

Sedbergh & District **LOOKAROUND**

July 2015

Issue 334

Donation £1

A warm welcome to everyone, especially our visitors and we hope you enjoy our little corner of England. Please visit events that appear in Lookaround and give them your support.

This month is only 92 Pages and we

know that there is a lot more going on out there than appears within our pages. Many organisations have appointed a correspondent to submit things to Lookaround and we are able to give advice on this if required.

Dennis & Jacky Whicker

Sedbergh & District **LOOKAROUND**

will be moving to the
Sedbergh Tourist Information Centre
72 Main Street, LA10 5AD
at the end of July where there will be a
Drop Off point for all contributions.

There is a change in procedures
which is outlined in this issue on Page 82
The new telephone number for all enquiries will be
015396 21960

CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

Table of Contents

Advertising Rates	89	Gardening	28
Bed & Breakfast	87	Grayrigg School	53
Bus Time Table	86	History Society Frostrow Fell	46
Cartoon	85	History Society Kirkby Lonsdale	47
Crossword	84	Holiday Club	34
Diary of Events	90	Killington Sports	62
Groups	4	Ladies NFU	39
Personals	8	MyCumbria	83
Places of Interest	6	neighbourhoodalert Fraud	36
Religious Services	88	neighbourhoodalert Lottery	37
Regular Meetings	6	neighbourhoodalert Solar Panels	37
Sudoku	85	Oral Society	30
Advertising in Lookaround	82	Parish Council Garsdale	11
Age UK	81	Parish Council Sedbergh	10
Beware the Bull	81	Peoples Gym & Fitness Centre	60
British Legion	22	Peoples Hall	73
Christian Festival Dent	32	Primary School Sports Evening	52
Churches Together	18	Primary School Sedbergh Governors	59
Citizens Advice Bureau	79	Sedbergh in Bloom	77
Community First Responders	70	Sedbergh School News	55
Community Grants	29	Settlebeck News	50
Community Officer Report	81	Sheepfest 2015	27
Community Swifts	68	Sight Advice South Lakes 1	76
Community Trust	24	Sight Advice South Lakes 2	33
Councillor Corner	14	Tim Farron MP	15
Councillors Corner	13	Town Twinning	74
Credit Union	26	Walk for Anita	20
Cricket Club Sedbergh	67	Weather	80
David Whicker	78	WI Dentdale	42
Dent Memorial Hall/Gala	77	WI Howgill	44
Editorial	82	WI Killington	40
Family Musings	29	WI Sedbergh	41
Front Garden Matters	35	Yorkshire Day	17

Table of Adverts

Able Memorials	58	Killington Marquees	74
Andrew Allan Video Transfer	49	Killington Upholstery and Textiles Services	69
August Dent Festival	40	Lakes Scaffolding	24
August Flower & Produce Show	42	Laura Rosenzweig Loom	48
Austin Brown Computing	37	Lee Shockledge Plasterer	12
Balsam Bash	22	Lookaround	1
Barbon Inn	34	Malcolm Sedgwick Carpenter	53
Bonney Brides Photography	32	Mark Barker Gardener	49
Brian Goad Funeral Services	18	MB Designs	80
British Legion	15	Medical Centre	14
Byroms Furnishers	54	Meditation Centre Events	9
Capstick Insurance Agent	33	MK Conversions Builders	52
Children's Holiday Workshop	31	Nicky Ross Plumber	27
Chris Whelan Estate Agent	43	Oliver Higginbotham Gardens	55
Clare Mingins Hypnotherapy	34	Oliver Higginbotham Logs	71
Cleaner Required	19	Oliver Higginbotham Trees	46
Clutterbooks Vacancy	68	Open Garden	25
Cobble Country Estate Agent	61	Parkin & Jackson - Kevin Bateman	19
Coffee Morning	9	Patch & Fettle *	20
Cornucopia	18	Paul Hoggarth Builder	74
Cross Keys Hotel	35	People's Hall	73
Cumbria Stoves	76	Peter Woof Electrician	22
Daphne Jackson Osteopath	75	Philip Horner Fencer	28
Dawsons Coal Yard	67	Richard Hoggarth Builder	76
Dentdale Designs	49	Robert Powell Web Design	79
Derek Hayes Gardener	25	Rosemary Lewes Accountant	66
Duncan Law Plumber	39	Ryan Simpson Septic Tanks & Skips	78
Edwin Middleton Carpenter	76	Sam Knowles Decorator	72
Ellison Wood Supplier	53	Sam Konczynski Carpets	47
Fairbank Society	71	Sedbergh School	41
First4Homes Improvements	30	Sheepfest	44
Fish Express Fish & Chips	13	Sheila Shuttleworth Dressmaker	75
G J Baines & Son Builders	29	SmartOffice	63
Garry Chapman Gas	37	Sports Evening	10
Garsdale Design	32	Stefan Kliszat Decorator	57
Gary Allan Metalworker	51	Stephenson & Wilson Builders	40
Gavin Charlesworth Wood Supplier	50	Steve Hopps Handyman	79
Graham Milburn Weed Control	31	Stobars Hall Care Home	38
Graham Moffat Builder	78	Stramongate Printers	16
Graham Moore Chimney Sweep	47	Swimming Club AGM	14
H&M Craftsmen	26	Three Hares Café	70
Haddock Paddock Fish & Chips	13	Tilk Wilkinson Builder	77
Hayton & Winkley Solicitors	56	Tooby Electricals	60
History Society	17	Trevor Gardner Plumber	36
Holme Farm	62	W Milburn & Sons Builders	48
Home Heroes	38	Walk for Anita	9
House Clearances	81	Weavers Café	11
House to Let	42	Western Dales Bus	65
Howgill Upholstery	55	Western Dales Bus	65
Josephine Lade Orthopaedic	46	Westmorland Veterinary Group	39
June Parker Acupuncture	28	Windermere Windows	45
Kay Whittle Chiropodist	21	Yvonne Cervetti Massage	64
Kentdale Property & Garden Services	59		

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Birdwatching	02/09	Mrs Foott	Dent:	25453
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	12/08	Mrs Pease	Sed:	21575
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Dent	01/09	Mr Hyde	Dent:	25503
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cub Scouts	02/14	Mr Hubbard	Sed:	20028
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	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
Dent Primary School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	01/09	Mrs Woof	Dent:	25275
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	03/11	Mrs Shuttleworth	Sed:	20907

Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	01/09	SmartOffice	Sed:	20788
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	06/14	Mrs Foott	015395	30163
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Voluntary Car Scheme *	06/15	Mr Dodgson	Sed:	20869
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	02/15	Miss Bainbridge	07975	647566
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect,
please supply details to the Lookaround Office.

Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
1000	Every Sunday	Free Entry to Locals	FM	Bowling Green, Queens Gardens
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch, Busk Lane
1330	Every Monday	Knit 'N' Natter	DHC	Cautley Spout, A683 towards Kirkby Stephen
1400	1st Monday	Bridging the Gap	MC	Community Office, 72 Main Street
1930	1st Monday	Dent Parish Council	DMH	Cumbria Wildlife Trust, Community Office
1930	1st Monday	People's Hall	PH	Dent Heritage Centre, Laning, Dent *
1900	3rd Monday	Chamber of Trade	PH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1300	Every Tuesday	Howgill Toddlers	HVH	Friends Quaker Meeting House, Brigflatts.
1300	Every Tuesday	Knit & Natter	FM	George Fox's Quaker Pulpit, Firbank
1830	Every Tuesday	Cub Scouts	SHQ	Golf Club, Catholes, Sedbergh *
1930	Every Tuesday	Bridge Club	WHC	Information Centre, 72 Main Street
1930	Every Tuesday	T'ai Chi	URCR	History Society, Community Office
1330	1st Tuesday	Age UK Games	GH	Holme Working Farm, Middleton *
1400	2nd Tuesday	Killington WI	PH	Holy Trinity Church, Howgill
1400	3rd Tuesday	Sight Advice Group	PH	Jubilee Wood, Castlehaw Lane
1930	3rd Tuesday	Ladies NFU	PH	Langstone Fell, A684 Garsdale Foot
1000	Every Wednesday	Coffee Morning	URCR	Methodist Church, New Street
1315	Every Wednesday	Art Society	URCR	Picnic Site, Ghyllas, Cautley Road
1315	Every Wednesday	Zebras	SMCR	Picnic Site, Settlebeck New Bridge
1730	Every Wednesday	Sedbergh Juniors	PH	Play Ground, Dent Village
1730	Every Wednesday	Brownies (term time)	SMCR	Play Ground, People's Hall
1730	Every Wednesday	Beaver Scouts (Term Time)	SHQ	Play Ground, Maryfell
1930	Every Wednesday	Sedbergh Seniors	PH	Queen's Gardens, Station Road
1930	1st & 3rd Wednesday	History Society (Winter)	SHS	St. Andrew's Church, Dent
1915	2nd Wednesday	Dentdale WI	DMH	St. Andrew's Church, Main Street, Sedbergh
1930	2nd Wednesday	Sedbergh WI	PH	St. Gregory's Church, Vale of Lune
1400	3rd Wednesday	Age UK South Lakes	Library	St. John's Church, Cowgill
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	St John's Church, Firbank
1930	1st Thursday	Howgill WI	FCH	St. John's Church, Garsdale
1200	2nd Thursday	Lunch Club	Red	St. Mark's Church, Cautley
1915	2nd Thursday	Royal British Legion	WHC	Sedbergh Embroidery, StAS
1930	2nd Thursday	Sed. Parish Council	PH	Tennis Courts, Guldrey Lane
1930	Every Friday	Scouts	SHQ	United Reformed Church, Main Street
1330	1st Friday	Age UK Dentdale Club	DMH	Winder Fell, above Sedbergh
See Group Page for contact details & Diary Page for Keys				* = Entry Fee Applicable

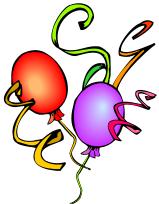
JULY BIRTHDAYS

Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipients this month are:-
Ben Greensmith who is 11 years old on 4th July and
Antony Cowin who is 10 years old on 25th July.

Happy Birthday and please collect your vouchers from

SmartOffice
13 Kings Yard, Sedbergh
which can be used in any shop in
Sedbergh & Dent.



IMPORTANT INFORMATION

From August, the Birthday Vouchers system will change. If you wish to have your child to have the opportunity to receive the monthly Voucher, we need a Postal Address and Post Code please. We are sorry but if there is no address, the Birthday Child cannot receive a Voucher. You do not have to wait until the month of the Birthday, please submit the details as soon as possible. Thank you for your help. *Dennis & Jacky Whicker*

Day	Name	Age
1	Jenny FALLOWS	9
2	Alfie PATON	8
2	Niamh METCALFE	11
3	Theo OVERSBY	7
3	Martha HUBBARD	4
4	Ben GREENSMITH	11
13	Arthur HAYHURST	7
17	Louis GARDNER	5
24	Ruben PARK	10
25	Antony COWIN	10
27	Akira CRESSEY	10
28	Grace ALLAN	10
29	Jody MIDDLETON	8
30	Sampson KEIGHLEY	3
Nonagenarian & Over		

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

PERSONAL & SMALL ADS £1

JULIE BENTHAM

I would like to thank everyone who joined me on my 50th Birthday, for the cards, flower and presents. For the generous donations of £695 for the NorthWest Air Ambulance. Also a massive thanks to Sarah and Di and to all who helped make this a great day.

=====

LUKE CRAGG

Happy **21st Birthday** Luke on July 28th. All the best Mum, Dad, Kim and Zoe.

=====

LUKE CRAGG

Happy **21st Birthday** Luke. Love Nana.

=====

ANNE MARIE GARNETT

July 14th. Annemarie. Happy **17th Birthday**. Love from Mum, Dad, Ben, Nan, Dawn and Georgina.

=====

KAREN & STEPHEN TROUGHTON

Karen & Stephen would like to thank everyone who came to Shap Wells to help them celebrate their silver wedding anniversary and for all the donations received. A total of £1210.00 was donated to the Muscular Dystrophy Campaign.

=====

BIRTHDAY GREETINGS

Happy **30th Birthday** Noddles on the 23rd July. Enjoy all the fun. Lady.

=====

FREE TO A GOOD HOME

VHS Video Player. Tel: 20828.

FOR SALE

Lowepro Photographic Case. Generous size for camera and lenses etc and a laptop if necessary. All weatherproof construction in first class condition. £15. Hanns.G 19" monitor with keyboard and mouse. As new condition. £15. Tel: 015396-20869.

=====

FOR SALE

Trailer 5ft x 3ft. Heavy duty with cover - £40. 12 inch circular saw, heavy duty. 2hp motor, three phase - £40. Record 52 woodworking vice in VGC - £20. Heavy duty mechanics vice, 5 inch jaws in good working condition - £20. Mechanics vice, record no. 3 in VGC, around £70 new - £25. Brooks 3 phase 2hp electric motor with adjustable slide mounts - £25. Two new interior flush primed doors, standard 6'6" x 30" - £10. Eight demijohns, one gallon, for wine making - £25 the lot, or £4 each. Flymo Strimmer, Powertrim - £10. Orbital Sander, Black & Decker industrial, large half sheet - £10. Please call 015396 - 25269 or 07772-109864. Prices negotiable.

=====

FREE

Compact Electric Fan Heater. Six pin electrical extension. Three electric blankets. Lightweight suitcase. Chair style Commode. Toilet seat heightener. Neck support pillow - V shaped. Telephone 20659/20907 or 07961 - 925003.

PERSONAL & SMALL ADS £1

WANTED

Late 1800's or early 1900's Dictionary. Office type Tape Cassette Recorder/Player or incorporated into a unit. Slide magazines with their projector. (Some previously offered have not fitted.) Old fashioned feather filled items and wool blankets still of interest. Top loading washing machine in working order please. New request for an wheeled Tea Trolley. Any material or finish. Tel: Kendal 01539 720974.



Coffee morning



Gladstone House, Sedbergh
Tuesday 7 July
10.30am - 12.00noon

Coffee Morning - cake stall, bric a brac and an information table

Come along and join the fun



Any questions? Call your village agent,
Linda Greensmith, on 01539 728180

Age UK South Lakeland Ltd is a registered charity, No 1141415



PROGRAMME FOR JULY



THE MEDITATION CENTRE
be still · be inspired · be free

Saturday 4th
MEDITATION FOR BEGINNERS
Sunday 5th
MONTHLY
GROUP MEDITATION
11-1pm
(DROP-IN ALL WELCOME)

To book:
email meditationcentreteam@gmail.com

Telephone 07582 017 396

www.meditationcentre.co.uk

The Meditation Centre, Dent, Cumbria LA10 5QR

Registered charity no: 1076345

WALK FOR ANITA



Millthrop Resident Peter Lindsay
is walking from
Lands End to John O'Groats
between April & July in memory
of Anita Lindsay and in aid of
Genesis Breast Cancer Prevention
Reg'd Charity 1109839

Follow Peters progress at:
Blog: www.walkforanita.wordpress.com
Twitter: @walkforanita



HOWGILL HARRIERS



SEDBERGH SPORTS EVENING

Friday 10th July

Buckbank Farm, Cautley Road
Gates Open 5pm

Races ~ BBQ ~ Drinks ~ Ice Cream ~ Stalls
Everyone Welcome



SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held on the 11th June 2015. The next Parish Council meeting will be on Thursday 9th July 2015 at 7.30pm in the People's Hall, Sedbergh.

PARISH COUNCILLOR VACANCY

Notices will be displayed in connection with Co-Opting a new Member to Sedbergh Parish Council.

The closing date will be the 3rd July 2015.

POST 16 TRANSPORT

Councillor Nick Cotton gave an update regarding Post 16 Transport arrangements for the area. The 502 Service to Kendal has been agreed and a new timetable published. Transport for Kirkby Lonsdale has also now been confirmed and Cumbria County Council/Queen Elizabeth School will contact parents with further details soon. Sedbergh Parish Council recognise that there are still concerns over transport for families in rural areas, as well as financial implications and worries over the extended day for some students. It was noted that Tim Farron MP has recently lodged an

Early Day motion with regard to new transport funding for rural school pupils.

PLANNING

The Planning Committee Report detailed several applications and related matters, full details can be found on the Parish Council Website.

FINANCE

Sedbergh Parish Council's Final Accounting Statements for 2014/2015 were approved.

PROPOSED SKATE/BMX PARK

Sedbergh Community Trust has made an application to Sport England. Whilst Sedbergh Parish Council continue to support the project in principal, further consideration needs to be made to demand, likelihood of planning consent, the view that a BMX track might be more in keeping with surroundings, ongoing costs and insurance implications. Also noted, was the possibility of inviting representation from younger people in Sedbergh for detailed feedback/thoughts/analysis. A meeting of Sedbergh Community Trust and Sedbergh Parish Council will be arranged.



Let's celebrate - Local Cooks!

Each week from Monday to Friday starting July 6th

Weavers Cafe will feature a tried and tested recipe by someone living in Sedbergh.

If you would like to share your family favourite or dinner party special – phone Jenny on 21159.

Contributors of recipes chosen will be invited for a free meal for 2

Margaret Denton July 6 - 10

Pork, Leek and Potato Bake - loved by families

Anne Jones July 13 - 17

Bobotie – mince with spices, prunes and apricots

Wendy Fraser-Urquhart July 20 - 24

Fish in Curry Sauce – quick and easy

Valerie Cann July 27 - 31

Turkey and Apricot Bake for a special supper.

Weavers@FarfieldMill is open daily 10-5 - Free entry to café and shop
Garsdale Rd, Sedbergh, LA10 5LW. www.farfieldmill.org 015396 21159

Other matters discussed included further repairs to the boundary walls at Queens Gardens, restoration of the Jubilee Fountain, rain water capture at the public toilets, additional advertising for the Wednesday market, improvements to the garden of the Information Centre and the approval of a grant towards this year's Sheepfest event.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment at 8.30 pm. Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office.

Janey Hassam – Clerk

CAN YOU HEAR IT?

After a particularly volatile and bruising Parish Meeting in May, the stalwarts of Garsdale Parish Council have taken advantage of a meeting-free month (PC meets every 3rd Thursday bimonthly) to retire into their lairs, to lick their wounds and gird their loins, ready to sally forth with renewed vigour and enthusiasm to tackle the issues of the parish.

The imminent worries are the private water risk assessments and Post 16 transport. An entreaty to SLDC to allow a better informed local to be employed to carry out the risk assessments, rather than apparently uninformed and clueless Tobin employees, has yet to be agreed.



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Contact: 07925 806077 - Email: leeshockledge@hotmail.co.uk



Littlecroft, Poulton Old Rd, Blackpool, Lancashire, FY3 7LB

Further pressure is being applied to SLDC but in the meantime it has been reported that Tobin are still approaching residents. Until Council has received a satisfactory reply, the suggestion is to hold tight.

Similarly, no satisfactory proposal has been submitted by SLDC to settle their legal obligations to provide transport for 16 to 18 year olds to their colleges for compulsory higher education. Why SLDC are dragging their feet over this is a puzzle. Presently pupils are paying about £2.00 per day for transport and the "savings" made by withdrawing will be minimal. Why not just admit a mistake has been made, reinstate the transport and avoid a costly and

humiliating court appearance?

The main road through the Dale continues to deteriorate. As an "A" road, its condition really is appalling. Again the response from Highways at SLDC is hardly deafening.

Parishioners may help by contacting the Highways Hotline to report all concerns, the more the merrier. Council will continue to apply similar pressure.

Although water continues to flow cleanly at the village hall, unfortunately, it also continues to flow via a leak under the floor. Presently this is being isolated and volunteers are being lined up on a rota basis to lay under the floor and stick a finger in the pipe to stem the flow until a

more permanent solution is found.

But on the other hand, life carries on as normally as possible in Garsdale. Summer is now with us and we all look forward to some sunshine. The sheep have been moved to higher pastures and the meadows have been left to grow, ready to produce silage for the winter. So, on a quiet day, away from the roar of the motorbikes, shut your eyes and listen. Can you hear it? That sweet sound of grass growing.

Our next meeting is on Thursday 17th July at the Village Hall at 7.30pm.

Philip Johns
Clerk to Garsdale PC
ps.johns@btinternet.com
015396 22170
www.garsdaleparishcouncil.com

COUNCILLORS CORNER

After an exhausting General and Local Election my wife and I escaped for a short holiday, thus I am now only catching up with a multitude of emails and correspondence. Being a new boy it will take some time to become familiar and grasp all the nuances of local government.

However I have already attended Parish meetings at Dent and

Fish Express, Kendal

Takeaway & Café

 Facebook us - Fish Express

Pensioners special/light bite
Fish & Chips, bread & butter
Tea or Coffee
To eat in £3.99

Every Monday
Fish & Chips Takeaway
£4.00

Many more daily offers

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Sedbergh and have agreed with Dent to clarify the position of Fibre Garden (Broadband) and its way forward and to consult SLDC how it intends to resolve the funding of the change in wording for the six Tourist information signs on the M6, close to junction 37. If an impact on the Tourist traffic is forthcoming for this year a solution will have to be found as of yesterday.

The improvements to the People's Hall at Sedbergh is dramatic and great credit must go to Dr. Gina Barney and her committee. The highlight of the Sedbergh meeting were the Crocodile Tears spilt by our County Councillor over the decision to charge 16 - 18 year olds where they require School Transport.

Local Authorities have a choice of where they can spend their monies. Sadly the local Authorities both District and County in this Area find their support in Urban Environments and subsequently it is Rural Communities, who suffer.

Kevin Lancaster and I are tired of hearing the same old story" We only see you at Election Times" We have decided to introduce " Help Desks" into our meet the Public Campaign

Sedbergh Swimming Club

AGM

**Tuesday 14th July
2:30 pm
Bull Hotel**

All Welcome



and will hold our first venture in early Autumn.

If you have any problems involving Local Government please turn up on that evening. Neither of us are experts but will do our utmost to solve the problem. No appointment is required.

Kevin and I look forward to working with you and welcome you to a meet the Public Help Desk in the early Autumn, Date, Venue and Time will be announced in the September Edition of Lookaround.

Mel Mackie

COUNCILLOR CORNER

Last week both Sedbergh parish and Kirkby Lonsdale town councils met and the Appleby Horse Fair was not brought up at either. That must be a first for the June meetings ! The management of the whole event now seems to be in much more responsible hands and seven years of vigilance seem to be paying off. The "no nonsense" approach of our Police and Crime Commissioner, who made a bee-line to me for a debrief at a councillor event last week has greatly helped. Another strand has

been the improved horse passport legislation which makes it much more difficult for unregistered horses to appear, be traded and disappear. The scrap metal trade has also been transformed, do you remember the dealing station on the side of the A65, just about the North Yorkshire, Cumbria border ?

There has been relatively little activity on South Lakeland as the council settles down from the discontinuity of the national and local elections. For the first time in many years last month's Planning Committee was cancelled. This was partly because new members of the committee have to go through an induction process but mainly it was for want of business. This follows a pattern going back at least as far as 1992. In the run up to national elections potential developers refrain from submitting applications until the election result is known. If past experience is anything to go by now it is over and there is a stable majority government likely to remain in place for five years there will be nine or twelve months where the number of applications will greatly exceed the long term trend.

SEDBERGH MEDICAL CENTRE

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

Wednesday 8th July
Thursday 17th September
Wednesday 21st October
Thursday 19th November



THE ROYAL BRITISH
LEGION



ROYAL BRITISH LEGION

COFFEE MORNING

Wednesday 15th July
10 am to 12 noon

United Reformed Church Rooms
Cakes - Displays - Raffle - Money Mountain



Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm
Membership costs £16.00 - call 21575 or 20536 or email: jdf@jdifa.co.uk or rosepease@aol.com for a form.
For more information, visit our website: <http://branches.britishlegion.org.uk/branches/sedbergh>

I missed much of the run up to Appleby Horse Fair as I was one of the group who travelled over to Zreče to celebrate ten years of our two towns being twinned. As always we were made very welcome. It will be a great pleasure to welcome the mayor, Boris and the Slovenian ambassador to Sedbergh at the end of this month. As an elected mayor with a council behind him this is a model which is being rolled out throughout England, even in communities which rejected the idea not five years ago. I can see both good and bad in the mechanism: good for leadership, not so good for representation of dissenting views.

*District Councillor Kevin J. Lancaster,
Fellgate, Dowbiggin, SEDBERGH,
Cumbria. LA10 5LS
Telephone 07980 844 695;
email Kevin@Sarthwaite.com*

my own. The key thing is that I hope you see my campaign to become leader as less about losing my time here in Westmorland and Lonsdale and more about being able to use my time to campaign more widely for the things that affect us here.

Already I have taken the opportunity that the greater level of media attention has brought to start to campaign against fracking in this country. I was really pleased when the last government announced that it was banning fracking from the National Parks and other areas of outstanding natural beauty but I think that we should go much further. There are too many risks attached to fracking and it seems to me that allowing it to happen is just further delaying our much needed move to adopt a low carbon approach to running the country.

My wider platform has also allowed me to more publicly attack the current Government's plans to force housing associations to sell off their houses. I am really proud of the number of affordable houses that we have seen built in the area since we started working on the issue. But there is so

TIM FARRON MP

This month I have been rather distracted by the campaign for leadership of the Liberal Democrats. The result will be announced on the 16th July and once that is out of the way, whatever the result, my time should get back a bit more to being

much more that we need to do. The number of people come up to me in the street or talk to me about housing issues at my surgeries shows how desperately we need affordable housing. I am really proud that South Lakeland District Council has announced that one of their key targets is to build 1000 houses on affordable rents. The very thought that the current Government is proposing to make it so that these not just can but must be sold off at some point in the future, taking us back again to the point where there is not enough affordable housing around and even more needs to be built is madness. I can see no way that this can be justified and am taking every opportunity I can to ensure that the Government hears this message.

Of course there are many more things I am raising during my speeches around the country in the leadership hustings (you can find quite a few of them on my Facebook page), good schools, transport and healthcare for everyone, not just those in big cities, apprenticeships so that young people can develop useful skills that can give them the best start in life and earn money at the same time. The list goes on.

And despite rushing around the country speaking to party members there is still time to work on issues from Westmorland and Lonsdale that people want me to address. So if there is anything you would like my help on then please do get in touch by emailing me at tim@timfarron.co.uk or calling on 01539 723 403.

Tim Farron MP



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YORKSHIRE DAY 1st AUGUST

Dent Parish Council has accepted an offer from Michael Pulford of the YORKSHIRE RIDINGS SOCIETY to officiate at the reading of the 'Yorkshire Declaration' on Saturday 01 August. It will take place at the Sedgwick Stone in Main Street at 11.40am (the time is to signify 1140 years since YORKSHIRE was first mentioned in the Anglo Saxon Chronicles).

The Yorkshire Ridings Society promotes the preservation of the integrity of the boundaries of YORKSHIRE prior to the boundary changes in 1974, visit www.yorkshireridings.org for more information.

The declaration will be read by the Town Cryer and many Yorkshire flags will be flown with pride.



All Yorkshire folk, born within the boundary of Dent, Sedbergh, Garsdale and beyond are all within the boundary defined in 875ad. All residents and visitors are warmly invited to celebrate the day. Low flying Yorkshire puddings and parkin etc may be in evidence and will be on offer on the day. Lets make it a 'right good' YORKSHIRE DAY. A voluntary collection will be available to be shared between Dent and Sedbergh First Responders. At the time of submitting this article to Lookaround further ideas of all things 'Yorkshire' are being considered (any ideas you have will be welcome).

SEDBERGH & DISTRICT

HISTORY SOCIETY

Friday 17th July

BARNARD CASTLE

As they guide us round the town, Caroline Hardie-Hammond & Cliff Brown will explain something of its rich heritage.

Meet Loftus Hill Car Park

12noon

or at Morrisons at
23 Galgate, Barnard Castle.

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

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

Please note that dogs are no longer allowed on Outings.

www.sedberghhistory.org

Chairman: Richard Cann 20771

Secretary: Karen Bruce-Lockhart 20224

Treasurer : Chris Elphick 20605

Membership Secretary: Chris Elphick 20605

Keep an eye for more information on dentdale.com, local press and posters.

Your contact points for further information are:

Andy Stephenson - Parish Clerk
015396 21487

Graham Dalton - Chair to Dent Parish Council 015396 25436, and,
John Hyde 015396 25503

The Yorkshire Ridings Society has arranged for Yorkshire County Cricket Club coaches to provide coaching at Dent Primary School which has proved most helpful and beneficial and it is hoped that this arrangement will continue in the future.

*Andy Stephenson
Clerk to Dent Parish Council*

St Mark's Church, Cawley

Pastime with Good Companie



a concert of early music

with

CORNUCOPIA

7.30

July 18th

£6 incl. glass of wine (children free)

CHURCHES TOGETHER

News from the Pews



So much happens all the year round in Sedbergh. We all know our town is not as sleepy as anyone passing through might think as he/she goes on their way in whichever direction their travel takes them. We have a long list of groups and organizations all in need of people to run them and of course members to participate in whatever activities are planned. There is always something to do and to be done.

Popping into the Parish Church may give the impression nothing much is happening during the week but if you tarry there long enough someone usually comes in, possibly a visitor curious to look at the local church or maybe someone enters to have time

for quiet reflection and offer some prayers. Perhaps someone goes with a mission in mind, to dust or clean, to tidy something up. Maybe a flower arranger arrives to change the displays. At a certain time the choir gather for their weekly practice, as do the bell ringers. Many of you will hear the organ playing during the early evening as you walk along the church wall or cut through the churchyard. The Sedbergh Orchestra also holds their weekly practice in the church, which also plays host to its occasional concerts. On Fridays the Chameleons followed by the BoF group meet for their drama sessions. Lots going on behind the scenes with planning, practicing, organizing. Like a jigsaw the pieces fit together and we have what we see, a lovingly cared for beautiful church with its doors open in welcome to one and all.

The Town Crier wearing his best tights and smart hat (and hopefully something inbetween) will be using his loudest voice to announce the opening of St Andrew's Summer Fair on Saturday 11th July at 10 in the morning. This year we have

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SCOODY as our entertainer starting with his first show at 12 noon. Paintings entered into the competition by the primary school children will be displayed inside church and prizes will be awarded for each class.

No Fair is complete without a bouncy castle and coconut shy and lots of other games for children. A variety of stalls will be inside and outside church with all manner of refreshments available from our ladies who cater.

Of course the main ingredient for the Fair is people and it would be great to see you all there.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

St Mark's Church, Cautley



Sedbergh's early music group, Cornucopia, will be giving a concert at St Mark's Church on Saturday 18th July. Cornucopia specialize in playing toe-tapping music from the Medieval and Renaissance periods, on a wide

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variety of instruments. The concert starts at 7.30pm. Admission price of £6 includes a glass of wine or fruit juice. No charge for children.

St Andrew's Dent



St Andrew's Dent welcomes everyone to our regular Sunday 10.30am Holy Communion in July.

On Friday 17th July Dent School celebrates a year of achievement at the Leavers Service at 1.15pm. All welcome.

St John's Cowgill



5th July 9am Holy Communion
19th July 2.30pm Evening Prayer

WALK FOR ANITA LAND'S END TO JOHN O'GROATS



When I left off my update last month, I had reached Nantwich in south Cheshire. In increasingly disappointing, ie wet weather I walked on through the Cheshire Plain to the salt mining town of Northwich and then on to Warburton where I crossed the Manchester Ship Canal, briefly entering the outskirts of Salford before taking the Glazebrook Trail towards Leigh and the Leeds-Liverpool Canal via Wigan to just south of Preston. The downside of this route was having to walk through part of the outskirts and centre of industrial towns which sharply contrasted with beauty of the countryside where I had spent most

of the walk.

At Preston I picked up the Lancaster canal which is largely peaceful apart from where it passes close to the M6 and west coast mainline. I had more heavy rain between Garstang and Lancaster but at least it had dried up and the sun came out in time for to cross the magnificent Lune viaduct and pass the 500 mile mark. An overnight stop in Bolton-le-Sands before reaching the end of the navigable section of the canal at Tewitfield. But there are still stretches of water beyond Tewitfield and as far as Stanton Bridge and on the day I passed through there was a festival of Trailboats on the stretch near the Westmorland Showground. Trailboats literally small barges which can be transported by ,then lowered into the canal from a trailer. I ended that day at Oxenholme, pleased to be back in the familiar Cumbrian countryside.

From Oxenholme I followed the old course of the canal into Kendal before taking the Dales Way towards Bowness but veered off to Windermere and then the following day through a chilly and inevitably busy Ambleside to Great Langdale and the Cumbria Way (CW). The



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weather gods took pity on me the next day as I had sun and blue skies as I walked over Stake Pass and then down to Langstrath and on through Borrowdale to Keswick. The views down to Langstrath with Skiddaw in the distance were comfortably the high point of the walk so far.

The weather was not quite as good as I hoped for the following day when I followed the CW around the lower slopes of Latrigg and then Lonscale Fell to the remote Skiddaw House. Inevitably before I reached High Pike the weather closed in , The cloud and rain came down and Caldbeck below was lost from view. I finished the CW in Carlisle and then took non too quiet lanes and the B7076 over the Esk to cross into Scotland near Gretna.

In the absence of any south-north paths or trails, I took a pragmatic route along the largely quiet B7076 (and its successors) through Lockerbie, Moffat and Abington to Larkhall. Thankfully this is also Route 74 of the National Cycle Network so there was frequently a welcome delineated cycle lane and occasionally a separate cycle path. Once north of Moffat the road – almost completely devoid of traffic- climbs in height through magnificent scenery not enhanced by the dozens upon dozens of wind turbines of the vast Clyde Wind Farm.

I ended this leg by taking pleasant woodland paths through the Chatelherault Country Park and then by the waters of Strathclyde CP before having to negotiate a terrifying complex of roundabouts and road construction around J5 of the M74 in an attempt to pick up the Clyde Walk

Way, which after yet more diversions, I eventually did. In danger of missing my train home for a couple of days of R&R (and washing), I spent the final hour and a half walking as fast as my very weary legs would take me through the east end of Glasgow , past Celtic Park and into the city centre.

I hope to report in next month's edition that I have reached John O'Groats; so only about 350 miles or so to go! In the meantime please follow my progress and read more about Genesis Breast Cancer Prevention on my blog at www.walkforanita.wordpress.com , on Twitter @walkforanita and on Facebook- Walk for Anita.

Peter Lindsay

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The Lune Rivers Trust



Big Balsam Bash

Help us to clear the invasive Himalayan Balsam between New Bridge and Millthrop Bridge.



Wednesday 22nd July

10.30 - 12.30

Meet at the picnic site at New Bridge, Sedbergh
Please wear long sleeves, trousers and sturdy footwear, gloves provided.
Contact Louisa on 07814 694129 or
louisa@lunerivertrust.org.uk for more details

ROYAL BRITISH LEGION

The Sedbergh Branch of the British Legion has been very active recently involving many members.

The Annual Dinner was held at Weavers Café, Farfield Mill which was well attended. The Dinner is organised to say Thank You to Veterans and/or their spouses for their service over the years. If you would like to be invited the dinner next year, please contact any committee member.

The Branch had a Stand at Sedbergh Gala which was well attended and we thank the Gala Committee for putting on another good event and we are pleased to have been part of it. Tony Reed-Screen was a dab hand at erecting the Legion Gazebo which attracted four new members to the Branch, at which we say welcome. We always encourage new members to join the Group and with new people moving

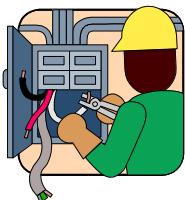
into the area, we will not be aware of your circumstances and will not have any way of knowing who may have served unless you or someone on your behalf tells us so please contact ant Member.

The Coffee Morning will be held in the URC Rooms on Main Street at 10am on Wednesday 15th July where all members and potential members are invited to come along where there will be a Raffle, cakes and produce stall and Legion nick knacks. Any offer of help on the day to man a stall, offer a raffle prize or bake any cakes would be most appreciated.

The Festival of Remembrance will be held at the Royal Albert Hall on Saturday 7th November. This annual Festival commemorates and honours all those who have served and especially who have lost their lives in or been conflicts, and is both a moving and enjoyable evening hosted by The Royal British Legion. There is

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a matinee (2.00pm) and an evening performance (7.00pm) - both are exactly the same except that the Royal Family attend only the evening performance. The Branch is usually allocated two Tickets at £10 each so if anybody wishes to take advantage of this, please contact any Branch Member.

At the end of August, the resurrected Flower & Produce Show comes to the People's Hall. It is strongly believed that this was started many years ago by the Sedbergh Branch of the Royal British Legion. Enquiries are ongoing with snippets of data being revealed but if you have any information, paper clippings or photographs, the Branch would be greatly appreciative.

Every year, there is the Annual Poppy Appeal and the people of Sedbergh and District pulled out all the stops to help this worthy cause at the last collection. The Chairman, John Douglass, wishes to thank all the people that have helped, almost 150 of you, to help raise an enormous sum of £10,000 - give or take a few pennies. A fantastic achievement.

The volunteers have not claimed a penny for their time or out of pocket expenses. The amount donated has increased every year since 2007. The total since 2001 is £80,089.16.

On the Branch Website you can see the impressive list of names of those from Sedbergh & District that made the ultimate sacrifice. In addition you can see the names of the almost 350 ex Sedbergh School pupils who were lost.

Anyone who has ever served in any of our armed forces or their surviving spouse can call 0808 802 8080 for confidential help ranging from, but not exclusive, to a short holiday, debt advice & assistance, a place in one of the Legions retirement homes, a bathroom conversion to shower, a wheel chair, a wreath or similar if you are visiting a war grave or would like lay one on the local war memorial on remembrance Sunday. Everything is totally confidential. Your local hard working committee are not allowed to know who the RBL are helping locally, so we can only hope that every local veteran or spouse who may have a need are satisfied.

If you would like any more information, please contact John on 20536; Rose on 21575 or Sandra on 21808.

SEDBERGH & DISTRICT COMMUNITY TRUST

Since we last wrote a considerable amount of water has flowed under several bridges and the Trustees have been kept very busy on numerous projects. The First Responders project 9s now a charity in its own right and has effectively flown the Trust's coop. Our congratulations and heartfelt thanks go to Andy Cobb and his team who have worked so tirelessly to bring this project to fruition.

At the other end of the scale the BMX/Skateboarding project is progressing well. The Parish Council was briefed on the proposal at their April meeting and agreed that the Park could be sited adjacent to the

children's play area on the North side of the sports field. A bid for funding has been submitted to Sport England and the Trust is now working with the Parish Council to develop detailed plans for the planning application. We will hear from Sport England in September whether our bid for funding has been successful. If it is and if there are no hiccups with the planning application we should be in a position to start work towards the end of the year.

The future of the Charity shop premises at 86 Main Street is still uncertain. We are still investigating the feasibility of purchasing the premises to secure the long term future of the shop. But the decision making process is not easy as we

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have to adhere to some very stringent guidelines laid down by the Charity Commission. We hope to be able to come to the right decision at the Trustees next meeting in July.

At our last meeting in June we welcomed four new Trustees, Clair Furness, Myles Ripley, Adam Roberts and Faye Waters to the Trust and we now have our full complement of Trustees. But we are still short of Trust Members and would welcome anyone who wishes to be part of this most important organisation in the community. Application Forms are in the Community Office. It is a free membership!

The Trustees were sorry to receive notice of Ellen Morrison's impending resignation from her post as the

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Saturday 25th July
Sunday 26th July

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£1.50 - Children Free



Charity shops' administrator. After five years of tireless devotion to the cause of the Charity shops Ellen has decided to retire although she will still continue as a volunteer. We are extremely grateful to Ellen for all the enthusiasm and dedication she has given.

After the installation of the new widows and double glazing on the first floor of the Information Centre there are no major projects planned for Number 72 and we are concentrating on sorting out minor problems such as recurrent damp patches and leaking taps.

With the help of Sedbergh in Bloom and the Parish Council we are concentrating on improvements to the

gardens at Number 72. Progress has been delayed as the Council is still awaiting Planning Permission to lower the wall adjacent to the car park. It now looks as though we will not be able to complete the project until the autumn. In the meantime Sedbergh in Bloom are doing their utmost to ensure that the garden is a pleasant place to relax.

Tony Reed Screen, Chair

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Much of Cumbria already has access to such an organisation, and currently a group of volunteers is seeking formal approval from the Bank of England for the creation of a Credit Union which will serve the whole of South Lakeland.

This process is now well advanced and it is likely that services will come on stream towards the end of the summer.

Initially the operation of the Credit Union will be centred on Kendal with a phased roll-out across the District over the following couple of years. An employed manager will oversee and coordinate the operation of the Credit Union, but for much of its day to day work, from running the management committee to working directly with customers, it will rely on volunteers.

If you would like to know more about the Credit Union or to be kept in touch with its progress, or indeed if you might like to join our group of volunteers, please get in touch with our Chair, Stuart Pate (stuartpate.kendal@btinternet.com), or our Secretary, Peter Bowker (bowker.p@gmail.com).

SHEEPFEST 2015!

Saturday 12th September
to Sunday 20th September

Farfield Mill and Pagoda Community Arts Liverpool combine with Sedbergh to celebrate our heritage as a wool town and the Chinese Year of the Sheep!

What are your favourite memories of Sheepfest 2014? Mine the church bells pealing to signal the start. The queue of kids outside the vets waiting to deliver a lamb and a little boy dragged away shouting 'I want to born it again, Granny! I want to born it again!'

Reading two of the 650 secret dreams that fell off the Technicolour Dreamcoat '*Just a lot more choklat*' and '*I wish everyone in England had the benefitt of living next door to a Gregg's bakary*' Not world peace, then... The moment at the top of the church tower when Tony Reed-Screen realised the abseiling sheep he'd agreed to secure on the end of his rope was sitting in a very heavy wheelchair – a scene straight from Dad's Army. Dennis looking wonderful in yellow. The play at Farfield based on the Mill.

The extraordinary artistic talent that was revealed in so many people. The amazement of the visitors. Everybody talking to each other. Everybody smiling - and a few crying. But in a good way. Can we recreate that experience this year? To give Sheepfest 2015 an extra dimension, we've invited some guests from China. For Technicolour Dreamcoat think dragon; for workshops think paper-cut butterflies and for



entertainment Chinese Youth Orchestra, lantern parade and fireworks. But guests don't take over. This is still Sedbergh's show, and utterly dependent on the community to produce the goods again. A support group has been meeting every fortnight to share ideas, we're about to finalise the 9 day programme which will be on Farfield's website mid-July.

In the meantime – blessed are the sheep-makers! I will be at the People's Hall between 10.00 – 12.00 on Saturday and Sunday 11/12 July.

Drop in for a free coffee – there may even be custard creams – to discuss your ideas and book a workshop or more with Arts Sense - for many people the highlight of last year.

And, no, your sheep doesn't have to have any connection to China!

Anne Pierson
20489 or 21958 for any queries

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JULY GARDENING

The first flush of hybrid tea and floribunda and repeat flowering shrub roses should now be well underway and will hopefully be followed by a succession of colourful blooms for weeks to come. It is always important to remove fading blooms to promote new flower buds and prevent the plants putting much needed resources into the production of seeds. I usually take the opportunity to give my roses a light pruning whilst I dead head them. I cut back the old flowering stems to a healthy, outward facing bud (about half way down the stem) to encourage the bushes to "break" and form new flowering stems. I also give rose bushes a dose of fertiliser this month. Roses are hungry feeders and quickly exhaust the food supply in our thin soils. If we wish to keep them in flower through the summer and into the Autumn, (and even winter in a good year), we need to provide them with a fertiliser

which contains a high proportion of potassium, or potash. As well as encouraging flower bud formation this also has the added advantage of ripening and hardening stems, making them much more resistant to frost damage.

Many other flowering shrubs also benefit from high potash fertiliser, and an application at this time of year, on spring flowering shrubs, climbers and fruit trees should provide a wealth of flowers next year.

Ericaceous shrubs such as Rhododendrons and Camellias may also benefit from a good feed, particularly if their leaves are showing signs of yellowing. They need a different type of fertiliser – one which contains trace elements such as magnesium, iron and manganese. The nutrients are in "sequestered" or "chelated" form. "Plant tonic" and Sequestrene" are two readily available products which fit the bill.

Elaine Horne

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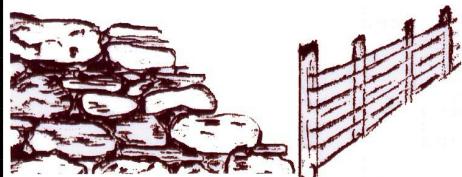
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FAMILY MUSINGS

The Ordination of Rev Andrew Woof at the Free Methodist conference at Fulwood F M Church was awesome. As he and Tina were prayed for and as he made his promises to God there were tears of joy in peoples eyes. Such a lot of people were there from Carnforth FMC where he is a Pastor and quite a number of family. Hubby and I were proud enough to burst, but we didn't because it would have made a bit of a mess, or a

"scrow" as my Dad used to say!

Meantime life continues as ever busy with weekly trips to Hull to support my auntie. For those wondering how my Dad had a sister no one knew about. he didn't. M is a more distant relative, "auntie" is a form of endearment. Hard at times but we make allowances for age and infirmities, ours and hers.

The grandchildren continue to grow and develop and are such a joy to us. In the greenhouses Grapes are forming and we are picking strawberries and raspberries and the gooseberries are coming. London Pride is in flower in the garden and we are in danger of swomping by Ladies Mantle but it keeps weeds down. Enjoy the fruits of your labours.

Sarah

COMMUNITY GRANTS

Are you a community group looking to raise funds for a community project or initiative? South Lakeland Local Committee has set aside funding for Community Grants in 2015/16. If your project meets local priorities and benefits the wider community you may be eligible to apply for a Community Grant from Cumbria County Council. Grants are available for voluntary, non-profit making community groups and organisations who can demonstrate that their project will benefit the local area.

For more information and to find out if you are eligible to apply for a grant, please contact the Area Support Team for South Lakeland, on 01539 713447 or email

cherrie.trelogan@cumbria.gov.uk.

Zoe Sutton

DENT & SEDBERGH ORAL HISTORY SOCIETY

Telling it like it was

Members of the Dent and Sedbergh Oral History Society joined others from the North West in a Lancaster University oral history study day led by national and international specialists. Among the presenters were Anthea Boulton and Veronica Whymant from the Dent and Sedbergh Society.

Accompanied by her guide dog Sophie, Veronica gave a moving account of how, with the aid of special software, she as a severely visually impaired person, was able to specialise in editing and archiving recordings and transcripts of oral history interviews.

Anthea spoke of her experience, over twenty years, arranging the recordings of nearly a hundred Dent, Sedbergh and Garsdale residents whose memories stretch back to the 1920s and '30s. In a powerpoint presentation she played extracts from the Oral History Society's archive covering the dramatic changes in dales life, from horse to tractor in farming, from oil lamps to electricity in the home, and from pony and trap to the motor car.

In September the Society will publish the first of two major books, *Telling it Like it Was: Dent and Sedbergh in Living Memory*, edited by Anthea and Veronica. Drawing on the archive, they include extracts from no fewer than sixty nine current and



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former local residents, the oldest born in 1905. They recall their childhood, schooldays, the old farming practices, church and chapel life, women's work, love and marriage, and how they entertained themselves before television.

There will be two special events to launch the book, the first in Dent Memorial Hall on Saturday morning, September 12th, and the second at Westwood Books, Sedbergh on the following Saturday morning, September 19th. Everyone is welcome to drop in and meet Anthea, Veronica and some of the contributors. Look out for more details in the September *Lookaround*.

Meanwhile, *Lookaround* has invited the Society to contribute a few

extracts every month. Here's a taster to whet your appetite!

"I learnt to swim in the river and there was about four pools around the area and a lot of youngsters, most of us, had swum in the river. And there was one in the Clews at Rawthey down below Settlebeck, the meeting of the waters in the Lune and Rawthey, and then there was quite a nice pool above Killington bridge which we swam in, and then there was Bond's Holme wood above Broadrain Mill. We swam there and we used to build a fire and go down and roast potatoes and what-not and end up having a feast. We were into our teens, the boys and girls as they were, there was nothing untoward and it's amazing really because there was no ... I mean they used to get dressed with towels round and sometimes towels used to drop and you saw what you shouldn't but nobody ever bothered..."

Leslie Robinson, born 1930

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CHRISTIAN FESTIVAL

DDCF Weekend Festival in the Dentdale valley: All welcome

Dentdale Christian Fellowship would like to invite you to join our Christian Festival from Friday 7th - Monday 10th of August 2015 at Dent.

This festival is an expansion of our gatherings, where we meet monthly to encourage each other in our Christian walk, sing praises to God, support and pray together. Someone often shares their testimony on God's powerful love, help, and grace to them. He has intervened in people's lives in the most astonishing ways. Come to the festival and hear their amazing stories.

We will also be holding a number of different events, which are designed

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to encompass everyone, wherever you are in your journey with God. These are designed to ignite, encourage and to develop your relationship with Him and each other. We have put together a programme of activities to suit all. There are sessions for all; men, women and children.

For full details of our events and programme please see our website www.dentdalecf.co.uk or ring 015396 25212.

Camping is available at the Millbeck site at Dent.

Bookings can be made for the festival and / or camping on the website or tel no above.

Heidi Boardman

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SIGHT ADVICE SOUTH LAKES

On Tuesday 16th June, members and volunteers of the Sedbergh group (+ one guest) converged on the Fat Lamb in Cautley for our Summer Lunch.

The drive from Sedbergh was enjoyable in itself as it was a beautiful summer day and the trees and wild flowers were looking their best.

Fourteen of us were due to attend originally but in the end, only ten of us were able to be there for various reasons. Sadly illness being one of them so Rosemary, Winifred, Doris and May, our best wishes for a speedy recovery.

George had fallen victim to the change in local bus times! We

missed you all. However, the rest of us had a most delicious meal in good company and enjoyed trying to guess the locations of the photographs on the menu cards, courtesy of Dennis!

There was an animated discussion on various topics as we “put the world to rights” and exchanged ideas over the coffee and after dinner mints.

We are already looking forward to our “Christmas” meal in November - these get-togethers are great fun.

We meet at 2 pm in the Peoples Hall on the third Tuesday in the month, however our next meeting now is in September. New members and volunteers are always welcome, as are guest speakers!

S.E. Harper

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SEDBERGH HOLIDAY CLUB 2015

The Holiday Club will be held at the People's Hall from Monday 27th to Friday 31st July 2015, with a special event for children & families on the morning of the following Sunday 2nd August.

Open as usual to children of primary school age, 5-11 years. Children already at school or starting in September 2015 are eligible. The Club runs from Monday to Friday 10.00am – 12 noon.

Registration forms can be collected from early July at Smart Office, Main Street, or the Tourist Information Centre at 72 Main Street. Also downloadable from the Holiday Club website –

www.sedberghholidayclub.co.uk

Completed forms must be returned in hard copy by Monday 20th July to the Visitor Centre. It is not possible to register online.

The Holiday Club will culminate in a special celebration event at the People's Hall on Sunday 2nd August at 10.30am. This will be for the children and families, and will include some of the activities we enjoyed throughout the week.

Please encourage your children to come along during the week, and plan to join them on Sunday 2nd as they share some of their special memories.

Thank you for your continuing support. *Sandy Roy, Holiday Club*

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Thursday, Friday & Saturday nights open to non residents from 7.pm – booking essential

FRONT GARDEN MATTERS

Are you part of a growing front garden trend? Research by the Royal Horticultural Society has found that the number of front gardens being paved over in Britain has tripled in 10 years. The reason that this can be an issue for our communities is that paved gardens exacerbate flood problems. Concreting or paving increases the risk of flooding, the RHS said, since the impermeable materials typically used to cover a front garden cause water to run off into drains rather than be absorbed by the soil.

The Society is calling on owners to consider permeable paving and to use more potted plants when gardens

are already paved.



If you would like any information about flooding, and how to reduce the impact if your property is at risk, please call Debbie Binch on 07917 263 789 or email debbie.binch@environment-agency.gov.uk

NEIGHBOURHOODALERT

Action Fraud has seen an increase in the number of small to medium sized businesses being contacted by fake bailiffs requesting payments for a phantom debt.

The scam involves the business being cold called from someone purporting they are bailiffs working on behalf of a court, attempting to recover funds for a non-existent debt. The caller will then request payment by means of bank transfer and if this is refused, will threaten to visit the premises to recover the debt that is owed.

A range of different businesses are being targeted; including Nurseries, Manufacturers, Hotels and Taxi Services.

Protect Yourself

- Confirm what the debt is regarding; bailiffs are only used to recover certain debts such as council tax, child support and compensation orders. Bailiffs are not used to recover debts relating to private advertisement; these would be collected by debt collectors. Debt collectors do not have the same legal powers as bailiffs and will not have special court authorisation to act. For more details regarding this, please look at the [Citizens Advice website](#).
- Double check with the Court or originating company to confirm whether the suspects are legitimate; if you use a landline

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- make sure you hear the dialling tone prior to dialling as the suspects could still be on the line.
- Request details of the debt in writing to access its legitimacy.
- Do not feel rushed or intimidated to make a decision based on a phone call.

If you, or anyone you know, have been affected by this fraud or any other scam, report it to Action Fraud by calling 0300 123 2040 or visiting www.actionfraud.police.uk

NEIGHBOURHOODALERT

Cumbria Trading Standards has received numerous reports of letters being sent to Cumbrian consumers which claim to come from the People's Postcode Lottery and state

that the recipient has won over £800,000.

A consumer reports that when he contacted the number on the letter he was told to send £1,900 and his winnings would then be paid into his bank account or he would receive a cheque.

These letters come from scammers and consumers should never send money or give out personal bank details or other information. If you receive one of these letters please report it to Trading Standards via the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org.uk

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warning residents in the Sedbergh and surrounding areas, of doorstep sellers.

There have been reports of sales people from a solar panel company using high pressure selling techniques.

The law gives rights to consumers in relation to doorstep selling, which is usually a 14 day cooling off period for goods and services over £42 (there are some exceptions). Reports received indicate that the sales people involved are pressurising consumers to waive their cancellation rights.

If residents are considering having such works carried out at their homes, the best advice is to shop around and obtain quotes from local

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companies which may have been recommended, rather than agree to use an unknown company which may use very persuasive but dishonest selling methods.

Remember

- Don't let uninvited doorstep sellers of any kind into your home
- Look out for those who are vulnerable within your neighbourhoods and family
- Report suspicious activity to Trading Standards or the Police

If you have any concerns regarding door step sellers please contact Trading Standards via the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit

www.adviceguide.org.uk

LADIES NFU

The May meeting was held on the 19th with seventeen members looking forward to hearing about Lambing Live with the Marston family.

Rachel Marston had brought along her two girls who had grown apace since filming took place at their farm near Kirkby Stephen four years ago.

It all started with someone suggesting to the BBC that the Marston family and their farm would be suitable for their programme. Lots of visits and discussions took place and then it was all systems go!

First a small committee from the BBC had a good walk all round the farm and land and then decided how things should go. Then the farm was full of HUGE vehicles - Lighting



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equipment, catering facilities, security base etc., etc. In all more than one hundred people were involved with the film in one way or another.

Kate Humble arrived and proved to be a lovely, friendly, down to earth person who the Marstons got on well with. We saw bits of filming, but we just loved how they had made a short film of the two girls! The girls introduced themselves and then proceeded to demonstrate how they attended to their daily chores - sweeping up the farmyard. This was speeded up at the end and looked so funny. One of the nicest things was that Rachel and family got on os well with two female BBC committee members that they are now great friends who visit each other regularly.

Many thanks to Rachel for sharing the making of Lambing Live with us!

A short tea break followed. The raffle winner was Hazel Jackson. Final arrangements took place for our Summer Outing to the pre-sale viewing of auction goods at the 1818 Auction Show Room.

Visitors and new members are always welcome.

M.M.

DENTDALE CHRISTIAN FESTIVAL

**Friday 7th August to
Monday 10th August**

Events & Activities

For all ages

Full Details Soon

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KILLINGTON WI

THE AFTERNOON WI FOR THE
ENTIRE DISTRICT

FLAMING JUNE! Yes, for sure!

We certainly have had some lovely days this month but by no means all. Even in early June we have been nervous about exposing the bedding plants to the northern breezes. And we, at Killington WI, are tender flowers too, though perhaps you wouldn't guess it. Over the last week I have noticed that the light green of spring has been overtaken by the lush, darker greens of summer. We were sad this month to bid farewell to one of our Founder Members, Nora Capstick, who has died at the age of 98 – a long life, well lived. It was a glorious day as she was buried in the secluded and beautiful Killington churchyard. She loved the sunshine and it shone for her to the last.

Our speaker this month also brought us joys from our glorious countryside

with her talk entitled "The River Lune" Christine Rafaat chose an interesting slant on the subject, dealing with the how the Lune and its valley has influenced transport and industry over many centuries.

We were also entertained by our secretary, Susan Sharrocks, who told us of her experience as a guest at the Buckingham Palace garden party – another event to celebrate the centenary of the WI in Britain. It had been quite a windy day and many hats had to be chased around the garden. Susan came to our meeting dressed in her "outfit". I wouldn't go so far as to say that it put the rest of us to shame, but we were very favourably impressed. Thank you for representing us, Susan.

Another member who has represented us this month is Wendy McLean who also travelled to the metropolis on our behalf. She represented us at the WI National AGM at the Albert Hall. She watched the Queen cutting our very special birthday cake. Wendy had not returned from London by the date of our meeting so we will have to wait until September for a full report.

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However, we did learn that the resolution (see last month's Lookaround) was **NOT** passed.

We do not have a usual meeting next month as we shall be enjoying our own Annual Garden Party. This year we shall enjoy a new venue at the home of Sally Cragg, one of our members. It is not near to a river but I did see a lily pond at the front of the house. Is it deep enough for a swim?

In August we look forward to our annual outing. We shall be visiting Salmesbury Hall and Ribchester, so culture and education to the fore. We shall of course enjoy a good "jolly"! Several of us are also looking forward to a visit to Heysham Nuclear Power Station next month so, if you notice a

subtle glow around us, you will know why! As an ex-geography teacher I am really looking forward to this. (the visit, not the glow!)

As for the rest of the meeting- to summarise:- happy members, lovely tea, sound finances, excellent feedback from our Lune Valley group meeting, competition winner- Valerie Cann, raffle winner- Edith Gerrard. Life goes on.

Wendy Fraser-Urquhart

SEDBERGH W.I.

A beautiful summer's evening with sun streaming through the windows of the committee room at the People's Hall was a suitably cheery setting for our meeting on 10th June



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We often have vacancies for Kitchen and Cleaning Assistants, and for other roles from time to time. Some roles are based in Sedbergh, and others are at Casterton (Sedbergh Prep School).

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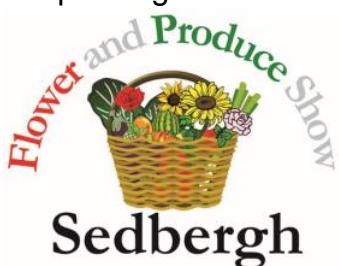
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We look forward to hearing from you.

when we welcomed our speaker, Jackie Huck from Orton. Jackie, a keen WI member herself, regaled us with readings of her own poems, including some from her anthology "Cats like Me", and excerpts from "Salt and Pepper: Into the Cruet", an amusing novel she had written about the life of a nursing cadet, based largely on her own experiences in Lancashire, but which rang very true with the training experiences of some of our own members who had worked in the nursing profession. Gaynor thanked Jackie on our behalf for a very entertaining evening.

Only five members of the book club were able to meet at Valerie's home next day but four of the others had passed on some comments about the

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book we had just read. This was "The Coffin Trail" by Martin Edwards, the first in a new series called "The Lake District Mysteries", set in the fictitious "Brackdale", which some of us thought might be in the Staveley area judging by some clues. It's always fun to read about places you know, but there were some things here that just didn't ring true to some people in the group. It was an easy, entertaining read, however; we felt involved in the mystery and an average score of about 7 was estimated.

The June walk, to be led by Ellen, will take in the Aysgarth waterfalls and the pretty village of West Burton, returning via the Templars Chapel.

Our next meeting, at 7.30pm on Wednesday 8th July in the committee room, will be a flower-arranging demonstration by Joan Bentley, so we are looking forward to an inspiring evening! Visitors will be made very welcome.

Moira Folks

DENTDALE W.I.

We are now halfway through the WI Centennial year. Our June meeting was well attended and we welcomed

three visitors. We began our business meeting with a report from the recent Lune Valley Group meeting hosted by Killington WI. Nine of our members attended the evening and were thoroughly entertained by the speaker who gave us a unique presentation of the history of the Punch & Judy complete with puppets, followed by a delicious supper. Two of our members had attended the Brewery Arts Centre, Kendal where a live screening was shown of the National Federation Centennial AGM from the Albert Hall in London. We are looking forward to hearing an in depth report of this meeting from our Link WI member who attended as representative of the Lune Valley

group. Details of two outings were finalized. The first to Holehird Gardens, Windermere which includes a talk by the head gardener. Secondly our summer outing to the historic Dalemain House near Ullswater. Both promise to be interesting and enjoyable events. Our Craft group who constructed a working puppet as a competition entry for the recent Group meeting is continuing to meet weekly and any interested members were encouraged to 'come and have a go' or just come for a cup of tea and a chat. Two of our members recently attended another special celebration, a Royal Garden Party at Buckingham Palace. They gave a brief description of their 'experience of a lifetime'

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Sheepfest 2015!

Saturday 12th to Sunday 20th September

*But the pain was worth it!
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people and who could resist
Joseph in his coat of many colours?
Certainly not Josephine.
And who knows what 2016 might bring?
The patter of tiny hooves, perhaps?*



including photographs and are intending to provide a written resume which all members can read at their leisure. The business meeting concluded with details of plans for a local Family Quiz night to be held in October in order to raise funds for our chosen charity this year, Manna House.

President Marion Feltham then gave a warm welcome to our entertainer for the evening, folk singer Jacqui Macdonald. Jacquie accompanied by her musical partner Roy presented a programme entitled 'Singing my Travels'. Jacqui had travelled widely throughout her career and had met and worked with many well-known names in the musical world. The duo had us all singing along to most of their repertoire with tunes and songs from across the world ranging from Liverpool UK , Ireland, Canada, United States, Australia and Germany. With witty repartee and jokes we were all thoroughly entertained. Member Chris Taylor shared her experience of seeing Jacqui perform in Germany years earlier whilst she herself was working there. We ended the evening as

usual with tea and biscuits including some scrumptious chocolate brownies.

New members and visitors are always welcome to join us. Our next meeting will be on Wednesday August 12th which will be an Open meeting including a Jacobs Join supper.

Thelma Belfield

HOWGILL W. I.

The June meeting was held at Firbank Church Hall. Mary Silva was in the chair as Bridget was representing us at the Centenary AGM held at the Royal Albert Hall in London. We are looking forward to hearing her report next month on this special event.

Five members enjoyed the Lune Valley Group Meeting. Entertainer Michael Diamond gave an evening of fun and magic. The competition cup for a puppet in a shoe box was won by Barbon WI for the second year running. Lesley Hennedy was thanked for making our entry. Thank you Killington WI for a most enjoyable evening.

Final arrangements were made for

our day at Cartmel Races where we enjoyed a jacobs join lunch before testing our skills on backing some winners.

Mary introduced our speaker Georgia Houghton, who most of us know as a practice nurse at Sedbergh Medical Centre. The subject was Diabetes, a common life long condition. There are 3.9 million people in the UK living with Diabetes and another million are unaware they have it. We were given symptoms to look out for and ways in which we can prevent it developing by maintaining a healthy lifestyle and diet with regular physical activity. Diabetes can be successfully treated by administering Insulin. Mary thanked Georgia for the

in depth understanding of the condition.

The competition for an arrangement of weeds in a teacup was won by Mary Stainton with Mary Silva second. Lesley Kennedy went home with the raffle prize. In the social half hour Jackie Hooley read snippets from a book featuring interesting tales of what life was like in Howgill and Firbank in the 1950's. The meeting was brought to a close with our usual jacobs join.

On 2nd July Pat Ascroft will be sharing her experiences of her trip to Iceland. Do join us at Howgill Village Hall. Visitors and new members will be given a warm welcome.

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SEDBERGH & DISTRICT HISTORY SOCIETY

Walk on Frostrow Fell

On the afternoon of Saturday, 23rd May, 15 members of the Sedbergh and District History Society met at High Branthwaites , Frostrow, to be warmly greeted by Barbara Hartley, her husband Derrick, and very warmly by their golden retriever Charlie.

The purpose of the visit was to explore an area (roughly 2 sq km) of the upper Frostrow Fells beyond Low and High Branthwaites (old farmsteads) in order to identify some interesting archaeological remains. Barbara, who guided us on the walk, had studied at Leicester University and had developed a keen interest in

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archaeology. Some 10 years ago, having moved to High Branthwaites, she had set about exploring the open fells and, on her first dig, had immediately discovered items probably dating back to the Neolithic/early Bronze Age periods: a scraper, a brown chert flint (originating, it transpired, from Derbyshire) and a stone polisher (from East Yorkshire). These and other artefacts were passed around the group in the parlour prior to setting out on the walk.

In fine, clear, sunny weather the group climbed the steep bank onto the open rough fell in a south-easterly direction, approximately in line with the bridleway which follows above the course of Holebeck Gill over towards Dent. The first stop was to look at a vaguely rectangular arrangement of stones on a slightly raised area, likely to be the site of a shieling, possibly of Viking origin, where shepherds would have made a rough shelter for their sheep and goats. In close proximity were two others, rounder in shape, but all three with excellent visibility of the hilly pastures. The third of these was next to the spot where Barbara

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had used her spade for the first time as part of her archaeological project for the university, finding the Bronze Age lithics just beneath the surface.

After crossing Holebeck Gill two more possible shieling sites were pointed out, as well as a vague line of piles of stones which may have marked an old parish boundary. Climbing further onto the crest of Longstone Fell (OS name) we observed a series of larger clusters of stones, more circular or elliptical in shape, which had all the hallmarks of barrows, or burial chambers. Sited just below the crest of the ridge, probably too high for human habitation, these looked right across the Rawthey and Lune valleys to the Lakeland hills, a possible source of trade through the region of Neolithic stone axes. Also clearly in view on the hillside above us was the ring cairn, again an ancient burial site, actually marked on the OS map.

Our wanderings were not yet over. To the south, back in the Holebeck valley, we reached 'Dry Tarn' – not dry after a wetish spring – a hidden gem of water, seemingly artificially raised, cradled into the hillside. A

couple of hundred metres lower down the valley lay another quite extensive area of rough scattered stones, quite possibly evidence of human habitation. This, together with a nearby mysterious semi-circular structure part-obscured by reeds, proved the intriguing culmination of our afternoon's explorations.

Back in Barbara and Derrick's house after nearly 3 hours on the open fell, we were generously treated to tea, cake and wine while ruminating over what we had seen. As Barbara had suggested, it would surely merit an organised dig at some point in the future.

Michael Beecroft

SEDBERGH & DISTRICT HISTORY SOCIETY

On a perfect June evening a small group of members congregated in Kirkby Lonsdale market place at the start of a walk around the town. Before we set off, Mike Kingsbury

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who was to lead the walk gave some information about our surroundings. He told us that a charter for Kirkby Lonsdale market had been granted in 1227. However, the market had only been on its present site since 1822 when it was created from the gardens of Jackson Hall (now the King's Head Hotel). Before that time it had been situated at the other end of the town where the old market cross now stands. The present market cross, although based on a much older design had been donated in 1905 by Rev. Llewellyn Davies in memory of his wife. Mike drew our attention to the King's Head Hotel which with its elegant Georgian facade is the oldest structure in the market place the other buildings having been

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constructed later in the nineteenth century and in the twentieth century. He also mentioned that we would see very few pre 18th century architectural features in the town centre, due to the fact that there had been two major fires in the town over the centuries, the most disastrous of which had destroyed much of Main Street in 1776.

Leaving the market place, we walked westwards up New Road which had been built in 1821 by cutting through the site of the recently burnt down Rose and Crown Inn. On the left hand side of the road Mike pointed out a former Sandemanian Chapel which now houses the town's library. At the top of New Road is Abbot Hall Farm, one of the oldest buildings in the town. It was rebuilt in 1632 and retains some original features. Turning left, we walked part of the way down Mitchelgate which was originally the main road to Burton. We passed some small houses which were built in the 18th century as dwellings and workshops. A right turn took us back to New Road. Crossing the road, we entered an alleyway called Tram Lane This



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led to the southern end of Main Street where Mike showed us a Grade 11 listed milestone. This informed us that we were 250 miles from London.

As Mike guided us back past the market place and along the shopping area of Main Street, he mentioned that only one building (the one which was now an ironmonger's and garden shop) had escaped the 1776 fire and the modernisation of the reconstructed street. We followed Market Street around to Fairbanks which had been the turnpike road to Kendal. Our route then took us through the churchyard and past St Mary's, the mediaeval parish church, named after St Mary's Abbey in York which had owned land in the town. A few steps from the churchyard Ruskin's View provided an impressive panorama of the Lune Valley on such a lovely, warm, still evening.

The final section of Mike's guided walk took us to the area east of Main Street. Street names like Swinemarket, Horsemarket and Cattlemarket indicate that this had been the trading hub of the town and the old market cross stands in a small square on Mill Lane. There is no evidence of the seven mills that had

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been situated on Mill Brow, a steep hill which leads down to a ford across the river. Halfway down the hill is The Old Manor House, a substantial dwelling with a 17th century decorated front and evidence of an earlier building inside. At the bottom of Swinemarket a narrow thoroughfare called Jingling Lane led back to the market place.

Thanks were due to Mike for giving us such an interesting evening. Even members who thought that they knew Kirkby Lonsdale quite well learnt a considerable amount about the history and layout of this attractive town.

Julie Leigh



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SETTLEBECK NEWS

Well done to our Year 8 chemists - Megan Iveson, Rosemary Kelly, Jarvis Johnson and Murray Child, who represented Settlebeck in the Salters Chemistry Festival. Salters is a national festival held at the University of Manchester. Teams from all around the country compete against each other to demonstrate high levels of practical skills. The students had to analyse who had committed a murder in the salt mine by forensic testing and then design and create a timer using a chemical reaction. The day was finished off by watching a Flashes and Band show demonstrated by Dr Agger from the University of Manchester. Thanks as well to Lyndsey Goodyear and Susan

Murray who accompanied the group.

Year 11

It's been a sad few weeks as our wonderful Year 11s complete their time at Settlebeck. We had our traditional water fight which is always great fun and this year, thanks to Mrs Oxley, saw shaving foam pies in addition to the water balloons, buckets and water pistols! We still have our annual trip to Blackpool to come and the prom in July, which is always a really special occasion for both students and staff. They have really been a wonderful year group. We will miss them and wish them every success in the future.

Enterprise

Year 7 and 8 students are currently working on an enterprise project as

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part of their PSHE lessons. Their brief is to produce a decorated trainer to rival the 'Nike Glitter'. Students have been working in groups to complete the task and will be competing against each other. As part of the task they have had to assign roles such as managing director, marketing manager, finance director, produce cash flow forecasts, create the marketing campaign and produce the trainer. The project will culminate in a series of presentations by each group to a panel of judges.

Author Visit

A group of students went to Lancaster for the launch of Robert Muchamore's latest book – a firm favourite, particularly with the boys at Settlebeck. They got to hear him talk about his book as well as receive a free signed copy.

In the up and coming weeks we will be working hard on our project for a float at this year's Kendal Torchlight Festival. With a massive thank you to Colin Parker for allowing us to use his lorry, we are really looking forward to the project. If anyone has any creative talents, be it sewing, papier maché, costume design or is just generally good at making things, then

please get in touch with us as the more the merrier!

Settlebeck Sport

The start of the athletics season saw some fantastic performances at the District Athletics Trials held in Blackpool. Three of our students performed so well that they were selected to represent the South Lakeland district and compete in the County Trials. Cara Ellis competed in the 100m, finishing strongly in her heats to make it to the final. Veteran county athlete Katie Woof finished her 5-year Settlebeck county career by performing strongly in the 100m and long jump, finishing 5th in both. Allan Brian also finished high in the field in his long jump and triple jump events. Well done to you all.

After being delayed by bad weather, which seemed to always happen on a Tuesday, The Satellite Club link has taken off between Settlebeck and Kirkby Lonsdale Golf Club. As the club has a contracted golfer, we have been able to form a partnership with the help of Active Cumbria. This entitles our students to free golf lessons at the club and also free membership to the club. I'm sure you will agree this is a fantastic

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opportunity for the students.

Summer term brings the sunshine to the dales (hopefully) and it is this time of year I often am considered to have an enviable job, working outside in the sunshine, playing sport all day. As far as I'm concerned, it is my perfect job all year round, especially working at a school like Settlebeck where the students are so determined and committed, not only in their sport but also their whole school ethos.

SEDBERGH PRIMARY SCHOOL

Sedbergh Sports Evening is once again upon us! My thanks go to the Sedbergh Sports Committee, Howgill Harriers Running Club and Sedbergh Primary School PTFA for organising such a memorable sporting event for

all the family to enjoy. I would also like to express my gratitude to all the local businesses who have generously donated funds to finance the running of the event. Also, huge thanks go to Mr and Mrs Andrew Pratt. The use of their field truly provides a unique and picturesque setting for the evening.

So why not come along on Friday 10th July at Buckbank Farm. The gates will open at 5pm and the races will begin at 5.30pm.

This is a real family event with BBQ, drinks and ice-cream. All proceeds will go to Sedbergh Primary School. We would like to use the money to buy books to encourage the enjoyment of reading and give our library a thorough make-over.



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GRAYRIGG SCHOOL

School goes from strength to strength



To celebrate the recent successful OFSTED report, in which the school was judged GOOD in ALL areas, staff and governors of Grayrigg School treated the children to a fun day of circus skills with Hull based company "AVAGO CIRCUS". The school has been through a sustained period of improvement since being judged inadequate by OFSTED in June 2012. The new staff team and head teacher, Kirsty Cooper have thoroughly enjoyed the challenges of the last few years and are pleased

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with the OFSTED outcome. Mrs Cooper said

"It has been an amazing journey and I can't thank the staff, governors and parents more for the loyalty and commitment they have shown towards our school. I love leading our unique small school, where no child is ever invisible."

School leaders were particularly pleased that the OFSTED inspection recognised the school's strength in developing the whole child.

"The head teacher knows every pupil at the school very well. She is highly ambitious for each pupil's personal development and academic achievement." OFSTED APRIL 2015
All staff agree that the challenges of



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the last three years have been outweighed by the rewards of working with such wonderful children. In a letter to the children the head teacher wrote

"There are times when I have worried, there are times when I have even cried over the past few years but every time things have been hard, I only have walk into my classroom to know why the hard work is so important. After long, challenging (and a little bit boring) meetings with important people - it is you lot that have kept everyone going. You have embraced all the changes we have made and given us some great advice. Most importantly, you make every day at GRAYRIGG fun filled and fantastic."

The Ofsted also recognised how the school uses its rural location to get the best out of the children...

"Pupils experience a rich and vibrant curriculum. Learning outdoors, trips and visitors to the school capture the imagination of pupils. For example, caving forms an integral part of the science investigation for Key Stage 2 pupils this term. All pupils participate in weekly outdoor learning, usually in a nearby forest. This teaches pupils to assess risks in their own locality, while learning about science, natural history, geography and enhancing their skills in design and technology."

OFSTED 2015

The staff and children had a wonderful day learning circus skills - the children even managed to get



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their head teacher on the tight rope and a unicycle. Mrs Cooper said

"The whole day has been wonderful and a fitting thank you to the school, as the tricks and skills used in circus performances require trust and team work - the very things that we do best!"

Kirsty Cooper

SEDBERGH SCHOOL NEWS

The second half of the term is still occupied by exams, but the year begins to run down. Once the last year pupils have finished their exams they tend to go home, unless they have sporting or other fixtures to meet, returning only for the Leavers' Ball at the end of the month. Next year's officials such as prefects and captains start to move up to practice

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their responsibilities.

At the Prep School Year 8 (1st form for those of us still unable to cope with years) went to France for half term. This had an unfortunate effect for Mel Sproul and Elle Heathcote who both had starred at the Athletics District Trials and had an excellent chance of selection for the County Team. They were away in France at the time of the County Championships. But they are young enough to try again next year in the same age group. Also starring was Lydia Huby (year 7) in the Blackburn Festival of Music, Speech and Drama. She won her piano class with the highest mark across all the junior classes and came third in singing. She was elected sole representative of Blackburn Diocese at the national final of the Prayer Book Society's Cranmer Awards early in 2016.

In the week before half term the junior half of the upper School put on a production of *Killed*, a play about a boy who got lost in the melee of the battlefield in 1916 and was shot for cowardice. An effective end was the roll of honour played slowly down the screen (which included my great

uncle).

Speech Day was the true beginning of summer – a perfect day with Sedbergh showing itself off to its best advantage, lunch on the House lawns, and sports in perfect weather. The speaker was Lt. Col. the Rev'd Nicholas Mercer who was Liberty Human Rights Lawyer 2012 for his work in highlighting human rights abuse during the Iraq war. He spoke about education as a right preserved by the Human Rights Act, and concern about its recall. Also on Speech Day there was an impressive exhibition by the Design and Technology Department, which included a table made for Evans House hall, and a coffee table for the Headmaster's study.

Despite the First XI's bad time during the first half of the term they emerged as T20 champions for the North West. They also beat Lancaster Grammar by 7 wickets. Winder won the house match by 7 wickets against Evans. The sailors, having had to battle with gale force winds earlier in the term had to content with almost no wind at all at Bassenthwaite. Three girls have been selected for the Junior Regional Performance hockey trials at Durham. Johnny Campbell who won the Wilson run came second in the Hawkshead 10 k run in 34 min 43 sec. Alastair Crossdale and Alex Moon have been selected to the England under 18 rugby team on tour to South Africa, and Old Sedberghian Alex Wootton (left in 2012) gained his

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first full international cap playing in the Irish Rugby Sevens team.

William Ross won a gold medal and Charlie Bell won a bronze medal in the National Biology awards. Four pupils competed against 16 Northern schools in the Salters' chemistry Day and came second overall. George Wainwright is a finalist in the TDI Challenge putting him in the top six in the country for his outstanding DT project.

Once every year the School hosts a Minor Counties Cricket match, and this year it will take place on 5th, 6th and 7th July, and with be Cumberland v Lincolnshire.

A combined force of almost 60 boys, girls, staff and parents from both the upper School and the Prep School volunteered for the Great Northern Swim in aid of the Great North Air Ambulance on 14th June. The ladies' team came first by three minutes, the mixed team second and the male team third. £4,500 was raised for the

Great North Air Ambulance.

Powell House's Tug of War competition in aid of Hope and Homes for Children, their chosen charity, took place on the same day. As well as the tugs of war there were inflatables, penalty shootout, Zorb balls, stock, a tombola and ice cream, hotdogs and drinks. It was very successful and perhaps not surprisingly Powell House won. We look forward to a strong challenge from the Town next year. The event raised over £2,000 for the charity Hope and Homes

At the Prep School the successful Fayre took place, again on 14th June. And on 26th June they will host The Big Sing 2015 involving 6 local schools plus pupils from the Prep School. There will be some 300 children taking part. The Prep School is also putting on two performances of Romeo and Juliet on 26th and 27th June.

During the School Holidays there



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are still events taking place. The CCF Army and RAF will be attending camp. Year 10 will be making a Battlefields Trip. There will be a trip to the orphanage the School supports in Kenya. The cricketers will be performing at the BOWS festival at Oakham, and A1 XI are taking part in the National North of England T20 finals at Netherfield. Then there is a cricket tour to Barbados. The Chapel Choir are making a trip to Paris. There is an expedition to Bolivia with the intention of climbing a volcano. The shooters will attend the Bisley Schools' Meeting, and the Imperial Meeting at Bisley. There is also a Rugby Tour to South Africa.

Once every year the School hosts a Minor Counties Cricket match, and

this year it will take place on 5th, 6th and 7th July, and with be Cumberland v Lincolnshire.

The National Children's Orchestra will be here again between 7-15 August. This year it will be the under 13s and they usually give a free "concert" in Powell Hall on their last day, which is really their dress rehearsal for the concerts they will give elsewhere. This is usually extremely impressive and is open to anyone who wishes to hear it.

There will be residential summer courses during the holidays in hockey, rugby, athletics, cricket, netball and horse-riding. And at the Prep School the Eden Community Outdoors, specialising in engaging children with nature through

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No special skills are required. The only essential is a keen interest and commitment to this school and this community. The most important thing you can bring is time, commitment and enthusiasm.

The governors meet once every half term (six meetings a year) for about one and a half hours each time with additional meetings as required for members of sub groups.

If you are interested or want to know more about the role then please contact Sedbergh Primary School on 20510 or email admin@sedbergh-pri.cumbria.sch.uk alternatively you could chat to one of the current governors.

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Fundraising

GymAid 2 – As predicted, the afternoon of live acoustic folk and popular music in the United Reformed Church on Sunday 24 May was wonderful. It raised just over £300 after expenses on the door, and we received an incredibly generous donation of £250. A grand total then of just over £550, which will be doubled by Gina Barney giving us total funds of £1,100.

The musicians, Brendan Lewes, Kev Kendal, Strings and Swings, and Triadic, are all so talented and gave their time for free so that all funds can go towards the fitting out of the gym. We also need to thank Carole

Marsden for allowing us to use the Church – a brilliant venue - everybody agreed that it has such good acoustics. And our massive thanks go to Ian Hutt who was so kind as to let us use his sound equipment AND stayed all afternoon setting it up, operating it and taking it down again – again giving his time for free. Then there were the really kind people who provided cakes, more than enough to keep everyone going all afternoon and really scrumptious, and the kind people who donated raffle prizes.

And last but not least thanks go to the audience who turned up and generously supported the event and enabled us to raise the £1,100 for our funds. There were some empty seats

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– such a shame to have missed the opportunity to raise even more.

Howgill Harriers – they have agreed to give us a donation of £500 in return for a 10% discount on gym subscriptions for a year for their members. Again this is a very generous gift to help us on our road to getting the gym open. Doubled up by Gina this gives us another £1,000.

No6 Finkle Street – Jacky Baines held a successful coffee morning on Saturday 6 June in her wonderful shop in support of the gym. She raised £130 which doubles up to £260 – so thank you so much Jacky.

Advance subscriptions – if you start a standing order for £10 a month now not only will you receive one month's free membership for every £10 you

pay now, but any new standing orders will attract match funding from Gina.

That leaves us with a balance of £3,820 still to raise to get the match funding from Gina. So come on you people who want this gym to open – get your thinking caps on and find ways to make Gina put her hand in her pocket for that remaining balance!

Open Day

We are still on track to hold our Open Day in July – probably late July but we do not have a definite date. This is a day for you to come on down to the gym, see what a great facility has been built, see what equipment we have, see what equipment we still need, and find out about subscription rates and how to join.

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Visit the gym's Facebook page where you can keep up with the latest ideas and developments. Or contact us on:

Sandra Gold-Wood (Chair) 21808
sangold.kwood@virgin.net
Rosemary Lewes (Treasurer) 20088
rosemary@rlcaccountants.co.uk

KILLINGTON SPORTS

Rainbows at Killington Sports

Damp weather and a doubtful forecast leading up to Killington's traditional Sports on the Thursday of Whit week didn't deter the regular supporters and participants from all around the Lakes and Dales, although overall attendance was down on recent years. The rain kept off for most of the evening apart from

a few heavy showers, - one of which finished with a magnificent double rainbow over Killington. There was a suggestion that we add an extra event – "Find the Pots of Gold"!! However, Killington Sports continued as usual with what is (at least) its 172nd. annual event – giving thought as to how we should perhaps celebrate the 175th. in 2018!

Much credit for another successful Killington Sports goes to the local Sports Committee for the preparation of the field on the very wet previous night and for the organisation on the night. However, they would like to express their gratitude once again to John Capstick for the loan (and early mowing!) of his field and to Killington Marquees for the provision of tents.

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The Sports Committee were also grateful for the assistance of the C&W Wrestling Association who provided the Judges, and to the Fell-racing Association who recorded all positions and times in the Fell Races for the benefit of their members. Excellent BBQ refreshments were provided throughout the night by Alison Thompson Catering, together with ice-creams from Roger Ingham's traditional barrow – while he once again acted as Handicapper and Commentator - entertaining the crowd with his humorous (almost politically correct!) but very knowledgeable commentary. The new illustrated programme of events was designed and printed by SmartOffice, Sedbergh.

The evening featured a good range of events including the usual Field-running, Fell-racing (both on foot and on Mountain Bikes), and Cumberland & Westmorland wrestling. These were interspersed with the usual fun events such as Tyre-, Potato-, Three legged- and Sack-races, Pillow-fights and Egg-throwing. The usual side-shows included a Coconut Shy, Pitch-penny, Horse-shoe and Quoits and were all well patronised.

Although all events had a good level of entries, often requiring several heats before the final race, the most popular events of the night were once again the Fell Races which had, in total, over 200 entries. This number was dominated by the 11 & Under Fell Race when about 100 youngsters

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scampered off at the Start - and all finished without mishap!! It was great to see so many regular participants returning again to compete for the various trophies and the money prizes generously funded by our many sponsors.

Results

U12 Tyre Race – 1st. Alexander Thompson, 2nd. Isaac Brewer, 3rd. Callum Watson, 4th. John Egner, 5th. Matthew Wright

U17 Tyre race – 1st. Tom Wales, 2nd. Patrick O'Reilly, 3rd. Robbie Hudson, 4th. George Purcell, 5th. Lucy Bailey.

U9 Boys 100yds – 1st. Stanley Allan, 2nd. Lewis Bigland, 3rd. Eli Preece, 4th. Rio Egner.

U9 Girls 100yds – 1st. Sophie Cowin, 2nd. Taylor Gooding, 3rd. Sophie Leonard, 4th. Hannah Barton, 5th. Molly Smith.

U13 Boys 100yds – 1st. Will Atkinson, 2nd. Harvey Lewis, 3rd. Thomas Darwin, 4th. Toby Wheatley, 5th. Jim O'Reilly.

U13 Girls 100yds – 1st. Lily Carr, 2nd. Maisy Gough, 3rd. Erin Cumming, 4th. Lauren Gregg, 5th. Mia Petrucci.

U17 Boys 100yds – 1st. Jack Byrie, 2nd. Jacob Aubrey, 3rd. Richard Burns, 4th. Thomas Nelson, 5th. Stanley Gough.

U17 Girls 100yds – 1st. Katie Russell, 2nd. Flora Knight, 3rd. Melissa Sproul, 4th. Lottie Burns, 5th. Emily Carpenter.

Men 100yds – 1st. Tom Batty, 2nd. Lee Roe, 3rd. Roger Aubrey, 4th. Jake Magell.

Ladies 100yds – 1st. Gail Denny, 2nd. Molly Page, 3rd. Gill Petrucci, 4th. Amy Dawber.

U12 Sack Race – 1st. Thomas

Darwin, 2nd. Lewis Middleton, 3rd. Alex Thompson, 4th. Lily Carr, 5th. Louis Hudson.

U17 Sack Race – 1st. Joseph Gorst, 2nd. Ben Ferguson, 3rd. Lewis Ostle, 4th. M. Hargreaves, 5th. Georgia Stevens

Men Sack Race – 1st. Beau Smith, 2nd. Joseph Gorst, 3rd. Tom Batty, 4th. Ian Middleton.

Ladies Sack Race – 1st. Claire Waring, 2nd. Molly Page, 3rd. Gail Denny, 4th. Emma Rowlinson.

U12 Boys Potato Race – 1st. Will Atkinson, 2nd. Sam Smith, 3rd. Alex Thompson, 4th. Addison Willis, 5th. Callum Watson.

U12 Girls Potato Race – 1st. Mia Petrucci, 2nd. Erin Cummings, 3rd. Emma Peal, 4th. Charlotte Stewart, 5th. Dora Preece.

U17 Boys Potato Race – 1st. Charlie Preece, 2nd. Matthew Senior, 3rd. Jacob Aubrey, 4th. Chris Stainton.

U17 Girls Potato Race – 1st. Mia Senior, 2nd. Maisie Gough, 3rd.

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Melissa Sproul, 4th. Sophie Waller, 5th. Kate Matthews
Mens Potato Race – 1st. Beau Smith, 2nd. Tom Batty, 3rd. Ian Willis, 4th. Charlie Preece.
Ladies Potato Race – 1st. Gail Denny, 2nd. Emma Rowlinson, 3rd. Clare Waring, 4th. Molly Page.
U17 Mixed 3-Legged – 1st. Georgia Stevens & Jacob Aubrey, 2nd. Sophie Waller & Joseph Gorst, 3rd. Lucy Bailey & Richard Burns, 4th. Alex Fitzpatrick & Jacj Burns.
O16 Mixed 3-Legged – 1st. Tom Batty & Gail Denny, 2nd. Joseph Gorst & Sophie Waller, 3rd. Sam Gorst & Imogen Gorst, 4th. Andy Thompson & Molly Page.
Ladies 200yds – 1st. Georgia Stevens, 2nd. Gail Denny, 3rd. Katy

Atkinson, 4th. Molly Page.
Mens 200yds – 1st. Tom Barnett, 2nd. Tom Batty, 3rd. Beau Smith, 4th. George Purcell.
Senior Fell Race – 1st. Tim Cowin (V40), 2nd. Chris Edis, 3rd. Derek Murton, 4th. Ian Willis, 5th. Lee Roe, 6th. Brian Pennington, (V50) Mike Egner.
Ladies – 1st. Holly Page, 2nd. Connie Murton, 3rd. Hannah Russell, (V40) Gill Petrucci, (V50) Helen Greenep.
U17 Fell Race – 1st. Thomas Nelson, 2nd. Jacob Aubrey, 3rd. Jack Byrne, 4th. Jonas Daekandt, 5th. Daisy Purcell (1st. Girl), 6th. Robbie Johnstone.
Girls – 1st. Daisy Purcell (5), 2nd. Katy Thurlow), 3rd. Mia Senior (12).
1st. Local – George Thomas



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U14 Fell Race – 1st. Joe Hudson, 2nd. Louis Hudson, 3rd. Logan Hargreaves, 4th. Katie Atkinson, 5th. Sebastian Segger-Stavely, 6th. Laurie Petrucci.

Girls – 1st. Katy Atkinson (4), 2nd. Laurel Gregg, 3rd. Lottie Burns.

1st. Local – Abbie Allan.

U12 Fell Race – 1st. Fraser Sproul, 2nd. Alexander Thompson, 3rd. Sam Smith, 4th. Harvey Lewis, 5th. Lilly Carr, 6th. Sonny Ashton Fitam.

Girls – 1st. Lilly Carr (5), 2nd. Beth Roberts, 3rd. Charlotte Ella Beardwood.

1st. Local boy – Stanley Allan.

1st. Local girl – Amelie Pennington.

Open Mountain Bike Race – 1st.

Ben Barlow, 2nd. Thomas Nelson, 3rd. Robert Hudson.

Mile Handicap – 1st. Beau Smith, 2nd. Adam Perry, 3rd. William Perry, 4th. Peter Gorst, 5th. Holly Page.

U17 Half Mile Handicap – 1st. Chris Richards, 2nd. Fraser Sproul, 3rd. Billy Starling, 4th. Joe Atkinson, 5TH. Peter Gorst, 6th. Thomas Nelson.

U17 Girl – 1st. Melissa Sproul (1st. Overall), 2nd. Catherine Lawson, 3rd. Imogen Gorst

Open Mens 400yds – 1st. Chris Stainton, 2nd. Tom Batty, 3rd. Simon Denny, 4th. Jacob Aubrey.

Open Ladies 400 yds – 1st. Lucy Bailey, 2nd. Lottie Burns, 3rd. Abbie Allan, 4th. Georgia Stevens.

Tug o' War U17 – 1st. "Killer Kelsalls", 2nd. "Sedbergh Wolves".

Tug o' War Seniors – 1st. "Mixed Bunch", 2nd. "Ugly Mugs".



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Wrestling

U9 Mixed – 1st. Rosie Hodgson, 2nd. Grace Hodgson, 3rd. Myles Stainton.
U12 Mixed – 1st. Jacob Dixon, 2nd. Connor Wharton, 3rd. James Dickinson.

U15 Boys – 1st. Mark Wharton, 2nd. George Thomas, 3rd. Jay Ferguson.
U18 Girls – 1st. Megan Gibson, 2nd. Abi Marston, 3rd. Gemma Darwin.

U18 Boys – 1st. George Wilson, 2nd. Sam Wilson, 3rd. Jamie Wilson.

Men U20 & U12st. – 1st. Ben Brocklebank, 2nd. Sam Wilson, 3rd. George Wilson.

Mens 13st. – 1st. Graham Brocklebank, 2nd. Ben Brocklebank, 3rd. Jamie Wilson.

Mens All-Weight – 1st. Thomas Brocklebank, 2nd. Ben Brocklebank,

3rd. Graham Brocklebank.

Ladies All-weight – 1st. Megan Gibson, 2nd. Abi Marston.

Pillow Fight

Mixed U12 – 1st. Gemma Darwin, 2nd. Will Atkinson, 3rd. Martha Keegan.

Mixed U17 – 1st. Charlie Preece, 2nd. George Magell, 3rd. Thomas Wales.

Mens – 1st. Darren Hodgson, 2nd. Will Huddleston, 3rd. Trevor Hodgson.

CRICKET CLUB

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SEDBERGH COMMUNITY SWIFTS

The weather in May and June has been unseasonably chilly, and there have been fewer parties of swifts seen flying around than we would usually expect at this time of year. But in July the swifts are feeding their chicks, so they will be going in and out of their nest sites more frequently, giving us a better chance of catching sight of them as they fly up to their nests in eaves. Swift nests are hidden in nooks and crannies on top of walls so the birds are never seen on the nest.

For the best view of them, go and see the pairs that are nesting in the eaves on the south side of Sedbergh School library on Loftus Hill. Stand in the car park and look up at the eaves

and you'll see them swooping in at speed. There could well be parties of screaming swifts hurtling around as well. The best time to go is morning and late evening, although as the month progresses, the chicks need more frequent feeding and you may see them throughout the day. (In June there were some sparrows nesting there too.)

The swifts that fly high in the skies over town are feeding on insects, much like aerial plankton, including troublesome gnats and midges! The screaming parties that zoom around at lower level are an indication that there may be nest sites nearby, and include non-breeding birds that are prospecting for sites for next year.

As we stroll around the area looking



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for nest sites, we'll be wearing these 'Ask me about Swifts' badges, so do please stop us and have a chat. And if you would like to help us, please get in touch (see below).

We need to preserve nest sites because so many have been lost during renovations of buildings, when the entrance holes in crevices, often unintentionally, get blocked up. We also are seeking places to put up swift boxes, let us know if you would like to do this - modern buildings are suitable too. And remember, swifts are not messy birds (unlike swallows and house martins!).

We must make the most of enjoying our wonderful swifts over the next few weeks because by the end of July, or early August, our swifts will be departing for their long migration back to Africa. Swifts are only here long enough to raise just one brood of 2-3 chicks, which is why it's so important to look after them. Having hatched around mid-June, the chicks spend 6

weeks in the nest before making that momentous maiden flight into the great blue yonder.

Don't hesitate to get in touch for help and advice, about what you can do: please help save our swifts and make Sedbergh, Dent and all the surrounding area swift-friendly:

- Where have you seen swifts going into nest sites?
- Where have you seen swift screaming parties?
- Could you put up boxes, especially if you have scaffolding up?

- Why not volunteer for surveying ?

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SEDBERGH & DISTRICT COMMUNITY FIRST RESPONDERS

Lots of news about the First Responders this month!

There are now nine of us! Recent training and interviews were held in Sedbergh. We are an enlarged team and we hope to have five more when they too have been trained, bringing our total to 14. But we have room for more, so do get in touch if you may be interested. (Details at the bottom) The photo shows the current team.

Our fundraising is yielding rewards. Generous donations have been made by Jim Mattinson, the Roofbox Company and Sedbergh WI. The Gala raised over £100 as well as giving an insight into how to resuscitate poor Annie. Our thanks



are due to Peter Knapton of Dent First Responders who gave up a Saturday afternoon to support us. And to Suzy Thurlby and Clive and Anne Harris – particularly to Anne who made some marvellous cakes that we raffled. The following week a few hours at Killington Services boosted our bank account by a further £84. And our applications for grant funding are doing well too - the Sedbergh Community Trust has granted us £5,000 towards

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purchasing equipment. We have at least one anonymous donor! There have been three donations into our bank account where we cannot thank the donor because they have not revealed their identity. May we take this opportunity of using The Lookaround to say a huge thank you to that lovely - and secret – person, and indeed to all our wonderful supporters.

Further good news is that the British Heart Foundation has given us the go-ahead to buy four more defibrillators at a reduced rate. We already have the required equipment to fill four more 'kit bags', but because we are only allowed to use North West Ambulance Service approved bags (which are in short supply!) we are still waiting to be in a position to set up five full sets of kit. And we have another pager sponsor.

So what's in a bag? (I hear you ask). A cylinder of oxygen, a variety of oxygen masks and tubes, bandages and dressings, a pulse oximeter – the thing they sometimes put on your finger in hospital. As well as taking your pulse it measures the level of oxygen in your blood.

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more – including maps.

We have been setting up maps of the area. Most of us think we know Sedbergh quite well, but our town centre is full of nooks and crannies, strange numbering systems and houses with names and no numbers. It all needs documenting. And that's just the town centre! Those of you in remoter spots are sometimes well-hidden up and down single track lanes. One of our jobs as First Responders is to speed the access of the ambulance to your property- not helped if we've just blocked the access ourselves, so we are trying to 'learn' our patch. One of the requirements of a First Responder is to undertake on-going training. Some

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of that is to improve our skills, but we're also going to have to learn the area, so you may well see us out and about finding out where you are.

On training- we have recently bought a training defibrillator. This enables us to hone up our own training and to train others.

Personally, I was curious about and possibly a little afraid of this machine which I knew was capable of doing something dramatic. We'll soon be out and about and showing it to you and your group or organisation, so you can see for yourself how simple it is to use. And it won't let you use it unless it is necessary to do so. I think that's probably what worried me about it. Again the contact details are at the end of this article.

It's probably worth mentioning that we can't 'Respond' to you as individuals! That doesn't mean we're not going to talk to you or help you, but it *is* a requirement that you have called an ambulance and they then call us. By the time you read this we will have at least one pager and more on order. We are called out by either the pager or telephone, having 'signed in' to show our availability. Although a team of nine or fourteen sounds encouraging, we still need more if we are to provide 24 / 7 coverage. Computer happy people may like to go to www.nwas-responders.info or e-mail us on sedberghfirstresponders@gmail.com

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PEOPLE'S HALL NEWS

We are pleased to announce that Colin Cowperthwaite has joined our Committee. He will be well known to many with his stints in the Charity book shop and his other activities around the Town. We still have vacancies on the Committee as an Elected Trustee or a Representative Trustee of a user group. Consider joining a go ahead community organisation. Please contact a member of the Committee or Dr Barney.

IMPORTANT

Changes to booking arrangements

We are changing the agency arrangements to hire the Hall. Smart Office, our current book agent is retiring as our agent. The Hall Committee is deeply grateful for the support that Smart Office has given us since taking over from SOS. We are in discussions of how to fill the gap. We will provide full details in the August Lookaround. Meanwhile continue to use Smart Office. If you have any enquiries that Smart Office are unable to deal with please contact us on (015396) 20677 or 20790. Booking forms, terms and conditions, user information and availability can be found on our web site. This site also shows forthcoming events.

www.sedberghpeopleshall.org

The People's Gym & Fitness Centre

The builders and other trades are working hard to try to achieve a July opening. At the time of writing the scaffolding is down, the external walls are wet dashed and the internal walls are painted. Top water drains are

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going in. Internal fit out continues.

Progress can be seen at:

www.sedberghpeopleshall.blogspot.org

The Gym also has a Facebook page with far more information, Google {Facebook Sedbergh People's Gym} to get there.

Other Redevelopment News

Every week we receive donations, large and small, towards the Hall's Redevelopment. This is a quiet appreciation of what we are doing. Many, many thanks to all our donors. Their money is being spent wisely. Shortly we hope to complete the changed appearance of the front of the Hall, by wet dashing the wooden section between the new front entrance and the side entrance. At the same time we will improve the insulation to bring it closer to current Building Regulations. This will keep the main hall warmer in winter and cooler in summer.

Diary events

Coffee Morning: Wednesday 8 July 2015 in URC rooms.

*Dr Gina Barney,
Hon. Secretary (20790).*

SEDBERGH TOWN TWINNING

A group of Town Twinners from Sedbergh and Dent visited our twin town Zreče to celebrate 10 years of twinning and to take the opportunity to explore the beautiful country of Slovenia. Our original charter was signed at the Old House in Skomarje, a village near Zreče and we assembled there again on May 27th, our anniversary. Speeches were made then the assembled company were invited to share a buffet and drinks all provided by local tourist farms. Several members of the original Zreče delegation were present and it was very good to renew old friendships. Musical entertainment was provided by David Burbidge and his folk singers who hailed from all corners of the UK.

On the 28th following an excursion to the nearby historic town of Celje, where we enjoyed a splendid lunch in a hilltop restaurant under the walls of the mediaeval castle, we were invited

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to a presentation evening where joint celebrations were held. Zreče is not only enjoying 10 years of twinning, it is also 200 years since a school was established there and 20 years since Zreče became a separate municipality. Medals, framed certificates and flowers were awarded to deserving citizens then it was our turn to receive a framed document acknowledging our ten years twinning. Garth Steadman (Chair Town Twinning Group) myself (Secretary Town Twinning Group) and Dorothy Pratt, widow of Alan who signed the original charter, accepted it on the Group's behalf. Another splendid buffet followed.

Next day we visited the basilica of Ptuska Gora with its ancient history of pilgrimage and vivid modern stained glass windows then enjoyed a town tour and wine tasting in the ancient town of Ptuj itself.

Our next excursion was to Ljubljana and Bled. We did our best to have a town tour despite a cordoned off track where huge numbers of pink clad ladies were running round and round the city centre. Bled as ever lived up to expectations. Timing was

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everything as a thunderstorm interrupted activities for a while. Fortunately we were under cover being refreshed by cream cakes, hot chocolate etc. at the time and when we emerged for our boat trip to the scenic lake island everything was sparkling, clear and stunningly beautiful. The day was rounded off by another delicious meal at the winery Zlati Gric.

As ever the welcome was warm, the sun shone and the friendships forged over ten years as strong as ever. We now look forward to welcoming the Zreče party here at the end of June of

which there will be a full report next month..

Susan Garnett

Photo shows the group in Zreče.

Back Row: Urska Firer, Dave Smith (schools exchange coordinator), Monica Cleasby, Carole Nelson, Graham Dalton, Susan Johnson.

Middle/front row: Kevin Lancaster, Garth Steadman (chair Town Twinning Group), Dorothy Pratt, Susan Garnett (secretary Town Twinning Group), Rosemary Handley, Avril Whittle, Pat Allen, Neville Allen.

Foreground: Alain Lipičnik, Zdenka Kejzar.



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SIGHT ADVICE SOUTH LAKELAND

My name is Scott Hemsley and I am the Community Development Co-ordinator for Sight Advice South Lakes based at Stricklandgate House, Kendal. My main role is to visit people at home who are starting to struggle with their sight. I am able to demonstrate a variety aids to help people keep their independence.

Having effective lighting is a good starting point, as well as making sure there is good contrast in the house. I have some Daylight and LED task lights to demonstrate; I often get a "wow" when I turn them on as they can make a big difference. I have a range of easy to see phones and talking devices such as clocks, watches, mobile phones and Boombox talking book machines. If you have been to your optician, got the best reading glasses possible, and are still struggling to read small print, we have a Low Vision Clinic where you can access free magnification. If you are housebound, you can have a domiciliary visit from



an optician. We run three Positive Step Groups each year which help people who have been newly diagnosed with sight loss find out which services are available for them.

Sight Advice South Lakes has a well established support group that meets at the People's Hall in Sedbergh on the third Tuesday of the month in the afternoon. It is good to talk with other people who have a sight problem and realise

that you are not on your own. If you are interested in any of the activities mentioned, or if you would just like a chat, please phone me on 01539 742633 (Monday to Thursday).

Scott Hemsley

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DENT MEMORIAL HALL/GALA

As our main fund raiser event comes closer we are open to offers of help from the organisations which use our facilities and from members of the community. Gala needs a lot of people to be involved to spread the workload. I am happy to do all that is necessary and be there all day for others an hour is what they can cheerfully manage and that is fine. Setting up happens on Sunday afternoon and clearing up is done on the day.

We need the income the Gala brings so we can maintain and enhance our facilities and keep rent as it is.

Dent Youth Club have painted an amazing picture of what Dent means to them to be hung in the Sedgwick Room after refurbishment.

As always do contact me with any concerns or ideas.

Chair DMH Trustees. S E Woof.

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SEDBERGH IN BLOOM

As many will have noticed we have noticed we have been late putting in bedding plants. This has been due to the weather being so col, so let's hope it gets warmer.

We were recently awarded a

generous grant from the Community Office Fund - which of course receives monies from the Charity Shop. We are extremely grateful for this grant as it will be partly used for the following:-

The Parish Council have applied to the YDNP to lower the wall which overlooks the garden of 72 Main Street (Sedbergh Information Centre) from the Car Park. It is the intention that if permission is granted for this project that the stones removed from the top of the wall will be used to create a raised flower bed below the wall in the garden of 72 Main Street. When the raised flower bed is created this group will undertake the planting. Sedbergh Parish Council are also supplying two wooden benches for this area. Further monies will be used for maintaining the existing flower beds and replenishing plants and shrubs when necessary.

We also thank the Sedbergh PC for the grant we have received from them. Our project at the Toll Bar is ongoing and hopefully this time next year it will be fairly well established.

We would welcome some more youthful members to our group. Our one male member very kindly undertakes the heavy work for which we say to him a very big thank you.

one or two of the plants we put in at the Fire Station have decided they do not like it there and have died. We shall be replacing them in due course; but we are very pleased with how it is looking. We have had lots of positive comments regarding our projects which makes our work more rewarding. Thank you.

Dorothy Blair

DAVID WHICKER

The following appeared in the Manchester Evening News (MEN) and is reproduced by permission of Reporter Emily Heward and Photographer Joel Goodman and may be of interest to our readers.

'David Whicker is used to dealing with unpredictable situations at work - but giving an 80's icon a ride on his shoulders was his most surreal shift yet.

As a security worker, David Whicker is used to dealing with all kinds of unpredictable situations - but a half-naked Grace Jones jumping on to his shoulders during her main stage set at Parklife Festival in Manchester on 6th & 7th June has to be one of his most surreal shifts yet.

The 80s icon - wearing nothing but a



skimpy corset, red cape and white headpiece - summoned him over to take her on a ride along the front row as she performed her hit single "Pull Up To The Bumper" in front of thousands of fans at Heaton Park on Sunday.

David, who is in his early 30's and lives in east Manchester, had no idea he was about to become part of the show until the Jamaican singer's tour manager asked if the star could clamber on.

The Showsec employee and wedding DJ told the MEN: "I had my back to the stage, obviously our main priority is watching the crowds and making sure everything's alright.

"I didn't even realise she was half naked until I put her down again.

"My friend said: 'I bet when you woke up on Sunday you didn't expect to have your head between her legs.'

"It's definitely one to mark off the bucket list."

Grace thanked him with a kiss on the head as she climbed down from

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throughout the set, which she finished by hula-hooping along to her final song *Slave to the Rhythm*.’

As you may have guessed, David is our son who was raised in Sedbergh and returns on a regular basis. Grace Jones has appeared in the James Bond film of 1985 ‘A View to Kill’ and has never been to Sedbergh. She is also remembered as the star who hit Russel Harty when he interviewed her in 1981.

Dennis J Whicker

his shoulders and back on stage.

David has found his face splashed all over the news since the show but he is taking his 15 minutes of fame in his stride.

“I work at Manchester Arena as well so I do crop up in pictures and videos from time to time if I’m working in the pit, but never like this before,” he said.

“Working in security, anything can happen and you just have to go along with whatever situation is presented to you. You only reflect on it afterwards.

“It’s not every day you’ve got a soul legend sitting on your shoulders. I’m just glad she chose me to be part of her show.”

It was a brilliantly bonkers set from start to finish from the 67-year-old singer and one-time Bond movie actress.

After strutting on stage in a gold mask and flowing black cape, she then stripped off to nothing but a chest-baring corset, tribal body paint and a grass skirt for her cover of The Pretenders’ Private Life, which also featured a male pole dancer.

It was one of six costume changes

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CITIZENS ADVICE BUREAU

Charity walk across Morecambe Bay

On Saturday 5 September at 10.30am a walk on the spectacular Morecambe Bay sands will be led by Queens Guide Cedric Robinson MBE. The walk is around 8 miles and takes approximately 3 hours starting at Arnside promenade. The scenery is stunning, see the wildlife close by, it’s a fun but slightly weird experience walking across the mud flats! If you’ve never done it before – now is your chance.

This is a major fund-raising event to help your local South Lakes Citizens Advice. Last year we helped 3,000 local residents with free, confidential

and impartial advice. There's growing demand for our help and like other charities we struggle for funding. So please do come and walk with us. We think you will have a great experience and lots of fun while at the same time raising funds through sponsorship by family, friends and work colleagues. There is a Registration fee and we are limited to 200 people, so book your place early. Full details are available at www.southlakescab.org.uk or telephone 015394 47185. We look forward to hearing from you!

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment and any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for an appointment and help.

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MAY WEATHER

What a month!! It can be summed up as wet and windy! With 6.3 inches in total and only 9 days on which rain was not measured it was not a typical

May. On the 2nd half an inch fell in less than ½ an hour driven by a gale It was extremely windy also throughout the month and although all bar one day the maximum gust was from the North West it was a cold wind. On the 1st of the month the wind chill took the over night temperature down to 21F (-6.5C)!! Everyday had winds in double figures in mph and 6 in 20+mph and many more in the high teens. Temperatures varied from a high of 70F(21C) to a low of 31.1F(-0.5).

The lowish temperatures and cold winds held back growth. The low temperature on the 1st really knocked back early growth. Certainly grass struggled to grow and the sheep were eating it as fast as it appeared. Usually May is a very green month with all the new growth on the trees but this year the seasons are running about a fortnight late. The May blossom was only just bursting into bloom by the end of the month. A lady from Sedbergh school came looking for wild flowers unsuccessfully. Last year, at the same time, she got an armful. There was a good show of dandelions, eventually. The bees love these for their nectar and pollen. I have killed a few queen wasps but there haven't been hordes as yet. Butterflies are still a rarity. The sparrows have young in the nest though "our" resident was very late in getting started nesting. The Blue tit is sat on 9 eggs in a box in the yard. The blackbirds have eggs in a nest in the shippon. Lets hope the seasons catch up with themselves.

AGE UK

The Sedbergh Age UK will have a group meeting on the first Tuesday of the month from 1.30 – 3.30 at Gladstone house to play games – scrabble, cards – whist, dominos and have a chat and a biscuit and a cup of tea.

Everyone is welcome and it's **FREE**.

This will be precede by a Coffee Morning at 1030 in Gladstone House. Again, everyone is welcome as there will be a Cake Stall, Bric-a-Brac as well as lots of information.

Linda Greensmith

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COMMUNITY OFFICER REPORT

20/5 - Criminal Damage caused to a vehicle on Back lane.

22/5 - A suspicious vehicle was reported in Dent, the registration was given and tagged for intel.

25/5 - RTC damage only, no injury.

28/5 - Suspicious circumstance were reported at the substation in Sedbergh. Caller believes someone was trying to break in, All in order.

29/5 - Caller reported horses on the playing field at Settlebeck. None on arrival.

30/5 – Criminal Damage caused to a sign.

30/5 – Caller reported horses blocking the footpath at Pinfold. Owners spoken to and moved at request.

30/5 – Assault reported.

1/6 – Criminal Damage caused to fence posts at Pinfold.

7/6 – ASB reported on Guldrey Lane

8/6 – RTC, no injury, damage only.

9/6 – Horses reported being tied to a kissing gate and on Settlebeck playing fields. Owner spoken to by the head and moved at their request.

10/6 – Criminal damage caused to a fence and sign.

Check out crime prevention advice for the up coming summer months on our Cumbria Constabulary website.

*CSO 5244 Mandy Coleman
Amanda.coleman@cumbria.police.uk*

BEWARE THE BULL

As I was putting up my tent
Just two miles to the west of Dent,
In the evenings' gentle lull
I heard the roaring of a bull.
I left the tent in tangled heap
As o'er the gate I did leap.

I quickly turned around to see
What might next have become of me.
The tent lay crumpled on the ground
But of the bull, there was no sound.
Peace reigned o'er the spot supreme,
I shook my head, was this a dream?
Upon the five-barred gate I climbed
To convince myself I wasn't blind.
No vicious bull was there at all.
But two boys crept behind the wall.
So with glasses held up to my eye,
Between them, as they passed by,
I saw the cause of my disorder
An innocent little tape recorder!!!

Westmerian

(As appeared in the April 1986 Lookaround number 2.)

EDITORIAL

From Tuesday 21st July, SmartOffice will no longer receive any items for Lookaround. We thank all the staff at SmartOffice for their help and assistance with Lookaround and wish them well for the future.

From that date, all items for Lookaround must be deposited in the Lookaround Post Box which is situated in the Tourist Information Centre at 72 Main Street, Sedbergh. If you wish to place an Advert, please include the correct money or cheque with the details and place it in the box. A receipt will be issued and left with the box for collection later.

During the transfer to 72 Main Street, there will be hiccups but please, if you have any ideas or suggestions, please let us know.

Thank you to everyone in being patient and understanding during this change-over.

Another new Advertiser this month is Avril Whittle with her Eclectic Mix of everything in Patch & Fettle at 75 Main Street. *Dennis J Whicker*

ADVERTISING IN LOOKAROUND

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

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

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

February to November is printed black ink on white with a full colour cover. The December/January issue is in full colour.

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

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

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

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

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

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999.

PERSONAL MESSAGES

These are £1 each and are for giving good wishes, thank you's, Birthday Greetings and any other celebration or congratulation. You may also sell personal items - not on a business basis, and make an appeal for wanted items.

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

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

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event and wishes to include

details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable. All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround* and appear on the *Lookaround* Web Site. 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 and can only be included in a boxed Advert.

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

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

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

Payments by BACS can also be made.

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Reference: Invoice Number or your name or reference.
An e-mail is requested to confirm payment has been made by BACS which will be acknowledged.

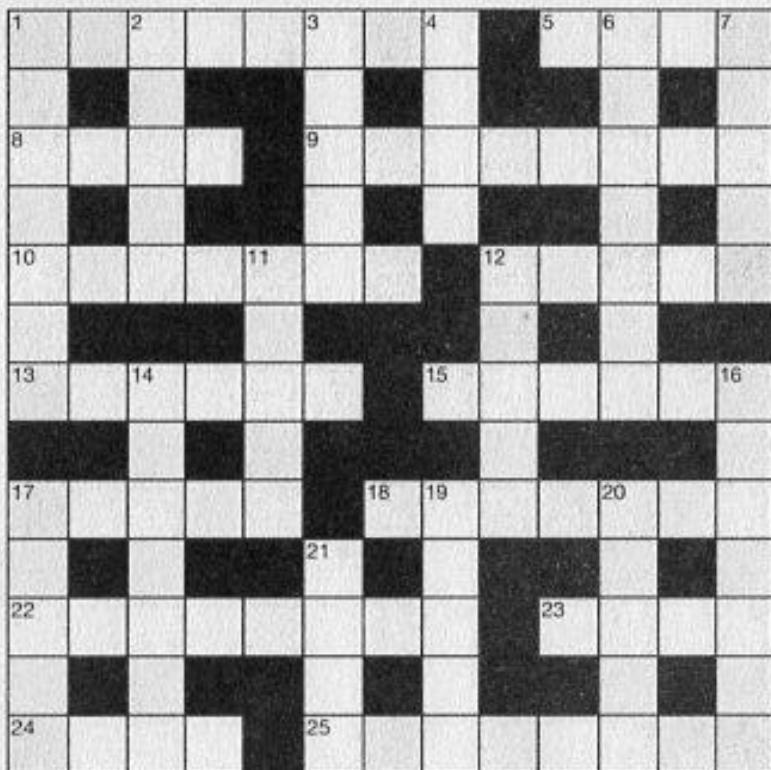
Dennis J Whicker

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MyCumbria is an exclusive membership scheme from Cumbria Tourism for residents of Cumbria with a CA or LA Cumbria postcode and those who work within the county. A MyCumbria card entitles you to a whole range of fantastic offers and discounts on eating out, things to do, shopping and leisure activities across the whole county for an entire year. MyCumbria aims to reward, inform and simply remind residents what fantastic attractions, restaurants, accommodation, leisure facilities and shops we have to enjoy across the county.

New and special offers come on board all the time so it's best to keep up to date by the website, Facebook or Twitter. Once you join the scheme you will also receive regular member e-newsletters full of news, up and coming events and seasonal campaigns on offer. So start saving today! For an annual membership fee of just £20 you and your family will be entitled to everything from buy one get one free, to percentage discounts to kids go free, sign up at www.mycumbriacard.co.uk.



ACROSS

- 1 Pull out (8)
- 5 Cutlet (4)
- 8 Roar (4)
- 9 Transgress (8)
- 10 Ten thousand square metres (7)
- 12 Slightly mad (5)
- 13 Expert (6)
- 15 Team member (6)
- 17 Comprehend quickly (5)
- 18 Part of the leg (7)
- 22 Improved (8)
- 23 Written promise (4)
- 24 Informer (4)
- 25 Area of NW France (8)

DOWN

- 1 Frigate, eg (7)
- 2 Mixer for gin? (5)
- 3 Device which propels a helicopter (5)
- 4 Cheese-making fluid (4)
- 6 Fit and well (7)
- 7 Demanding (5)
- 11 Get up (5)
- 12 Research deeply (5)
- 14 Not any (7)
- 16 Quickly (7)
- 17 Length of yarn (5)
- 19 Lowest point (5)
- 20 Sing softly (5)
- 21 Scrutinise carefully (4)

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

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



BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	564A	WDB
0820 (L)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (L)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (L)	Sat	564A	WDB
1340 (L)	1415	Sat	564A	WDB	1615	1650 (L)	Sat	564A	WDB
1530 (L)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: December 2014				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1040	1732	1920						

L = Sedbergh Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

*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)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) 1D; 1T; 1S; TVL; CH; NS; NP*; P; DR Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) 1D; 1T; TVL; CH; DW; P; DR; VB e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB* e-mail: enquiries@theoldjoinery.com	20309
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) 1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW	21789
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) 1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB;; Free Wi-Fi e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellcottage.co.uk	21529

CAMPING, CARAVANNING & SELF-CATERING

Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	20360
Mrs Tallentire	Ingmire Hall, Sedbergh (2013/02)..... <i>D & PB Flat; £395 pcm; References & Deposit required</i>	07944 859456
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356

KEY

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

JULY CHURCH SERVICES					
St. Andrew's	5th	12th	19th	26th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC	HC	HC	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	1st	8th	15th	22nd	29th
11.00	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
St. Mark's Cautley	5th	12th	19th	26th	
9.30 am	HC	MP NC	HC Extn		
2.30 pm				P&M	
St. John's Garsdale	5th	12th	19th	26th	
9.30 am	HC Extn	MP	HC	MP	
LUNE PARISH SERVICES					
	5th	12th	19th	26th	
Holy Trinity Howgill	2.00pm Joint HC & Licensing of Priest-in-Charge by Archdeacon Firbank	2.00 pm Joint HC Killington	2.00 pm Joint HC Howgill	2.00 pm Joint HC Firbank	
St John's Firbank					
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	5th	12th	19th	26th	
St. Andrew's	10.30 am HC	10.30 am HC	10.30 am HC	10.30 am HC	
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	5th				
People's Hall	1030				
HC = Holy Communion		SS = Sunday School			
BCP = Book of Common Prayer		MP/EP = Morning Prayer/Evening Prayer			
CW = Common Worship		P&M = Prayer & Meditation			
PC = Parish Communion		Taize = Modern Chants & Choral			
MP NC = MP with Northumbrian Community		NSV = New Sedbergh Version			

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

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

Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30

Rev. H. Stuteley Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. C. Marsden Tel: 22030

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. A. 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: Mary Stainton 20426

& Dorothy Parker 20493

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

10.30 am 1st Sunday each month

Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

Single Column x 1"	= £7.50
Single Column x 2"	= £10.00
Single Column x 3"	= £12.50
Single Column x 4"	= £15.00
Double Column x 2"	= £15.00
Double Column x 3"	= £20.00
Double Column x 4"	= £25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00
Postal per month	= £2.00
Postal Overseas	= £4.00

All enquiries to
13 Kings Yard, Sedbergh LA10 5BJ
Adverts by 15th of every month.
*Can all adverts please be
accompanied with the correct money
at the time of submission.*
Articles etc. by 19th of every month
Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 18th October 2016

JULY				SEPTEMBER			
1 1000	Coffee Morning - Utd Reformed Church	URCR	13 1200	Lunch Club		Red Lion	
1	SS Term Ends		13 1915	Royal British Legion	WHC		
2 1930	WIH - Iceland	HVH	19 1000	Coffee Morning - North West Cancer	URCR		
2 2000	Café Concert (*)	PH	22 0800	Artisan Market (*)	Sedbergh		
3 1330	Age UK - Trip Out	DMH	22 1000	DMC Coffee Morning	DMC		
4 1000	StAD Coffee Morning	DMH	23 1630	Mansergh Sports & BBQ	MCH		
4 1900	Flicks in the Fells 'Much Ado About Nothing'	PH	23 1900	Dentdale Christian Fellowship (*)	Rhumes		
7 1030	Age UK Coffee Morning (9)	GH	25	Age UK Walk (*)	Holme Fell		
7 1600	Appleby Fair Debrief (*)	BVH	26 1000	Coffee Morning - Bee Keepers	URCR		
7 1900	Food for Thought (*)	DMH	27 1100	Children's Holiday Craft Workshop (31)	FM		
7 1900	Aglow International	KLI	29	Flower & Produce Show (42)	PH		
8 1000	Coffee Morning - People's Hall	URCR	30	Flower & Produce Show (42)	PH		
8 TBA	WID - Summer Outing	TBA	31	August Bank Holiday			
8 1300	Medical Centre Closed for Training (14)	MC	31 1200	Dent Gala	Dent		
8 1930	WIS - Flower Arranging	PH					
9 1200	Lunch Club	Red Lion	2 1000	Coffee Morning - Garsdale Church	URCR		
9 1915	Royal British Legion	WHC	2 1100	Children's Holiday Craft Workshop (31)	FM		
10 1700	Sports Evening (10)	Buckbank Farm	3 1930	WIH - Grayrigg First Responders	HVH		
11 1000	Summer Fair	Finkle Street	4 1330	Age UK - Age UK - Information	DMH		
14	Doble Weave Workshop (*)	FM	5 1000	StAD Coffee Morning	DMH		
14 1930	Swimming Club AGM (14)	Bull Hotel	6 1100	Moorcock Show	MF		
15 1000	Coffee Morning - Royal British Legion (15)	URCR	8 1400	WIK - Memories from the Coal Face	PH		
17 1200	History Society Walk (17)	Barnard Castle	9 1000	Coffee Morning - A&LP Lookaround	URCR		
17 1930	Garsdale Parish Council (11)	GVH	9 1915	WID - Discover Lake District Villages	DMH		
17	SSAT End of Term		9 1930	WIS - A Bee Keepers Wife	PH		
18 1930	Cornucopia (18)	StMC	10	Westmorland Show	Crooklands		
22 1000	Coffee Morning - TBA	URCR	10 1200	Lunch Club	Red Lion		
22 1030	Balsam Bash (22)	New Bridge	10 1915	Royal British Legion	WHC		
25 0800	Artisan Market (*)	Sedbergh	12 - 20	Sedbergh Sheepfest Begins	Sedbergh		
25 1000	DMC Coffee Morning	DMC	12 1030	Heritage Open Day	FM		
25 1400	Open Garden (25)	Broadfield House	12	Telling it Like it Was (text)	DMH		
26 1400	Open Garden (25)	Broadfield House	12 1900	Flicks in the Fells	PH		
26 1900	Dentdale Christian Fellowship (*)	Rhumes	13 1030	Heritage Open Day	FM		
27-31	Sedbergh Holiday Club (*)	PH	15 1400	SASL	PH		
29 1000	Coffee Morning - Garsdale Village Hall	URCR	16 1000	Coffee Morning - Town Band	URCR		
30	Age UK Walk (*)	Barbon	17 1300	Medical Centre Closed for Training (14)	MC		
31 1100	Children's Holiday Craft Workshop (31)	FM	19	Telling it Like it Was (text)	Westwood Books		
	AUGUST		20	Sedbergh Sheepfest Ends	Sedbergh		
1 1000	StAD Coffee Morning	DMH	23 1000	Coffee Morning - First Responders	URCR		
3	Summer Bank Holiday		26 0800	Artisan Market (*)	Sedbergh		
5 1000	Coffee Morning - Howgill Church	URCR	26 1930	Town Band Concert (*)	Thornton		
6 1930	WIH - Members Evening	FCH	29	Age UK Walk (*)	Frostrow Fell		
7 - 10	Christian Festival in Dent (40 & 32)	Dent	30 1000	Coffee Morning - Firbank Church	URCR		
7 1330	Age UK - Reminiscing	DMH	1 1930	WIH - AGM & WI Advisor	FCH		
8	Digital Photography (*)	FM	2 1330	Age UK - Cumbrian Birds & Wildlife	DMH		
10 1100	Children's Holiday Craft Workshop (31)	FM	3 1000	StAD Coffee Morning	DMH		
12 1000	Coffee Morning - St Andrew's Mission	URCR	3 1900	Flicks in the Fells	PH		
12 1915	WID - Missed Cues	DMH	7 1000	Coffee Morning - Utd Reformed Church	URCR		
12 1930	WIS - Summer Outing	TBA	7 1930	HS Carlisle Cathedral	SSAT		

The S & D Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker and is printed by Stramongate Press.

The content of The Lookaround does not reflect the views of the Editors.

Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions.

Copies are available from Sedbergh Tourist Information Centre, SmartOffice, Premier, Post Office, Spar, Dent Stores & Barbon.

COVER PICTURE
Deepdale Waterfall
by Dennis Whicker

8	1200	Lunch Club	Red Lion
8	1915	Royal British Legion	WHC
9	1930	Local Geology	MCH
13	1400	WIK - A Table Decoration	PH
14	1000	Coffee Morning - Christian Aid	URCR
14	1915	WID - Gift Wrapping	DMH
14	1930	WIS - Bibby's in a Nutshell	PH
20	1400	SASL	PH
21	1000	Coffee Morning - TBA	URCR
21	1300	Medical Centre Closed for Training (14)	MC
21	1930	HS Writers, Warriors & War Hospital	SSAT
24	2000	Old Time Dance	PH
27		Age UK Walk (*)	Casterton
28	1000	Coffee Morning - Garsdale Church	URCR
30	1930	Domino Drive	HVH

NOVEMBER

4	1000	Coffee Morning - TBA	URCR
4	1930	HS Great Wall of China	SSAT
5	1930	WIH - Gift Wrapping Demonstration	HVH
6	1330	Age UK - Gardening for Bees	DMH
6	1930	WIH - Domino Drive	HVH
7	1000	StAD Coffee Morning	DMH
7	1900	Flicks in the Fells	PH
8	1930	Town Band Remembrance Concert (*)	URC
10	1400	WIK - Film Show of Old WI Photos	PH
11	1000	Coffee Morning - Ladies NFU	URCR
11	1915	WID - AGM & Sing Along	DMH
11	1930	WIS - AGM & Jacobs Join	PH
12	1200	Lunch Club	Red Lion
12	1915	Royal British Legion	WHC
18	1000	Coffee Morning - The Bells	URCR
18	1930	HS North Craven	DMH
19	1300	Medical Centre Closed for Training (14)	MC
20	1930	Domino Drive	MCH
24		Age UK Walk (*)	Farfield Mill
25	1000	Coffee Morning - TBA	URCR
26	1930	Domino Drive	MCH
28	1000	DMC Coffee Morning	DMC
30		St Andrew's Day	PH
30		Masked Ball (*)	StAS

DECEMBER

1	1930	Town Band Christmas Concert (*)	
2	1000	Coffee Morning - TBA	
2	1800	Late Night Opening	
2	1930	HS Manorial Courts	
3	1930	WIH - Christmas Party	
4	1330	Age UK - Christmas Party	
5	1900	Flicks in the Fells	
8	1200	WIK - Christmas Lunch	
9	1000	Coffee Morning - TBA	
9		WID - Christmas Lunch	
9		WIS - Christmas Lunch	
10	1200	Lunch Club	
10	1915	Royal British Legion	
16	1000	Coffee Morning - Town Band	
22	1930	Christmas Domino Drive	
25		Christmas Day	
26		Boxing Day	

DIARY KEY		
BF	= Brigflatts	
BVH	= Barbon Village Hall	
CDC	= Community Development Centre	
CO	= Community Office, Main Street	
CTIS	= Churches Together in Sedbergh	
CWS	= Craftworkshop 61 Main Street	
CWT	= Cumbria Wildlife Trust	
DCMH	= Dales Countryside Museum, Hawes	
DCP	= Dent Car Park	
DMH	= Dent Memorial Hall	
DMC	= Dent Methodist Chapel	
FCH	= Firbank Church Hall	
FM	= Farfield Mill	
GH	= Gladstone House	
GVH	= Garsdale Village Hall	
HS	= History Society	
HVH	= Howgill Village Hall	
JLCP	= Joss Lane Car Park	
KLL	= Kirkby Lonsdale Library	
KVH	= Killington Village Hall	
L	= Library, Main Street	
LHCP	= Loftus Hill Car Park	
MC	= Medical Centre	
MCD	= Meditation Centre, Dent	
MCH	= Mansergh Community Hall	
PH	= People's Hall	
SASL	= Sight Advice South Lakeland	
SMC(R)	= Sed. Methodist Church (Room)	
StAS/D	= St Andrew's Church, Sedbergh/Dent	
StMC	= St Mark's Church, Cautley	
SHQ	= Scout Headquarters	
SIO	= Sedbergh Information Office, Main St	
SSAT	= Settlebeck School Academy Trust	
URC(R)	= United Reformed Church (Rooms)	
WID	= Women's Institute, Dentdale	
WIH	= Women's Institute, Howgill	
WIK	= Women's Institute, Killington	
WIS	= Women's Institute, Sedbergh	

JANUARY 2016

Sedbergh	19	1400	SASL	PH
SSAT	20	1930	HS Evacuation from Burma	SSAT
TBA	21	1300	Medical Centre Closed for Training (14)	MC
DMH				

FEBRUARY

PH	3	1930	HS Sedbergh in the Past	SSAT
TBA	16	1400	SASL	PH
URCR	17	1930	HS Austrians & Germans in Cumbria	PH
TBA	24	1300	Medical Centre Closed for Training (14)	MC

MARCH

Red Lion	1		St David's Day	
WHC	2	1930	HS Telling it Like it Was	DMH
URCR	16	1930	HS Highland Clearances	SSAT
HVH	17		St Patrick's Day	
		17	1300 Medical Centre Closed for Training (14)	MC
		22	1400 SASL	PH

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

01539 718191 (Option 1) 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery by appointment only - Monday

Practice Nurses Clinics

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

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

Blood clinic

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

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

See our website www.sedberghmp.nhs.uk for further details

When we are closed please contact CHOC 03000 247 247 or 999 if appropriate

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Wendy Thompson,
Katie McKay & Sarah Boum (Hygienist)

Monday to Friday 0900 - 1700
Saturday * 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

Tel: 015396 20125/20504

www.sedbergh.org.uk

SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

www.cumbriaruralcab.org.uk

PENSION SERVICE SURGERY

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

Age UK SL @ Community Office

1st Wednesday every month

10 am to 12 noon

01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

101 or 999

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary	Monday to Friday	0900 - 1300 1400 - 1700
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Consultations	Monday to Friday	0900 - 1000 * 1400 - 1500 *
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Other times by appointment only *

MARKET DAY	WEDNESDAY
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HALF-DAY CLOSING	THURSDAY
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