A Level students at Sedbergh School as well. It allows pupils to experience Flow chemistry, one of the most exciting frontiers in science.

The School has been awarded Best School for social media.

The Prep School had a visit from their new Headmaster and his wife.

Hamish William Henry Barker joined the staff on 9th May at 7.28 am

weighing 8lb 12oz

Year 6 had a trip to London which included the Golden Hinde, the Globe Theatre, a trip on the Thames and HMS Belfast

A successful 1525 Society lunch was held in Glasgow on 5th May and one at Sedbergh on 13th May. By the time this is published another will have been held in London.

Again by the time of publication the performances of the Little Shop of Horrors will have taken place in the Arden Theatre

Also by the time of publication Speech Day will have taken place and this year is unusual as the Speaker is in fact a double act by two Old Sedberghians Tim Bulmer and Nigel Barden. The preacher is to be The Rev. (Wing Commander) Geoff Withers, Senior Chaplain, RAF Hilton. Academic

This term, and particularly the second half, is overshadowed by the external exams. Pupils taking such



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exams were challenged over the holidays to achieve 100 hours of revision.

At the Prep School years 6,7 and 8 took part in the UK Mathematics Trust Junior Maths Challenge with the hope of pupils being invited to take part in further competitions such as the Mathematics Olympiad

Angel Zhen has won a coveted place on the 45th Oxford University Nation Maths Summer School and she is in the top 0.6% worldwide in the Maths competition.

On 27th April the school conducted over 20 speaking exams with 5 different examiners in 5 different languages.

Music

The Prep School Chamber Choir

went on tour and among other events visited Peterborough and Canterbury Cathedral, giving a concert in St Paul's Church Canterbury

A teatime concert was held in the Thornely Studio on 3rd May at which pupils performed their exam pieces before a live audience. This was followed by a very successful Headmaster's Invitation Concert was held on 7th May – featuring mostly the musicians who are leaving this year. A highlight was Sahana Grimaldi singing the aria *Je veux vivre* from Gounod's *Romeo and Juliet Sport*

Sam Barrett will captain the Cumbria U17 Cricket team this year. The 1st XV is captained this year by Harry Brook (England U19)



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The 1st XI won against Myerscough by 73 runs (Brook 153 n.o. off 70 balls.), and against St Peter's York (Brook 117), against QEGS Wakefield (Brook 153), Lancaster RGS (Brook 70), the Old Sedberghians (Brook lbw for 163), the MCC, and Manchester Grammar, lost to Yorkshire CCC Academy, but won by 7 wickets against Shrewsbury. Brook has also scored 2 centuries for Yorkshire CCC including one in the Premier League. Also at the Prep Tom Aspinall gained a century against Giggleswick

Despite it being the cricket term, the senior House rugby final was played on 28th April, Powell winning 31-17.

Alicia Newing has been chosen for the North of England team in the

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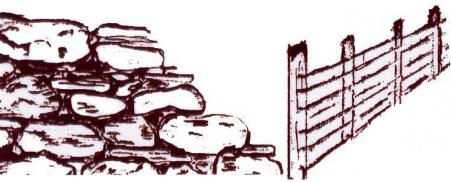


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equestrian tetrathlon.

At the Prep School James Griffin won the North of England U14 tennis title and was runner up in the U16. He ranks 5th in Great Britain for his age. Alicia Newing has been selected to represent Northern England tetrathlon riding at the regionals in June. Fraser Sproul ran in the mini marathon on 23rd April and has now won three of the four races he needs to do to retain his championship

Max Wright has been chosen for the England U20 Rugby squad for the World Championships in Georgia. Harry Hill was selected to play for the England U16 XV.

The athletes had their best ever performance at the northern HMC Athletics, and then performed admirably against the best in Cumbria with hopes for selection for the North of England championships . The 1st V tennis beat RGS 12-0

Future Events

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

The second half of term starts on 4th June and ends on 5th July

The Prep School Country Fayre (at which the CCF Band will perform) is on 10th June

The Great North Swim will take place on Sunday 11th June on Lake Windermere

The Prep School sailing Regatta will

take place at Killington on 18th June

Years 7 & 8 from the Prep School will have a trip to France between 12th and 17th June

The U11 and U9 Boys and Girls Primary School Athletics competition will be at the Prep School on 15th June (15.30), and the U 11 Girls Tennis Tournament on 14th June (4pm). Their 1st XI go on tour to Oxfordshire on 20th June.

The 1st XI home matches in June are against Kent State High School, Australia (11.30 am) on 20th June; Lancaster CCC Academy on 21st June (11.30); Durham CCC Academy (11.30) on 22nd June; Geelong College, Australia, on 26th June (11.30); Bromsgrove on 27th June (4pm) and 28th June (11.00); and

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Sedbergh Cyclefest and Sportive
will take place on Lupton field on 1st
and 2nd July.

The Old Sedberghian Club will host
a dinner in the House of Commons
on 17th November for Old
Sedberghians, Parents and Friends
of the School.

The Chapel Choir will tour Italy at
the beginning of the summer holidays
The 1st XV will tour Hong Kong and
New Zealand in July.

Karen BL

FRIENDS OF QUEEN'S GARDENS

formation of a new group

The Parish Council is committed to
the restoration, conservation and
enhancement of Queen's Gardens –
a community asset which,
notwithstanding its heritage
importance, is often overlooked and
relatively little used.

To this end the Council has
commissioned a comprehensive
conservation report from a nationally
recognised landscape consultant,
Hilary Taylor, to guide plans for the
gardens and to support funding
applications to enable essential works
of repair and maintenance to be
undertaken. The report will be placed
on the Parish Council page of the
Sedbergh UK website in due course
but, in the meantime, a paper copy is
available to read at the Parish
Council office at 72 Main Street.

The Council is anxious to involve
residents as much as possible in
plans for the future of the gardens
and has promoted the establishment
of a new group – the 'Friends of
Queen's Gardens' – which will be



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independent of the Council. The inaugural meeting of the Friends in April was well attended (following the article in the February 'Lookaround') and a further meeting took place on 9 May to consider the way forward. At that meeting it was agreed that the objectives of the group should be:

To participate in the decisions of the Parish Council in formulating proposals for the conservation and management of the gardens.

To provide guidance and support in relation to works undertaken in the gardens within the framework of an agreed conservation and management plan.

To assist the Parish Council in devising ways to further the use and enjoyment of the gardens by

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residents and visitors.

The next meeting of the group will take place on Wednesday 5 July at the Committee Room of the People's Hall at 7.00pm. Any resident of Sedbergh & District who is interested in joining the Friends is most welcome to attend the meeting. Alternatively, contact Janey Hassam, Clerk to the Parish Council, should you wish to express an interest or to find out more

clerk@sedberghparishcouncil.org.uk

James Atkins

JUNE GARDENING

Several years ago, when Alliums were just becoming popular garden plants, I was given a pack of bulbs of *A. giganteum*. Not having met them before, and not knowing their flowering time and flower colour, I planted them in a group at the end of the border nearest to the house. Their flowering season coincided exactly



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with that of *Papaver orientale* – the bright scarlet Oriental Poppy which was already there in great profusion in different parts of the border.

Anyone who grows both of these plants will know that there is no worse colour combination in the garden. The bright red of the poppies clashes startlingly with the pinky purple of the Allium flowers. We tried to move the latter to the far end of the garden, but lifting the bulbs only seemed to induce them to replicate – either by small bulblets, or by seed, and we ended up with alliums all over.

Two very cold winters eventually quashed them, and now, whenever I grow alliums, I am far more careful about which ones I plant, and where.

I do have my favourites. To my mind, the best of the bunch is *A. cristophii*. It has large, airy flower heads of starry, metallic purple blooms born on short (18") stems. Flowers are followed by persistent, decorative seed heads which resemble enormous dandelion clocks. These can be dried and will last for months

A second strong and sturdy species is *A. schubertii* whose upward facing, long stalked flowers, resemble exploding fireworks.

For height, and size of flower heads, *A. 'Globemaster'* is hard to beat. The newer cultivar '*Ambassador*' has similar dense, dark purple blooms.

If you prefer more graceful, open

flower heads, then try a close cousin of Alliums called *Nectaroscordum*. The most commonly cultivated species, *N. siculum* has tall stems with bell shaped flowers of cream, striped with maroon. Newer in cultivation is *N. tripedale* which has white flowers, marked with pink.

Elaine Horne

SAA

The Sedbergh Allotment Association Annual General Meeting will be holding its AGM on Tuesday 6th June in the People's Hall Committee Room at 7.30 pm. Everyone is welcome.

Ann Parratt

SEDBERGH COMMUNITY SWIFTS

Our swifts arrived bang on cue on

the 5th May, and for two days we were treated to exceptional views of their fantastic aerial displays. Messages from around the country reported that the 5th was quite a day, with arrivals en-masse everywhere.

Swifts are colonial birds, and call out from their nests to attract newcomers. They zoom around in low-level tightly knit groups, called screaming parties, often flying up to nest holes, and these are an indication that swifts are breeding nearby.

Now is the time to start watching out for swifts - and 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?*



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

More of the nest boxes made by Sedbergh School pupils have now been put up, on the gable of the Information Centre on Main St, and at a property the corner of New St and Main St. We are extremely grateful to Rob Close for installing them.

Very exciting news is that swifts have returned to the People's Hall. With patient watching by one of our volunteers, swifts have been spotted going into two of the nest bricks in the end gable of the Gym extension. These were the birds that roosted last year, and hopefully will become new breeding pairs.

The Settlebeck School swift project is well under way, with the boxes that had roosting swifts in last year being replaced with boxes with webcams in. These are at the side of the school facing Maryfell flats, and once again we are grateful to contractor Gary Allan for doing the work.

Live activity from the boxes can now be seen by pupils and staff on a TV screen in the school reception area. Pupils will be able watch and hopefully record all that happens, such as when each swift returned, when eggs are laid and chicks hatched. We had a successful assembly with the whole school to explain the project, and why swifts are so special and need our help. The next stage we plan to stream the nest activity via the internet for anyone in the community to watch. At the time of writing this is work in progress.

Special equipment was needed for this project, and we want to thank



both the Sedbergh Community Fund and the YDNP Sustainable Development Fund for providing support.

The most exciting news is that swifts have returned to both school boxes, and a pair re-united in one of them. Now all we want is for swifts to take up residence in the church tower boxes as well!

SWIFT SPOTTING: We welcome anyone to join us for some casual swift watching, no experience necessary! Do join us at Loftus Hill car park on Friday June 23rd, 8.30pm. To contact SCS: email: ta.hoare@btinternet.com or 01539 824043,

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LUCIENNE DAY

Lucienne Day packs Farfield Mill.
On April 23rd, a capacity crowd at Farfield Mill were treated to a talk by Paula Day on the life and work of her mother the textile designer Lucienne Day. It was wonderful to see so many people crowded into one of the galleries at the mill and to hear first hand, stories about this iconic and inspirational designer Lucienne Day.

This is the centenary of Lucienne Day's birth and this was one of several nationwide events coordinated by the Robin and Lucienne Day Foundation. Paula said it was a "joy" to talk about her mother to such an enthusiastic audience and we were thrilled to hear her.

As mill trustee Carole Bowman said: "*Paula's easy style and under-stated pride in her mother's work and determination to protect her legacy was evident and she was able to make this retrospective so much more poignant through references to*

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personal memories of time and place with her mother, particularly in Cumbria, Sedbergh and the Howgills".

A special visit to the Lucienne Day exhibition at The Whitworth Gallery in Manchester has been arranged for the Friends of Farfield Mill.

Anne Mackinnon
Farfield Mill Trustee

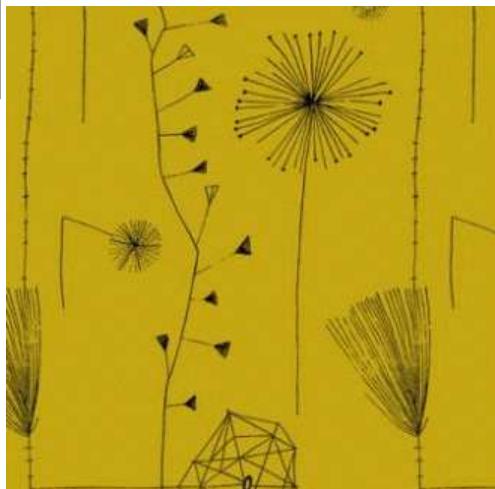
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YORKSHIRE DALES NATIONAL PARK

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

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

People are being urged to answer three questions:

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

years?

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

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

"I hear people in the street saying that 'they' should be doing this or that. The 'they' is shorthand for



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organisations which are perceived to have power or influence. Well, this survey is a chance for you to speak directly to those organisations. Tell us what you think should be happening the National Park to make it a better place.

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

There are several ways to complete the survey:

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

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

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

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

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

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

Yvonne Peacock, the leader of Richmondshire District Council – another of the organisations in the group – said: “The Management Plan is a powerful influence on what happens in the National Park, and how we and others spend our

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budgets. It's really important that as many local people and businesses as possible take part in the survey, as well as visitors."

The 13 partner organisations conducting the survey represent landowners, business, local councils and government agencies. They are:

Craven District Council
Dales Farmer Network
Dales Rural Estates Network
Dales Tourism Business
Eden District Council
Environment Agency
Forestry Commission
Lancaster City Council
Natural England
Richmondshire District Council
South Lakeland District Council
Yorkshire Dales Millennium Trust

Yorkshire Dales National Park Authority

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

YORKSHIRE DALES MILLENNIUM TRUST

20 awards for 20 years

In 1997 Yorkshire Dales Millennium Trust (YDMT) began delivering a range of charitable projects to support the landscape, environment, communities and economy of the Yorkshire Dales.

This year, to mark the 20th Anniversary milestone, the charity will

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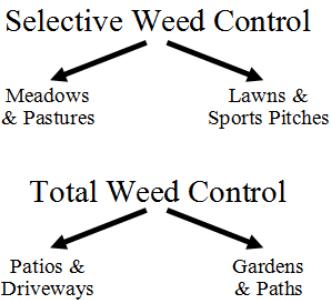
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be giving 20 Awards to recognise the important contribution of some of the groups, organisations and individuals whose work helps to sustain and celebrate the unique fabric of the Yorkshire Dales.

David Sharrod, YDMT Chief Executive, said: "Over the last twenty years YDMT has helped others to achieve a fantastic amount in this special corner of the world. What better way to celebrate our 20th Anniversary than by recognising this

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excellent work and supporting more beneficial projects in the future through 20 cash awards? To help us celebrate some of these exceptional people and groups who go 'above and beyond' for the Yorkshire Dales we would like input from as many different people and organisations as possible via a nomination process."

There are five award categories designed to recognise those whose dedication, innovation, industry and

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community spirit is making an important difference in this special place:

1. Conservation, Heritage and Environment
2. Access and Understanding
3. Rural Enterprise and Employment
4. Sustainable Communities
5. YDMT Champion

Trustees have set aside up to £100,000 to be given through 20 awards which will bring further benefits to the region, in line with YDMT's charitable aims.

Dependent upon the quality of nominations, the charity will aim to select at least one Platinum, Gold and Silver award winner within each category.

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The awards are open to any group, business, individual or organisation living, working or having an interest in the Yorkshire Dales and surrounding area. Self-nomination is permitted for all categories except the YDMT Champion.

All nominations must be received by YDMT no later than midday on Friday 9 June 2017. Winners will be contacted by 31 October 2017.

For full details of the 20 Year Anniversary Awards please visit www.ydmt.org/20years where you can download guidance notes and the nomination form. For more information please contact YDMT on 015242 51002 or email info@ydmt.org

Andrew Fagg

YORKSHIRE DALES NATIONAL PARK

Teenagers volunteer to rebuild Orton footpath



A group of Yorkshire Dales National Park Young Rangers spent a day restoring a footpath by All Saints Church in Orton – and were rewarded with tea and cake.

Four members of the fledgling 'West Young Rangers' group were

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supported by Yorkshire Dales National Park Authority (YDNPA) staff to carry out work on the 65-foot long path, which connects Orton to Crosby Ravensworth.

The group, which is actively recruiting more members, dug and cleared turf before laying four tonnes of aggregate.

A worshipper at All Saints, Mary Jenkins, said it was a great day: "The young people worked very hard and even did a few other jobs such as collecting logs at the end of their session. The work will help our Churchyard Conservation project, with which the Park Authority has given so much support. We also enjoyed good conversation and cake

too! We are very grateful to all those who helped on the day including one or two of our own volunteers."

The West Young Rangers, made up of 11 to 16 year olds, meets once a month on a weekend, usually in Sedbergh, to do a practical task in the west of the Yorkshire Dales National Park.

The YDNPA's Young Rangers officer Rachael Alderson said: "Dales Young Rangers is an exciting opportunity for young people to work alongside



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"It brings opportunities to meet new people and do practical work for the good of the community. The group also gives young people the chance to clock up volunteer hours or to work towards a John Muir Award, which is an environmental award scheme for people of all backgrounds."

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"For older members, it's an opportunity to think about possible career options in environment and conservation."

Activities the Young Rangers get involved in include survey work, dry stone walling, woodland maintenance, bush craft skills and much more.

Anyone who would like to find out more about the joining young rangers or to book a place should contact Rachael on 01969 652366 or email rachael.alderson@yorkshiredales.org.uk.

More information is also available on the Dales Young Rangers Facebook page @dalesyoungrangers and on the National Park Authority website at www.yorkshiredales.org.uk .

The North and West Young Ranger groups are being funded through the Green Futures programme, which aims to develop environmental opportunities for young people across the region and is led by the local charity, Yorkshire Dales Millennium Trust.

Green Futures is part of 'Our Bright Future', a programme of 31 projects across the UK funded by the Big Lottery Fund. Each project has received around £1million of funding to help young people step up and create what is rightfully theirs: a healthy planet, a thriving economy and a better future.

The Orton Churchyard Conservation project has won a grant of £4,815 from the YDNPA's Sustainable

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Development Fund. More details about the fund can be found at www.yorkshiredales.org.uk/sdf.

Andrew Fagg

YORKSHIRE DALES NATIONAL PARK

New help for Dales tourism businesses

A Yorkshire Dales businesswoman has been appointed to lead a campaign to attract tourists through the promotion of local food and drink.

Helen Dalton has become the Yorkshire Dales National Park Authority's "Destination Co-ordinator". She has already had exciting discussions with the Wensleydale Creamery about developing a programme of cheese-themed events

and activities to take place this autumn.

She will be working with businesses through networking and training events; running a Facebook group called "Distinctly Dales - YDNPA business support"; and creating food trails to connect visitors to the best the Dales has to offer.

The two-year post, funded by the Rural Development Programme for England, has been created to build on the good work being done by existing tourism business networks operating in the Yorkshire Dales and North York Moors National Parks, as well as the Howardian Hills and Nidderdale Areas of Outstanding Natural Beauty.

Helen has run Holmedale Bed and

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Breakfast in Askrigg for the past nine years, and also writes for the bi-monthly Superfood magazine.

She said: "Through the B&B I've been given a great insight into what tourists want. Two things stand out. First, visitors seldom do their research and really appreciate recommendations on where to go and what to do. That's why businesses would benefit from being better connected and working together to share everything we have to offer for our visitors.

"Second, tourists like to experience something distinctly Dales. Very often, that means eating and drinking local produce. So, could the pub selling local lamb put out a board telling customers which farm it came

from, or offer a traditional recipe on the menu? When people go on holiday, they like to understand the history and the story of the food and drink."

The YDNPA's Head of Visitor Services, Julie Barker, said: "Helen's appointment is excellent news. She has years of experience as a development manager for a major retailer and a good understanding of our visitors through the Askrigg hospitality trade. I know that she's really looking forward to working directly with local businesses to further develop what is distinctive about their area, their sense of place, and how to use that in their marketing."

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YORKSHIRE DALES NATIONAL PARK

Planner pulls off inspirational running feat

A Yorkshire Dales National Park Authority officer has run up an astonishing 78 Lake District peaks in 24 hours, but has fallen agonisingly short of breaking one of the longest-standing 'ultra-running' records in England.

Adam Perry, who is 29 and lives in Sedbergh, began running at 04:00 on Saturday. He had scaled his first peak, Lonscale, within 54 minutes, and had been up and down the likes of Skiddaw and Blencathra before most people would have had breakfast.

He ran throughout the day and night, in high winds, rain and poor visibility, to reach the top of his 78th peak, Grisedale Pike, at 03:47 on Sunday morning. He hit the 24-hour limit when he was just one mile from the finish line in Braithwaite.

It means that Mark Hartell's 1997 'Lake District 24-Hour Record' remains unbroken.

Tributes to Adam's monumental effort, his fourth attempt at breaking the record, were posted on Facebook. His dad, Kev, wrote: "The weather is the only reason you do not hold the record, your strength in those winds was unbelievable."

Adam, a Senior Planning Officer, was back at work first thing this morning. He was nursing a sore foot, as well as bumps and bruises, but his



spirits were high.

He said: "It was only the difficult conditions in the latter stages which derailed what felt like the record. It just highlights my massive respect for Mark Hartell."

He said his motivation was to push boundaries: "I like the challenge of trying to do something that on paper doesn't seem realistic. But ultimately, I do it because it is a lot of fun and a pleasure to be out in the mountains with good friends and family."

Since Christmas, Adam has been running every day, clocking up an average of 70 miles a week. He was keen to thank his supporters, not least his partner, Janet Bainbridge, also a YDNPA officer, and his sponsor, Mount Cook, an adventure centre in Derbyshire. A team of around 30-40 people fed him while he was on the move; managed the logistics; helped with navigation; and offered moral support.

Dozens more supporters helped by running alongside him. The 78 peaks were divided into seven legs; on each leg, 3-5 people ran with him.

Adam said: "Thank you to the many people who gave their time and energy. It is impossible to properly thank everyone. I have made some great memories with a wonderful group of people."

Adam Perry is an ambassador for the outdoor equipment retailer, INOV-8.

Andrew Fagg

LOOKAROUND UPDATE

The announcement in December that Dennis & Jacky Whicker are to stand down from the editorship of 'Lookaround' came as both a shock and a surprise. Dennis, known and respected by all who know him, has built the Newsletter from a single sheet of local news and events in thirty-one years into a vitally important part of our community.

We, as a community, have 3 choices:

- 1) The Newsletter folds.
- 2) The magazine is run as a commercial, for profit, enterprise with its necessary emphasis on cost and advertising.
- 3) The Newsletter continues in the same way and with a similar format, run by a group of local people for the people of Sedbergh.

My view, and I suspect Dennis's too is for the latter option and to that end I have put myself forward as putative editor. Dennis is, of course, irreplaceable and so to ensure the smooth running of the enterprise I would need the commitment of two other people. I would emphasise here that involvement does require a readiness to commit to 'Lookaround'

to ensure that it remains at the centre of our community.

Anybody interested in volunteering can contact me on catotheelder@mail.com or through 'Lookaround'. Nick Cross

MARTINS BANK

Dear Editors

I don't think many would be surprised about your dealings with Barclays Bank in your May edition. I joined Martins Bank in 1967 which was swallowed up by Barclays a couple of years later. I left for pastures new in 1977 being totally disillusioned by their ethos.

However, they did teach me two life skills which have stood me in good stead throughout my working life. The first being "How not to treat your staff" and the second "How not to treat your customers."

Andy Denton

SEDBERGH AND DISTRICT DEMENTIA ACTION ALLIANCE

By the time you read this, I hope we will have met many of you at our Gazebo in the Market on May 17th during Dementia Awareness Week. Likewise I hope that many of you will

ROYAL BRITISH LEGION

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

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

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

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

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





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have filled in and returned our Dementia Questionnaire by hand or online.

IF NOT..... please go to <http://bit.ly/SedberghDementia> and fill the questionnaire in - closing date is June 12th. Once we have got all the results in we will publish a summary of our findings which I hope will further inform you.

I hope you will be able to join us at a coffee morning on June 7th at the Cornerstone Rooms where will have not only the usual cakes, drinks, and other produce but also a range of Dementia information and some examples of aids that may be of use to those living with Dementia and those supporting them.

Do you know about the **Side by Side service**? This is a scheme run by Alzheimers that links volunteers with specific interests and skills to specific people living with Dementia to develop a relationship. To quote their words "From joining a local club, going to the football, or just going for a stroll in the park - Side by Side is a new Alzheimer's Society service which helps people with dementia to keep doing the things they love and

get out and about with the support of a volunteer. This extra support can make it easier for people with dementia, who might sometimes feel isolated or find it difficult to leave their homes, to do things we might take for granted and feel part of their local community. The service is highly flexible and built around the individual and their needs."

What does the service hope to achieve?

- ⇒ Enabling people with dementia to lead fulfilling lives.
- ⇒ Reducing isolation and loneliness in people with dementia.
- ⇒ Ensure people with dementia are not excluded from services and activity, and are able to remain active and involved in their communities.
- ⇒ Combat social isolation and the loneliness this can lead to.
- ⇒ Empower people with dementia to develop their own solutions and responses to meet their identified needs and wishes.
- ⇒ Support people with dementia to identify their own personal talents, strengths and capabilities, and what they can bring to their peers and the wider

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community.

- ⇒ Develop and encourage community-based informal support networks for people with dementia.
- ⇒ Link people with dementia and local volunteers to build networks of support and activity.

There is a local scheme operating in Eden and South Lakes who can be contacted by the Kendal Alzheimers office on **01539 742631**.

Volunteers have to undergo some training and be willing to go through the DBS clearance system. More can also be found out via <http://bit.ly/SedberghSidebyside>

BREAKING NEWS – The Kendal Dementia Action Alliance have initiated a Dementia Hub based mainly in Kendal on the 2nd Monday of each month but every 3 months it will come to outreach locations. They will be coming to Sedbergh on August 14th from 2-4pm at the Peoples' Hall. "If you are affected by dementia or worried about your memory, come and find local information, advice and support in one friendly place, refreshments and activities provided." This will be advertised locally with

more detail nearer the time.

Dr Myles Ripley

SIGHT ADVICE SOUTH LAKES

At our May meeting, we enjoyed a fascinating talk by Emma Palmer on the subject of Red Squirrel Conservation. The red squirrel group has been in existence for about 20 years. It covers a large area, comprising Kirkby Lonsdale, Barbon, Killington, Cautley as far as the Fat Lamb, Firbank, Dent and Cowgill. Garsdale has its own group.

Grey squirrels were introduced into this country in the 1870's as a novelty in the parks and gardens of large Victorian country houses and have caused problems ever since. They are more destructive than the native red squirrels and will eat garden plants and even dig up and eat bulbs. It is estimated that they cause £15 million worth of damage to trees each year. Greys far outnumber the reds and threaten their existence. They carry a virus which is lethal to the reds.

Red squirrels are smaller and more selective in their diet and are therefore restricted to more specific

habitats. They do not bury nuts as the greys do but eat hazelnuts and mixed seeds. Their distinctive feature is their tufted ears.

The re-introduction of pine martens into the Lake District has been discussed as they are natural predators of grey squirrels but do not kill the reds. Red squirrels have been seen at Pinfold Caravan Site, the bottom of Frostrow Fell and at Millthrop Bridge, amongst other places. We are fortunate in Sedbergh as there are a few red squirrels south of here. Experts are still not sure if the rates can be saved from extinction.

Many thanks to Emma for giving up her time to tell us about these delightful creatures.

Before the meeting ended we discussed the menus for our lunch at the Fat Lamb on 20th June at 12:30pm.

New members are always welcome at the meetings which are held in the People's Hall between 2pm and 4pm on the Second Tuesday every month. Transport can be arranged and tea, biscuits and fun will set you back £1.

Susan Harper

SEDBERGH HOLIDAY CLUB

Holiday Club 24th – 28th July

The annual Holiday Club, supported and organised under the banner of the Western Dales Mission Community, will be held once again in 2017. This year it will be held in the first full week of the school summer



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holidays, commencing Monday 24th July.

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

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

Sandy Roy
Sedbergh Holiday Club

CITIZENS ADVICE BUREAU

South Lakes Citizens Advice highlights changes which may affect your household budget this financial year

New rates for wages, benefits and tax came into force in April along with changes to pensions and savings. Keeping on top of new rules that can affect your finances is vital to

managing your money. This can be complicated and if you're not sure whether you're affected or how, Citizens Advice can help.

There are increases to the National Living Wage and Minimum Wage, and to statutory maternity pay. There are reductions for some new claimants of Universal Credit and ESA (for people unable to work) and child tax credits will be limited to two children. The income tax personal allowance and higher rate tax threshold have risen. Council Tax has also increased.

There are changes to pensions too. You can use some of a defined contribution pension to pay for financial advice. The state pension rose by 2.5%, and the amount you can save in an ISA increased.

Checkout details online at

www.citizensadvice.org.uk

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

Sedbergh Holiday Club

July 24th to 28th

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

The holiday club is open to all Primary age children, including those who have just left at 11+ and those who are about to start in September 2017

Registration forms will be available at the Information Centre & Smart Office from the beginning of July, or can be downloaded from

www.sedberghholidayclub.co.uk

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PEOPLE'S HALL NEWS

Frontage Project Work

This should have started by the time you read this. Take the opportunity to come and look on 8 June 2017 when you vote!

There will be some disruption, which we will try to minimise. The front entrance will be out of use so please use the side entrance. Use of the top vehicle entrance will be restricted. On occasions you will have to walk to the bottom entrance.

Since the last Lookaround we have been awarded £1,000 from the Craven Trust and a local family has dedicated the seat to be placed at the front of the Hall.

The work is the final phase of the Redevelopment Project that started in late 2014 and over a third of a million pounds has been raised and spent. But we are still short of about £5,000 to cover the costs.

You will find an appeal for donations in this edition of Lookaround. Please give generously.

DANCE 17 JUNE 2017

Our next Old Time Sequence Dance is on 17 June 2017 doors open at 7.30 pm with dancing to 11.30pm. Bar facilities and Jacobs Join.

Please see our website for other details:

www.sedberghpeopleshall.org

DATES FOR YOUR DIARY

Dance: 14 October 2017.

*Dr Gina Barney, Hon. Secretary
015396 20790*

SEDBERGH CHARITY SHOP

Your Community Needs YOU

At Clutterbooks and Clobber we greatly appreciate all the donations that are given to us. As a whole, we are given some amazing items to put up for sale in our charity shops (don't forget Clutterbooks, our charity bookshop). It amazes us where it all comes from!

When the donations come in, they are sent downstairs to be checked over, labelled and priced, and ready to go upstairs into the shop when there is room. In some cases we need to wash the clothes and iron them. We do the same with the clothes that have been stored for the next season. We don't have the means to wash clothes on the premises so the volunteers take the clothes home to be washed and ironed. So, as you can see, we would be lost without our volunteers. In fact, if it wasn't for them, there wouldn't be charity shops in Sedbergh at all.

This leads me on to a bit of a problem that we have, namely, lack of

new volunteers. Now, there's nothing wrong with the volunteers we already have, on the contrary, they are a great set of people, who are generous enough to give up their free time to help staff the shop, which in turn benefits the community in many ways. But this lack of new people coming forward is a real problem for us. If there aren't the numbers to staff the shops properly, certain things can't get done, like the sorting through the masses of donations we have downstairs. If this isn't done then there won't be anything new in the shop for the public to buy. Which will eventually lead to people not calling in and possibly closure of the shops. The shops closing would indeed be a sad thing, it is looked on as a place where people can come and have a chat and buy some curio or something specific. But more than that, the community would no longer gain financial support from the profits of the charity. Over the past 5 years 60 local organisations have benefited from grants totalling £100,000.

If you would be interested in joining our great team of happy helpers we would love to hear from you. Any time you are able to volunteer, from 1 hour to a morning or afternoon, would be appreciated. Or you could just help by taking in ironing or washing and not working in the shop at all.

Anita Swarbrick

SEDBERGH & DISTRICT COMMUNITY TRUST

At their meeting in May the trustees said farewell to Keith Wilberforce who will be leaving Sedbergh this month. Keith was one of the founding

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trustees and was also a long serving volunteer in Clutterbooks and Clobber. He has been a very active trustee and we will miss his presence and energy. We wish him and Helen all the very best in the future.

We now have two vacancies for new trustees and we would be delighted to hear from anyone who would like to be involved with the running of the Trust. Trustees meet bi-monthly on the second Monday of the month and have various responsibilities covering the investigation and bringing to fruition projects for the benefit of the community, oversight of the charity shops and the governance of the Trust. If you are interested in becoming a trustee please contact either Tony Reed Screen (21081) or Gina Barney (20790) who will let you know what you are letting yourself in for.

We are also looking for new members to ensure that the Trust is properly representative of the community. Membership costs nothing and there are no specific duties. Just pop into the Information Centre and fill in a form.

Our latest project is the investigation

of the feasibility of establishing a short term support network for those who need urgent assistance following a “crisis” who don’t have any sort of family or social contacts immediately available to help them. This project is being led by Myles Ripley who would be delighted to hear your views.

Our new charity shops manager, Anita Swarbrick, has now been in post for three months and we are all benefiting from her enthusiasm and drive. She is writing elsewhere in the hope of attracting more volunteers to help out in the shops

The Grants Committee met on 31 May to consider the latest round of applications for assistance from the Trust. The results of their deliberations will be published in the July Lookaround.

Tony Reed Screen

CHARITY BIKE RIDE

Kim and Amy Baines completed the 58 mile bike ride from London to Windsor September 4th 2016.

They raised £870.00 in total for charities MIND SOUTH LAKELAND, (for better mental health), and BEAT, (helping beat eating disorders).

Kim and Amy would like to thank everyone who sponsored them, and gave so generously to these two very worthwhile causes.

TOWN TWINNING

For various reasons we will not be able to organise a visit to Zreče in June but meanwhile we have received a very generous invitation from Mayor Boris and their Artists’ group to visit them from 2nd to 8th October. They are offering free

accommodation, board and food for Sedbergh arts and crafts persons in a house near Zreče. Beginners and the more experienced would be equally welcome! The invitation includes a celebration to be held to mark 30 years of the town of Zreče.

If you would like to join the group please let me know as soon as possible.

It would be good if we could also organise a visit for any other Sedbergh folk who would like to enjoy a holiday at the same time. We always enjoy discounted accommodation and we can arrange a range of activities (or none!) to suit everyone.

I already have a few names of interested participants so please let me know as soon as you can if you would like to join either group.

A group of 30 Slovenian students and their teachers from our twin town will be staying in Sedbergh from the 5th to 8th June. They will be travelling by coach and stopping off to see the sights of London en route. They will be joining with their Settlebeck contemporaries in a range of activities in and around Sedbergh on the 5th and exploring Carlisle Castle,

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Hadrian's Wall and the Lake District with them on subsequent days. Our visitors will be going back on Thursday 8th via the Manchester United stadium and the Trafford Centre. We hope to finish with a grand barbecue on Settlebeck field on the evening of Wednesday 7th. All twinnings and friends would be most welcome. Please look out for further information.

Many thanks again to all who responded so generously to our leaflet and letter drop. We have many new members and some very kind donations all of which will go a long way to keeping our twinning very much alive and well.

Susan Garnett 21138
msg@wardses.org.uk

CUMBRIA WILDLIFE TRUST

Things to do with wildlife this summer
1/ Visit one of Cumbria Wildlife Trust's reserves – the nearest is at Burns Beck Moss just up from

Chapmans
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Killington Lake – the next nearest are at Smardale Gill near Kirby Stephen or Foulshaw Moss near Levens.

2/ Have a close look at some stream wildlife – find a stream or river that's not too deep or swift and look under some stones – you're bound to find some insect larvae; especially caddis flies that make stony cases under the rocks.... Could be in wellies or feel the water barefoot.

3/ Have a competition with some friends or members of the family to see how many different flowers you can find on a roadside verge.... And then see how many you can identify. Please don't pick them...

4/ Make a wild flower area in your garden – or just sow some wildflower seeds in a tub on a patio – don't use fancy compost; wildflowers like tough soil! <https://www.justbeedrinks.co.uk/seeds/>

5/ Go for a walk and find somewhere quiet – sit there for 5 minutes with your eyes closed and see how many different animals you can hear.

6/ Build a home for wildlife – a bird table, a bug hotel, a nesting box or just a hibernation friendly area of your garden <http://www.wildlifetrusts.org/gardening>

7/ Have you ever visited Jubilee Wood? Do you know where it is? This wildlife reserve is just up Settlebeck Gill and has a good information board within it. There are some leaflets about it at the Tourist Information Centre, 72 Main Street.

8/ Take a magnifying glass out on a walk and lift a few rocks, branches and have a close look at some of the wildlife underneath – please put them back where you found them. (or have

Under 18's

Domino Drive

Friday 25th August

7:30pm

Good game of dominos

Plenty of prizes

£1.50 entry

Raffle

Firbank Village Hall

a look amongst the compost in your compost bin)

9/ Create some artwork from your observations.... Could be a collage of your photos, or 3D sculpture using whatever materials come to hand.... Or just draw/paint them.... At the least post a photo on social media
 10/ My favourite Go out in the dark (really dark – not next to streetlights) – switch your torch off, let your eyes get used to the dark – there's a whole different world awake at night – what can you hear or see? Better still, camp out – if you can find a good weather night, you can sleep out without even a tent.... (*Langstone Fell or Height of Winder are two of my favourite locations. Ed*)

Lots of information about many of these places, wildlife and activities on the Cumbria Wildlife Trust website
<http://www.cumbriawildlifetrust.org.uk/>

MP Ripley

CRAFTWORKSHOP

Changes at the craftworkshop

The rumours have been many and various. No, the craftworkshop is not closing down! No, Keith and Helen are not moving abroad!

Five years ago, Keith and I were in Malta spending our mandatory month off -site because we lived on Pinfold Park and the site closes for the whole of January. I had taken some beads with me so I could do some crafts while I was there.

"Wouldn't it be great to have a shop on the main street of Sedbergh where people could meet to do crafts? They could sell them there to earn enough money to make more," I mused.

When we returned to Sedbergh I put a small article in the Lookaround, to see if anyone would like to join me. At the Queen's Jubilee celebrations in June a small group of us had a stall in St Andrew's churchyard, where we publicised our forthcoming start-up in Sedbergh Café. When that didn't work out we had a market stall on Wednesdays while we investigated other options. Before long I had persuaded Henry Wilson to allow us to use his former bookshop, which was for sale. Truly in the middle of Sedbergh and on the main street!

Since October 2012 we have been at 61 Main Street. In August 2013 Keith and I bought the property. So we thought we'd be here for ever. But we had probably 'downsized' a step too far. And our four sons and their families are distributed along the M62 from Liverpool to Grimsby. (For the purists – the M62 doesn't actually go that far!) We decided to move house. Which meant selling the property. And the craftworkshop.

In my ideal world someone was going to buy the house and be happy for the craftworkshop to stay put. But we don't live in an ideal world. Except - I think that perhaps we do!!

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Pete and Ali Clarke have said they would be happy to buy the house and let the craftworkshop stay.

Wonderful!!

And lovely that the eighteen or so members of the craftworkshop co-operative are stepping up to the mark and prepared to put in a little more effort to ensure that our little not-for-profit social enterprise can continue.

We'll be sad to leave Sedbergh and the many friends that we have made. But proud to know that that idea that became a reality, will continue to flourish and grow.

Helen Wilberforce – and Keith

SETTLE-CARLISLE RAILWAY

How to spend £23 million on a railway near you!

Watch the impressive Timelapse video of the restoration of the Settle-Carlisle line at Eden Brows on www.settle-carlisle.co.uk (click on News).

The Wensleydale Railway's are holding a Vintage Afternoon Tea in York for members, shareholders, friends and supporters on Friday June 30 at 2.15pm; Pre-booking essential. Why not meet your York-

based friends or relations at this event (10 mins walk from the station). Enquiries to Ruth Annison (01969 650349).

ALLEGRI

Allegri Singers and Players return to Sedbergh with their usual mix of great masterpieces and lesser known works. The group has members gathered from an area bounded by Ulverston, Windermere and Lancaster, with Gary and Elizabeth Wemyss, Dorcas Thomas and Jenny Robinson representing the Sedbergh area, all under the leadership of Cautley resident Owen Davies.

They begin by commemorating the death 250 years ago of Georg Philipp Telemann, a composer who was compared favourably in his lifetime with Bach and Handel. From his vast list of compositions, Allegri will performing the extensive first chorus from his cantata *Machet die Tore Weit*. They continue with Vaughan Williams' *Te Deum*, written by the agnostic composer for the enthronement of the Archbishop of Canterbury in 1928. This is followed by a choral setting of Vaughan Williams' much-loved *Serenade to Music*, written as a tribute to Sir Henry Wood.

The second half is devoted to Handel's glorious *Te Deum*, written to celebrate the Treaty of Utrecht. Based on Purcell's *Te Deum*, it became highly popular in Handel's lifetime and was performed regularly at St Paul's until superceded by the same composer's later setting, which celebrated a military victory in Dettingen. Ten highly varied

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choruses, demonstrating the young Handel's sheer joy in composing and his absolute mastery of choral music.

The concert is on Saturday June 3rd at 7:30 in St Andrew's Church. There will be a retiring collection for church and choir funds.

Owen Davies

THY KINGDOM COME

During the week of June 5th-11th all the churches in the Western Dales will be taking part in a shared prayer event called *Thy Kingdom Come*. Each building will have a small display within it and over the week each place will host a short, informal, prayer event. The aim of the week is to encourage those who go to church

to visit their neighbouring churches and pray with them and also an invitation to those who would like to visit a church or see the displays to feel welcomed in. A full programme will be available in the Main St Noticeboard. There will be details of the informal prayer meetings, an invitation from Chameleons to their prayer event and details of two walks linked to the event in there too. For rail/walking enthusiasts there will be a chance to gather at Cowgill and catch a train to Hawes Junction and back (or walk back) to make a lovely day out and for coffee morning regulars a chance to add a prayer to our prayer tree.

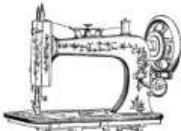
We look forward to sharing the week

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Carole Marsden

THE ABILITY TO REASON

Philippians 4:4-7

4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

"Rejoicing in the Lord always" is a pretty big ask! I mean you might rejoice when good things are happening in your life, but when things happen that you didn't expect, things that hit you "out of the blue," knock you down emotionally, mentally, physically or financially - are we still supposed to rejoice? The

whole idea of rejoicing in the painful & difficult situations of life seems absurd!

But Paul isn't encouraging the Christians at Philippi to rejoice about the painful situation they find themselves in, but to rejoice that God is available, at hand. That our loving Heavenly Father, who is all wise & merciful & who, "works all things according to the counsel of his will," is in charge of our life & He is faithful!

The problem that we Christians often face is the one our first parents faced in the garden of Eden. The question of whether God would keep something back from us that is good for us? Can God be trusted or is He keeping something from us that, if we knew it was there, we'd want it?

Amidst the pain & anguish that life throws at us, often the answer that we scream in our pain is, "NO, God can't be trusted!"

But the Psalmist tells us, "No good thing does he withhold from those who walk uprightly."

Paul also tells us that, "Nothing can separate us from the love of God!"

I believe that even in the painful & difficult situations that I face in my life, that God still loves me... That's why I can rejoice "in the Lord" not because of the situation I find myself in, but because of God's fatherly relationship with me. That's why Paul says, "Let your reasonableness be known to everyone." That's your ability to reason & rejoice, despite the painful situation. Because when your reasoning allows your focus to be on the wonderful love of our Father in Heaven, your not being robbed by anxiety. You stop looking into the

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future & projecting the worst possible outcome. Instead you wonder what lessons God is teaching you, or how God can be glorified in & through this situation, & you trust Him.

As you walk with God, or our as that famous "Footprints in the Sand" poem puts it - when he carries you through your troubles, you can know the peace of being held in His arms. Even if He is carrying you on your final journey to Heaven, even during that process you can know His peace - a peace that the world does not & can not understand.

David Hendrickse

SING JOYFULLY!

Sing Joyfully! meets every Tuesday during term time in Casterton and KLS meet every Thursday during term time at QES, both at 7:30pm. If you are interested in joining either of these groups please do get in touch. We are a very friendly bunch of singers and both choirs love to welcome new members. A good time to come and see what we do is at the beginning of each term - ideally September and January, but new members are welcome to come and

have a taster throughout the year. After these May and June concerts we meet again in mid September for our new musical year.

*Anastasia Micklethwaite
07952 601568*

B4RN

Hyperfast Broadband a Reality for Sedbergh and Surrounding Areas!!

A packed People's Hall on Wednesday 10th May heard of the plans to make 1000Mb broadband in Sedbergh and its environs a reality in the not-to-distant future.

B4SA (Broadband for Sedbergh and Surrounding Area), covers three sections: Sedbergh Town, Cautley and Dowbiggin, and Marthwaite and Howgill and has been set up to coordinate efforts to arrange supply from B4RN (Broadband for Rural North) into our area.

The meeting was informed of the origins of B4RN, a not-for-profit organisation, work which has been done so far is designing the routes in our area and the location of the cabinets as well as the next steps which are necessary to bring to each householder's door.

The main message of the meeting was: "If we want it, we need to make it happen".

In practice that means we need residents to register their interest on the website at <https://www.b4sa.org.uk/expression-of-interest>. We also need people to help raise the funds both by applying for grants as well as investing in shares in B4RN specifically linked to our project, see <https://www.b4sa.org.uk/investing>. Finally we need

volunteers! Some will be planning the routes for the ducting and talking to landowners to get wayleave consent; others will be involved in detailed mapping of their area to plan the routes to each residence; others will be helping actually put the ducting into the ground.

In the Q&A session after the presentations one resident asked how soon we can expect to be connected. David Ryall of B4RN responded: "We can make it happen

as quickly as you can prepare it". This really is a community-based project and let's make it happen. Get in touch with your local representative now via <https://www.b4sa.org.uk/contact>

You can also follow progress on the project by following us on social media at [Facebook/B4SAproject](#)

Steve Ockerby – B4SA

SEDBERGH CYCLING FESTIVAL & SPORTIVE 2017

This year's Cycling Festival and Sportive takes place **1st – 2nd July**.

There are already some fantastic activities planned for you to enjoy, with more to be announced soon.

FIELD BASED EVENTS

(Lupton Field, Back Lane)

- * Go-Ride Racing: interschool event (Saturday 1st July) and open event (Sunday 2nd July)
- * Watt Bike challenge
- * Guided Mountain Bike Trail with Dales Trails
- * Electric bike sales and experience sessions
- * Bicycle maintenance workshops
- * Display of vintage bicycles
- * Bicycle Recycle (see below)
- * Wheelbase
- * Hardy Soft Play and other children's entertainment
- * Live music and bands
- * Beer tent
- * Local food and drink
- * Prize ceremony for 'Best Decorated Bike' (see below)
- * Prize draw (tickets on sale in local shops)

OFF FIELD EVENTS

(People's Gym & Fitness Centre, Howgill Lane)

- * Gym based training



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- demonstrations for cyclists
- * Exercise bike relay ride with prizes

SPORTIVE

The Sportive takes place on **Sunday 2nd July**, leaving from Lupton Field at **9 a.m.**, with 2 distances – 30 or 70 miles – to choose from.

Places can be booked directly on the British Cycling website, www.britishcycling.org.uk.

DECORATED BIKE COMPETITION

Decorate your bike and bring it along to the festival. Judging and prize giving ceremony will take place at **3 p.m. on Saturday 1st July**.

Classes: (1) Reception/KS1 and KS2, (2) secondary school children, (3) (i) families and (ii) businesses (window displays). Entry forms are available from the Information Centre and No 6 Finkle Street.

BICYCLE RECYCLE

Clear out your sheds and garages and pack your car boot with all things cycling and sport related. Email info@thesleepyelephant.co.uk or pop into the Sleepy Elephant to book a space.

If you are interested in having a stand at the festival, please email project.manager@sedbergh.org.uk for more information.

To keep up to date with what's happening, please go to www.sedbergh.org.uk/events.

SEDBERGH GATEWAY WEBSITE

When the Sedbergh Area Walking and Cycling Group started, one of the first things we did was launch the Sedbergh Gateway website – with the main purpose of attracting more

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by Robert Powell

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walkers and cyclists to the town and surrounding area.

At the beginning of May I uploaded a fairly major overhaul of the site. It had always been mobile friendly, but ideas about what constitute “mobile friendly” have changed, and we have had to change too.

The site is now “responsive” – that is to say that it adapts to the size of the screen you are using and you no longer need to zoom when viewing it on a mobile. An increasing number of users expect this. Google now virtually insists on it. There is also a feature by which the site jumps to a different style at a screen width of less than 480 pixels. This means that anyone using a mobile phone will see, amongst other things, almost no pictures.

The coding of the site remains very simple (as befits its author), and it will still download just as quickly as it always has. (In fact the mobile site will download even more quickly than it did). Walkers, cyclists and visitors to the area generally – especially those on the move – will now be able to get details of walks, rides, directions, accommodation and eateries more

conveniently and even more quickly than before.

I would be interested in getting feedback on the new site, whether from desktop users or mobile users. It would also be helpful if retail business owners could check their details in the listings. The idea has always been to bring to bring more business to Sedbergh and the surrounding villages, so it's good to get the details right.

See www.sedberghgateway.org.uk.

Robert Powell

(For the Sedbergh Area Walking and Cycling Group)

SPRINGTIME IN BARBON

Thank you to everyone for supporting Barbon and Middleton's

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To check if I will be in the workshop, call ahead on 07549 526 981 or email me ltr@laurasloom.co.uk www.laurasloom.co.uk

branch of North West Cancer Research fundraiser at Whelprigg House, Barbon on 16th April by kind permission of Henry Bowring. Despite the wet weather £1375 was made.

Sue Thornber

AGAMEMNON

A recent find made at the site of the ancient settlement of Oxyrhynchus, deep in the burning deserts of Egypt, might be of interest. To the amazement of researchers, they discovered there, on fragile papyrus, what appeared to be a hitherto unknown copy of the 'Agamemnon' of Aeschylus. Such is the excitement generated by this discovery that early reports suggest that the whole of the 'Oresteia', (of which the 'Agamemnon' is the first part) will have to be rewritten.

For those interested, but lacking a 'classical education', here is a brief synopsis: Agamemnon, King of Mycenae, returns to his country following his ten-year sojourn at the siege of Troy. Tired and weary he is greeted by his wife Clytemnestra who, unbeknown to Agamemnon, has been carrying on an affair with Aegisthus, son of Thyestes, (a corpulent middle aged bore noted only for his idiocy and a shock of unruly blond hair), during his absence.

Agamemnon has brought with him the girl Cassandra who has been blest by the god Apollo with the gift of prophecy but cursed by the same so that no one will believe her.

As Agamemnon's galley approaches the shore Clytemnestra orders that a red carpet be laid on which the

EST. SEDBERGH • MARKET 1538

EVERY WEDNESDAY
ON JOSS LANE CAR PARK

Stalls from 8.30 am. Contents may vary! But currently greengrocery, artisan bread, fish, farm fresh meat and eggs, cakes and the famous Christie's charity stall.

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Contact the Information and Book Centre: 015396 20504 / office@sedbergh.org.uk

returning King may progress along through the ‘Lion Gate’ to his palace. In great expectation, the Mycenaean people gather to welcome Agamemnon home and to listen to stirring speeches delivered by Clytemnestra and Aegisthus.

“Fellow Mycenaeans”, Clytemnestra begins, “For ten long years Aegisthus and I have provided you with strong and stable government. Not for one moment did we question your vote to leave Greece (Mycexit). We answered your call to stem immigration from Myrmidon and Thebes, which has not fallen as much as we would have liked but will do so when we complete our negotiations with the bureaucrats in Athens.”

Howls of approval from the masses. Drums are beaten and lyres plucked as the Praise Singers repeat the refrain, ‘Strong and Stable’ ad nausiam. “We believe Clytemnestra!”

“We know that many of you are sick and poor,” Clytemnestra continues, “but that is not the fault of Aegisthus or myself. Do you think that your miserable lot would improve under a government led by Agamemnon?”

Waving his tickling stick, Aegisthus

bounces bloated to the podium. “Agamemnon is an addle headed old mugwump.” he chortles. “We will ensure that we make war on the nasty Hittites and Medes who don’t share our values. Mycenae can be great again!”

Greater howls of approval; louder songs of praise. “Ain’t ‘e a larf” comes from the crowd.

Agamemnon steps ashore and makes his way unsteadily up the red carpet towards the palace. Beside him walks a tearful Cassandra. “Don’t listen to Clytemnestra.” she cries. “Think of your children’s education, think of your housing and your health. Apollo says that you will lose it all if you follow this unholy pair.”

Clytemnestra angrily intervenes, “We promise every deserving Mycenaean his own hovel and a chicken to put in every pot.”

More shrieks of praise from the singers behind the podium. Unnoticed in this general hubbub the beautiful Sirens arrive; half woman, half eagle, their beautiful voices lure victims to certain death on their savage claws. “Listen to

Clytemnestra," they sweetly sing, "you will be strong and stable with her."

"No!" pleads Cassandra. "You don't understand. They will sell you to the Egyptians. They will kill Agamemnon and me."

"Quite right too!" Bawl the crowd. "Listen to them praise singers and them sirens. Aren't they great? What a fun gig this is!"

Agamemnon, with a tired wave of his hand enters the palace through the 'Lion Gate', followed by Cassandra, dry eyed, but accepting her fate. They are, in turn, followed by Clytemnestra and Aegisthus. The great bronze doors of the palace close behind them.

Suddenly there is a scream, followed by a howl of agony and a deep groan as if the earth itself is in pain. As the crowds disperse Clytemnestra and her lover appear on the walls covered in blood and bearing in their hands their bloody knives. They are singing a song of victory.

Below the walls, Agamemnon's daughter Electra laments the murder of her father and plots her revenge.

"Remember," she hisses venomously, "Nemesis always follows Hubris."

Nick Cross

NEIGHBOURHOOD ALERT HMRC

Cumbria Trading Standards are warning residents in South Lakeland area to be on their guard after several residents reported getting hoax calls from Her Majesty's Revenue and Customs (HMRC).

The call (which is usually left as an answerphone message), warns

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Plumbing & Heating Engineer

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householders they will be sued by HMRC unless they contact a specific number and hand over a large sum of money. This scam is becoming widely reported and seems to be targeting older people.

Consumers should be extremely cautious when contacted by any cold callers. They can often use persuasive or aggressive tactics to get you to hand over money. Trading Standards advice is to never disclose any personal details over the telephone and ignore cold callers demanding money

For advice on such issues or to report an incident call the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org.uk or you can contact the Police on 101.

You should report these incidents on the Action Fraud website www.actionfraud.police.uk/, or you can call them on 0300 123 2040 (Please note this number will be charged at your normal network rate). They are open Monday to Friday 09:00 - 18:00.

Follow us on Twitter at www.twitter.com/cumbriats or join us

on Facebook for up to date information on reports such as these and all the latest scams at www.facebook.com/cumbriats

NEIGHBOURHOOD ALERT FRAUD

Cumbria Trading Standards are warning householders to be on their guard after a resident was 'cold called' by a person claiming to be from Trading Standards.

The caller, who gave a name and a telephone number, stated that Trading Standards had taken banks to court and obtained refunds for secret and unlawful charges which banks had allegedly made. The caller then asked for the victim's bank account details in order for the money to be repaid. In such cases when

personal details are handed over money is usually withdrawn from the victim's bank account.

Consumers should be extremely cautious when contacted by any cold callers and our advice is under no circumstances should you ever disclose personal or bank details over the telephone.

For advice on such issues or to report an incident call the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org.uk or you can contact the Police on 101.

You can also report scams to Action Fraud at <http://www.actionfraud.police.uk/> or you can call them on 0300 123 2040.

Follow us on Twitter at

SEDBERGH SCHOOL

New Employment Opportunities

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

The School is currently looking for staff to work in the Catering and Events Section of the Hospitality team. Very much a valued and appreciated part of the team, the ideal candidates would be happy working flexibly in accordance with the changing requirements and needs of the School as part of a group delivering catering and waiting on support. Jobs are available for full time, part time evening, and weekend work.

**Second Chef
Events Staff
House Keeping Assistants
Catering Assistants**

Sedbergh School offers:

Generous remuneration; Benefits, including contributory pension scheme with life cover; Staff benefits package, including store discount cards; Use of the School's sports facilities, including the indoor swimming pool.

Please do call **Lizzie Harrison** on 015396 20303

if you would like to know more about any of the above positions that are available.

An application can be obtained by:

Downloading from our webpage

<http://www.sedberghschool.org/senior/Information/Vacancies>

E-mailing Lizzie hrecruitment@sedberghschool.org

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

www.twitter.com/cumbriats or join us on Facebook for up to date information on reports such as these and all the latest scams at www.facebook.com/cumbriats

PETER McCALL

is marking his first year in Office as Cumbria's Police and Crime Commissioner.

As Police and Crime Commissioner, Peter is elected to be the voice of the people of Cumbria and hold the Chief Constable to account for policing in the county. He is also responsible for commissioning and supporting victims of crime.

A key part of the role is bringing together community safety and criminal justice partners to make sure local priorities are joined up.

Police and Crime Commissioner, Peter McCall said: "I am immensely proud and privileged to be your Police and Crime Commissioner. During my first year I have been extremely impressed by the dedication and hard work that goes into making Cumbria the safe place that we have all come to expect.

"With your help, I have set the Police and Crime Plan which lays out the policing objectives for Cumbria Constabulary. There are eight main priorities from tackling crime and anti-social behaviour to supporting victims.

"Cybercrime is an issue in the county and I will be launching in the next few weeks a project that will enable us all to help to keep ourselves safe when we go online. The project will be rolled out across the county.

"Neighbourhood policing is critical in how the county is policed and I've been able to further boost this by an additional three inspectors dedicated to developing better links with communities. These posts will also work closely to increase the number of Special Constables.

"I will continue to ensure that we have the best policing service that the county can afford. I will be looking at how we can ensure that Blue Light Services work together to deliver the best possible service particularly the synergies between police and fire. We will also see where we can collaborate with other agencies to reduce costs as a critical issue for me is to protect the number of officers in our County.

"I am conscious that every penny of public money must be well spent. I am proactively looking at ways to reduce my office costs at a time when there is still some uncertainty over police funding due to potential changes to the Funding Formula. "I am a great believer in 'we – not they' and this is clearly evident here in Cumbria where it really is a team effort from members of the public, partners to the police in keeping us all safe. I hope you'll agree we have made a good start but I am not complacent there is much more to come."

SEDBERGH & DISTRICT HISTORY SOCIETY Dent Marbles

Visit to Upper Dentdale
Members of the Society met William 'Bill' Fraser, a noted and enthusiastic geologist, at Stonehouse

in Upper Dentdale in May.

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

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

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

Although there were seven different seams of limestone in Upper Dentdale, only four were suitable for cutting and polishing; two lowest seams were Hardraw Scar and Simonstone Limestone. Both were dark and when polished were known as Black Marble.

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

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

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

Sufficient water to turn the wheels was always an issue and Bill pointed out how water from the local beck

had been diverted – sometimes underground - powering the mills to enable cutting and polishing the limestone. Quantities of sand was brought from Widdale to be used with wire cutters and later special four-bladed saws.

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

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

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

Susan Johnson

SEDBERGH ORCHESTRA

Sedbergh Orchestra is proud to be part of SOMME 100 FILM – The Battle of the Somme Centenary Tour.

This is an international project, working with the Imperial War Museum as part of the First World War Centenary Partnership, marking the anniversary of the Battle of the Somme. The aim of the project is to bring together 100 live orchestral performances of the iconic 1916 film 'The Battle of the Somme', with composer Laura Rossi's acclaimed score, commissioned by the Imperial War Museums.

The performance will take place at St Andrew's Church, Sedbergh on Saturday 8th July at 7.30pm. Please

note the time, which is earlier than usual.

There will be a short introductory talk, given by Alastair Fraser, librarian at Durham University, who writes and lectures on the Great War and his book 'Ghosts on the Somme' will be available at the time. Andy McMullon, the Vicar of St Andrew's, has kindly taken on the task of projecting the film and we are also grateful to Paul Winn of Tooby's for the loan of two large television screens so that those sitting in the side aisles will have no difficulty in seeing the film. We are looking forward to welcoming the British Legion to the event when the Last Post will be played by a military trumpeter who is a member of the orchestra. The film, in five parts, lasts 74 minutes. It does not show the ultimate horror, which is simply conveyed by telling captions shown on the screen in between. After the second part, there will be an interval for refreshments, provided by the Church ladies. More information can be found on Page 48 in the advert designed by Peter Simms.

There will be a second opportunity to attend this unmissable event. Sedbergh Orchestra has accepted an invitation to give another performance of Somme 100 Film on Sunday 9th July 2017 at 3.30pm in the Town Hall at Skipton, another town in the historic Craven area. This will be first time the orchestra has gone on tour!

Shirley Smith

COMMUNITY OFFICER REPORT

Logs of note for the area of Sedbergh
17/4 – Harassment was reported in the area, enquiries still ongoing.

18/4 – ASB reported, persons knocking loudly on a door.

29/4 – ASB reported in the area of Millthrop, youths had left smashed bottles behind on the road. SLDC informed.

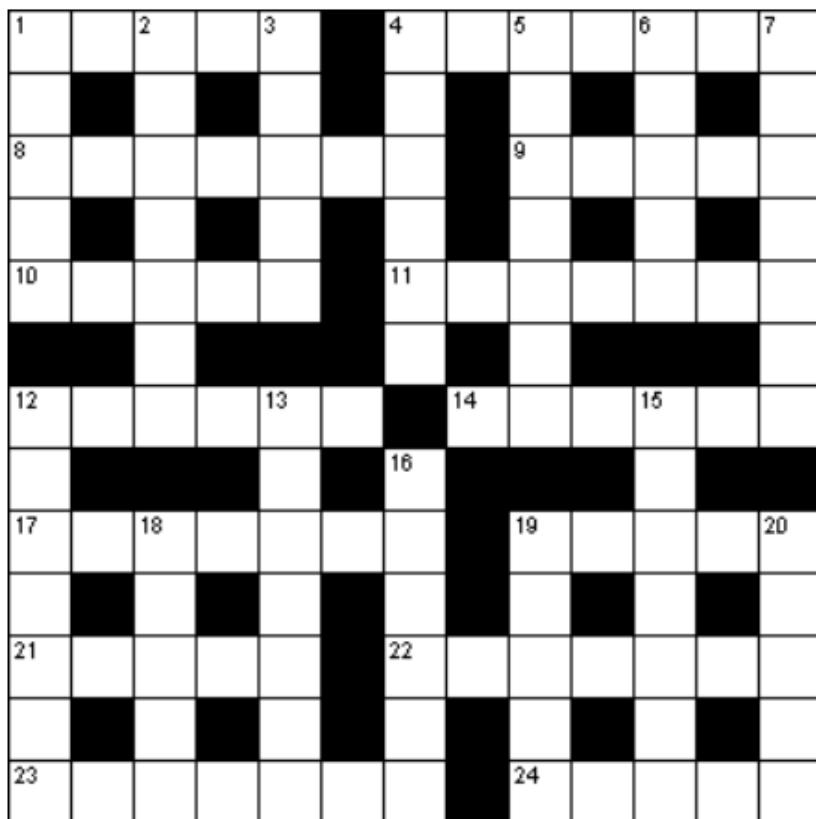
30/4 – FTS RTC reported on Loftus hill.

7/5 – A domestic related incident was reported in the area.

In the surrounding area a person was arrested for a Wildlife crime whereby an Owl was shot and killed, enquires still ongoing. CSO 5244 M Coleman

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Across

1. Tempest (5)
4. Perplexes (7)
8. Fall back (7)
9. Portion (5)
10. Boasts (5)
11. Compared (7)
12. Pact (6)
14. Pique (6)
17. Certify (7)
19. Meeting place (5)
21. Mountain range (5)
22. Flair (7)
23. Passed by (7)
24. Begin (5)

Down

1. Bush (5)
2. Indignation (7)
3. Encounters (5)
4. Improved (6)
5. Crevice (7)
6. Jumped (5)
7. Thin (7)
12. Kind of syrup (7)
13. Despots (7)
15. Cure-all (7)
16. Assisted (6)
18. Play (5)
19. Planet (5)
20. Happening (5)

PERSONAL & SMALL ADS £1

WILLIAM & MARY AIREY

We would like to say a big Thank You to all who sent cards, gifts and good wishes on the occasion of our **Golden Wedding Anniversary**. We were overwhelmed by everyone's kindness. A special Thank You to our family for the wonderful holiday, and for looking after us so well! Thank you all. William and Mary.

=====

BILL & JEAN DOBSON

Bill & Jean would like to thank family and friends who came to help us celebrate or **Diamond Wedding Anniversary** and for all the lovely cards, messages, flowers and gifts. Also our three girls for putting on the buffet. Thank you all.

=====

ELLIS HUGHES

Pauline, Kathryn, Jeanette, David and all the family would like to thank everyone for their messages of condolence, cards, letters and flowers received after the sad loss of Ellis. We have been overwhelmed by the kindness and support given by the many people that attended the service and for all the donations received which will be shared equally between the Railway Preservation Society, the Cumbria Wildlife Trust and the RSPB of which Ellis was a member. Special thanks to Dr Hunt, Macmillan and Hospice nurses, Nina and James of the Three Hares, Brian Goad and The White Hart Club.

SANDRA & KEITH WOOD

Keith and Sandra, would like to extend special thanks to everyone who attended their Wedding blessings and or Happy Party on Saturday April 22. The event was made memorable by you all and £340 has been raised for North West Cancer Research. God bless you all.

=====

GEORGINA DEVINE

Happy birthday to Georgina on 19th June from Laura, Nigel, Anne-Marie and Ben.

=====

BEN GARNETT

Happy birthday to Ben, who will be 15 on 24th June. Love from Mum and Dad, Anne-Marie and Nan, Dawn and Georgina.

=====

TODD

Margaret, Janine, Thomas, Nigel and families would like to thank all family and friends for cards, flowers and messages received and donations in memory of Michael. £403 was collected for Cancer Research. Thank you to Reverend Andy McCullon for the service and special thanks to Brian and Dorothy Goad for all the arrangements and a lovely tea.

=====

FOR SALE

Gents diamond back Topanga cycle. V.G.C. £30. Tel 20869.

=====

FOR SALE

Kenwood stand mixer. Stainless steel bowl. All attachments and blender. Six months old. As new. £160 ono. Ring Cynthia on 07854-055030.

PERSONAL & SMALL ADS £1

WANTED

A vacancy exists for an experienced domestic help in quiet household by elderly lady for a few hours a week in Sedbergh area. Older lady willing to do various duties preferred. Car essential. Pay, hours, days etc to be agreed. Please Tel: 015396 20465.

(Continued from page 89)

Lookaround".

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

Account: Lookaround

Account Number: 90931551

Code: 20-45-45

Reference: Invoice Number,
your name or reference.

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INVOICE NUMBER WHEN PAYING
BY BACS?**

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

CHILDREN'S BIRTHDAYS

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

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

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

D J Whicker

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

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

* = Latest Amendments

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

EDITORS COMMENTS NEW ADVERTISER

Garry Chapman and his Gas expertise is our new Advertiser this month. Please mention Lookaround if you make any enquiries.

BARCLAYS BANK

The new Account for Lookaround has been set up and Cheques will be paid into this one. I have amended the details of BACS payments on the Advert Renewal Forms and Invoices.

FUTURE OF LOOKAROUND

After very serious consideration, Jacky and we have decided to 'Retire' from putting the Lookaround together. After over 30 years of production, we feel that we should give up the reins and let someone else (younger?) take over.

If any person or group is interested in continuing Lookaround, please make contact with us.

Complete briefing and tuition would be given to the interested parties. It will not be easy for whoever takes over but we will always be on hand for help and guidance.

We are still looking at our last issue being December 2018. To date (April 2017), we have had one enquiry and this is being followed up.

SOCIAL MEDIA

Modern technology is still moving forward at a rapid rate and many organisations are using this because it is very cheap. As a result, there are many events occurring in Sedbergh that appear on the likes of FaceBook **BUT** not everyone has access and events are being organised and clashing with other events in the area that appear in Lookaround and the Information Centre. Can I please earnestly request all organisers in the area to submit their function to me for

being included (for free) in the Diary Pages?

BACK COPIES

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

LOOKAROUND INFORMATION

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

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

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

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

editor@sedberghlookaround.org.uk

ADVERTISING

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

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

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

round the country & the world.

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

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

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

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

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

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

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

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

PERSONAL MESSAGES

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

Details with respect to people

Passing Away are inserted for free.

Please submit legible writing as many

mistakes have been made in the past due to not being able to read properly.

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable. All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

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

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

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

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

(Continued on page 85)

BUS SERVICES

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

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

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

BUS SERVICES

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

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

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

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

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

BUS SERVICES

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

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

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

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

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

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

BUS SERVICES

S4 Kirkby Stephen Connect Fridays only from 5th May 2017 R = Request only						
Dent	-	09:30	-	-	13:40	15:45 R
Sedbergh Spar	-	09:44	-	11:29	13:54	15:59 R
Sedbergh Dalesman	-	09:45	-	11:30	13:55	16:00 R
Sedbergh Maryfell	-	09:47	-	11:32	13:57	16:02 R
Cautley Cross Keys	-	09:54	-	11:39	14:04	-
Fat Lamb	-	10:00	-	11:45	14:10	-
Ravenstonedale	-	10:05	-	-	14:15	-
Kirkby Stephen Station arr	-	10:12	-	11:52	14:22	-
Kirkby Stephen Station dep	-	10:15	10:36	11:55	14:25	-
Kirkby Stephen Town	-	10:20	10:41	12:00	14:30	-
<i>Kirkby Stephen Station</i>						
<i>Train from Leeds</i>			10:34	12:30	14:32	
<i>Train from Carlisle</i>				12:49	15:00	
Kirkby Stephen Town		10:25	10:50	12:35	14:49	
Kirkby Stephen Station arr		10:30	10:55	12:40	14:54	
Kirkby Stephen Station dep			10:58	12:43	15:02	
Ravenstonedale				12:50	15:09	
Fat Lamb			11:05	12:55	15:14	
Cautley Cross Keys			11:11	13:01	15:20	
Sedbergh Maryfell			11:18	13:08	15:27	
Sedbergh Library	09:10		11:20	13:10	15:29	
Opposite Morphet's Garage	09:11		11:21	13:11	15:30	
Dent	09:25			13:25	15:44 R	

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

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

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

June Church Services					
St. Andrew's Sedbergh	4th	11th	18th	25th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	Ecumenical Service	Holy Communion	Holy Communion	Family Service	
6.30 pm	Thy Kingdom Come Launch	Evening Prayer	Evening Prayer	Evening Prayer	
Wednesday	7th	14th	21st	28th	
11.15	HC BCP	HC BCP	HC BCP	HC BCP	
	4th	11th	18th	25th	
St. Mark's Cautley	2.30pm Holy Communion	9.30am MP (NC)	No Service	2.30pm Prayer & Meditation	
St. John's Garsdale	10 am Holy Communion	2pm Low Smithy	6.30pm Street Chapel	10am Holy Communion	
Lune Parish Services					
	4th	11th	18th	25th	
Holy Trinity Howgill	10.30 am Ecumenical Service St Andrew's	2pm Holy Communion @ Firbank	2pm Holy Communion (by extension) @ Howgill	2pm Holy Communion @ Killington	
St John's Firbank					
All Saints Killington					
Dent & Cowgill Parish Services					
	4th	11th	18th	25th	
St. Andrew's	10.30am Holy Communion	10.30am Holy Communion	10.30am Holy Communion	10.30am Taizé Service	
St. John's	2.30pm Favourite Hymns	11am Baptism	2.30pm Holy Communion	No Service	
Cornerstone Community Church (CCCM/N) Services (Formerly URC & Methodists)					
	4th	11th	18th	25th	
10.30 am	CCCM/PH	CCCN	CCCN	CCCN	
Messy Church					
4.30 pm					
worship@peopleshall					
	7th				
10.30 am	People's Hall				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			Taize = Modern Chants & Choral		
			NSV = New Sedbergh Version		

Religious Services in Sedbergh

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

~ ~ ~ ~ ~

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

~ ~ ~ ~ ~

CORNERSTONE COMMUNITY CHURCH
 New Street/Main Street
 Sunday 10.30
Rev. Carole Marsden Tel: 22030
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; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostrow
Rev. David Crouchley Tel: 20329
Rev. Carole Marsden Tel: 22030

~ ~ ~ ~ ~

SEDBERGH CHRISTIAN CENTRE
 5.30 pm People's Hall every Sunday
Tel: 28151
www.sedberghchristiancentre.co.uk

~ ~ ~ ~ ~

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

~ ~ ~ ~ ~

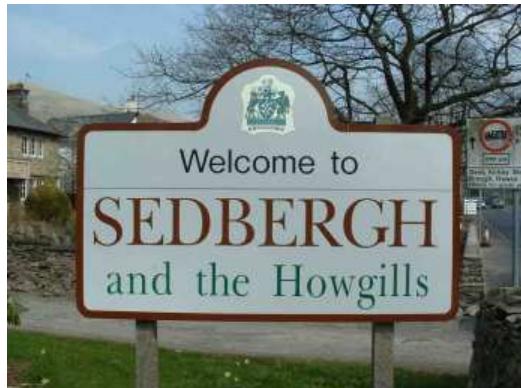
UNITARIAN & FREE CHRISTIAN CHAPEL
 Market Place, Kendal
 Sunday 11.00
 Wednesday 19.30
Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

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

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

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



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

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

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

PLACES OF INTEREST TO VISIT IN THE AREA

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

* = Entry Fee Applicable

DIARY OF EVENTS

Dates are held up to 14th March 2018

		JUNE			JULY		
1-30	Spear Exhibition		DCMH	1-30	Embroiderers Guild Exhibition (17)	FM	
1	1800 Killington Sports (1)		Beckside Farm	1-16	Saturday Coffee Morning	DCMH	
1	1930 WIHF - Members Evening		FCH	1	1000 Cycling Festival (41)	DMH	
2	0930 Dales Young Rangers (54)		PH	1	1315 HS People of Penrith (7)	Lupton Field, Back L	
2	1100 In the Kitchen - Wash Days		DCMH	1	1930 Flicks in the Fells - (5)	LHCP	
2	1400 Dentdale Head to Foot (7)		DMH	1	2230 SS Firework Display (39)	PH	
3	1000 Saturday Coffee Morning		DMH	2	1100 Monthly Meditation Drop-In (9 & 16)	Busk Lane	
3	1400 Red Squirrel Tea Party (1)		Greenbank	2	0900 Cyclosportive (41)	MCD	
3	1930 Flicks in the Fells - (5)		PH	2	1000 Cycling Festival (41)	Lupton Field, Back L	
4	SS Half Term Ends			3	Day SS Cricket Home Games	Lupton Field, Back L	
5-11	Thy Kingdom Come (71)		Sedbergh	5	1000 Coffee Morning - CCC	SS	
6	1930 SAAAGM (47)		PH	5	1900 Friends of Queen's Gardens (44)	CCCM	
6	2000 Sing Joyfully Concert	Casterton Church		5	SS Term Ends	PH	
7	1000 Coffee Morning - Dementia Alliance (1)	CCCM		6	1930 WIHF - Dog Obedience Demonstration	HVH	
7	1230 HS Constable Burton Hall & Gardens (7)	LHCP		7	1400 Dentdale Head to Foot (7)	DMH	
7	1430 SS Cricket Home Games	SS		8	1000 FLOW with Qigong (9 & 16)	MCD	
8	0700 General Election			8	1730 Bowling Taster Session (25)	QG	
8	1200 Age UK Lunch Club	Red Lion		8	1930 Battle of the Somme Concert (48 & 81)	STAS	
8	1915 Royal British Legion (60)	WHC		11	1400 WIK - TBA	PH	
8 - 18	Food & Drink Festival (8 & 22)		Sedbergh	12	1000 Coffee Morning - Royal British Legion	CCCM	
<i>Please check article for specific days events</i>							
10-16	Dent Pilgrimage (May)		Dent	12	1300 Medical Centre Closed for Training (21 & 62)	MC	
10	1000 Bowling Taster Session (25)		QG	12	1915 WID - Ancestry	DMH	
10	1300 SS Cricket Home Games		SS	12	1930 WIS - On the Rocks	PH	
10	1500 Sing Joyfully Concert	K Lonsdale Church		13	1200 Age UK Lunch Club	Red Lion	
11	Thy Kingdom Come Ends (71)		Sedbergh	13	1915 Royal British Legion (60)	WHC	
13	1400 WIK - Making Lace	PH		15	1000 StAS Summer Fair	STAS	
14	1000 Coffee Morning - Howgill & Firbank WI	CCCM		15	1730 Bowling Taster Session (25)	QG	
14	1330 Barns, Walls & Bridges	DCMH		16	Spear Exhibition Ends	DCMH	
14	WID - Summer Outing	TBA		17	1030 Grand Day Out (57)	JLCP	
15	1930 WIS - Summer Outing			19	1000 Coffee Morning - Gars Churches Together	CCCM	
16	Dent Pilgrimage Ends (May)		Dent	22	0930 Artisan Market (24)	Sedbergh	
16	1800 Midsummer Celebration (16 & 9)		MCD	22	0930 Dales Young Rangers (54)	PH	
17-30	Embroiderers Guild Exhibition (17)		FM	22	1000 Dentdale Chapel Coffee Morning	DMH	
17	1000 Bowling Taster Session (25)	QG		24 - 28	Holiday Club (63 & 64)	PH	
17	1300 SS Cricket Home Games	SS		26	1000 Dales Young Rangers (54)	PH	
17	1930 Olde Time Dance (16 & 65)	PH		26	1000 Coffee Morning - Garsdale Village Hall	CCCM	
18	Food & Drink Festival Ends (8 & 22)		Sedbergh	28	Holiday Club Ends (63 & 64)	PH	
19	1200 HS Rievaulx Abbey (7)	LHCP		30	Embroiderers Guild Exhibition Ends (17)	FM	
20	Ladies NFU Summer Outing			30	1030 Holiday Club (63 & 64)	PH	
20	1130 SS Cricket Home Games	SS		AUGUST			
20	1400 Hawes Town Trail	DCMH		2	1000 Coffee Morning - NW Cancer	CCCM	
20	1600 YDNP The Future (50)	BVH		3	1930 WIHF - Failsafe Gardening	FCH	
21	1000 Coffee Morning - Town Band	CCCM		5	1000 Saturday Coffee Morning	DMH	
21	1130 SS Cricket Home Games	SS		5	1930 Flicks in the Fells - (5)	PH	
21	1300 Medical Centre Closed for Training (21 & 62)	MC		7	August Bank Holiday		
21	Town Band Concert	Middleton		8	1930 Domino Drive	FCH	
22	1130 SS Cricket Home Games	SS		9	1000 Coffee Morning - Vacant	CCCM	
23	1000 TRE® & Meditation (16 & 9)	MCD		9	1915 WID - St John's Hospice	DMH	
23	2030 Swift Spotting (23)	LHCP		9	1930 WIS - Quiz Night	PH	
24	0930 Artisan Market (24)	Sedbergh		10	1200 Age UK Lunch Club	Red Lion	
24	1000 Dentdale Chapel Coffee Morning	DMC		10	1915 Royal British Legion (60)	WHC	
24	1130 SS Cricket Home Games	SS		13	1100 Monthly Meditation Drop-In (9 & 16)	MCD	
26	1130 SS Cricket Home Games	SS		14	1400 Dementia Alliance (1 & 60)	PH	
27	1600 SS Cricket Home Games	SS		16	1000 Coffee Morning - Red Squirrels	CCCM	
28	1000 Coffee Morning - Killington WI	CCCM		19	1000 Dentdale Chapel Coffee Morning	DMH	
28	1100 SS Cricket Home Games	SS		23	1000 Coffee Morning - StAS Mission	CCCM	
29	WIHF - Summer Outing TBA			25	1930 Children's Domino Drive (69)	FCH	
29	1130 SS Cricket Home Games	SS		26	0930 Artisan Market (24)	Sedbergh	

COVER PHOTO
Main Street, Sedbergh
By Dennis Whicker

28	Late Summer Holiday	
28	1100 Dent Gala	Dent
30	1000 Coffee Morning - Garsdale Church	CCCM
SEPTEMBER		
1	1400 Dentdale Head to Foot (7)	DMH
2	1000 Saturday Coffee Morning	DMH
2	1930 Flicks in the Fells - (5)	PH
3	1100 Monthly Meditation Drop-In (9 & 16)	MCD
5	SS Term Begins	22
6	1000 Coffee Morning - St Johns Hospice	CCCM
7	1930 WIHF - Servicing & Funding a Hospice	HVH
12	1400 WIK - Local Landscape	PH
12	1930 Domino Drive	FCH
13	1000 Coffee Morning - Talking Lookaround	CCCM
13	1915 WID - Steve Swithin	DMH
13	1930 WIS - Autumn Flowers	PH
13	Princess Ida (April Text)	Staveley
14	1200 Age UK Lunch Club	Red Lion
14	1915 Royal British Legion (60)	WHC
14	Princess Ida (April Text)	Staveley
15	Princess Ida (April Text)	Staveley
16	0930 Artisan Market (24)	Sedbergh
16	Princess Ida (April Text)	Staveley
17	1600 Messy Church	CCCN
19	1930 Ladies NFU Home Guard	PH
20	1000 Coffee Morning - Sedbergh WI	CCCM
20	1300 Medical Centre Closed for Training (21 & 62)	MC
23	1000 FLOW with Qigong (9 & 16)	MCD
27	1000 Coffee Morning - First Responders	CCCM
OCTOBER		
4	1000 Coffee Morning - Christian Aid	CCCM
5	1930 WIHF - AGM	FCH
6	1400 Dentdale Head to Foot (7)	DMH
7	1000 Saturday Coffee Morning	DMH
7	1930 Flicks in the Fells - (5)	PH
8	1100 Monthly Meditation Drop-In (9 & 16)	MCD
10	1400 WIK - Windermere's Lakeshore Villas	PH
10	1930 Bingo & Tattie Pie Supper	FCH
11	1000 Coffee Morning - Ladies NFU	CCCM
11	1300 Medical Centre Closed for Training (21 & 62)	MC
11	1915 WID - Gift Wrapping	DMH
11	1930 WIS - Finding Voices	PH
12	1200 Age UK Lunch Club	Red Lion
12	1915 Royal British Legion (60)	WHC
14	1930 Olde Time Dance (16 & 65)	PH
17	1930 Ladies NFU St John's Hospice	PH
18	1000 Coffee Morning - Firbank Church	CCCM
21	SS Half Term Begins	
25	1000 Coffee Morning - Garsdale Church	CCCM
28	Apple Day	PH
29	Clocks Fall Back	
NOVEMBER		
1	1000 Coffee Morning - Bowling Club	CCCM
2	1930 WIHF - Christmas Crafts	HVH
3	1400 Dentdale Head to Foot (7)	DMH
4	1000 Christmas Bazaar	DMH
4	1930 Flicks in the Fells - (5)	PH
5	1100 Monthly Meditation Drop-In (9 & 16)	MCD

5	1430 RCT Times at Wipers (March)	PH
5	1730 RCT Times at Wipers (March)	PH
5	SS Half Term Ends	
8	1000 Coffee Morning - Royal British Legion	CCCM
8	1915 WID - AGM/Charades	DMH
8	1930 WIS - AGM & Jacobs Join	PH
9	1200 Age UK Lunch Club	Red Lion
9	1915 Royal British Legion (60)	WHC
14	1400 WIK - AGM Plus	PH
14	1930 Church Domino Drive	FCH
15	1000 Coffee Morning - Vacant	CCCM
16	1300 Medical Centre Closed for Training (21 & 62)	MC
18	1000 FLOW with Qigong (flow)	MCD
21	1930 Ladies NFU Kendal Chocolate House	PH
22	1000 Coffee Morning - Vacant	CCCM

DIARY KEY

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

Entries in Bold indicate more than one date

Month in Bracket indicates when information last appeared

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.00am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Surgery by appointment only –

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

Dent Surgery by appointment only - Monday

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

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

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

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

See our website

www.sedberghmp.nhs.uk

for further details

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

Location of Defibrillators

72 Main Street ~ People's Hall ~ Fire Station

POLICE

101 or 999

Crimestoppers 0800 555 111

DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

Saturday *

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

MARKET DAY

WEDNESDAY

Last Page Update:

May 2017