

# Sedbergh & District **LOOKAROUND**

July 2019

Issue 378

Donation £1

No disasters to report from this months compilation. Last month we missed the Holiday Club article and advert (now printed below) and can only apologise to them. This was due to our error rather than the general email conflagration.

We get a good range of articles contributed. Thankyou to everyone who sends them, regularly or irregularly. But we could still do with a few more. So if you have an idea for an article—please write it and send to us!

*Ed.*

## **Sedbergh Holiday Club**

# **Mega Makers**

**for 4 to 11 year-olds**

**22<sup>nd</sup> -26<sup>th</sup> July**

**10-12am at the People's Hall**

**No charge if registered by 10<sup>th</sup> July.**

**Late booking charge of £10**



**Registration forms available at the local Primary schools,  
Sedbergh Mini Market & the TIC or on-line at  
[www.garsdale.info/shc.html](http://www.garsdale.info/shc.html)**

**CLOSING DATE: 15th of every month for everything**

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

**Mobile: 07464 - 895425**

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### July Birthdays

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

### Weekly Coffee Morning

**St Andrews Church**

Weds 10 am to 12 noon

3rd July T.B.A.

10th July Royal British Legion

17th July T.B.A.

24th July T.B.A.

31st July T.B.A.

Call 01539824379 to run a  
Coffee Morning

## Advertising in Lookaround

For advertisers key points to note are as follows :-

- ◊ We will print an advert supplied by you, or we can design one for you.
- ◊ If you supply the advert please give it to us as a MS Publisher file, an MS Word file or a jpeg. We will print adverts supplied as pdfs but the quality may suffer,
- ◊ We accept hardcopy adverts and will try to reproduce them. Please let us know if you require a specific font.
- ◊ Adverts will be printed in the sizes specified below and should be supplied in one of these sizes.
- ◊ We do not print whole page adverts but will print half page adverts opposite each other.
- ◊ If you buy a year's worth of advertising (11 adverts) we will only charge for 10
- ◊ New advertisers buying 3 months or more worth of adverts will get an extra one free
- ◊ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

### CONTACT INFORMATION

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

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

### PAYMENT INFORMATION

CHEQUE

*Cheques Payable to :*

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BACS

*Account:*

**Sedbergh and District Lookaround**

*Account Number:*

**23388557**

*Sort Code:*

**20-55-41**

*Reference:*

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

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

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

## 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

## **SEDBERGH PRIMARY SCHOOL PUPILS HELP ENDANGERED EELS**

*Andrew Fagg*

An 'Eel-lite Team' at Sedbergh Primary School is caring for a tankful of European eels, a critically endangered species. Pupils took delivery of around 50 young eels, known as 'elvers', at the end of April. The fish had been caught in the Severn.

The Lune Rivers Trust in partnership with the National Park Authority is leading regular classes at the school, teaching the children about the lifecycle of an eel as well as more broadly about life in local rivers. In late-June, the Eel-lite Team of four year six boys will release the 50 eels in their care into the Rawthey, a river where eels were once abundant but are now scarce.

Louisa Blundell from the Lune Rivers Trust said: "I grew up in the Lune catchment and eels were prevalent, but now numbers are massively in decline. It's believed stocks have declined globally by 90 per cent. There are issues at sea but also inland with problems such as Skerton Weir in Lancashire blocking



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the way. Eels are a sweet treat for otters and fish-eating birds and are an important part of the health of local riverlife.

"It's been a huge commitment from Sedbergh Primary School to take on the eels and help re-stock the Rawthey. The pupils have been great. They're going to come into the school during half-term to make sure the eels are fed."

Sedbergh Primary School headteacher, Matthew Towe, said: "Many organisations rightly want to work in schools. This project stood out straight away. Having the eels in the classroom has proved an effective way of engaging the children in nature conservation and more widely in the health of the Rawthey,

## Calling all PHOTOGRAPHERS!

Please consider donating images for the Information & Book Centre's 2020 calendar.

We're going to have the theme '**Sedbergh in Action'**

Images will need to be landscape format and around 12 x 9 inches at 300 pixels per inch (to be reproduced at A4). Email images, Flickr links etc. to [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)

More info: 015396 20504



which flows only a stone's throw away from our school."

Yorkshire Dales National Park Authority Member Champion for Natural Environment, Ian McPherson, said: "Congratulations Sedbergh Primary School for looking after the eels. The enthusiasm with which the Eel-lite Team has carried out its duties shows how keen young people are to learn about the natural environment and care for it."

Part of the funding from the project came from Yorkshire Dales Millennium Trust, with pupils successfully applying for a grant from the trust's Green Futures Youth Action Fund.

## SEDBERGH PRIMARY - THE BIG BUILD

Joyce

Many of you will be aware of our ongoing fundraising to install new toilets/care facilities and alter our infant area. We gave ourselves a target to raise £60,000 in a year. We have almost reached £40,000 so we now have the final push, hoping to complete the fundraising in early autumn.



We decided, or at least somebody did, it would be a good idea to do a staff challenge as a fundraiser. Various ideas were banded around; a walk, bike ride, sky dive. After some discussion 'Holme Howler' was chosen, which is a 10k with large obstacles to negotiate on route. A lot of water and mud too!

## Flutes & Co

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Cumbria's flute orchestra with Inspire young flautists

### SUMMER CONCERT

### FLUTE MAGIC!



Saturday 6th July,  
7pm  
@  
St Andrews Church,  
Sedbergh,  
LA10 5BZ

Adults £8 Children £4

Tickets from Sue Nicholls  
Tel. 07557 919879  
Email: [sueplaysflute@gmail.com](mailto:sueplaysflute@gmail.com)

Refreshments available and raffle



After some gentle coaxing, or arm twisting, we have a team made up of staff and parents. I'm not sure any of us really know what we've let ourselves in for, but as they say ignorance is bliss! I think there will be more walking than running unless we have a secret marathon runner in our midst!

We would be grateful for any sponsors or donations, which can be dropped off at school. Thank you.

(And see the advert for Sedbergh Sports on page 12)

### **SEDBERGH HOLIDAY CLUB**

*Holiday Club Team*

The People's Hall will be transformed into a hive of activity from Monday 22nd – Friday 26th July, as the children of Sedbergh and the surrounding area meet during the mornings for the annual holiday club. This is hosted by the Western Dales Mission Community and is open to children of Primary School age, including those who have just left at 11+ and those due to start in September.

Most Holiday Clubs charge an attendance fee, but the Sedbergh Holiday Club is, as usual, free. To help things run smoothly, and to ensure sufficient staffing and resources, we need to know in advance the numbers and ages of children attending. We are therefore asking parents to register their children by 10th July. After this date there will be a late registration fee of £10 applied. Registration forms are available from the Primary Schools, Nisa and the TIC, or on-line from [www.garsdale.info/shc.html](http://www.garsdale.info/shc.html)

(Advert on Page 1)

*St Mark's Church, Cautley*

You are invited to our

### **Cream Tea**

**Saturday 6<sup>th</sup> July**

3 to 4.30pm



£5 per person

Musical entertainment... Raffle...  
Plants & books for sale...

### **SEDBERGH SCHOOL NEWS**

*Karen BL*

The Prep School and pupils from the upper School took part in the Kendal Colour Dash for charity. Pupils and staff also took part in the Great North Swim (cold, windy and testing)

Fourteen scholars have now benefited from the Roger Lupton Scholarships (full fees).

During May three lunches were held in Scotland, London, and Sedbergh by the 1525 Society.

An owlet was found fallen from its nest into the carpark behind the school building. "Blanche" was rescued in a hat, fed, watered and restored to her nest with the help of the school estate's cherry picker.

Staff: Michael Raw has retired as editor of the Sedberghian after ten years at the job. Rupert Follett (Head of History) is involved in the Blood Sweat & Tears – Afghanistan The Untold Story exhibition in Carlisle Castle open till 4th September. Simon Arnold (head of design) has received a Citizens & Policing Award.

Academic: Powell House won the debating competition in a very good final. The Prep School is no longer

sitting Common Entrance as a matter of course as pupils hoping to enter the Upper School are continually assessed

Music and Drama: Four performances of Joseph and the Multi-coloured Dream Coat were given in the last week before half term. The Prep School Chamber Choir visited Cambridge and attended Evensong at St John's College which was broadcast live on Classic FM They sang two concerts at the Round Church and St Bartholomew's Church. They also attended Eucharist at King's College and Evensong at Trinity College

A teatime concert will have been held on 17th June. The Prep School had a concert and Masterclass from

pianist Alicja Fiderkiewicz on 6th June. The Prep School will have given two performances of The Lion King on 27th and 28th June.

Conservation: The Environmental Campaign held its first meeting 16th May with a large turnout. The school has signed the Woodland Charter for the Woodland Trust promoting the planting of the Northern Forest. The Eco Sedbergh group has been carrying out a survey of food waste in the Houses.

Cricket: The match between the School and Lancaster Grammar featured as match of the week in the Cricketer. The "Third Eleven" (made up of Staff, pupils and anyone willing from the Town) reached the semi-final of the Cumbrian 4th Division. They

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EST.

# SEDBERGH • MARKET

1538

ON JOSS LANE CAR PARK FROM 8.30am

## SECOND WEDNESDAYS

12 June and 10 July

*Extra stalls on the second market of each month. See posters/Facebook for details.*

*Regular stalls provide eggs, fish, meat, bread, cakes and pies, fruit and veg, Thai food and bric-à-brac.*

play Kirkby Lonsdale on 30th June at home. The 1st XI lost to St Peters, won their T20 match against Birkenhead. All games on 8th and 13th June against Lancaster RGS and Cheadle Hulme were cancelled due to rain. During half term George Hill (1st XI captain) scored a century on 25th May, and on 27 May he and Matty Revis scored 94 and 78, for Yorkshire Academy. Tom Aspinwall playing for Lancashire U15 (45\*) hit six 6s off the final over. OS Becky Glen was selected for the Scottish squad to play in the ICC Women's Europe Qualifier on 24-30 June. The 1st XI will attend the BOWS festival at Oakham 1at-3rd July.

**Equestrian:** The School team came first in the 90cm Inter-Schools One Day Event, and the Prep School and achieved a second in the 80cm.

**Athletics:** A successful sports day included 4 Girls' relay records and four Lupton girls broke 6 records between them. Fraser Sproul won the 10,000 metres. Year 7 and 8 pupils competed in the English Schools Tract & Field Cup and the girls qualified for a place in the Northern Regional Finals at the end of term.

**Netball:** Year 9 pupil Freya joined the English U14 Squad off to Copenhagen on tour.

**Tennis:** The Senior and U15 teams will play in the Independent Schools Championship at Eton on 1st and 2nd July.

**Sailing:** The Prep Schools Regatta took place at Killington on 9th June . The A team won the plate and the younger B team won in the Silver Fleet. The Laser Grand Prix Series takes place at Kielder Water on 7th July.

**Running:** Pupils took part in the Bob Graham Leg 1 – Keswick to Threlkeld

**Future Events:** Lancashire v Durham – 1st Class Cricket – Specsavers County Championship – 30th June, and 1st, 2nd and 3rd July. Tickets can be obtained via the Lancashire Cricket club site. Year 10 go on their usual visit to the Battlefields at the end of term.

**Sedbergh Challenge Week** - the pupils setting out to do charitable works and challenge themselves on 2nd, 3rd 4th and 5th July. This will involve 100 pupils doing "service" projects, 34 doing the three peaks or

the Howgill tops running challenge, 100 doing physical challenges in the Sports Hall, 12 going on a retreat, 60 doing music, drama or art, 50 doing Duke of Edinburgh, and 8 going on a geology expedition.

Both Schools have their Speech Days on Saturday 6th July, the Prep School in the morning and the senior School in the afternoon. Term ends for the Prep School at 12 noon on the 6th and for the Senior School at 3.30 pm.

The Leavers' Ball is on the evening of the 6th July and there will be fireworks at approximately 10.30 pm. (The School apologises for any inconvenience this may cause).

The chapel choir tour to the USA leaves on 8th July.

The netball and hockey teams tour Australia.

The International Summer Schools run from 7th July to 17th August at both the Prep and Senior Schools.

The National Children's Orchestra is not coming to Sedbergh this year.

The summer courses in Netball, Cricket, Rugby, Elite Rugby 16, Athletics, Hockey, Pony Camp and Adventure Weekend run between 25th July and 5th August.

## COTTAGE TO LET

### DENTDALE

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## SEDBERGH SWIMMING CLUB

### A.G.M

**WEDNESDAY 10TH JULY 2019, 7PM  
IN THE ROOM ABOVE THE  
TOURIST INFORMATION CENTRE**

**ALL MEMBERS WELCOME**



## SEDBERGH'S CURIOSITIES

*Maureen Lamb*

I have written once before about the curious gaggle of canines at the bus stop in Station Road and the appropriately named drain cover near Kings Yard manufactured by Thomas Crapper, but surely Sedbergh must excel in the oddities to be found here?

There is of course the strangely named Straight Bridge on the Cautley Road which is always approached by a right angled bend no matter which way you are travelling. I guess the bridge itself is straight enough, but then how many bridges are there which have a curve in the middle? (*The term 'Straight' may refer to width. Ed*)

The latest interesting anomaly is the sight of the speed restriction signs on the Garsdale Road. After crossing the Rawthey river bridge outside Sedbergh just beyond Settlebeck you notice on the left a large 30mph sign, of the kind you see when entering a 30mph zone, hardly necessary when having travelled through Sedbergh you are obviously limited to 30mph. However on the right hand side of the

road, at the same place is a large 40mph sign! Does that mean if you travel out of Sedbergh on the wrong side of the road, you are allowed to do 40mph, but please keep to 30mph on the left? Perhaps the Cumbria Council gangs that look after road signs on opposite sides of the road do not talk to each other.

Looking at the cannons outside Cannon House in Back Lane, pieces of armament apparently left behind during the retreat of Bonnie Prince Charlie on his way back to Scotland in 1745, and then looking at the cannons at the castle in Edinburgh I often wonder just how effective these weapons might have been. But did the noble Prince and his men ever really come through Sedbergh when the evidence that he came north through Kendal is much more compelling? Did he really spend the night in the chimney at the back of what is now the Sleepy Elephant?

What is more intriguing is the story of buried treasure. A letter by an officer who travelled with Bonnie Prince Charlie when he escaped to France related the story of how a treasure chest had had to be abandoned and it was buried at a site

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near Llymeref Lake. A plan showed the exact spot.

Back in the 1920s the owner of Llymeref came across this plan and he was determined to find the treasure. Assembling all his family and servants they spent a week surveying and digging the likely areas, but without success. Is the treasure still there - somewhere? If anyone has any information about this I would be delighted to learn more.

On the plus side how wonderful are the carved owls at the bottom of Station Road and how many places have got not a bus shelter but a book shelter? A place where all are free to borrow or take books or to add to the library?

[maureenlamb.broadraine@outlook.com](mailto:maureenlamb.broadraine@outlook.com)

SIT-AWHILE TO SAVOUR THE VIEW



## SEDBERGH MEDICAL CENTRE

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

2019

Thursday 11th July  
Wednesday 11th September  
Thursday 10th October  
Wednesday 13th November



## **DEMENTIA AWARENESS WEEK REPORT**

*Myles Ripley*

Thank you to all of you who came to our Alzheimers Society Coffee Morning at St Andrews and visited our stall at the Gala – we raised just about £150 from the morning and a few donations at our stall at the Gala. We were very pleased to be joined at St Andrews by Maria Day from the Alzheimer's Society who, I know, was able to talk to several people with recent contacts to do with diagnoses of Dementia. Coming to terms with such a diagnosis is neither easy nor quick. Some people reject or deny the fact while others implode under the news. The better the support network you can provide to people with a

diagnosis the easier it will be for them to come to terms with such news.

The NHS memory teams can only spend so much time with people and may offer information and palliative medication to try and slow down the progression. However the best way to understand the disease is networking. Kendal run a dementia hub at the Abbot Hall social club on the second Tuesday of the month from 2-4pm – the next one is July 9th. Not only is it a place to meet other people living with dementia but also their friends and relatives supporting them. Many service providers are present to answer questions and come up with practical solutions. AND..... the most important part - there is tea and cake!



## **Sedbergh Sports Evening Fell Races and Fun Events**

**FRIDAY 12TH JULY 2019  
BUCKBANK FARM 5:00 P.M.**

All proceeds will go towards the Big Build Project, a project to renovate the Infant area within school. We are extremely grateful to all the businesses in and around Sedbergh for supporting us with this project so far. If any businesses or companies reading this wish to contribute to Sedbergh Sports we would be very happy to accept your donation.

**Thanking you in anticipation  
Sally Davies**



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In the area there are numerous other clubs and activities – for instance the Dementia Friendly Walks at Silverdale; the Kendal Wheels for All on the 2nd and 4th Saturday of the month who take people for “rickshaw” rides from the leisure centre; Relax and Reminisce sessions at Ambleside library on the 3rd Thursday of the month 2-3pm; the memory club at Kirkby Stephen and - most importantly – our own local Sedbergh Songsters who meet in Gladstone House on Mondays from 10.30.

I want to thank our volunteers who manned the stall at the Gala and the coffee morning at St Andrews aided and abetted by the WI who are so supportive. A number of us went to a play “A different tune” about a

dementia embracing orchestra group produced by the Act your Age senior drama group from the Brewery and sponsored by Dignity in Dementia. It threw up a number of issues to do with recognising and accepting problems generated when living with Dementia. I hope it will be repeated and you will get a chance to see it.

You may be interested in an event on July 27th at Roundthorn Country House focussed on legacy donations to the Alzheimers Society with speakers on current research, services available as well of course as legacies. There's even a free lunch! If you would like to attend please contact [Jessica.herrington@alzheimers.org.uk](mailto:Jessica.herrington@alzheimers.org.uk)

## **COMMUNITY FIRST RESPONDERS**

*Myles Ripley*

I hope you have been following the award winning "Ambulance" series on television which has been all about the excellent work of the North West Ambulance Service (NWAS) under difficult circumstances. NWAS are our "employers" - (though we are volunteers we work to their employment regulations) and we experience first hand the excellent work done by the paramedics on the ambulances.

I hope that you may be one of the people who stopped by our stall at the Gala (how good is it that the Gala is back up and running – well done to the organisers). One or two of you

even expressed an interest in joining us as a responder – do get back in touch. Why would you want to be a Community First Responder?

1/ Gain skills that may allow you to help your nearest and dearest – let alone helping members of the community that we all belong to.

2/ A sense of satisfaction that you are contributing to the safety of the people around you.

3/ it has been shown that volunteering gives a greater sense of self-esteem and a level of stress reduction.

4/ Being a CFR would be a plus point on a cv and may help with job prospects. Why would you not want to be a Community First Responder?

# **farfieldmill**

**Roots - Green Door Artists 10 July - 28 August**



**Meet the Artist Sunday 14 July 2 - 4pm**

Adults: £4.05, Children & Students: FREE Open 10.30 – 4pm

FREE ENTRY for LA10 residents on Sundays

[www.farfieldmill.org](http://www.farfieldmill.org) 01539621159

1/ The application process is a “faff”  
– DBS, Car documents, interview,  
references etc etc

2/ Quite correctly the training is thorough and involves some online work before attending 2 weekends of practical training finishing with an assessment. FAQs

- How much time do I have to be on call? As much or little as you can – there is a suggested minimum of 4 hours a week but that is very flexible.

- How often will I be called out? We average 2 calls a month so in reality you won't be called very often.

- Do I have to attend ongoing training? We have a monthly meeting with a training component and you should aim to be at them at least half the time

- Do I have to pay anything? All your equipment is provided and maintained for free – none of us do but apparently you can claim mileage for calls. Do get in touch if you would like to know more..... meet the other first responders, see the kit, look at the training etc etc  
[mylesripley@btinternet.com](mailto:mylesripley@btinternet.com)  
anybody in the community would like some basic first aid training we can

provided that for free – even just a 30 minute hands on familiarisation with a defibrillator might help you if the need arises? Again, just get in touch.

## SIGHT ADVICE

*Sue Harper*

We opened our meeting on the 21st May by thinking of our chairman, Dennis, and wishing him well during his hospital stay and hoping that he will soon be back in the chair once again.

Our speakers were Robin and Caroline Sandys-Clarke who told us all about their alpaca herd. They have looked after these attractive creatures since 2000. Alpacas are originally from the Andes and live at 12,000 feet up in the mountains of Peru, Chile and Bolivia.

Robin and Caroline began with 4 alpacas but now have as many as 93. Caroline showed us some of their fleece which is incredibly light and soft, the hollow fibres are very light but very warm and can be used for duvets, blankets and garments. As the fleece does not contain lanolin, it is ideal for people allergic to sheep's fleece and for asthmatics. We are grateful to Robin and Caroline for their fascinating presentation.

We also welcomed Krystyna from Sight Advice Kendal who told us about “community circles” which are a way of linking people with sight issues with volunteers who can help them to engage in activities and hobbies. If anybody would like to find out more about “Community Circles” Sight Advice Kendal will help them. Their telephone number is 015397 .69055



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## COUNCILLOR'S CORNER

Suzie Pye

The phrase 'baptism of fire' has been rolling off the tongue a lot since taking my new role as District Councillor for Sedbergh and Kirkby Lonsdale. Alongside all the training sessions and meetings with SLDC officers, I have been trying to attend as many parish and town council meetings as possible. These meetings are very important to me as a way of keeping in touch with all corners of the ward, and making sure no one gets overlooked. They are also largely enjoyable and run by dedicated people, all passionate about the area in which we live. Any member of the public is welcome to attend these meetings, and I would

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encourage them to do so, out of pure curiosity if nothing else.

The Appleby Horse Fair has just finished at the time of writing, and compared to last year has passed by largely without incident. I have now taken over from Cllr Ian Mitchell on the Multi-Agency Strategic Co-ordinating Group (MASCG) for the fair. My first meeting will be July 8th and will be a review of this year's fair. Please do email or phone with any feedback from this year, so that I can make sure that is fed back into the group.

You may or may not be aware that I have also been given the privilege and responsibility of a Cabinet role at SLDC, with a portfolio of Health, Wellbeing, and Financial Resilience. This is obviously a huge undertaking, incredibly important, and has the potential to make a real difference in people's lives. I am keen to keep a healthy balance between this role and my duties in the ward though, so please do feel free to contact me at any time with any concerns, and I will be happy to help.

Email:

[Suzie.Pye@southlakeland.gov.uk](mailto:Suzie.Pye@southlakeland.gov.uk)

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St Andrew's Church Sedbergh

## SUMMER FAIR

**Saturday July 13th**

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**CRAFT FAIR**

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A poster for a summer fair at St Andrew's Church Sedbergh. It features a blue sky background with clouds. There are several illustrations of balloons and a large grey umbrella in the lower right corner. The text is arranged in columns, listing various attractions and refreshments available.

## GARSDALE PARISH COUNCIL

### Stand And Deliver

*Philip Johns*

*The official bit:* Garsdale Parish Council held 3 meetings on one evening on 16th May. First came the parish meeting which was disappointingly sparsely attended, but Chairman Annette delivered her annual report, followed by the clerk with the annual accounts. Annette recounted the progress made by the councillors over the past year, namely the arrival of hyperfast broadband, renovations to the village hall, including a new heating system and odour free water, and the desperately needed repairs to the retaining walls along the A684. An initiative has been launched to improve the access to the Carlisle bound platform at Garsdale Station and council is continuing to nullify the efforts of SLDC to extort large sums of cash for needless 'private water supply risk assessments' and to reduce the impact of errant bikers, especially at summer weekends. Clerk was pleased to announce a healthy cash balance due to a successful reclamation of 3 years VAT, and the purchase of a commemorative bench for the brave Garsdale soldiers who fell in WW1. A local resident broached the subject of red squirrel road-kill which has amounted to 8 in recent months. A proposal to implement a dale-long 40mph speed limit, in an effort to reduce squirrel deaths, which would also reduce the number of speeding motorbikes, was discussed but the overall feeling was that this would not be popular with residents who use the road daily. More road



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signs, warning of the presence of red squirrels, could be erected but YDNP were in the habit of removing them unless they were sited on private land. On a lighter note, it had been noticed that some daffodils, which had been planted a number of years ago, have been uprooted with recent traffic works and a proposal to replace these in the autumn was agreed.

Secondly came the AGM, which saw all existing members elected to their present posts. An upgraded policy for data protection was also agreed.

Thirdly came the ordinary council meeting. Along with the issues previously discussed, Highways had postponed road repairs to The Old

Road and Grisedale, but were thought to be imminent. A letter will be sent to Carlisle/Settle Railway to ask for improvements to the access of the platform. (Since then, a site meeting has been arranged between council and Northern Rail in July, and this initiative is being supported by Tim Farron.) Full minutes and accounts are available on the website.

The next meeting of the council will be on Thursday July 18th in the village hall at 7.30pm. All residents are welcome.

Philip Johns, clerk to Garsdale Parish Council 07807 909860  
[garsdaleparishcouncil@outlook.com](mailto:garsdaleparishcouncil@outlook.com)  
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*The unofficial bit:* Before coming to the main topic of my musings, visual pollution is presently rife in Garsdale. Over the last couple of weeks, a utility firm has coned off hundreds of yards of half of the road, erected ubiquitous temporary traffic lights, but appear to be digging just a single hole at any one time. On top of this, Highways have finally scraped a few pennies together and have started road repairs on The Old Road. However, why have they put very confusing signs along the A684, saying “road closed”, without pointing out that it’s the minor back road and not the A684? So, between them, a series of signs and cones have been spread over the carriageway making the A684, already rather narrow, a dangerous slalom course, with vehicles swerving around them. But, heh, why use one sign when they can use 10 or more?

SLDC are about to spend £5m on the town hall, upgrading their working conditions to plush surroundings, using residents’ council tax money, without giving any benefits to those coughing up the dosh. As I have previously said, residents in Garsdale and others, pay a disproportionate amount of council tax compared to the services they receive. Countrywide, the average council tax for a band D property is £167, in Southlakeland it is £187, in London it is £140. Residents in most of the dales just get their rubbish collected once a fortnight, that is, if the poor snowflakes haven’t got a bad back or hold a grudge against a particular resident, but nothing else directly. There are no parks, streetlights,

graveyards, libraries, police force, fire service, education facilities, sport centres etc, so why is it that our residents are paying over the odds to SLDC for such a limited service? The shires, nationally, apparently, pay higher levels of council tax and business rates than in the metropolis. Surely, we should be paying for the services we are receiving and not just because the property is worth X amount or is situated in the country. Why should we pay for something we haven’t got? So, the residents of remote properties are paying an over-the-average rate of council tax for a well-below-level of service. On top of that, SLDC are trying to fleece residents over these spurious “water risk assessment”, just to fill their own



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coffers, further adding to the burden of unfair council tax. Furthermore, next year, some residents will be forced to fork out thousands, installing water treatment plants, due to new regulations brought in by faceless, uncaring bureaucrats, again, bringing absolutely no benefit to the resident. All this smacks of envy, yes, it's great to live in the country, but we have our own burdens and associated costs, and there is no reason for local councils to rob us. How can SLDC justify spending £5m on a town hall, so that they can work in luxury, when they can't even pay for a local school bus service, that has looked after our children for many years, by a driver who is respected and loved by his charges? I think I am going to start a petition to rename the town hall as "The Highwaymans' Hall, Home to Modern Day Dick Turpins"! Their moto will be "STAND AND DELIVER, YOUR MONEY FOR YOUR HOUSE"

## SEDBERGH PARISH COUNCIL

*Janey Hassam  
Clerk to the Council*

This report covers items from the Parish Council meeting held on the 13th June 2019. The next monthly meeting will be held on Thursday 11th July 2019 at 7.30pm. The meeting will be held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

**Police Monitored CCTV:** Following previous discussions, a presentation was made to Members by Cllr Pete McSweeney (SLDC) in regard to Police monitored CCTV for Sedbergh. Members will discuss the idea further at their meeting in July.

**Projects:** Members were pleased to note the official opening of Maryfell play area (due 20th June). Additionally, they noted that South Lakes Housing hoped to proceed with the additional parking spaces, previously planned for Maryfell at the green area, in the coming weeks. Members also discussed the adoption of the telephone kiosk at Millthrop, noting that it was hoped that the refurbishment and internal redesign of the phone box (a mini information centre) would take place during Sedbergh School Challenge Week. Sedbergh School would also be working on several other projects around the town, including the play park at The People's Hall (in particular, the shelter, which has recently suffered some damage/vandalism). Finally, it was noted that investigations were continuing into the possibility of returning drinking water to Jubilee Fountain.

**Other Matters:** Various other matters were discussed: Amenities,

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Planning and Financial matters, including the completion of the Annual Governance & Accounting Statement 2018/2019, the formal lease at the Tennis Courts (Guldrey), the lease at Loftus Hill car park, ongoing negotiations in regard to the informal parking area at Langstone Fell and communication in regard to the boundary at the playing field, Howgill Lane. Also noted was the news that the Tour of Britain is coming to Sedbergh on 10th September 2019.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions. Public Participation is at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend. If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at: [clerk@sedberghparishcouncil.org.uk](mailto:clerk@sedberghparishcouncil.org.uk)

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

### TIM FARRON'S COLUMN

*Tim Farron MP*

This really is a very strange time in Parliament. Almost nothing is going on. And what is going on is happening with very few MPs present. I have no idea what excuses many MPs have for their absences. Of course there has been the Conservative leadership campaign. By the time you read this we should at least know who the final two candidates are, but that is only two MPs, even at the peak of the leadership campaign there were only a dozen or so MPs with the excuse of being tied up trying to become our Prime Minister.

Yet when I turn up to debates or questions to ministers I find myself in an empty chamber.

For me this has been great as it has meant it has been so much easier to get my voice heard.

I have been able to ask questions of ministers, including the Prime Minister and speak in lots of debates.

I asked the Prime Minister to use the opportunity of an underworked Parliament to get us all to work together to fix our Social Care system. Something that urgently needs sorting.

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I asked a Minister in the Business Department to ensure that, as lots of our banking moving to post offices, postmasters get paid properly for the work they are doing. Having lost so many of our bank branches we simply cannot afford to lose our post offices as well.

I asked The Economic Secretary to the Treasury to urgently do something about child poverty in our area. Recent figures from the Office of National Statistics show that after the price of housing is taken into account there are nearly 2,500 children living below the poverty line around here. That is almost a quarter of our children. In parts of Kendal it rises to over a third of kids. I don't know about you but I find that heart

breaking. I have also written to the Minister for Work and Pensions, Amber Rudd, asking her to ensure all new laws include a poverty impact assessment to ensure they don't make anyone worse off.

On top of that I have spoken in debates on compensation for victims of banking scams, housing, domestic abuse, health and business rates.

Back up here I have been getting about as much as I can. I even managed to fit in three hours to drive down to Preston with a cancer sufferer so I could understand better what it meant to be facing radiotherapy treatment there rather than in Kendal. I knew the journey was demanding but I hadn't really thought the fact that the traffic on the

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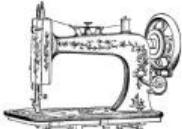
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M6 can be really busy if your appointment is at the wrong time to say nothing of the weather and other things that add to the stress of the journey.

Anyway if you have anything that you want my help with now's the time to ask. You can email me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk), call on 01539 723 403 or even come and see me at the Mini Market on Main St or Dent Stores on the 11th July.

## LAKELAND VOICES SLOVENIA TOUR

*David Burbidge*

Lakeland Voices community choir are now back from their most successful tour ever, singing in Sedbergh's twin town Zrece, as well as several other places through out Slovenia. Everywhere the choir were hosted with great hospitality, and congratulated both for having such an extensive repertoire of Slovenian songs, and for their pronunciation of the language which we practice at our regular choir language lessons.

New songs learnt recently by the choir include Cebelar, about an old beekeeper thanking the bees for a lifetime of service, and Triglav moj dom which celebrates Slovenia's highest mountain at 2,864 metres – on top of which the choir will sing this song when we visit again in August.

Bees were something of a theme during our tour which started at the Slovenian Embassy's World Bee Day in London attended by beekeepers and their honey products from over 30 different nations. And continued with singing at the Beekeeping Centre in Radovljica, and at a small festival of honey products, art and

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beekeepers at the Multi Generation Centre in Zrece.

Slovenia is a champion of beekeepers where more than one in every 20 citizens keeps bees. At both the World Bee Day at the start of the choir's tour, and the Slovenia Day celebration in the Whitehall in London after our return, the Slovenian Ambassador, His Excellency Tadej Rupel talked about the importance of taking care of the bees – it is believed by some that if all the bees died, civilisation could end within five years. The Ambassador also talked about Slovenia's leading role in environmental protection.

The choir also met the British Ambassador to Slovenia, Her Excellency Sophie Honey who came to our concert in the Ljubljana

Waldorf School, where the choir sang alongside our old friend Igor Velepic and the Parent's and Teachers Choir who have visited Sedbergh on several different occasions.

Ambassador Honey praised the choir for being such champions of friendship between our two countries, and posted a video of us singing on the British Embassy website and Twitter page.

As in previous years we sang at the Bohinj Wild Flower festival where we were joined by a local women's choir The Flowers of Triglav – both in a fabulous concert overlooking Triglav and the Bohinj mountains, and at a singing supper in Bohinjska Bistrica where the Slovenian singers joined in with all of Lakeland Voices songs,

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If you are interested in such a part time post and would like further details and a Job Description, please contact the Clerk at [dgsef1@yahoo.co.uk](mailto:dgsef1@yahoo.co.uk)

and we joined them when they sang English songs such as Lean on Me.

Many local people will have heard our singers when we sing on the Settle Carlisle railway. In Slovenia we spent a day singing on the trains and in the stations along the Soca Valley railway. On our journey to Nova Gorica, one of our singers voiced their worry that we might be disturbing the dozen other passengers in our compartment. "We aren't disturbed by your singing," they called back. "We love it – that's why we're all joining in!"

Most of our Slovenian songs are drawn from the "narodni pesmi," the national folk songs which are well known by most Slovenians, similar to the way that Singing For All in the UK insured that most people here (over a certain age) knew our national songs.

When we sang in London in February at the Slovene Embassy's celebration of the work of Slovenia's national poet France Preseren, we met a young student and her partner who invited us to her birthday party in a village near Nova Gorica. Here everyone joined in our singing, and we were treated to a fantastic performance by her father's male voice acapella harmony group.

In Zrece we sang alongside our old friends the Zrece town choir, Zbor Jurij Vodovnik, at a concert in the town centre, and then informally after an evening meal in our hotel at Pod Rogla. I am always delighted that the word for "we sing" is "pojemo" – and that the word for after is "po" and for we eat is "jemo" – po jemo, pojemo.

In Ljubljana we sang in the rooftop café on a skyscraper above the

British Embassy hosted by the Slovenian/Scottish friendship association where we sang folk songs from Slovenia and Scotland in Slovenian, English and Gaelic. Many of our new Slovenian friends were especially interested in the kilt which I wear, and some of my stories about my brother who is the Chief of the Clan Carmichael.

The children at the Waldorf School where we also performed saw my kilt and asked in Slovenian: "Where are your bagpipes?" I replied that I didn't have any – but instead they would be played by our singer Greg Everett, who then played them a few tunes on his pipes.

As well as all the singing, we enjoyed many outings – a walk

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through the Alpine flower meadows in a high valley near Triglav, a visit to the old house in Skomarje where we sang and read poems in English and Slovenian, and visited the church and the folk museum to local poet Jurij Vodovnik.

Singers enjoyed being rowed out to the island at Bled in a gondola, eating the famous Bled cake Kremsnite, visiting the castle in Ljubljana, enjoying an evening of wine-tasting at Vojko's vineyard in Zrece, woodland walks through the Pohoje hills, and singing under the statue of the national poet France Preseren in the centre of the city. While some of the hardy among us swam in Lake Bled most mornings when we stayed in a tourist farm nearby, even more

singers enjoyed the fabulous thermal baths and sauna in Zrece.

As well as our accommodation in a woodland valley farm near Bled, and beside a mountain stream at the Pod Rogla Hotel, the choir enjoyed one night staying in the homes of singers' families in Ljbuljana.

The Ambassador told us that Prince Edward had visited Slovenia just before our arrival and had said that it was important to maintain the friendship between our two countries – a message which our choir sang throughout the land in both English and Slovenian in our song Let the Circle Be Wide: "Let your heart feel no fear, for there's no strangers here, just friends that you never knew."

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## SEDBERGH ART SOCIETY

*Jenifer Alison*

As I write this, there are no meetings and workshops to mention as the dates fall in the second half of June and you do not receive this until July! There is just the one workshop in July, which is mentioned below. Do not forget, however, the informal Wednesday painting group, mentioned in the last edition of the Lookaround. This takes place in the People's Hall in Sedbergh most Wednesday afternoons from 1.00pm to 3.30pm. Although there is no specific tuition in these sessions, members are glad to discuss your work with you, be it painting, drawing, watercolour or pastels etc. John Conway and Margaret Copestake invite you to come and join them for a couple of Wednesday sessions and if you like what you see, you can join the group! Contact John Conway:

[conway44@btinternet.com](mailto:conway44@btinternet.com) or Tel: 01524 241254. Margaret Copestake: [margaretcopestake@gmail.com](mailto:margaretcopestake@gmail.com) or Tel: 01539 621842.

Another strand of our activities is THE PORTRAIT GROUP. Members meet occasionally through the winter

season at the various members' houses. Contact

Hilary Moore: [rwmhm@yahoo.com](mailto:rwmhm@yahoo.com) or Tel: 01539 620352

On Saturday 20th July, there is a workshop to be led by Kath Lockhart, Reduction Lino Cut.

It will take place in the Cornerstone Community Hall, New Street, from 10am – 4pm. Please contact us if you would like to come: it is important to let us know, so that Kath can have the right number of materials. Contact Jenifer Alison:

[jen.alison10@gmail.com](mailto:jen.alison10@gmail.com)  
Tel: 01539 824666 or 07785

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264187

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

We hope you like this workshop photo featuring Helen Shields and her daughter Clara.



## SALSA IN SEDBERGH!

*Pam Drower*

Calling anybody interested in a new dance class proposed for the autumn season. An experienced dance teacher from Kendal is willing to start a class (1 hour teaching with a 30 minute 'practice' session afterwards) at 7pm each week at the People's Hall early in October but first, we need to know if anybody is interested. Whatever your age or ability you can come along, learn something new, unwind and get fitter with this great form of dance!

Interested? Contact me - Pam Drower at [pamdrower@yahoo.co.uk](mailto:pamdrower@yahoo.co.uk) and let me know which evenings would be most suitable for you and, if we can get enough people interested, we can kick off in October with an introductory class.

Looking forward to hearing from you!

---

## FLUTE MAGIC

*Sue Nicholls*

Flutes & Co, Cumbria's all age multi-ability flute orchestra of 40 members presents its Summer Concert 'Flute Magic' on Saturday 6th July 7pm at St. Andrew's Church together with Inspire young flautists. Piccolos, C flutes, alto, bass and contra bass flutes with percussion and double bass. Wide variety of music from classical, folk, film, new compositions and improvised piece based on the group's Musical Adventure Day. All welcome.

Tickets £8 adults, £4 children (over age 3). Potential new Flutes & Co members FREE! Contact Sue to reserve. Phone 07557 919879. Email: [sueplaysflute@gmail.com](mailto:sueplaysflute@gmail.com)

## WOODHOUSE CHANGE RINGING MACHINE RETURNS TO SEDBERGH

*Keith Hackney*

Our May Branch meeting, which was held at St. Andrew's church, Sedbergh, was attended by nineteen ringers. Hilary was kept busy throughout the afternoon devising a programme of ringing to suit as far as possible, all abilities and interests. Following the meeting, I received this report from Hilary:

Methods which were rung today at Sedbergh were as follows: Call changes, Plain hunt on 8, Plain bob minor, Plain and Little bob major spliced (attempted), Plain bob major\*, Grandsire Triples\*, Original Major\*, Stedman Triples, Cambridge major 4 leads, Little bob major\*. I also heard perfectly struck Cambridge major on the Woodhouse machine. Mr Woodhouse would have been pleased. He must have been a genius! A reasonable standard of

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striking was achieved throughout the afternoon. \* means that a touch was successful.

The Woodhouse Ringing Machine paid a visit to the meeting in the care of Nick Harrop, Bill Purvis and Father Martin Daniels who are all trustees of the machine. During the ringing, Bill demonstrated the machine to several visitors to the church as well as to some ringers. At the end of the ringing, Father Martin spoke to those present about the machine, so formally installing it in its permanent home in Sedbergh Church. Many people remarked on the very attractive cabinet in which it is now housed. The cabinet, which was funded by LACR was made

specifically to house the machine by a local craftsman.

It is worth noting that the machine made its first public appearance after quite some years at Sedbergh Church in August 2011! This was reported in Newsletter issue 11. We were all very grateful to Susan Sharrocks and the Sedbergh team for organising the afternoon and for providing us with the customary and by-now- renowned fine St. Andrew's spread!

*After reading this I became intrigued. There's more information on the Woodhouse Change Ringing Machine both in the church and on the web (of course). Start here :-  
[http://www.lacr.uk/documents/wrm/  
WoodhouseWalkthrough.pdf](http://www.lacr.uk/documents/wrm/WoodhouseWalkthrough.pdf)—Ed.*

## BIG ART COMPETITION

**Sunday 28th July 2019**

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Come along and join us at Farfield Mill and produce a painting or drawing in a day! (9.30 to 3pm ish)

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Email us at [wickerfish@hotmail.co.uk](mailto:wickerfish@hotmail.co.uk) to register your interest. We will send you all the info and hopefully see you on the day.

Prizes up for grabs!

**Children welcome.**



## THE PARISH OF ST. ANDREW DENT WITH ST. JOHN COWGILL.

*Emma*

Both Churches have been very active of late with a variety of services and concerts. As I write we have Experience Pentecost in Dent for all to come and take part in; something that tries to explain what Pentecost means to the Church.

Although we have nobody living in our vicarage at the moment, the congregations in both churches have stayed steady, and risen for special occasions, showing that the Spirit is alive and well throughout our Dale.

We will soon be very busy with the Dent Beer and Music Festival which begins on Friday 28th June and continues through the weekend to Sunday evening 30th June. This brings many hundreds of people to our small village, all well-behaved and enjoying the music. The weather we always hope will be dry and sunny but rain has not put people off from coming in the past and will not do so this time. A Taize Service is planned at 10.30am in St. Andrew's Church Dent on the Sunday as many of the visitors enjoy this peaceful break in their busy lives.

### LOCAL YOUNG PEOPLE'S FUND

#### Applications

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

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

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

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

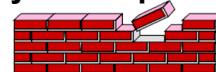
The next meeting of the Committee considering applications is on 12th July 2019, and applications should be submitted by 8th July

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St. John's Church in Cowgill has had a face-lift; the congregation and local people have got together and decorated, cleaned and transformed the building. The organ has been taken apart and refurbished and now sounds very good indeed.

St. Andrew's Church in Dent is looking to update the South Aisle and make it into a quiet place of prayer, also a useful place to hold meetings. This will involve reorganising some of the box pews and providing heating into this area. Heating throughout the

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church is being carefully discussed too because we realise that this will have to be far more economical than the ancient heating we have at the moment, therefore we have to get it right.

Our Churches are a presence of Christ to those who attend, those passing through and any who are holidaying in one of our many Holiday Cottages, or accommodations. We have hundreds of visitors signing our visitor book and leaving prayers on the Prayer Board, many from all round the world.

Dent and its dale remain a welcoming place to live and visit, people are warm and friendly. There are lots of walks to take, cycling routes to follow, good Cafés and Public Houses to enjoy meals or drinks. When the sun shines it is 'Paradise!' If you've not visited lately, please do for there is always a welcome in Dentdale.

## CHURCHES TOGETHER

*David Hendrickes*

Did Jesus look like a movie star?

With the Summer holidays just around the corner, some people's thoughts, unfortunately due to our multi-media saturated world, turn to how they look. I applaud Dove's policy of using models of all shapes & sizes, but for a lot of young people how they look is crucial to their level of self-worth or self-loathing.

It's interesting that we really have no detailed description of what Jesus looked like in the gospels. We have to go to the prophet Isaiah to get some insight as to how Jesus looked. Isaiah says, that, "His appearance was so marred, beyond human semblance, and his form beyond that of the children of mankind." And... "He had



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no form or majesty that we should look at him, and no beauty that we should desire him. He was despised and rejected by men, a man of sorrows, and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not."

From Jesus' own lips we hear him say, in Luke's gospel, "Doubtless you will quote to me this proverb, "Physician, heal yourself." What was so marred or disfigured about Jesus' appearance that he would have expected people to say that?

When Mary Magdalene is weeping outside the empty tomb of Jesus & he stands before her, she doesn't recognise him - she thinks he's the gardener. On the road to Emmaus the two disciples that walked with Jesus again didn't recognise him for the entire journey. Only when Jesus spoke Mary's name



& only when he broke bread & blessed it in front of the two disciples did Mary & the other two recognise Jesus. His new resurrected body was significantly different to how it had appeared before his resurrection.

Jesus did not look like a movie star. He probably didn't have perfect skin, a toned & bronzed body, with perfect golden hair. He probably looked like an asylum seeker, a homeless person, someone who had mental health problems, someone who had a facial deformity & was disabled in some way.

What's my point?

If Jesus, weak & loathsome as he probably appeared to be, by the grace of God the Father could love the unlovable, heal the sick, welcome & embrace the outcasts of society, then he will love, heal & embrace us, if we will come to him in our imperfect state. No one is turned away when they turn to him.

If you are struggling with your appearance, a disability, a sickness, a mental health issue, or anything else that leaves you feeling that you will never make it, that you won't amount to much, then come along to Church & talk to other people who have come from the same place. Find out how Jesus still loves the unlovable, heals the sick, welcomes & embraces the outcasts of society.

Come to Church to have your broken hearts bound up, to find release from the prison of your mind, to learn to sing again rather than weep all the time, to experience joy once more.

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## NEWS FROM THE PEWS

*Susan Sharrocks*

*Tony Reed Screen*

*Churchwardens*

Members of the WDMC (Western Dales Mission Community) enjoyed preparing the displays in church for 'Experience Pentecost'. Starting on Monday 3rd June each day of the week a different year of children plus teachers and classroom helpers from the Primary School came into St Andrew's to hear how the Christian Church began. Following a welcome in the church room and hearing the story of Pentecost the children divided into small groups and proceeded to work their way around the church to the six visual 'experiences' where discussions were had about different aspects of the Pentecost story. Each 'experience' had a small activity to perform, perhaps lighting a candle or writing their name or a sentence.

At the sixth 'experience' all the children joined together at the font and heard of Christian children in far off lands whose lives are very



different to the life they have here in Sedbergh.

The helpers all agreed that their 'experience' throughout the week had been very rewarding. To host courteous, interested, and fully participating children was a delight and everyone hoped the children had also taken some special memories and thoughts away with them.

A full Cornerstone Church on Pentecost Sunday enjoyed good fellowship and wonderful singing.

We are happy to report the Wednesday Coffee Mornings are well and truly slotted into the church calendar.

Plans for the Summer Fair on Saturday 13th July are taking shape. As usual Finkle Street Fun is going to run alongside the church event. Our request has gone in for a good fine day. The sun does not need to be cracking the pavements but it would be very welcome to pop out and say "Hello" so we hope many of you will come along, say "Hello" and enjoy the stalls and entertainment on offer.

### ROYAL BRITISH LEGION

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

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

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

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



## HOWGILL/ FIRBANK W.I.

*Audrey Hoggarth*

We met at Firbank Church Hall, president Sarah Syred gave those present a warm welcome.

The five members who had attended the group meeting, hostesses being Casterton W.I. reported an enjoyable evening. Pauline and Anne were thanked for making our competition entry which was a close run and was placed 3rd, congratulations to Casterton W.I - winners of the competition cup, with their collage on food and drink from a country of their choice.

Barbon W I will be hosting the next group meeting on May 20th 2020.

Sarah gave details of the centenary craft project and ideas were put forward for that.

Final arrangements were made for our summer outing on June 26th.

Following the business part of the meeting, we continued with our members night and we made our own entertainment by sharing our life stories recapturing memories, experiences, and achievements and our varied lifestyles. Including some humorous stories.

The competition guess who? from our baby/child photographs was won by Audrey. Anne went home with the raffle prize and our usual tasty refreshments brought the meeting to a close.

Our next meeting will be held at Howgill when Joanne Halliwell will be speaking about "Betsy the scullery maid" Visitors and new members are very welcome.

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## SEDBERGH W.I.

*Moira Folks*

Flaming June? Whatever happened to summer? There was little evidence of it when thirteen of us set off from Sedbergh in the rain on Wednesday 12th June! We started our visit to Dalemain, the stately home near Pooley Bridge, with a warming cup of coffee in the Mediaeval Hall Tearoom, where an open fire was burning and radiators were fully on to stop us shivering. At 11.30 we assembled in the Georgian part of the house (the familiar pink frontage seen from the road to Ullswater) to start our tour, led by volunteer guide Pat Newsham, who had come to speak to our WI meeting in March about Lady Anne Clifford. It was thanks to Lady Anne's generous bequest in 1676 to her steward, Edward Hasell, that Edward was later able to purchase Dalemain, which has remained in his family ever since, 11 generations later. We saw the Chinese Room with its handpainted wallpaper brought in tea clippers from China in 1757; the dining room with its family portraits, ceramics and impressive dining table which can be

extended to seat over 20 guests, still used by the family for Christmas dinner. Walking through a passage used by servants, we entered the 12th century Norman Pele Tower where there is a display of uniforms, photos and other memorabilia associated with the Westmorland and Cumberland Yeomanry. Upstairs we saw a bedroom and a nursery, and a housekeeper's room which had access to a priest's hole to hide the Roman Catholic priest in former times.

After that voyage of exploration, we were ready for our sandwiches, cream scones and gingerbread topped with marmalade and served with tea and coffee (more warming up required!) in the lovely tearoom. Suitably fortified, we then ventured into the gardens where the blue Himalayan poppies and wonderful herbaceous borders were in full bloom. Sunshine would have added another dimension to the view, but at least the rain stayed away! As is always the case in these visits, we were then funnelled back through the gift shop to make our choice of souvenirs. There were many varieties of marmalade to taste and choose from because Dalemain is home to the World's Original Marmalade Awards and Festival in March each year, attracting around 4000 entries from all over the world in 2019. Despite the weather, we had a very enjoyable day and thank Ellen for organising the trip.

'The Gustav Sonata' by Rose Tremain was the subject of our book club discussion the next day, at Moira's house. Set in Switzerland

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during and after WW2, it tells the story of the friendship between two boys, Gustav and Anton, from their meeting at the age of 5 until they are past middle age. It's a salutary tale of parental influence and how it can mark or mar a child's life. A very poignant and moving book, we all loved it, felt empathy for most of the characters in some respects - even those we didn't particularly like, giving the book an average score of 8.5/10. We'll certainly be looking out for more books by Rose Tremain, who is a terrific writer. Many thanks to Sandra Kemp for bringing along her delicious cakes.

The speaker at our next meeting will be Stuart Wetherell, whose subject will be 'Movement is Medicine from Fitness to Health': an intriguing title! Do come along to the People's Hall committee room on Wednesday 10th July at 7.30pm to find out more!

**"IN SEARCH OF MR.  
WOODIWISS"**  
**A railway week-end in Hawes**  
*Ruth Annison*

In the nineteenth century the name of Benton and Woodiwiss, railway contractors, was well-known in this area. They built the section of the Settle-Carlisle line that included Garsdale station (completed 1876) and the branch line from there to Hawes (completed 1878). The six mile branch was but a fragment of Benton and Woodiwiss's substantial work in building many railways - tracks, embankments, viaducts, tunnels etc - during a period of historic infrastructure investment and national development.

Bookings are now being taken for a week-end of events in Hawes, in which a great-great-granddaughter of Sir Abraham Woodiwiss (1828-1884) and a great-great-grandson of his brother James Woodiwiss (1823-1898), founder of the firm, will explore the family's contribution to railway building in the era of infrastructure investment, enterprise and national development. Booking is essential for Saturday's talks as space is limited.). On Sunday there will be a 7 mile guided walk on public footpaths from Hawes to Garsdale station. using public footpaths.

For full details, please telephone Ruth Annison, 01969 650349.



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## 'ENVY'

(*Third instalment of a fictional story*)

Evelyn Salter

Last month we left Lydia doing her best to cope with the arrival of her sister Chrissie. Everyone was falling over themselves to greet Chrissie. Honestly, at that moment she could have happily choked her sister. That was when she saw Him!

Lydia felt as if her insides were melting like ice cream in the sun. Why in the name of all that's holy did her sister have to bring 'him' here today.

She stood, ramrod stiff, as Chrissie introduced her to the exceedingly handsome and rather famous man at her side. Chrissie hugged Lydia and then stepped aside.

'I have told Jeff all about you, he's been longing to meet you' gushed Chrissie.

Oh yeah, I bet he has, thought Lydia, as she smiled nervously at the handsome stranger. He received her pale hand into his own much larger one, which felt warm and gentle. He said how sorry he was about their mother. Their eyes meet briefly and Lydia could feel her cheeks colouring.

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The funeral cars had arrived and Jeff excused himself, saying he would be back later to pick Chrissie up. Lydia couldn't help it she followed him to the door, telling herself she was just being polite. Thank you for dropping Chrissie off, she heard herself saying. He said it was his pleasure, kissed her on the cheek, then strode off down the path.

Lydia stood there gazing at his back, her hand unconsciously on her cheek where his lips had touched. She quickly closed her mouth and pulled herself together as she noticed the undertaker watching her.

Back in the kitchen Lydia poured a small amount of brandy into a glass needing something to steady her nerves. Her cheek still burned from

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that brief kiss and her stomach was doing somersaults.

'Lydia darling, are you ok? They're all in the cars, there's just us to go,' said Chrissie as she slipped her arm around Lydia. 'You know you're the best sister anyone could have; I love you so much.'

'Oh, Chrissie don't, please', Lydia turned away, as she struggled with the mixed emotions any contact with her sister evoked.

When the funeral party arrived at the Church the place was overrun with paparazzi, reinforcing Lydia's angry feelings toward her sister. Scruffy-looking media men were everywhere, stamping all over the peaceful lawns where the ashes of loved ones had often been scattered.

Cameras flashed and Chrissie posed, obviously enjoying the attention. As if she doesn't get enough of it thought Lydia, pink with rage.

In the Church Lydia sobbed quietly into a tissue and struggled to come to terms with her loss. For years she'd had her mother there at home needing her. Now there would be no one to greet her when she came home from work, no one to care for. Her tears flowed anew.

When her sister's hand touched her shoulder she wanted to shake it off and shout 'where were you when Mum was crying with pain in the night?' Then she heard the vicar ask Chrissie if she was sure she wanted to sing. Lydia almost laughed, try stopping her, she thought.

As Chrissie Martin's pure voice filled the Church, Lydia had to admit that Chrissie's singing was beautiful. She understood why people were mesmerised. In fact, thought Lydia through gritted teeth, her sister was perfect. Perfect from the roots of her blonde hair to her undoubtedly, freshly, pedicured toes, tucked into those soft leather high heeled boots, it was enough to make anyone sick with envy.

In an attempt to distract herself Lydia began to wonder whether it was too late to find a husband. She laughed a little inwardly when she thought of the gorgeous Jeff. No, she wouldn't be aiming that high, besides she was sure he and Chrissie were an item. She spent a few moments, assessing the unattached males at the Super Market where she worked. There was only one man she liked and that was Jack the trolley man, her father figure.

Lydia knew she wasn't in her sister's league but she had seen plainer women pushing prams. She'd not had many boyfriends, not once they got a look at Chrissie. Except for dear Simon. In the end even he had given up and married someone else, someone who didn't have a mother to care for. Lydia didn't blame him. He had three children now, she'd often see him in the Super Market. A tear escaped as she imagined the kind of Christmas Simon and his family would be sharing.

Back at the house the caterers, organised by Chrissie's PA, were waiting as the damp funeral party retuned. There was Sherry and sandwiches and all the usual finger

food expected on these occasions. There followed a period of small talk and vague promises. Lydia felt she never wanted to see any of them again, including her sister.

'Phew, thank heavens that's over', said Chrissie with her feet up on the sofa.

'If you say so, do you want tea or coffee?'

'What's wrong Lydia, you been acting strangely all day.'

'Where would you like me to start', she could feel her anger raising, as her control button slipped to overload. She heard herself shouting, 'we just buried our mother and I rather thought that gave me the right to be upset, and, as for the rest of it, just don't ask.'

'Oh Lydia, don't!'

'Don't, don't what Chrissie, I've just about had enough. They only came to see you and, boy did you enjoy it, and, how come the press were camped out at the church. God I could scream.'

The words came tumbling out like a dam overflowing.

'Never mind the ruddy tea, I'm having a brandy' She shouted.

The doorbell rang...  
(To be continued).



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## SEDBERGH COMMUNITY

### SWIFTS

*Tanya & Edmund Hoare*

The very changeable weather in May and June, with May being very dry, with some hot weeks, yet early June being very cold and wet, has made it difficult to summarise swift activity so far. During the wet period there were reports from all over the country about fewer swifts being seen. But this doesn't mean they are not there, just that they are feeding further afield where there may be a better concentration of insects. Even in the cold wet weather there can be plenty however - we had a swift report from someone who lives a few miles outside Sedbergh that their garden is awash with insects.

We were pleased to hear from a local resident just outside Sedbergh, who had put up boxes, that swifts had been seen flying close by. As they'd never had swifts before, and attraction calls are being played, this is a further indication that this is a best thing to do to tempt them to a new site. We also learned that swifts have occupied one of the boxes made by Sedbergh School pupils, in New St. Swifts are exceedingly

unpredictable however, and we can only recommend patience for other people who are still waiting for swifts to occupy their boxes.

Both pairs of the Settlebeck swifts returned safely and were reunited on 14th and 16th May. Sadly however one of the swifts in box 2 disappeared after only 2 days, we do not know why. Could it have been ill health? The remaining bird stayed on for 2 ½ weeks, going out each day feeding but returning to the nest each night alone. When one of a pair is left alone they often draw in another swift as a new partner but unfortunately it didn't manage it, and then it too departed on 4th June. What did it then do and will it return next year to breed again? Those are yet other things about swifts that we simply do not know.

The Settlebeck pair in box 1 laid two eggs on May 21st & 23rd and after the usual incubation time of about around 20 days, the chicks hatched on 14th June. They will spend about 40 days in the nest, so are due to fledge about 25 July.

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to share in the excitement of watching the live activity. See the tiny chicks being fed and gradually develop from bald bundles of skin, grow feathers and turn into recognisable swifts. And the most fascinating of all is seeing the chicks perform press-ups, when they push down hard on their wings and lift their body up, in order to strengthen their wings ready for that crucial maiden flight when they depart from the nest forever. Watch this on your phone or tablet, the free app, vMEyeCloud, can be downloaded and the school's IT officer has produced simple step-by-step instructions on how to proceed. Contact us (details below) and we can email or send these to you. We are also hoping to have copies

available in the Information Centre at 72 Main St. for you to collect, but at the time of writing have not been able to confirm this.

July is peak time for swift watching, with the breeding swifts being at their most active in feeding their chicks, and all the non-breeding swifts (the 1 to 4 year-olds) flying around too. Newly fledged chicks won't be joining them until the last week of July or the first week of August. So make the most of the brief time that these amazing birds are still with us.

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



**C.O.G.S.  
Community Orchard Group  
Sedbergh**

*Ann Parrat & Jacqueline Smith*

Good news from the Community Orchard! Our twenty original apple trees, now four years old, were covered in blossom after a warm and sunny spring, and the bees had been very busy pollinating the flowers. Most of the trees now have dozens of tiny apples, and while the cool, dull June weather may result in 'June drop', it will be interesting to see how many of these fruits grow to full size, ready for harvesting in the autumn.

May work party: Seven COGS members came along for the working party at the end of May. They weeded and limed each tree, and removed the tree stakes now that strong roots have developed. Many thanks to Malcolm Townson for keeping the grass under control, while leaving the bluebells to flourish.

**Cordons:** The two-year old Yorkshire apple trees have grown well, and it will soon be time to complete the cordon structure and train the trees onto wires.

**Herbs and berries:** The two raised beds near the Orchard gate have been planted with herbs and berries, and all the plants are thriving. We



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have mint, rosemary, marjoram, fennel and chives in one bed, and gooseberry, blackcurrant, strawberries and blueberry in the other. Alongside them is a splash of colour from Cosmos, Verbena, Nasturtium and Tithonia. We hope these bee-friendly plants will attract pollinators to the Orchard.

Want to join COGS? If you would like to support the Community Orchard, you are warmly invited to join COGS with the following benefits:

- Meet other orchard enthusiasts
- Quarterly newsletter
- Attend free pruning and grafting workshops run by SLOG: for example, 10th August Budding and summer pruning workshop at Growing Well, Low Sizergh
- 5% discount at Beetham Garden Centre
- 10% discount at Rogers of Pickering, suppliers of trees and other garden items

COGS Membership: £5 / Individual, £7 / Family. Further information from:

Ann Parratt 015396 20964  
Jacqueline Smith 015396 20760

## **SEDBERGH IN BLOOM**

*Dorothy Blair*

I think we have all noticed how the spring bulbs, hedgerows and all flowering shrubs have put on a wonderful display of colour this year.

All the flower beds which are under the care of this committee have produced and continue to produce colourful blooms for all to enjoy.

At present we are in the process of purchasing bedding plants so that will be the next job – planting them.

Our secretary, Marilyn Leckie, recently applied for funds from the Community Fund and the Parish Council and we are pleased to report that we received funding from both sources and we wish to express our grateful thank to both Committees for their continuing support. Thank you.

We have also received some stone planters from a local resident and these will be planted up and placed in town in due course. Thank you for your donation

If anyone would like to join our small group – no gardening experience needed – you will be made most welcome. (no age limits) We sometimes work as a group or if more convenient to our members we work alone as some of our group meetings are not always convenient for everyone to attend. If you need to know more just give me (Dorothy Blair) a ring.

On a personal note I would like to thank the committee for carrying on the good work whilst I have been ‘out of action’ for a while.

Thankyou everyone.



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## SEDBERGH BOWLING CLUB

Anon

On 26th May we held our open pairs competition. This was the 41st year of this popular event, started in 1978 originally by the Chamber of Trade to celebrate trades week. All organisations were asked to host an event as part of these celebrations. We think this is the only one still running. 32 pairs came to play crown green bowls. Members provide refreshments and raffle prizes to raise funds for our club. This year we raised £491.17, the most we have ever made. We are again offering Free Taster Sessions on Saturday 13th and 27th July and 3rd August all at 6.30 to 8.00pm. Please wear flat shoes not sandals. Bowls will be provided. Come along and try this fascinating sport. If you can't make these dates, please contact Linda on 20279 to arrange a different time.

## SEDBERGH SPORTS EVENING

Sally Davies

The PTFA of Sedbergh Primary School and Howgill Harriers have once again teamed up to host Sedbergh Sports Evening on Friday 12th July 2019. All proceeds will go towards the Big Build Project, a project to renovate the Infant area within school. We are extremely grateful to all the businesses in and around Sedbergh for supporting us with this project so far. If any businesses or companies reading this wish to contribute to Sedbergh Sports we would be very happy to accept your donation.



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## TOUR OF BRITAIN

*Suzie Pye*

The Tour of Britain will quite literally put Sedbergh on the map when it passes through on September 10th later this year. Stage 4 is 106 miles long, will start in Gateshead, pass through the North Pennines, Kirkby Stephen, then Sedbergh, and on to Kirkby Lonsdale, before finishing on Beast Banks in Kendal.

Over 1 million television viewers are expected to be tuning in around the UK, with coverage likely being syndicated to well over 100 countries. The Tour of Britain will give Sedbergh global exposure, as it showcases our town to the rest of the world. It will boost visitor numbers, and our local economy, and excite the imaginations of our children, shopkeepers, and residents alike! It might even inspire some of us to get on our bikes...

Many people will recall the Tour passing through Cumbria before, most recently in 2016, but importantly this year will be the first time it has passed through our beautiful town. The exact route is to be finalised, but I have a lovely vision of Geraint Thomas and Mark Cavendish pedalling the wrong way down Main Street, wishing they could browse the books in the bus shelter, or order a bag of Green Door Mix!

We must thank Cumbria County Council for bringing us the tour, but South Lakeland District Council have also contributed towards the expenses and the organisation. We may be at the geographical edge of South Lakeland and Cumbria, but this September, the world will be reminded why Sedbergh should not be bypassed!

A rectangular advertisement for 'SK DECORATING'. The top half features a large, stylized 'sk' logo in grey and black. Below the logo is a dark horizontal bar with the word 'DECORATING' in white capital letters. Underneath this bar, the text 'Professional interior and exterior decorating' is written in a smaller, sans-serif font. At the bottom, a large, bold phone number '015396 20524' is displayed.

## SEDBERGH TENNIS CLUB

Martin Lewes

As anyone who has walked past the courts on the sunny days will know, we are all thoroughly enjoying our lovely new courts and have had some really good club nights and Sunday afternoons.

Our mixed team have been playing and have had some good wins, though some way to go if we want to get further up the league. Our courts are the best we have played on this season and have caused a lot of favourable comments from visiting teams.

We started a six week coaching course for primary and secondary school pupils followed by adults on Sunday 9th June. This has been well supported, but keep your eye on our Facebook page in case people drop out and make places available.

If weather permits, please take advantage of the courts, because they are open to anyone who fancies a game, although club members traditionally have first dibs on Thursday evenings and Sunday afternoons, and we do have matches on some evenings.

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On a slightly less positive note, in spite of notices at the courts stating that they are for tennis only, we have had a small number of skateboarders on them.

Skateboards, inliners, even bicycle wheels will reduce the life of the new surface and may even damage it. We are keen not to lock the gates, or restrict access in any way, because we see them as a town facility, not just for the club, but we must protect the courts.

There is clearly still a need for a skateboard facility in Sedbergh, but please tennis only on the courts.



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## A YEAR IN FITNESS – JULY 2019

Stuart Wetherell

This month's topic is fitness and activity in childhood.

Last month I wrote "It's never too late to get in shape" and at the opposite end of the spectrum, it's never too early to be active. We move before we are born and keep moving... but, just as with adults, peer pressure and formal education can break this unconscious flow of movement and activity. The fact is that today's kids are the least active

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ever, being described as "Generation Inactive" by some health experts. Current rates of physical activity are unsustainable for the future of our public health service, and the health, wellbeing and longevity of our children. In the UK, 20% of final year primary school pupils are classed as obese and 80% of obese children become obese adults. If things don't change, today's children are likely to have a shorter life span than their parents.

The benefits of regular physical activity for children are well documented: the development of strong muscles and bones, maintenance of a healthy weight, a decreased risk of developing type 2 diabetes, better sleep and attention. Physical activity and sport can support the development of character, resilience and broader life skills – as well as improving the mental and physical wellbeing of our children. Mastering physical skills can help build confidence at every age. The big question is: What will it take to get children active at home and at school? How can families and society provide the right opportunities to encourage and support children to



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engage with being more active? Changes are needed at every level in order to take a more holistic approach to health, happiness and wellbeing.

The two main influences on children come from their home life and later, as they get older, from school – both through formal education and school peer groups. At home, the biggest influence on pre-school children is what their parents or grandparents do. If you are active, your child will see this as a normal behaviour. If you don't prioritise your activity and your wellbeing, then your children won't prioritise their activity and their wellbeing. Studies show that if you can get children active and eating healthily at a young age, you embed good habits for their later life.

We need to think more about how we make moving fun and part of everyday life. When activity is fun it doesn't seem like exercise. This is especially important for young children between two and six – for example getting children to act out a story you are telling them; they can be the dinosaur fighting its way through the jungle! Take what they enjoy and add physical actions to it.

In Sedbergh we are fortunate in having a hardworking group of parents and helpers who have created safe and accessible play areas where kids can be active, with excellent equipment. Also, the return of the Gala this year (and similar events) have also focussed on 'activity as fun' – be it a bouncy castle

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or a fell race with multiple age categories. Doing activities together with your children is also important, whether it is swimming, taking a bike ride, doing a short run, or exploring the beautiful countryside we have around us on foot. Focus on movement not on technique – at this age you are looking for ‘physical literacy’ – knowing how to move – not sporting ability. Focus on basic movements like jumping, running and catching as too much pressure early on can put children off participating in sport as they get older. Enjoyment is key.

Start early because once into education, active kids are more likely to be motivated, focused, and successful in school. It is recommended that children do at least 60 minutes of moderate to vigorous physical activity every day, yet just 23% of boys and 20% of girls aged 5 to 15 years currently meet this

recommendation. Around half of this time should be provided within the school curriculum. The remainder should be provided outside of school hours, which is not always easy for parents to know what to do and how to support them. Additionally, there are many contributing negative factors... from children’s accessibility to technology, to parental concerns over safety when playing outside.

Money is one factor to offer choices to children and teenagers beyond conventional team sports. Spending continues to increase, with the Department of Education alone pledging to double the amount of funding for PE and sport in schools and a predicted £141 billion is forecast to be spent by 2022 in the

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UK leisure market, with an increasing focus on children and teenagers.

Maybe you can speak with your local 'activity providers' to find out what they are doing for younger children through to teenagers.

Generation Z is the group of children and young adults born

between 1995 and 2012 (aged 7 to 24). This is the first generation that has never known a world without mobile phones. Technology is part of their identity; they love social media, they worry about data and want to 'do good' but have a short attention span. Research presented at a recent 'ukactive' conference, reported that 'Generation Z' are "obsessed with childhood" and could be attracted to physical activity by being offered play-type activities. Any activity offering needs to connect with them and allow them to connect with their peers both in person and virtually.

It is all about finding the right activity; it doesn't mean you have to join a sports team or sign up at the gym. Lack of confidence, body image, fear of letting the side down and

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many other factors can put children off team sports and gym work but there are plenty of other activities available either to do solo or in small groups. Climbing, kayaking, cycling and fell running all fall into this category and enjoyment in these activities may lead to the child finding confidence in other sports and activities encouraging them to get fitter to get better. But, don't be surprised if it involves the use of mobile phones and Apps!

To conclude. Firstly, be a good example - prioritise your fitness and activity and your children will follow your lead. Secondly, support events and initiatives that support your children's activity. They can only exist if they are supported – use it or lose it. A "like" on Facebook, although welcome, does not count! Thirdly, lobby your local sports clubs and fitness providers to find ways to improve access for younger children. Finally, make sure that the activity is fun for your child – remembering that one child's fun activity is another's nightmare.

### WHAT'S IN A NAME?

*James Palmer*

Farron, Farren, Varran: John Farhyn 1297 Ministers' Accounts or Cornwall; William Varyn 1332 Subsidy Rolls of Sussex; Nathaniel Farren 1674 Hearth Tax returns of Suffolk. The second element is Middle English hine 'servant'. v HINE. The first may be old English fearr 'bull'. Probably 'fair servant', possibly 'bull herd'. Other derivations including old French ferrant 'Ferdinand' or 'iron grey' are possible.

### DENTDALE - HEAD TO FOOT Fruits & "Fizz"

*Mike Steele*

Well, it is actually correctly Fizz (Prosecco), exotic fruits (in its first incarnation four years ago courtesy of Linda Greensmith) and dark, dark chocolate, so a very hedonistic afternoon was enjoyed by all, especially the chocolate fountain, again provided by Marion Feltham, where you could dip your fruit in it and lean back on your couch as the Romans did. Not quite, as the Memorial Hall chairs unfortunately do not lend themselves to Roman postures, but the concept rather than the ambience was there.

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This has become what is known as "Hardy Annual" in Dent circles and long may it continue. Thank you Linda for first suggesting it! It will definitely be in the programme for next year.

Talking of programmes, we have slightly rejigged things this year, so that we have no monthly meeting in July instead of August, BUT we do have our annual fundraiser on July 27th which will be a Strawberry Tea in the Memorial Hall starting at 2:0 p.m. where we will be at times accompanied by the Bryce Street Strummers ukulele band from Burneside, so please do come along as this is our main fundraiser for the Dentdale Over 60's Christmas Luncheon, which this year will be held in the Memorial Hall on December 7th.

Our next meeting will be the Annual outing, which this year is to Richmond (not the South one!) on August 7th. The bus is already fully booked, so if anyone else would like to go we can organise cars to go with us.

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

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## MAY WEATHER:

*Brian Wright*

We started with a few showery days and then we went on to enjoy quite a nice warm, dry spell. It didn't quite make an official drought before the rain returned finishing with a total of 3.44 inches (87.4mm) for the month. Winds were virtually non-existent during the warm spell. In fact, on several days I did not even register a gust!! The maximum gust I recorded was 20.6mph (33.15kph) on the first day. Temperatures are rising and I recorded a high of 64.0F (17.78C).

The lane has been a mass of flowers with cow parsley taking over from the garlic mustard. When the rain came and the plants bent under the weight they met in the middle of the path. It was quite damp dog walking!! As the bluebells died back the kidney vetch provided some colour and later the two avens added more. I am mystified why the water avens is so successful as a hedgerow plant on a dry bank. It has been a marvellous year for blossom generally but the azaleas have been spectacular. As expected the empty

shells of wood pigeon and collared dove have not produced any chicks again. One morning as I opened the curtains I watched a collared dove locked in combat with a magpie trying to protect its nest site but obviously to no avail. The blue tits have seven well feathered young in a nest box. The swallows haven't nested as yet with us. In fact, I have seen very few signs of swallows with us at all. In spite of going through my bees I got a swarm. At first I thought they had come out just for the heat but as they did not go back as the sun went off the hives I boxed them and re-housed them. The bumble bees are having a good season with plenty about. So far I haven't seen many wasps but a warm spell could soon change this!

## FAMILY MUSINGS.

*Sarah Woof*

Dusting is not a priority of mine. There are more important things to do like gardening and keeping the kitchen clean, baking and going out with friends especially if it involved cake. I don't mind if people write messages in the dust but please don't date it! Just because it isn't a priority doesn't mean I NEVER dust, I do. Playing with our grandchildren is by far the best and most enjoyable pastime, watching them work things out, do role- play, go exploring in the garden, race around on sit on cars, eat non-stop and come for cuddles. Recently one of them came for me, they needed me, whatever has happened i wondered as I followed



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them – oh, they had banged their wooden poles (from toys) on the soft arms of an armchair and indignantly told me "dusty Grannie, it comes out!" They would sort it they said - Good.

So, knowing I don't do much dusting you probably wouldn't employ me as a cleaner, no worries I don't do that anymore and perhaps not doing my own is because I used to dust for others. I have worked in some beautiful houses and for lovely people, and recently attended the funeral of one, a remarkable lady who had such zest for life and was amazing fun. At the wake afterwards someone I haven't seen for nearly 30 years greeted me with "Woofie you've gone grey, what happened?" My reply was "Life happened!". Olivia, whom I

cleaned for gave me the nickname to make the difference between me and one of her family who shared my name, as she once said " anyone can have a cleaner but only I have Woofie!"

Happy memories are wonderful things and don't gather dust, they are being made every day of our lives, sadly there are other memories being made too of events and people with whom time is short. None of us know what is coming and I am grateful every day that my life is in the hands of Jesus. That doesn't mean life is always a doddle but we can dust ourselves down and put our best foot forward and get on with living even if it does send us grey!

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## **SEDBERGH ALLOTMENTS ASSOCIATION A.G.M.**

*Ann Parratt*

A well attended meeting of the Sedbergh Allotment Association's AGM took place at the People's Hall on 29th May. In addition to the essential business of approving the Association's finances, election of officers and reviewing plot holders' rental, the meeting provided the opportunity to reflect on another successful year and to consider plans for the future.

Matters discussed included the renewal of the shed, management of the wild flower area and general maintenance. Members have made particular efforts this year to cultivate plant varieties and flowers which support bees and other pollinating insects.

A number of plots have changed hands recently. Membership is open to all persons having a property address within the LA10 5 postal area. Anyone interested in joining the waiting list or wishing more information on the Association can contact the Secretary, Ann Parratt (015396 20964) or the Chairman, Jim Atkins (015396 20031). Details of the allotment site are included in the 'community' page of the Sedbergh.org.uk website.

The Association is also holding an open day on 11 August from 10am until 3pm when everyone is most welcome to visit the allotment site on Birks Lane to see the impressive variety of fruit and vegetables being cultivated and to chat with plot holders.

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## **EVENTS ROUND UP FROM THE CHAMBER OF TRADE**

*Heather Thomas,  
Sedbergh Town Project Manager*

Back in April we held our Food Festival weekend, which was very well attended despite the weather doing its best to thwart us! Huge thanks to all of those businesses, groups and individuals that got involved, or came along over the weekend.

We also had the fabulous return of the Sedbergh Gala in May. We'd like to thank the new Gala committee and their volunteer helpers for putting on a wonderful afternoon that we know was hugely appreciated by all those who attended. Paul Thomas, Chair of the Gala Committee has also asked me to thank the community on his behalf for their overwhelming support for the day. The committee are already looking forward to next year's event. On that note....

**Calling All Volunteers! Sedbergh Needs You!**

We all want to see Sedbergh remain the thriving, family friendly, fun place that we know and love but I can't stress enough the importance of

willing volunteers that help to make this happen. There are currently several events being organised for Sedbergh that could use some extra help from kind-hearted members of the local community. Events that can only take place if enough people are willing to get involved. The more people who help, the less time each person needs to give up in order for them to be a success.

The following events are looking for expressions of interest for help either

offers for businesses to get involved with their own events

If you can spare a couple of hours to help out, either regularly or as a one off please contact [project.manager@sedbergh.org.uk](mailto:project.manager@sedbergh.org.uk)

We are also really excited for the return of Sheepfest this September 21st and 22nd. The theme for this year is 'Rubbish Sheep'. We'd like to encourage businesses, groups, and individuals to get involved by creating a sheep out of rubbish, or things that



in organising or at the events themselves on the day;

The Sedbergh Gala Group – help for the forthcoming Bonfire Night event as well as next year's Gala

Christmas Late Night Opening – volunteers needed to help organise as well as for setting up the day before, during the night and clear up the day after.

Food Festival April 2020 – help needed with organisation as well as

would otherwise be going to landfill, as well as thinking about what happens to the sheep after the event. Have a look at the website [www.sheepfest.co.uk](http://www.sheepfest.co.uk) for inspiration and more information. If you would like to have a sheep as part of the official trail, please do let us know as soon as possible so that we can include you in the publicity for the event.

You might also have seen that the Tour of Britain will be passing right

through Sedbergh in September. This is a fantastic honour and we'd like to know if anyone has any suggestions of how we can use this opportunity to our advantage as a town. There will be aerial photography and filming of the event, how can we make Sedbergh stand out? Please do get in touch with your ideas.

*Pic—The Moonshine Shakers at The Food Festival*

### **ZERO WASTE SEDBERGH**

*Suzie Pye*

It is no surprise that often the people most invested in Climate Change action are the very people set to be most affected by Climate Change inaction. Young people all over the UK and around the world

have been hitting the headlines over recent months, speaking up on the war on plastics, and the urgent need for action on Climate Change, in response to the intergenerational injustice they are being forced to deal with. "Humanity is now standing at a crossroads. We must now decide which path we want to take. How do we want the future living conditions for all living species to be like?" - Greta Thunberg

Pupils at Sedbergh School have responded by creating a new "eco-group", with help from staff members, in order to address environmental topics in and around school. The pupils have been pro-active about dictating to teaching staff and boarding staff the changes they

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would like to be implemented in order for their carbon footprint and therefore their contribution towards Climate Change to be minimised. The group is still in its embryonic stages, having existed for just a few short weeks, but already they have nominated a House Rep from each of the 9 houses to help implement changes.

So far the group has:

- Eliminated the use of single use plastic bottles from school life (a huge achievement when you consider the amount of bottled water previously used in packed lunches, and during sporting fixtures);
- Started to monitor their food waste after preparation and consumption of meals, with a view to finding ways to reduce unnecessary waste;
- Researched which compost bins might be best to install;
- Collated all carrier bags in their respective houses and encouraged peers to reuse.

It is all too easy to dismiss such action as “too little too late” or “a drop in the ocean”, but who knows where these young people will end up once their short time with us in Sedbergh comes to an end.

Who's to say they won't be central to key global decisions about green fuel, or instrumental in cleaning our oceans? If we can encourage and grow their desire to, quite frankly clean up our mess, then maybe, just maybe future generations will be alright.



## TOWN BAND AND THE FORMER U.R.C. ROOMS

*Keith Wood*

June is always a busy month for the band. Our Spring concert was always going to be brilliant and it was. Some great solo performances, notably from Sophie Hall with Lennon and McCartney's 'Yesterday.' (we thought McCartney might come along but apparently he was busy with his bagpipes on the Mull of Kintyre) and Peter Packham's 'Lazy Trumpeter,' (such an apt title for him to be playing)

Moving on to 7 July at 2.30ish. We are looking forward to 'Songs of Praise' together with a mixed choir in the Queens Gardens (St Andrew's if wet). Some great pieces are planned including 'Mood Indigo' 'Slaidburn' and of course actual songs of praise, 'Cwm Rhondda' and 'I Vow to Thee my Country' and many others for you to sing along to.

Lastly, our bid to purchase the Former U.R.C. for the community was not successful. The URC Synod were obliged to accept a much higher offer than we could afford. They did appreciate that we had used due diligence and they thanked us for our interest.

## Matthew Cook

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## THE CHRISTIE CHARITY STALL

Mary Kendal

I want to say "Thank you" twice over.

Firstly "thank you" to all the people who have bought goods and/or donated goods or money to my stall at Sedbergh market. I recently passed the £50000 mark in just over eight years – that is a lot of money for one little stall; and Sedbergh market has played a big part in raising it.

Secondly, I want to thank all who came to my celebratory cake and wine party at the market on 5th June. It was wonderful to see so many of you and I had a really happy day.

All the money taken on the stall goes to The Christie hospital in Manchester for cancer research and treatment. Throughout 2010 our daughter had treatment at The Christie which thankfully was successful; so, in April 2011 I decided to de-clutter, hold a car boot sale and send the money to The Christie. I have been selling ever since. I gave up the Sunday car boot sales two years ago, so now just come to the Sedbergh Market.

I have always had fantastic support at Sedbergh and have made a lot of good friends. I hope to continue for many years to come as I enjoy my Wednesdays in Joss Lane car park – whatever the weather!



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## CRIME FIGURES FOR APRIL AND MAY

PCSO Marion Jeffery

My sincere apologies for not submitting crime figures for the last meeting, here are the crime figures for April and May:

Theft of metal COWGILL 31/5/19  
Theft of metal GARSDALE 17/5/19  
Criminal damage to motor vehicle  
SEDBERGH 5/5/19  
Non-dwelling burglary, DENT  
23/4/19  
Non-dwelling burglary (nursery)  
DENT 20/4/19  
Theft of quad bike, DENT 18/4/19  
Criminal damage to motor vehicle,  
DENT 1/4/19

I hope to get to the next meeting, and, when the Appleby fair patrols in Sedbergh and Kirkby Lonsdale are over, I will be more visible in the town and surrounding villages.

As always, any issues or questions please don't hesitate to contact me at Kendal Police Station, Busher Walk, Kendal LA9 4RJ

Tel: 101, option 2, ext 45383

Email:

[marion.jeffery@cumbria.police.uk](mailto:marion.jeffery@cumbria.police.uk)

**Robert Powell**

## **Website Design & Management**

**Tel: 20482**

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

### **COURIER FRAUD, BOGUS POLICE AND BANK OFFICIALS ALERT.**

#### **WHAT YOU NEED TO KNOW**

*National Administrator;*

*Action Fraud*

Individuals have received calls from people claiming to be a police officer or banking official.

The suspect will say:

1. There has been fraudulent activity at the victims' bank and the staff at the bank are involved, the victim is then asked to withdraw money to either keep it safe or assist the police with their investigation.

2. A business such as a jewellers or currency exchange is fraudulent and they require the victims' assistance to help secure evidence by purchasing jewellery or exchange a large amount of currency to hand over to the police.

3. The victims' card has been compromised and used to purchase goods by a suspect, the victim is requested to withdraw their money to keep it safe or hand over their bank card to the police.

4. Occasionally the victims are told to dial a non-emergency extension of '161' to receive confirmation of the

individual's bogus identity and the bogus official will advise the victim to lie about the reason for the withdrawal or purchase if challenged by staff, as the staff member is involved in the fraud.

5. A courier attends the victim's home address to collect the goods the same day. Often the victim is given a code word for the courier as a way of authentication.

Your bank or the police will NEVER: 1. Phone and ask you for your PIN or full banking password.

2. Ask you to withdraw money to hand over to them for safe-keeping

3. Ask you to transfer money out of your account

4. Send someone to your home to collect cash, PINs, cards to cheque books.

#### **FRAUD ALERT**

*National Administrator*

*Action Fraud*

What you need to know.....

- Action Fraud has experienced an increase in the reporting of malicious calls and voicemails, to members of the public purporting to be from Her Majesty's Revenue & Customs (HMRC).

- Fraudsters are spoofing genuine HMRC telephone numbers to deceive their victims over the phone. The fraudsters state that as a result of the victim's non-payment of tax or other duty, the victim is liable for prosecution or other legal proceedings in order to settle the balance. The fraudsters suggest victims can avoid this, by arranging payment to be made immediately by

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methods such as bank transfer or by purchasing iTunes gift cards.

- If the victim is hesitant or refuses to comply, the suspect makes a threat such as immediate arrest, sending bailiffs to the victim's address or, in some cases, deportation.

- Often, the period for which the tax is allegedly due is distant enough to guarantee the victim will have little, if any, paperwork or ability to verify the claims. Once the money is paid the suspects sever all contact with the victim.

- In genuine cases, HMRC will initially make direct contact with you via post/letter and potentially follow up that letter with a phone call at a later date.

- If HMRC contact you via telephone they will quote the reference number on the initial letter you should have received. HMRC will not discuss something you are not already aware of, like a tax investigation, and will NOT demand immediate payment. It is vital that the public exercise caution when receiving messages or telephone

calls of this nature. What you need to do

- Always question unsolicited requests for your personal or financial information. Just because someone knows your basic details (such as your name and contact details), it doesn't mean they are genuine. Instead, contact the company directly using trusted methods such as a known email address or phone number.

- Legitimate organisations wouldn't ask you to pay taxes, bills or fees using an iTunes gift card, or any other type of voucher. If you're contacted by anyone that asks you to do this, you're likely the target of a scam

- Don't be rushed or pressured into making a decision. Under no circumstances would a genuine bank or some other trusted organisation force you to make a financial transaction on the spot.

- Report Phishing attempts. If you receive a call, text or email of this nature and have not lost money, you can report this as phishing to Action Fraud



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[steve.hopps2@gmail.com](mailto:steve.hopps2@gmail.com)

## **SEDBERGH SCHOOL CHALLENGE WEEK**

*Ed Welti*

Sedbergh School Challenge week this year takes place on the week commencing 2nd July. In case you don't know this is when Sedbergh School students work on a variety of projects around the town to freshen up and restore local facilities. In many cases this is work which would otherwise not get done and so is a tangible benefit to the community and town visitors alike. Students often feel justifiably proud of what they have achieved, with good reason.

Once again there is a substantial list of work to be done, and you may well see the students hard at work when walking around the Sedbergh locality during that week.

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### **A684 SAFER ROADS SCHEME**

*Cumbria Council*

On Tuesday 2nd July between 3 and 7pm in the Methodist Hall Cumbria Council , Highways Improvement are holding a project information event on the A684 Safer Roads scheme and all local residents are invited.

Work is needed to improve the A684, and thanks to funding from the Department for Transport investment is available.

If you want to find out more go along and meet the team. If you'd like further information on the event itself please contact the Community Development Team :-

01539 713405  
gillian.holmes@cumbria.gov.uk

## **LOOKAROUND READERSHIP SURVEY**

*The Lookaround Editorial Team*

We would be keen to know a little more about you, a reader of the Lookaround. In particular we would like to know if you read every edition or just the odd one or two and whether you are reliant on a printed paper copy or would be interested in an electronic version. Although like most you probably have 'survey fatigue', this one is only four questions long so hopefully not burdensome! If you don't have internet access or QR code reader there are paper survey slips in each location where the Lookaround is sold, just pop the completed slip into the cash box and we'll review the results in the August Lookaround.

<https://www.surveymonkey.co.uk/r/Z2ZQYG6>



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## **LOOKAROUND WEBSITE**

*Ed Welti*

Lookaround has a brand new website developed for us by Craig Chamberlain (see his advert on page 46). The website holds the original edition of Lookaround, plus all those published since 2003, so you can compare us to Dennis's editions and see how we are doing. We will continue to add editions 3—4 weeks after they are published.  
<https://sedberghlookaround.org.uk>.

## EDITORIAL

I've been amusing myself over the past couple of days with moving a couple of items around, well, specifically, the advertising details. The Lookaround Team has been working on reviewing, amending and simplifying the Lookaround Information section generally, but the suggested amendments are still in need of review. At the last meeting we decided that it would be sensible if all advertising details were on one page and prominent. So I thought I'd gather them together.

Advertising is, of course, one of two main streams of revenue, the other being the collection cans. We get a little more from advertising but essentially it's around 50/50, so it makes sense that we make it as

simple as possible for advertisers to see what they can get. And easier for us to refer people to a single page rather than several.

Which is why there is a new section on page 4. No doubt it will be subject to further review, and as Lookaround is a community effort, rather than just the committee we are happy to listen to any suggestions.

We may be changing one or two items but my intention is to keep the hard copy Lookaround relatively unchanged. However as a community newsletter we need to keep relevant to the community, and in an increasingly digital world that means to establish and build some kind of web presence, more than our recently developed (and good-looking) website. But a deal of thought will have to do into that yet—though I have some ideas!

*Ed Welti*

## **LOOKAROUND STILL NEEDS YOU!**

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

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

**Contact details are on page 4.**



## PERSONAL MESSAGES

### DORIS HAWORTH

Since my unfortunate accident on 2nd May, I have received many many cards, letters and offers of support which has been quite humbling and overwhelming. I can only say a sincere thank you to all the very kind people of Garsdale, Sedbergh and beyond. I would also like to thank the paramedics for looking after me so well on that Thursday night in my hour of need. Thank you all again.

### ACTION FOR WELL BEING COFFEE MORNING

I would like to say a massive thank you to everyone who made this event so successful. Due to the generosity of those who helped, donated and attended, we as a community have raised £3,679.14 for "Action for Well-Being" a suicide prevention charity to help people in need in the South Lakes area. **Pat Gardner.**

## A VIEW FROM THE FELLS



## **LOOKAROUND DETAILS**

### **LOOKAROUND INFORMATION**

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

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

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

Items for the 'Lookaround' should be emailed to:

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

### **ARTICLES**

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

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

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

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

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

### **CALLING ALL ADVERTISERS**

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

New advertisers are of course always welcome too.

### **PUBLICATION DETAILS**

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

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

February to November is printed black ink on white. The December/

January issue may be in full colour. All copies have a full colour cover by a local photographer.

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

### **ADVERTISING**

Please see page 4 for the main points on advertising in Lookaround. Further details can be found below.

### **PERSONAL MESSAGES**

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

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

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

### **GROUPS AND ORGANISATIONS**

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable (for the last 18 years). All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

### **BUSINESSES**

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

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

If you have more than 3 months of advertising, we will automatically send a renewal reminder should you wish to continue. If you order 10 months, we give you one free (making one whole year). See page 4 for information on how to pay.

### **CHILDREN'S BIRTHDAYS**

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

### **COVER PICTURES**

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

### **LOOKAROUND BY POST**

We will post Lookaround to you in the UK at a cost of £2.00 per issue, or anywhere in the world for £6.00.

### **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*

# ADVERTISING IN LOOKAROUND

Local businesses, big or small

Individual Services

Community Organisations and Events

One-offs or regular gatherings

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

A local monthly magazine for locals.

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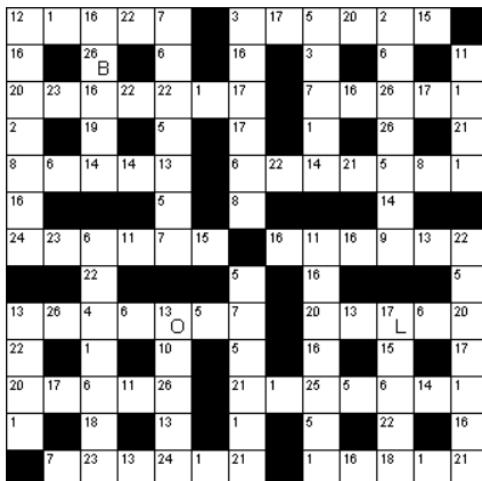
including help with design

See page 67 for details.

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

## PUZZLE (SOLUTION ON PAGE 72)

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



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

<b>Organisation</b>	<b>Updated</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	10/18	Dr Ripley	mylesripley@btinternet.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty Team Member	07498	870267
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	
Labour Supporters Group	12/17	Mr Cross	Sed:	22566

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	04/19	Mrs Lidiard	07734	699723
Lunch Club	03/18	Mrs l'Anson	Sed:	21757
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com		
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554
People's Gym	02/19	Mrs Gold-Wood	Sed:	21808
People's Hall	07/19	Tourist Info Centre	Sed:	20125
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Red Squirrel Group - Sedbergh	04/17	Mr Hopps	07870	785322
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Schools	Dent Primary	03/13	School	Dent: 25259
	Dent Primary - Friends of	03/13	School	Dent: 25259
	Sedbergh Primary	01/09	School	Sed: 20510
	Settlebeck	01/09	School	Sed: 20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent: 25317
	Sedbergh School	01/09	School	Sed: 20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Sedbergh United Charities	02/19	Mr Cann	Sed:	20771
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/16	Mrs Thexton	<a href="mailto:kate574@btinternet.com">kate574@btinternet.com</a>	
Swimming Group for Over 50's	09/18	Mr Beare	Sed:	21339
Tennis Club	04/19	Mr Lewes	Sed:	20052
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
Voluntary Car Scheme	11/18	Mrs Skomp	Sed:	20305
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	07/19	Mr Welti	Sed:	20770
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Yoga	11/16	Mrs Hennedy	Sed:	20899
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

\* = Latest Amendments

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



## BED & BREAKFAST

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

## CAMPING, CARAVANNING & SELF-CATERING

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

### KEY

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

### Joss Lane & Loftus Hill Car Parking Charges

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

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

# DIARY OF EVENTS

Dates are held up to 25/04/2020.

Dates in **BOLD** are start & finish events.

Numbers in Brackets indicate Advert/Article on a Page.  
Month in Bracket relates to issue that details last appeared.

## JULY 2019

### **02 Sedbergh School Challenge Week (7)**

02 1000 Grief Share (15) CCCN

04 1930 Pepperpot Café Concert PH

04 2000 Sedbergh Orchestra Café Concert (Jun) PH

### **05 Sedbergh School Challenge Week (7)**

06 1000 St Andrew's Dent Coffee Morning DMH

06 1500 St Marks Cautley Cream Tea (7) StMC

06 1900 Flute Magic (28,6) StAS

07 Sedbergh Tennis Club Coaching

07 1000 Tennis Coaching TC

07 1430 Town Band at Queens Gardens (0) QG

09 1400 WIK - Photograph Restoration PH

10 830 Second Wednesday Market JLCP

### **10 Roots - Green Door Artists (14)**

10 1900 Swimming Club AGM (10) TIC

10 1915 WID - Contemporary Rag Rugging DMH

10 1930 WIS - Movement is Medicine PH

11 Tim Farron MP clinic Dent/Sedbergh (21) DCMH

11 1200 Age UK - Sedbergh Lunch Club (Jun) Dalesman

11 1300 MC Closed for Training MC

11 1930 Parish Council Meeting (20) PH

12 Lute Concert (22) StJCC

12 1700 Sedbergh Sports at Buckbank Farm (44,12)

13 Holme Howler - SPS Fundraiser (6) Holme

13 1000 St Andrew's Church Summer Fair (33) StAS

13 1830 Crown Green Bowls taster session (44) BC

14 Sedbergh Tennis Club Coaching

14 1100 Space for Stillness MCD

14 1400 Meet the Artist (14) FM

16 1000 Grief Share (15) CCCN

16 1930 Ladies NFU Meeting PH

19 1800 Contemplation and Communication (19) MCD

20 Reduction Lino Cut workshop (27) Art Soc

20 1000 Second Hand Book Fair (20) PH

20 1000 Learn to Meditate (19) MCD

20 1500 Afternoon Tea Garsdale (21) GVH

20 1830 Sedbergh Orchestra Out Doors (22) StJCC

21 1000 Herbs, Yoga and Meditation workshop (19) MCD

### **22 1000 Sedbergh Holiday Club Mega Makers (7,1) PH**

25 Sedbergh School Summer Courses (7) SS

### **26 1000 Sedbergh Holiday Club Mega Makers (7,1) PH**

27 In search of Mr Woodiwiss - talks (36) DCMH

27 Sedbergh Brass Band StJCC

27 1000 Dentdale Coffee Morning DMC

27 1400 Strawberry Tea - Dentdale Head to Foot (51 DMH)

27 1830 Crown Green Bowls taster session (44) BC

28 930 Big Art Competition (29) FM

28 1115 Guided walk Hawes Gars Stn (36) DCMH

## AUGUST 2019

03 1000 St Andrew's Church Dent Coffee Morning StAD

03 1830 Crown Green Bowls taster session (44) BC

05 August Bank Holiday (Scotland)

<b>05</b>	<b>Sedbergh School Summer Courses (7)</b>	SS
07	Annual Outing - DHTF (Jun)	DMH
08 1200	Age UK - Sedbergh Lunch Club (Jun)	Dalesman
11 1000	Allotments Open Day (0)	Birks Lane
13 1400	WIK - Chat and Craft	PH
14 1000	NW Cancer Research Coffee Morning	StAS
14 1915	WID - Fraud Protection	DMH
14 1930	WIS - Zero Waste Sedbergh	PH
17 1000	Dentdale Coffee Morning	DMC
18 1100	Space for Stillness	MCD
20 1930	Ladies NFU Meeting	PH
22	Sedbergh Art Society Exhibition (27)	SSL
24 1000	Table Sale And Soft Play	DMH
26	August Bank Holiday	
26	Dent Gala	
26	Sedbergh Art Society Exhibition (27)	SSL
<b>28</b>	<b>Roots - Green Door Artists (14)</b>	FM

## SEPTEMBER 2019

06 1400	Dentdale Head To Foot (Jun)	DMH
07 1000	St Andrew's Church Dent Coffee Morning	DMH
10	Tour of Britain stage 4 via Sedbergh (45)	
10 1400	WIK - Busy Bees and Lemon Grass	PH
11	Medical Centre Closed For Training (11)	MC
11 1915	WID - Morecambe Bay - Underwater Safari	DMH
11 1930	WIS - A Little More Art	PH
12	Westmorland County Show (Jun)	Crooklands
12 1200	Age UK - Sedbergh Lunch Club (Jun)	Dalesman
17 1930	Ladies NFU Meeting	PH
<b>21</b>	<b>Sheep Fest (49)</b>	
21 1000	Space for Stillness	MCD
<b>22</b>	<b>Sheep Fest (49)</b>	

## OCTOBER 2019

04 1400	Dentdale Head To Foot (Jun)	DMH
05 1000	St Andrew's Church Dent Coffee Morning	DMH
08 1400	WIK - Fascinating World of Family History	PH
09 1915	WID - Jewellery Making with Xmas Theme	DMH
09 1930	WIS - Women and War	PH
10	Medical Centre Closed For Training (11)	MC
10 1200	Age UK - Sedbergh Lunch Club (Jun)	Dalesman
12 1845	Tabernacles DDCF At Rhumes (Jun)	Dent
15 1930	Ladies NFU Meeting	PH
19 1930	Olde Tyme Dance - Roe Valley	PH
19 TBA	Old Time Sequence Dance	PH
20 1100	Space for Stillness	MCD
27	Clocks Fall Back	
31	Halloween	

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

**COVER PHOTO**  
**Looking Down Deepdale**  
*Colin Cowperthwaite*

## PUZZLE SOLUTION



1	E	K	P	V	U	I	S	D	Z	X	M	J	O
14	T	Y	A	L	G	F	C	R	N	H	W	Q	B

### USEFUL TELEPHONE NUMBERS

<b>Age UK South Lakeland</b>
030 300 30003
<b>Electricity in any area</b>
105
<b>Medical in any area</b>
111
<b>Pension Service Surgery</b>
Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265
<b>Police in any area</b>
101
<b>Sight Advice South Lakes</b>
01539 769055
<b>South Lakes Citizens Advice Bureau</b>
03444 111 444
<b>South Lakeland District Council</b>
01539 733 333
<b>Yorkshire Dale National Park</b>
0300 456 0030

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

### Regular Events and Meetings

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

See Group Page for contact details & Diary Page for Keys

# = School Term Time Only

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

# BUS SERVICES

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

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

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

The 0935 from Dent Station will wait up to 10min beyond the scheduled departure for a late running train from Leeds.

# BUS SERVICES

**Western Dales Bus S3 Dent/Sedbergh Tuesdays Summer 2019. From Tuesday 21st May 2019 ufn**

Buses From Dent to Hawes					
Dent Village		09:51	11:41	14:09	15:59
Sedbergh Spar		10:06	11:56	14:24	16:14
Sedbergh Dalesman		10:07	11:57	14:25	16:15
Sedbergh Maryfell		10:09	11:59	14:27	
Farfield Mill entrance		10:11	12:01	14:29	
Garsdale Street		10:20	12:10	14:38	
Train to Carlisle		10:54	12:22	14:48	
Trains to Leeds			12:05		
Coal Road (Garsdale Station turning)		10:25	12:15	14:43	
Moorcock Inn		10:26	12:16	14:44	
Hawes Creamery		10:37	12:27	14:55	
Hawes Market Place		10:39	12:29	14:57	
Hawes Dales Countryside Museum		10:41	12:31	14:59	

Buses From Hawes to Dent

Hawes Dales Countryside Museum		10:46	13:14	15:04	
Hawes Market Place		10:48	13:16	15:06	
Hawes Creamery		10:50	13:18	15:08	
Moorcock Inn		11:01	13:29	15:19	
Coal Road (Garsdale Station turning)		11:02	13:30	15:20	
Train to Carlisle		10:54			
Trains to Leeds				15:59	
Garsdale Street		11:07	13:35	15:25	
Farfield Mill entrance		11:16	13:44	15:34	
Sedbergh Maryfell		11:18	13:46	15:36	
Sedbergh Library	09:30	11:20	13:48	15:38	
Sedbergh opp. Morphets	09:31	11:21	13:49	15:39	
Dent Village	09:46	11:36	14:04	15:54	

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

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

Buses From Brough/Kirkby Stephen to Dent

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

## BUS SERVICES

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

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

### DENT RAILWAY STATION TIMETABLE

*Valid until 14th December 2019*

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

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

# = Runs 3 minutes later on Friday

~ = From Nottingham

## BUS SERVICES

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

Thurs = Thursday only

Fri = Friday Only

### Lookaround Editorial Team

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

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

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

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

**Rev. A. McMullon Tel: 20018**

*Church Wardens:*

Tony Reed Screen 21081  
& Susan Sharrocks 20754

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

### ROMAN CATHOLIC

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

**Parish Priest Kendal  
Tel: 015397 20063**

### CORNERSTONE COMMUNITY CHURCH

New Street  
Sunday 10.30

**Rev. David Crouchley Tel: 20329**

**worship@peopleshall**  
1st Sunday each month 10:30 am  
**Rev David Crouchley Tel:20329**

### SOCIETY OF FRIENDS

#### QUAKERS

Brigflatts  
Sunday 10.30

**Tess & Philip Satchell Tel: 20005**

### DENTDALE CHRISTIAN FELLOWSHIP

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

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

### CHURCH OF ENGLAND

Cautley & Garsdale

**Rev. Andy McMullon Tel: 20018**

*Church Wardens:*

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

**Rev. Andy McMullon Tel: 20018**

**Rev. Christine Brown Tel: 25226**

### METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

**Rev. David Crouchley Tel: 20329**

### SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

**Tel: 28151**

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

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

Combined plans for Western Dales Mission Community - July 2019					
	Time	7 <sup>th</sup>	14 <sup>th</sup>	21 <sup>st</sup>	28 <sup>th</sup>
St. Andrew's, Sedbergh LA10 5BZ	8am	Andy McMullan HC-BCP	Andy McMullan HC-BCP	Gary Wemyss HC-BCP	Andy McMullan HC-BCP
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United Service at Cornerstone or Peoples Hall	Andy McMullan HC Rural Mission Sunday	Christine Brown HC	People's Hall
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service William Allen	David Crouchley	Ralph Penny-Larter	People's Hall
People's Hall Sedbergh LA10 5DQ	10.30am	Lund Young People			Holiday Club Celebration
St. Mark's, Cautley LA10 5LZ		2.30pm Judith Bush HCx	9.30am Judith Bush MP-NC	At Sedbergh	2.30pm Judith Bush P&M
Cautley Methodist Chapel LA10 5LY	11am	Own Arrangement	William Allen	Hazel Jackson Songs of Praise	Special Service Ben Fawcett
St. John's, Garsdale LA10	10am	Bill Mawdsley	At Hawes Junction United Service	At Low Smithy United Service	Andy McMullan HC
Garsdale Low Smithy Methodist Chapel LA10 5PF	2pm	At St. John's United Service	At Hawes Junction Unite Service	United Service Chris Fawcett	David Crouchley HC
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	3pm		United Service Songs of Praise Janet & Andy Kay		
Garsdale Street Methodist Chapel LA10 5PQ	6.30pm	At St. John's United Service	At Hawes Junction United Service	At Garsdale Low Smithy United Service	Philip Nolan
All Saints, Killington LA6 2HA	2pm	United Service at Cornerstone or Peoples Hall	At Firbank	At Howgill	At Sedbergh
Holy Trinity Howgill LA10 5JD	2pm	United Service at Cornerstone or Peoples Hall	At Firbank	Andy McMullan HC	At Sedbergh
St. John's Firbank LA10 5EF	2pm	United Service at Cornerstone or Peoples Hall	Judith Bush HCx	At Howgill	At Sedbergh
St. Andrew's, Dent LA10 5QL	10.30am	Christine Brown HC	Gary Wemyss HC	Andy McMullan HC	Christine Brown HC
St. John's, Cowgill LA10 5RJ		9.00am Christine Brown HC	At Dent	9.00am Christine Brown HC	At Dent
Dentdale Methodist Chapel LA10 5QJ	6.30pm	David Crouchley	Ralph Penny-Larter	At Dent Foot	Pam Dent
Dent Foot Methodist Chapel LA10	2pm	June Allen	At Dentdale	Camp Meeting Jim Hutchinson	At Dentdale
	Wednesday	3 <sup>rd</sup>	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup> / 31 <sup>st</sup>
St. Andrew's, Sedbergh LA10 5BZ	11.15am	Andy McMullan HC-BCP	Andy McMullan HC-BCP	Andy McMullan HC-BCP	Andy McMullan HC-BCP
HC- Holy Communion (HCx- Extended Communion) FS- Family Service P&M- Prayer & Meditation			CM- Choral Matins (BCP) MP-NC- Morning Prayer- Northumbrian EP- Evening Prayer		

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

## Option 1 - 24hr Prescription line

## Surgery and Dispensary Opening Hours

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

## Doctors Clinics

Monday – Friday

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

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

## Dent Surgery

**Monday by appointment only**

## Practice Nurses Clinics

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

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

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

## Blood clinic

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

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

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

## Bridging the Gap

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

## Location of Public Defibrillators

72 Main Street

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

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

## POLICE

101 or 999

Crimestoppers 0800 555 111

## Community Officer

Marion Jeffery

Telephone: 101, option 2, ext 45383

Email: marion.jeffery@cumbria.police.uk

## DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

## SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

## DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

## SEDBERGH & DISTRICT INFORMATION CENTRE

*for resident & visitor information*

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

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

Tel: 015396 20125/20504

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

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

## VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 \*

1400 - 1500 \*

Other times by appointment only \*

## PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

## POST OFFICE

Main Street - Phone 20406

Wednesday

Last Page Update:

March 2019