

Sedbergh & District **LOOKAROUND**

October 2016

Issue 348

Donation £1

Apologies to everyone for the late arrival of the October issue due to unforeseen circumstances.

A massive thank you though to the contributors to this 108 page big issue. When will it level out??

Please note updated Postal details on Page 103.

We know it's early but please submit your adverts and articles for Christmas early. Thank you.

Dennis & Jacky Whicker



The Royal British Legion
Sedbergh Branch



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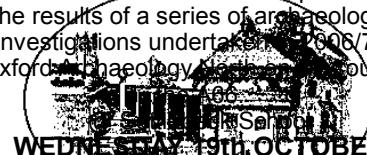
SEDBERGH & DISTRICT

HISTORY SOCIETY

WEDNESDAY 5th OCTOBER

The archaeology of the A66: Greta Bridge to Scotch Corner

John Zant: An illustrated talk presenting the results of a series of archaeological investigations undertaken in 2006/7 by Oxford Archaeology North along a route of



WEDNESDAY 19th OCTOBER

Making a grand entrance

Andrew Lowe: An illustrated talk looking at the range of historic doorways in the Lake District, in order to help people understand the architectural detailing and dating of buildings over the last few hundred years.

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Secretary: Karen Bruce-Lockhart 20224

Treasurer: Chris Elphick 20605

Membership Secretary: Chris Elphick 20605

CLOSING DATES: NEW ADVERTS - 15th; OTHERWISE - 19th

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

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October Birthdays

Day	Name	Age
1	Isla CRAWFORD #	1
3	William BLACKBURN	9
4	Isabella WOOF	6
7	Ross HORNER	7
7	Amy SAVIGAR #	8
9	Jed HARPER	8
9	Emily LISTER	11
11	Phoebe HALL #	11
15	Kelly Ann SCOTT	8
19	Amelia GARDNER	5
20	Jade HUMPHREYS	5
20	Rosie HODGSON #	10
25	Hector GUBBINS	5
25	Alex SAYNER	9
27	Jessica WOOF	5
27	Sam WILSON	10
30	Jessica PARKER #	3
30	Olivia HUBBARD #	7

**The
Hateful Eight**

*Samuel L. Jackson, Kurt Russell
Jennifer Jason Leigh, Tim Roth, Bruce Dern
187 minutes. Certificate 18*

Saturday 1st October
film starts 7.30pm

Sedbergh People's Hall
Flicks in The Fells

LOVE HOPE TRUST

Local bus companies Cumbria Classic Coaches of Ravenstondale and Little White Bus of Hawes have over the Summer very kindly agreed to provide free advertising space on their vehicles for a Yorkshire based cancer trust who were, and still are, in need of urgent donations to meet the growing number of requests for funding.

Love Hope Trust, based at Baildon near Bradford, West Yorkshire, are a cancer trust who's sole aim is to provide funding to people with cancer who the NHS are unable to help. This is so they can find the treatment or medication they need through the private sector.

Love Hope Trust has been running



for just over a year and has been set up by Rachel Carrick who herself at the time had a type of cancer the NHS could not treat. Rachel was very lucky in that she had a supportive family who found an organisation abroad who could treat her cancer. The downside was that it was a very costly treatment, however Rachel somehow found the money to fund the treatment. Rachel set up this trust so other people didn't have to worry as to how they could fund treatment.

For more information about the trust, please visit the Love Hope Trust Facebook page and website www.lovehope-trust.org.

Patrick Lynch

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NASA VISITS GARSDALE

At the last Garsdale Parish Council meeting, Chairman Annette decided that it was time to get the guns out again. Promises were made by County Councillor Nick Cotton at the last meeting he attended to kick bottoms at Cumbria County Council and to action some road repairs in Garsdale. A few miserly potholes were summarily filled in with tarmac and patted down with a spade. Job done, no doubt he thought. However further heavy rains have reversed some of these 'repairs' and produced a raft of other potholes. Annette's patience, along with the rest of council, is decidedly wearing thin and she is presently examining her gun cupboard to see which armament will inflict the most damage to Nick's bottom.

Council has decided that 'enough is enough' and they were fed up of being ignored or fobbed off when there are so many less urgent road

repairs going on around Cumbria. The time has arrived to up the ante and new strategies are being put in place to wake up the slumbering councillors at Cumbria CC. My advice to Nick and his fellow councillors is to put something heavy and kick proof down the back of their trousers as there are some reinforced Garsdale work boots on the way. It's time that CCC became aware that Garsdale is part of their area and responsibility and are due a fair share of the road repair budget.

Although the A684 remains the bone of contention in Garsdale, council also expressed concerns of the continuing level of speeding, irresponsible bikers blasting their way through the dale, but it was acknowledged that there had been an increased police presence. Cyclists also came under fire. Why do some cyclists ride with ear pieces in, seemingly oblivious to the traffic behind and around them? Surely they

Fun exercise & movement class to music!

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Classes restart

Wednesday 5th October 5-6pm at Barbon Village Hall

Thursday 6th October at Sedbergh Methodist Hall,
9.45am – Women only 11am – Men only

Hour long classes - £25 for 5 sessions or £6 drop in.

*Whole class can be done seated if preferred. Wheelchair access.
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Contact Yvonne Cervetti, fully qualified UK Instructor UKCLM2009000718
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for more info or please turn up & give it a go!



must realise that the A684 is one of the most dangerous roads in England where accidents happen on a weekly basis? Even one of the councillors, along with a couple of residents, was reprimanded for overnight parking on the A684. It must have been something in their tea.

The rest of the meeting concerned the impending arrival of broadband and proposals for some much needed repairs to the village hall. With Annette in charge and a full board of councillors, awareness is rising that council meetings are not just a nice place to come and have cosy chats with a few friends and discuss the odd planning proposal,

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but that council is capable of improving lives in the dale. There's vibrancy in the air and although the trail is tortuous and lengthy, Garsdale parish councillors are determined that notice will be taken of them and woe betide anyone who chooses to ignore them in the future. Remember, Annie's got her gun!

Meanwhile, rumours are rife around the dale that a visit by NASA is shortly due. Apparently, one of their satellites has spotted what appears to be a lunar landscape in the dale and investigators are on the way. How disappointed will they be when they discover that the apparent lunar craters are, indeed, just the litter of potholes along the A684? Never

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Saturday 8th October

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Raffles ~ Refreshments



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mind, I'm sure that a few 'gee wizzes', 'awesome's, 'shucks' and 'have a nice day, now's will make a change from the monosyllabic greetings more usual in the dale.

The next meeting will be on Thursday 17th November in the village hall at 7.30pm.

Have a nice day, now!

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

SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held on 15th September 2016. The next meeting of Sedbergh Parish Council is on

Thursday 13th October 2016 at 7.30pm in the Committee Room of the People's Hall, Howgill Lane, Sedbergh

THE PEOPLE'S HALL, SEDBERGH

Dr Gina Barney attended to express concerns about unauthorised parking at the Hall. Sedbergh Parish Council and The People's Hall committee have joint responsibility for the car park and there had been times when persons hiring the Hall were unable to park at the venue due to unauthorised vehicles. It was agreed that signs should be placed in the car park reminding drivers of the rules of the car park.

PLANNING/SEDBERGH TOWNSCAPE PROJECT

The Planning Committee report was noted by Members, including comments on proposed works at Birksholme, Sedbergh and Dalesview, Ash Hining, Marthwaite. The Council had supported an application for the re-development of part of the Baliol School site to accommodate important local businesses. Works to improve the boundary wall and access arrangements at the People's Hall were progressing.

QUEEN'S GARDEN

Members of the Council recently met with Hilary Taylor Associates (landscape architects) and it was agreed that a report should be commissioned to support a future bid to the Heritage Lottery Fund for

funding towards the cost of restoring the gardens. Members also discussed the need to address overgrown shrubs on the boundary of the gardens

Other matters discussed included the notion of weekly parking permits, a donation request to the rebuild of the footbridge at Birks Mill, the ongoing issue of water logging at the playing field, the completion of the restorative works at Jubilee Fountain, the ongoing issue of road signs and the recent announcement by the Gala Committee over their concerns for the future of the Committee.

Finally, Cllr Mary Macpherson tendered her resignation from the Council due to her forthcoming move from the area. Members thanked Mary for her much valued contribution to the Parish Council. (The necessary formal procedures are being initiated to fill the vacancy created by this resignation).

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

If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at clerk@sedberghparishcouncil.org.uk

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



Saturday 8th - Friday 14th October
Spiritual Pilgrimage

Sunday 16th October

11 am to 1 pm

Group Meditation

Drop-In - All Welcome

Saturday 29th October

10am - 5 pm

Learn to Meditate

Sunday 30th October

10am - 4pm

Retreat: Relax, Reflect, Renew

To book:

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Telephone 07582 017 396

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Registered charity no: 1076345

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COUNCILLORS CORNER

After the excitement of the EU Referendum and the prolonged fall-out we are now settling down to a more stable period of local government. Some continue to profess to fail to understand what “Brexit means Brexit” actually means but here in South Lakeland the existential questions are more subtle and the answers more immediate.

What will the change of government personnel mean for housing policy ? The last Labour government believed that social needs housing, primarily for rent could be financed by ever more draconian impositions on new-build open market housing. Here within the Yorkshire Dales open market new built was all but outlawed.

Believing these policies were preventing any new houses being built the Cameron led government was quite rightly plodding away from this with a new policy of starter homes and most new homes being to buy and not to rent.

Right now, by law, South Lakeland has to encapsulate this in a new Housing Strategy. This is now out for consultation and there are three key targets, 1,000 new affordable homes to buy, 800 to rent and 500 self-build by 2026. There is an obvious objection that the targets should arise from the strategy rather than the converse but there must be a much greater concern that the draft strategy is written in terms which are intended to circumvent or even undermine nation-

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al government policy. However, even on the day the consultation was being considered by cabinet central government was beginning to move away from the Cameron policy of purchase only.

The controlling group on this council would like to establish a sort of arms length housing delivery vehicle although they are vague as to how it might operate and even vaguer as to which fairy godmother will provide the finance. My group accepts the need for a robust housing strategy but we are very cautious about establishing a new quasi-independent body. We are downright hostile to attempts to disregard the clear aspirations of Westminster: such attempts always fail and artificial arrangements are invari-

ably expensive when you need to extricate yourselves.

Meanwhile, last June South Lakeland planning committee decided to grant permission for the conversion of premises formerly belonging to Casterton School into residential dwellings, subject to a payment of over £300,000 towards affordable housing elsewhere. However, the rules governing this had changed just a week or so before and I and a minority of my colleagues were convinced that the payment was no longer consistent with the law. This has now gone to appeal and even though planning in Casterton is now the remit of Yorkshire Dales the appeal is to be defended by South Lakeland. This will be an important appeal decision

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Sedbergh and District
Christian Aid Committee

Coffee Morning



Wednesday 12th October

10am – 12 noon



URC rooms Sedbergh

Coffee - biscuits - homebaking & stalls

All welcome

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when it is made so we should have our day in the national limelight. Sadly, being a national test case rarely comes cheap.

Once again the issue of public toilets is coming up. In Sedbergh and Dent the parishes have a strong robust control over them – thank goodness ! In Kirkby Lonsdale the situation is less satisfactory. Currently the town council is in receipt of some payments from SLDC and we are hearing conflicting messages as to whether these will continue after next March. In spite of the money spent five years ago there remain serious issues with the toilets at Devil's Bridge. Mel and I are working with the community and others to ensure

both sets of toilets in Kirkby Lonsdale remain open after next March. We are confident that with a bit of thought this can be made to happen.

District Councillor Kevin J. Lancaster,
Fellgate, Dowbiggin, SEDBERGH,
Cumbria. LA10 5LS

Telephone 07980 844 695;
email Kevin@Sarthwaite.com

District Councillor Mel Mackie
Beech Cottage, High Casterton, Via
CARNFORTH, Lancashire LA6 2SD
Telephone 015242 71644,
07957868256

email mel.mac@uwclub.net

OUNCILLOR CORNER

And so another Himalayan Balsam season comes to an end. As many of

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you will know, this tall, heavily-scented, pink-flowering plant is an Invasive Non-Native Species (INNS) that quickly takes over riverbanks, crowding out native plant species and leaving the banks exposed to erosion in winter when it dies back with the first hard frost. It spreads its seeds via explosive pods that ripen and burst in August and September.

I have been out and about on over 80 days since May tackling Balsam in the Lune Valley - you pull up the shallow-rooted plant and either break off or cut off the roots, pile it up and stamp on it. The pile soon rots down and within a season, the area that was a monoculture of Balsam starts regenerating with myriad wildflowers and grasses taking its place. On bad-

ly infested areas it needs to be tackled several times a season and then for two or three years to clear it.

Sedbergh is a very important location in the whole of the River Lune catchment, lying at the junction of the Lune with its three main tributaries, the Rawthey, the Clough and the Dee. The upper part of the Lune towards Ravenstonedale is clear of Balsam but it starts in several places on various beck and rivers close to Sedbergh: up Garsdale near Dandra Garth, New Bridge and Kiln Haw; up Ashbeck Ghyll and Settlebeck Ghyll above the Rawthey; and from Rash Bridge downstream along Dentdale. To the west of Brigflatts and to the south of Lincoln's Inn Bridge, on both the Lune and the Rawthey you will

Property Maintenance

John Bradley
Painter & Decorator

johnbradley33@outlook.com

60 Maryfell, Sedbergh LA10 5AW

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07532 018113





FAMILY B I N G O NIGHT

Friday 14th October

Eyes down at 7.30pm
Peoples Hall, Sedbergh
Refreshments & Raffle

Please come along and
support our fundraiser

Clare Thompson 07590115844

find ever larger patches, with a huge amount of work yet to be done along Haverah Beck from Ingmire Hall towards High Oaks.

Various groups have helped in the Sedbergh area: Settlebeck School have been out on a couple of occasions and the Lune Rivers Trust have organised work parties in Jubilee Wood on Settlebeck Ghyll near to Castlehaw.

Will we ever eradicate Himalayan Balsam entirely from the Lune? That is almost impossible. However, a few more years hard work will bring it largely under control, from the source of the river north of the Howgills near Ravenstonedale down to Sedbergh, and hopefully we can break the back of the problem all the way down to Glasson Dock. At a time when we need to do all we can to protect rivers from erosion caused by flooding events, it is certainly an aspiration worth pursuing.

Cllr Nick

DENTDALE CHOIR

New Musical Director for The Dentdale Choir!

The choir is joined in 2016 by its new Musical Director Dr Richard Bruce (Pictured). Richard is a music graduate of Durham who also studied for a PhD in Schubert's music for the theatre. He is a pianist and a keen singer, singing regularly in choirs around the North East including Northern Spirit Singers. Richard enjoys performing and listening to a range of choral music and is looking forward to introducing the choir to new challenges and responding to requests from its members.



The choir is enjoying the start of a new term learning both traditional and modern Christmas music. We will also be learning a range of choral works, sacred and secular, including the **Durufle Requiem**, to be performed at our Spring concert in 2017.

The choir is keen to welcome both established singers and those who are new to choral singing. If you've wondered if you might enjoy singing, why not come along and find out? We will of course be delighted to see people at the Dent and Cowgill Carol Services and events later in our singing year. Watch this space!

Jenny Robinson

TIM FARRON MP

September was a bit of a farming month for me.

Of course we had the Westmorland County Show at the beginning of the month. Sadly weather was not as much on our side as it has been in previous years but despite ruining a rather fine pair of shoes (my own fault for not bringing wellies) I still had a great time and met lots of people. However, one of the main reasons for being there was to launch our "Not a penny less" campaign to pressure the Government into committing to ensure that farmers do not lose out from our exit from the EU.

The Government has guaranteed that it will maintain the grants that the EU provides to farmers up until 2020. However, that is really not much of a commitment as it only really takes us a year beyond the point when we are most likely to leave the EU. I have launched a petition to help us with our campaign and collected lots of signa-

tures at the County Show. However I really need a lot more if I am going to make Mrs May take some notice. If you support the campaign then just search on "Tim Farron Not a Penny Less" on the internet and then follow the links to the online petition.

I have been contacted by lots of farmers who face even more immediate problems than worrying about what will happen in 3 or so years' time. They still haven't been paid the grants they were due from the EU last year. I have written to the minister responsible, Andrea Leadsom, and had nothing back other than excuses. A report by MPs came out earlier this year stating clearly that delays in payments to farmers were almost entirely down to the poor management and organisation of the Rural Payments Agency. Not that Mrs Leadsom was prepared to admit this, she blamed the delays on complications and other factors, issues that have been around for years. This is not acceptable.

TABERNACLE CELEBRATIONS

Friday 14th to Sunday 16th October

Friday 14th

FFWF "Rhumes", Dent
7 for 7:30pm Meal & Worship

Saturday 15th

Come & relax in the "Shelters" from 11am. Light Lunch
4:30pm Prayer Trail & Club Time

6pm Jacket Spuds & Fillings Supper & Worship Time

Sunday 16th

Meal in Memorial Hall 6pm then Worship with
Godfrey Birtill Song Writer & Worship Leader
For more info DDCF 015396 25212





Come and Join us

4 to 6pm

Sunday October 16th

Sedbergh Methodist Schoolroom

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and have a nice meal.

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Farmers often rely heavily on these payments, figures I saw recently said that over a third of all farmers in our part of the country would go bust without the grants they get from the EU.

At meetings with the NFU up here and down in London (they turned up to Parliament with a rather fine tractor, it was almost like the County Show) I have promised to do all I can to support farmers. Please help me by taking the time to sign the petition,

we cannot afford to lose any more of our farmers.

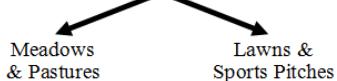
Beyond farming, I have been pressuring the Government to tell us their plans for our health service. The latest estimates suggest that by the turn of the decade our health trusts will be facing an £800 million funding gap. That is a huge amount of money to find and there is no way it can be done by efficiency savings. Either there will need to be a lot more money or we will start to see serious cuts to our services.

As ever if I can help you with any issues then please do email me at tim@timfarron.co.uk or call 01539 723 403.

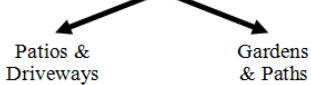
Tim Farron MP

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FLICKS IN THE FELLS

Next year Flicks in the Fells will be celebrating its tenth anniversary. During this period we have regularly screened ten or eleven films every year (usually new releases) at monthly intervals, in The Peoples Hall. In November we usually show a film in collaboration with the British Legion to commemorate Armistice Day. We also serve alcoholic and non-alcoholic drinks along with snacks and on various occasions in the past the food on offer has been connected with the subject matter of the film that we have been screening that evening. We also hope to upgrade shortly to a new state-of-the-art projector. For both organisers and patrons the film evenings have been fun occasions with many memorable films having been shown during this time. We believe that we offer a service to the residents of Sedbergh and District (we have also shown films in the memorial Hall at Dent) and we hope to continue to do so for many years to come.

All those connected with Flicks are volunteers, the only return being a free viewing on film nights. The duties of volunteers include the setting up of the equipment and the use of it for projecting the film (the projectionist himself receives a small honorarium for this job), front of house and ticket selling, setting up the chairs and putting them away at the end of the performance, manning the bar, choosing the films themselves, and attending and contributing to the Flicks committee. We have a small, enthusiastic and committed team which has remained remarkably simi-

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lar over the years. We now have vacancies for new volunteers and this is an opportunity you simply cannot afford to miss if you are at all interested in films, the film world generally, and the whole process of presenting films to the public. If you are interested we would invite you along to the next committee meeting to get a feel for the way in which we operate. We would also welcome hearing from someone who would be willing to take on the responsibility for making simple grant applications on behalf of Flicks and, also at the same time, being part of the wider Flicks team.

We hope that you will be keen to explore the possibility of joining us to see us through the next few years of live cinema in Sedbergh. In the first instance please contact our Chair Gillian Rea at reag@settlebeck.org.

*Ian McPherson
on behalf of the Flicks Team*

THANDI

First of all I would like to thank all those who on a wet August morning joined us on our Grand Day Out.

Secondly I would like to thank Will Hamer of Cumbria Classic Coaches for his generous "special rate" for bus hire. The us, a 1955 Bamber Bridge Motors struggled up Black Horse Hill but performed in an absolutely great way even though the bus was very full .

We were greeted at Lancaster canal by the boat master of the Kingfisher. We had to limit our ticket sales to 48 as that was the number of inside seats. Once aboard and settled I bored the passengers with my knowledge of Lancaster Canal its building and trade and how as a



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youngster in the 1940s I regularly walked the canal tow path to my band practice firstly with the Salvation Army and then with Storeys Band. I remembered coal barges unloading at Storeys but don't remember the horse drawn barges. Later on I would walk 3 miles to school mostly along the side of the canal.

The crew of the barge were great and gave us a running commentary as we headed over the Lune Aqueduct and out to Slyne. Here we stopped and had lunch delivered out of the back of a transit van. A really good meat and tatty pie, piping hot with seconds for those who wanted it. Then back to Lancaster. The bar on board was open so some had tea or coffee whilst others enjoyed a glass of wine. The weather improved on our return so we were able to stop on the Lune Aqueduct, a wonderful construction built at the end of the 1700s, a truly remarkable bridge for its age.

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Wednesday 19th October
Thursday 24th November
2017
Wednesday 25th January



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Then back to the wharf opposite the Water Witch and onto the bus returning via Carnforth and onto the M6.

Thanks to Lancaster Boat Company for the way they looked after us I have nothing but praise for the crew who were helpful and informative. However, what I haven't mentioned are the problems we experienced on the day

1/ On our journey down the M6 we came to a halt just before Carnforth. 3 fire engines, 2 ambulances, 1 paramedic car and numerous police cars passed us on the hard shoulder, all the signs of a major incident but within 30 minutes we were on our way again arriving only 5 minutes late.



2/ When we tied up at Slyne for lunch we learned that the lunch delivery van couldn't get through to us because the road was flooded but once again having made a detour the food arrived within 30 mins.

3/ Will Hamer and I were chatting to a taxi driver whilst everyone was boarding the bus for home when a message came in on the radio advising the M6 Northbound was blocked between junction 34 and 35 hence our A6 homeward journey.

I believe everyone had a "Grand Day Out" and the days' contribution has helped towards the £1500 raised in the last 2 months. Hopefully by December 2017 we can hand over £10,000 to the Thandi Community as a nest egg.

We have worked with this severely disadvantaged village for 20 years and created many jobs in addition to building the creche/early learning centre.

If you want to know more about Thandi talk to Alan or Chris at the Cross Keys.

Once again Thank You and God Bless.

Alan Clowes

LADIES NFU

Due to our September Meeting taking place after the Closing Date for Lookaround, we will have to wait to read about the talk being given by Rev. Carole Marsden.

Our October Meeting will take place on 18th October when Margaret Watkins will tell us about collecting 'Hats'. We may even get to try some on!

Do come and join us, a warm welcome awaits you.

Marlene Mason

DENTDALE WI

It was a smaller gathering than usual for our September meeting with a number of our members away taking late holidays, this did not affect

This year, Imperial War Museums (IWM) and Craven and the First World War project are working together to show the UNESCO listed film *The Battle of the Somme*, to audiences in Sedbergh



**The
Battle of
the Somme
FILM SCREENING**

Thursday 20th October 2016 | 19:30 - 20:50
Arden Theatre, Sedbergh school

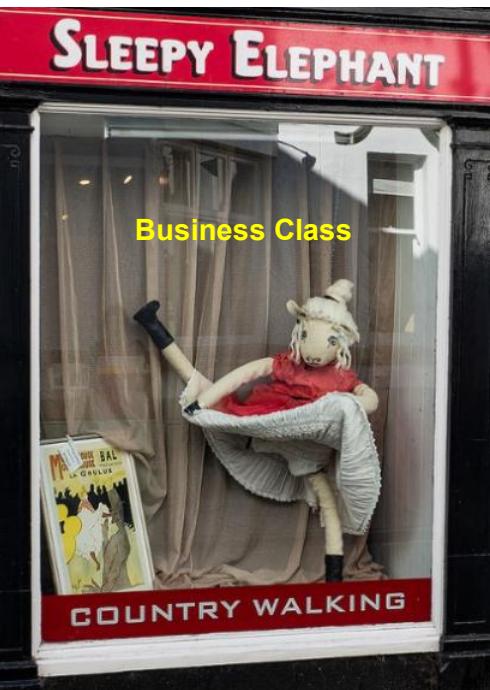
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the enthusiasm of the welcome Marion extended to everyone and the singing of Jerusalem accompanied by Catherine at the piano was loud and cheerful as always.

Marion began proceedings with heartfelt thanks to all members who had recently given their support to providing Afternoon Teas at the annual Dent Gala. It had been a very successful event blessed with fine weather. The queues for tea were continuous with everyone enjoying the scrumptious feast of sandwiches, cakes and biscuits on sale. We heard an anecdote from Kate our Treasurer who had been told by one lady visitor that she came simply to enjoy our teas, a fine accolade for the dedication and hard work of our members.

Marion went on to read a letter of

thanks from the organizers of the 3 Counties Cycle Race, an annual event passing through Dent and to which our members provide support with drinks and refreshments.

Still on the food trail, our Dining Club this month are visiting The Two sisters café for lunch and ten members signed up to go and it was decided that for this year's Christmas Party our venue will be The George & Dragon in the village with menus to be available at our next meeting.

Two other events planned for October are an 'Exercise to music' led by Marion who is a retired fitness instructor and an Auction House trip. Both of these events will be in house and free of charge but a donations box will be provided, the proceeds

which will then be shared with our Federation for their £10 Challenge.

Other items of interest coming up are the Federation's Annual Council Meeting our delegate this year will be Pat Allen and a Federation Quiz Night on 7th November this year to be held at the White Hart Social Club in Sedbergh. Hopefully we will put together a team and maybe, just maybe win this year.

A final request from Marion was for offers to make tea and biscuits/cakes for the hardworking volunteer's teams putting in the ducting for the eagerly awaited Broadband for the Rural North (B4RN)

The business ended it was time for our speaker for the evening Debra Jessett talking about Humanist

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Farfield Mill is planning to further develop its heritage floor with the help of Maureen Lamb the History Society and most important of all the local community!

To book a place and free return transport if needed phone Farfield Mill 015396 21958 ext. 0 between 10.30 - 5pm -please leave your phone number if you can't come but would like to know about an alternative date.

SEDBERGH PEOPLE'S HALL

OLD TIME DANCE *with* FRANK GRIFFIN

JACOB'S JOIN
BAR ~ RAFFLE

SATURDAY 22nd October



8.00 TILL 11.30

ADMISSION £5

Ceremonies. Debra began her talk by stating how difficult our society found it to talk about dying and funerals she then went on to say that her role as a Humanist celebrant covered naming ceremonies, marriages and of course funerals. She told us that requests for humanist ceremonies were increasing as people did want a ceremony but not one influenced by religion. Her own interest in training for her role began following attending a family member's naming ceremony followed very rapidly by her father's death and her family recognizing his non-religious beliefs. Her talk was full of interest and humour enriching her life in ways she had not expected when she began her training. She told us

that when performing the ceremonies her focus was solely on the life and personality of the person / couple or child involved and she felt this was the element that fulfilled the need people had for a 'personal' approach to the milestones in their lives.

Kate thanked her saying we were all much more informed about Humanist Ceremonies and had learned so much from her talk.

A cup of tea and homemade biscuits ended the evening with the raffle being won by Alice and Jean and the competition of 'My funny epitaph' was won by Catherine.

KILLINGTON WI

The afternoon WI
for the Entire District
*Season of mists and mellow
fruitfulness!*

Well, I suppose that John Keats is a step up from Flanders and Swann but I have to admit that both give me great pleasure. Keats and Browning

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you!*



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hark back to my O level days and I was delighted recently when, as is my wont, I was quoting one or the other, that my 13 year old grandson took up the refrain. The recent misty mornings have been a delight and the night time views of the moon rising over Whernside have been something to behold.

And something to behold and delight in was our recent September meeting. For me, September, as the start of the school year, is the true beginning of another year. I trust that this one will bring us all lots of joy. Our gathering at the People's Hall in early September brought us all together again. Our speaker for the day was Steve Swithin who has enjoyed a varied life "on the road", as

tour manager to several different groups of entertainers, the most well-known to us being Mike Harding. Steve spoke of his many duties in holding together all the things which a tour entailed, booking venues, accommodation, transport, backing groups, lighting and sound engineers. In addition to assuring that the performers turned up at the right time, in the right place, and sober! It seemed that the main advantage of a venue was to be within a mile of a pub which specialised in "real ale"!

We were delighted to have two important guests at our meeting, Jacky and Dennis Whicker. I wonder if this is the first WI meeting that Dennis has attended? About 30 years ago when the roof of the

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People's Hall was in desperate need of repair, Dennis organised some events there at which Steve Swithin was the DJ (or was it MC – more elevated!) Steve was delighted to renew this contact as were Dennis and Jacky. I do wonder from time to time when the world of Political Correctness will object to our being called **Women's** Institute. Perhaps Dennis could have added to the interest in the line-up of "**calendar girls**".

Our tea and business meeting followed Steve's amusing talk. We are planning to attend various Federation Events. We shall be well informed with meetings about Climate Change and another by an eminent scientist entitled, "Keeping the Lights

on". I am sorry to say that plans for our Christmas Lunch, to be held at Crooklands Hotel were also discussed. ..."I saw three somethings come sailing in! "This is a hint to advise you to go out now and buy those cards!! –surely you want a relaxed festive season? We discussed the procedure to be followed at our AGM in November. The Federation are advising some changes but the feeling of the meeting was, "If it ain't broke, don't fix it! Our president, Maggie l'Anson, provided the raffle prize of some juicy, home-grown tomatoes which were won by Cynthia Thompson, while the "S" initial competition was won by Anne Jones with a lovely pair (NO!) of silver plated serving spoons.

{N^o6}
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Afternoon Tea

Borwnny

Hatley
CAKES

Our next meeting will be on Tuesday 11th October at 2-00pm in the Committee Room of the People's Hall. Do come because this will be one of our very own, jolly meetings. Avril is going to show us how to make "a Fabric Pumpkin". This has been inspired by one of Avril's many happy trips to America. Here is a reminder of her instructions.

Please could everyone who wishes to make a pumpkin bring with them. A sewing needle. A few dressmaking pins, some sharp scissors and a pencil. I have brought with me from the U.S.A some nice materials that I think will make nice pumpkins. If however you wish to use your own material I suggest bringing half a metre of cotton in one material and

then a complimentary fabric in another shade. I will supply a variety of threads, stuffing and some decorations to add the finishing touches, plus of course the pattern. I hope to have two electric machines set up so that anyone who wishes could use them instead of hand sewing. Hoping that you will join me at our October meeting. Avril.

Our Crafty meetings are always such fun! So far I have learnt to make cross-stitch cards with Valerie, lovely decorative bags with Wendy Mc., and little boxes in which to put tiny presents. Now I am anticipating another triumph. Perhaps we should display our results on Bonfire Night!

Wendy Fraser-Urquhart.



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Community Orchard Group

APPLE DAY

10am to 2pm

Wednesday 26th October

People's Hall

Press your own apples

Cake & Jam Stalls

Refreshments

Live Music with

**Common Ground
Ceilidh Band**

Free Entry ~ Donation suggested



SEDBERGH WI

Catharine Augusta de Sternberg? The *Baroness* of Belsfield? Most of us had heard of the Belsfield Hotel at Windermere, but the lady with the grand foreign name was completely unknown. We were intrigued to find out more and our guest speaker on September 14th, Ian Jones, was well placed to inform us. Years ago, he had become fascinated by the lady with the foreign name who had the Belsfield mansion built in the mid-19th century on Belle's Field near Windermere, and he set out (often accompanied by his wife Edna who came to our meeting too) to investigate the background of this mysterious lady through parish and probate records and visiting places associated with her family. Anyone who has researched their family tree will know how addictive this kind of research becomes! Ian uncovered a story about a surgeon's daughter,

Catharine Harrison, who inherited farmland which lay above rich coal and iron ore deposits in Cumberland, married an émigré Prussian aristocrat who had fled Prussia in Napoleonic times (so she gained a title - the Baroness) and carefully organised her marriage settlement so her husband could not automatically take over all her wealth, as would have been the custom in those days. Four years later the marriage failed, but Catharine retained most of her great wealth as well as her title in return for a very generous bonus to her husband. Many charities benefited from Catharine's generosity during her lifetime as well as in her will (she survived her former husband by less than a year), including the

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For more information, visit our website:

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



Whitehaven Infirmary. Her nephews and nieces were her major beneficiaries as she had no children of her own; she was careful to protect their future interests by enabling them to continue to profit from the income of the iron ore and coal mines even when the land above them was sold. She was an astute business woman who loved jewels and luxury but Ian had found no record in local newspapers of her socialising to show them off: all in all, a remarkable woman. Rosemary Blanchfield thanked Ian for his interesting talk, which was carefully illustrated on the screen by pictures, maps and family trees.

Following our break for tea and delicious cakes elegantly presented by Valerie on a 3-tier cake stand we said goodbye to Ian and Edna Jones and proceeded with our business meeting. We were gratified to learn that our stall at the Sedbergh Artisan

Market in August had raised £220 to be shared between our own WI group and the WI Federation as part of their £10 Challenge: the Federation donated £10 to each WI and challenged them to make more from it. We put this £10 towards the hire of a stall in the market and then members provided cakes and other things they had made themselves or plant cuttings for sale. We now have another social event to provide for: our annual coffee morning in the URC Rooms on September 28th.

Ellen Morrison kindly hosted the book club and provided luscious cakes on September 15th. Some of us were able to discuss 2 books this month, both by Maggie O'Farrell. Carlisle Library had only been able to provide 7 copies of the book requested, "The Vanishing Act of Esme Lennox", so had also sent us 12 copies of "Instructions for a Heatwave"; we had decided that we



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would all read the latter first to discuss it together. Set in a sizzling London in the heatwave of 1976 (we all had memories of that, though not all in London!) the book follows the lives of an Irish family who are left completely bemused as well as upset when their apparently devoted father mysteriously disappears. I don't want to say anything more about it because we recommend it wholeheartedly and hope some of you will read it, so I don't want to give anything away; the same can be said of "Esme Lennox". Maggie o'Farrell is an excellent writer and you get really involved in her characters and family dynamics. We shall certainly be reading more of her novels.

Ellen is planning to lead the walking group on September 22nd for a 7.5 mile walk around Barbon with about 800ft of ascent so we wish them a pleasant day for that.

Congratulations to Ellen and Gaynor

for their contribution to Sedbergh Sheepfest on our behalf, dressing up our sheep 'Bath-she-baaa Everdine' from "Far from the Madding Crowd" for display in the window of the Dental Surgery!

A warm welcome awaits any lady who would like to join us at our next meeting on October 12th at 7.30pm in the committee room at the People's Hall for a talk about the Lakeland Arts Trust by Anne-Marie Quinn.

Moira Folks



ASHLEIGH HALL

Almost 3 years ago, Ashleigh Hall was rushed to hospital, falling in and out of consciousness. The ambulance had to pull over, road side, to try to help her, but the situation was becoming very serious, very fast. Ashleigh had been ill over the weekend. Her doctor told us it was just a tummy bug. But it was so much more than that. She had severe stomach pains, severe vomiting, deep, heavy breathing, could not stay awake, couldn't talk or even lift her head from her pillow. She had become severely dehydrated and on the morning we called for the ambulance, I did not recognise my own Daughter. Ashleigh was suffering with severe DKA (Diabetic Ketoacidosis) and she was hours away from a very different outcome. We hadn't recognised the signs that warn of Type 1 Diabetes, but looking back, they were there... the thirst, hunger, mood changes, drinking lots, weeing

lots, sleepiness, stomach pains, a deterioration in her eye sight.

Ashleigh missed a bit of School while she recovered, and it all happened just at the start of her final GCSE exams at School. School thought it might be helpful to take her exams the next year, but Ashleigh was determined to sit them with her peers. She did amazingly well, better than predicted. She is now in her 2nd year of College and doing great.

This Summer, Ashleigh did the National Citizen Service. She spent a week in Wales doing team bonding and confidence building activities. She returned on crutches after falling off a rock face, but kept going.

The 2nd week was at Ambleside University Campus, learning life skills, independence and planning.

In the 3rd week they were asked to give something back to their community. Having been through everything she had, she decided to raise awareness and money for Diabetes UK, to return the support they gave to her during her diagnosis and beyond.

On the 10th of September Ashleigh did the famous Cross Bay Walk, following the Queens guide Cedric Robinson. It took almost 4 hours to complete the 6 mile crossing, and shows just how far Ashleigh has come. She raised a grand total of £380 for Diabetes UK, which we are all extremely proud of. Type 1 Diabetes is an autoimmune disease, where the Pancreas no longer produces insulin. It is a life long condition which, left untreated, can be fatal. If you recognise any of the symptoms, please see your GP.

Mags Hall

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THE FIRST 'TROTSKYITE'? **The first 'Trotskyite'?**

I was told the other day, with some authority, that the Labour Party was unelectable because it was now full of Trotskyites. In my innocence I asked my accuser what a 'Trotskyite' was? To which question came the swift, though uncertain, reply; "Corbyn!"

So I thought that I might use this little musing to say something about Lev Davidovich Bronstein (aka Trotsky) and his association with one of the great British institutional myths, the SAS.

Lev Bronstein was born to Jewish farming stock in the Black Sea region of Tsarist Russia in the year 1879. He proved to be of extraordinary

intelligence as a student, successful at everything he set his mind to.

As a young man he became involved in Revolutionary activity and, rising quickly in the movement, was in 1905 tried, found guilty of 'anti-state agitation' for his efforts in the revolution of that year, and exiled to Siberia. Always a quick and agile thinker, Trotsky made a dramatic escape from the prison transport, taking the boots and name of one of his guards to facilitate his getaway.

A prolific writer, Trotsky turned up in London at the house where Lenin was living and offered his services to 'Iskra' (the Spark), the revolutionary newspaper set up by Plekhanov in Zurich. Impressed by the young

Revolutionary, Lenin offered him a job on the paper. However, this offer was countermanded by Plekhanov, who was also the nominal leader of all the dissident factions in exile. This snub caused a rupture between Lenin and Trotsky, the latter siding with Georgy Martov and the Mensheviks against Lenin's Bolsheviks at the second International Congress in London. This split lasted until the Revolution of 1917 when Lenin, now leader of the infant Soviet state, recognizing the abilities of the young firebrand placed him in charge of the Red Army which was, in 1919, fighting for its life, this despite the fact that Trotsky had absolutely no military experience whatever.

What Trotsky lacked in experience he made up for in ideas. The most influential of which he unleashed on the Poles who were, at that time occupying most of the Ukraine. He reasoned that if one infiltrated well trained and highly motivated people behind enemy lines to attack headquarters, destroy communications and create mayhem in the rear while simultaneously attacking them conventionally with the rest of the Army the enemy would be fatally weakened. The results of these tactics were spectacular with the Poles, (armed and supported by Britain and France), driven in confusion back to the gates of Warsaw.

Many years later, in the desert war of 1942, Colonel David Stirling, (later knighted for his efforts), took the ideas that Trotsky had successfully proved and turned them onto Rommel and the Afrika Korps at El

Alamein, the devastation wrought on the Germans by the future SAS played a significant part in the destruction of their armies in North Africa.

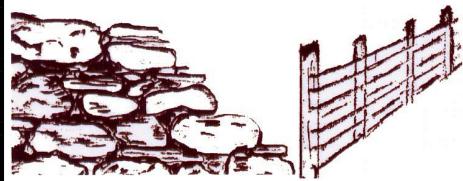
Sadly, Trotsky did not live to see how his ideas were taken on by the military of many leading armies, for he was brutally murdered in 1939 in the house of his friend, the artist Freda Kahlo, in Mexico City for his outspoken opposition to the authoritarianism of Stalin.

Politically Trotsky was no democrat, like Margaret Thatcher and Robespierre he believed that the masses had to be led and told what was best for them as they were incapable of deciding this for themselves. For that reason I cannot see that Trotsky would have been at all happy in Jeremy Corbyn's Labour Party, (far too democratic), but he might well have been easier serving with Tony Blair!

Nick Cross

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WESTERN DALES BUS

Don't Shoot the Bus Driver

I was interested to read the article in last month's Lookaround about the Saturday bus service between Sedbergh and Kendal. However, I think Peggy Ingham may misunderstand where the responsibility for this situation lies.

A few years ago, when the government started reducing the amount of money it gave to local authorities, Cumbria County Council decided that it could no longer afford to subsidise its bus services, and in October 2014 the Saturday service between Sedbergh and Kendal was one of the routes that had its subsidy withdrawn. As a result, the bus company running it decided it couldn't

afford to do so any more because it would lose too much money, and so it stopped the service.

Previously, when the same thing happened to the Saturday service between Dent and Kendal, I and a group of volunteers decided to do something about it by providing a community bus on that route. By the time the Sedbergh to Kendal service was threatened, we had formed the Western Dales Bus and we decided to see if we could help there too.

However, because we are all volunteers, and are running a community bus and not a commercial one, we are limited by two things: the number of people who volunteer to help, and the law, which limits the size of bus we can drive to a 16-

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seater. Nevertheless, since October 2014 we have been running four return journeys into Kendal every Saturday, including an early one at a reduced fare, and as Peggy rightly says, on occasions the bus has been over-subscribed.

However, Western Dales Bus will never be an operation that makes money, so in order buy a bus and keep it running we have looked for grants from the Lottery and from local parish councils to support us. When we apply for these grants, we have to submit our finances for close scrutiny, and this scrutiny continues every year for as long as the grants last. But the end result of this funding is that, in addition to the Saturday service, we are now able to run year-round services to Hawes on Tuesdays and Kirkby Stephen on Fridays.

So who is to blame for this state of affairs on the Saturday bus that Peggy raised? Is it the Western Dales Bus, because we can't take everyone into Kendal who wants to go? Is it the government, for making a law that limits the size of community buses? Is it the bus company that decided not to run their bus at a loss? Is it the County Council, for not spending its money on rural bus services, or the government, for not giving the council enough money to enable it to do so? Is it the public for not being prepared to pay more tax for public services?

It might be any one of these, but when you decide who it is, please be careful you don't put the blame on the people who are trying to do something about it!

*Jock Cairns
Chair, Western Dales Bus*

DENT GALA

What glorious sunshine we had for this year's event, it encouraged people to linger and enjoy all we had on offer. Along with old favourites, pillow fight, coconut shy and bat the rat there were sports for all ages, refreshments for all tastes, a live band and the chance to win a bottle of wine for £1. Lots of entries for the fancy dress, a lot for little ones with bouncy castle and hook a duck and scavenger hunt.

Our sincere thanks to ALL HELPERS and SPONSORS and EVERYONE who came. The dog show was different and all dogs received a quick health check, inside the Hall stirling work was carried out by the ladies of Dent dale WI while out on the field the Town Crier and Minnie Mouse welcomed everyone.

No final figure yet but should be around £2000 however we have a few expenses to pay.

Our DMH Secretary has resigned and we need a replacement. Re this and all other Gala/DMH matters please contact Chairman Sarah E Woof. Dent 25212.

Thankyou all for your participation in the Gala.

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SEDBERGH ART SOCIETY

The exhibition this year was greatly admired by the many visitors who came to see what Sedbergh Art Society members had been up to since August 2015. Twenty nine of our members exhibited work. There was a wonderful variation of style, medium and subject. Helen Shields and her team excelled themselves this year in the arrangement of artists' work, so that pictures complemented each other in colour and theme, creating stunning effects. Many thanks go to Helen for giving so much time and thought in masterminding the whole affair and also to the other members who contributed their expertise and time to the setting up – which at times demanded a great deal of muscle power! Special thanks go to Hilary Moore and the portrait group for exhibiting their work, which as usual created a great deal of admiration and interest. The cards were a great success once again –



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thanks to all the contributors!
Although we see this event primarily as a celebration of our work, we would like to thank the many visitors who purchased pictures. The exhibition was a great success.

Amongst the pictures a thoughtful tribute to Joan Chamley, our previous president who died last year. Our thanks go to Ruth Gamsby, who placed a beautiful orchid by Joan's painting.

During the preview evening Susan Garnett, in the opening speech, paid a glowing and heartfelt tribute to Joan Chamley. This was greatly appreciated by her husband Norris, who has been an invaluable help to the Society over many years.

Before we move on to upcoming events, we would like to give yet one more vote of thanks. If you have been in the People's Hall lately you will have noticed a beautiful triptych, each of the three paintings representing the Pepper Pot through three stages of its history. The Sedbergh Art Society wishes to thank one of our members John Conway warmly, for painting and donating this on our behalf.

Our first meeting and workshop will be over by the time you receive this edition of the Lookaround, so let me tell you about November. At our members meeting on Friday 11th November, 1.30 – 3.30 pm in the People's Hall Committee Room, Ruth Clayton will be giving a demonstration

of a watercolour painting on the theme: 'Trees in the Landscape'. Ruth has kindly offered to lead a workshop on the same topic in the Methodist Hall, 10 am – 4pm just over a week later, on the 19th November. This is one of our three autonomous workshops, i.e. workshops for members led by members. We are greatly looking forward to both these events. If you would like to attend the workshop, contact Jenifer Alison for details on 01539 824666 or 07785 964008. You can also email jen.alison10@gmail.com

You should have received your traditional card of information about the Society and events by the time you have read this! The November meeting and also workshop are



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mentioned below, but also in your card there is information about the portrait group dates and venues and the Wednesday afternoon painting group.

If you wish to join the Sedbergh Art Society, please contact Mike Morrison our treasurer and membership secretary. Contact information: mikemorrison433@btinternet.com or telephone 015396 20209.

Jenifer Alison

GRAHAM J MOFFAT



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Chair Sarah Woof 015396 25212
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SEDBERGH COMMUNITY SWIFTS

We have had some interesting events during this summer's swift season.

A dramatic situation arose at Lowgill for one of our pairs of swifts that had 3 chicks. When they were 17 days old

one of the parents went missing, for whatever reason we will never know. It is not possible for one parent to rear three chicks, especially as the weather at that time in the first two weeks of July was dreadful. So we decided to foster one chick by putting it in with another pair that had only two chicks, of a similar age. This was very successful - birds cannot count and the adults brought up all three chicks very well, and they all fledged within days of each other at the end of July.

The lone parent soldiered on feeding the two remaining chicks, but it became apparent that one was much smaller and unlikely to survive. In order not to jeopardise their chances we took one to a specialist rehabilitation place. Rehabbing swifts is a very specialist task, not least because they can only be reared on a diet of black locusts and wax worms.

There are a small number of dedicated individuals around the country who look after them, and the nearest help we could then find was 130 miles away. So off we went with our swift in a shoe box. Some weeks later we were delighted to hear that

the chick had thrived and eventually had been successfully flown, swooping off into the wide blue yonder.

The remaining singleton chick developed well and left the nest on July 26th as expected – so in the end we managed to successfully save all the three chicks!

Incidentally, the Wildlife Act protects nesting birds against interference, but there are provisos for circumstances when the lives of nestlings are under threat.

In July we were also contacted about a grounded adult swift that had been found in Highfield Rd, and when this happens it is often impossible for it to take off. In order to see if it could



fly we took it to the playing fields at the People's Hall. After climbing on a stepladder, it was put on the palm of the hand to let it take off in its own time. Sadly it plummeted to the ground, so clearly it was going to need extra care.

We were then fortunate to discover the Animal Rescue Centre at Kendal College, a marvellous facility that looks after animals that have been referred to them by a vet. Jim Bramley at Farmgate Vets kindly arranged this for us. The College runs courses on animal care and in fact they were already hand-rearing two swift chicks that had been brought in. Later that day however we were told that, after X-raying our swift, it was

A Breathing Space at Gibbs Hall Cottage, Dent

Thanks to the monumental and skillful efforts of Tilk, Rob and Seamus, Gary, Mark and Ben, Edwin, Phil and Will and of course 'sparky' Chris (a.k.a. 'the destroyer'), Gibbs Hall Cottage is now in good order throughout.

They are the most hard working and amiable team of builders, chippies, plumbers and sparks and were a delight to have around.

The new arrangements inside the house mean that I now have a beautiful dedicated space from which to share 'Effortless Yoga'.

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B4RN

Dentdale & Garsdale

Good news can be simply told. Ducting to carry the fibre has now been laid continuously from Barbon to Dent School. You may have noticed manhole covers at intervals along the Gawthrop - Barbon road. Work is now ongoing to link Hippins Bridge to Condor Farm and this will complete the outer circuit around Dent Village.

Connecting individual properties has started too; the 'house-fitting' team is out placing the necessary link-in gear on houses in Gawthrop.

At Dent Gala, the cabinet which will be the centre of the network was on show in Dent School grounds (pictured). Fundamental hardware in place, showing the project really on the move. And for more pictures and details of latest developments see Facebook (www.facebook.com/hyperfastdales).

found to have a broken pectoral girdle and would never fly, so sadly had to be put down. We are very lucky to have such an excellent place on our doorstep.

And when the other two swift chicks at the College were fully grown and ready to fly we were delighted that they decided to release them in our area. From the palm of the hand each one immediately soared off into the sky. There were still lots of other swifts around, so let's hope that these youngsters were able to join them and other newly fledged chicks as they prepared for their long migration.

To contact SCS: email ta.hoare@btinternet.com or ring 01539 824043. *Tanya Hoare*



Thus far resources for the work have come from the central B4RN organisation; we need now to use our own funds. The project has some £50,000 to hand and we are currently moving through applications for grants and other funds from several sources. Of immediate interest is the government's offer to organisations

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A selection of scarves and throws, all woven from Yorkshire Dales and Cumbrian wools. I also carry yarns for knitting and weaving, my own range of wool walking socks and an ever-changing selection of interior accessories, plus an eclectic mix of handwoven textiles which you can see being woven on my loom in the workshop.

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such as B4RN of £350 for each property that has poor broadband. The money will go to B4RN, not to the house owners, but £350 represents half the total cost of connecting a property. Leaflets will soon be circulated showing how the money will be accessed.

Lastly, Connecting Cumbria is offering an information meeting in the People's Hall on October 18th. Of course, the more resources that come into the area the better. The B4RN project simply needs it to be known that while a combination of fibre and copper wire to property may improve service and quality as 'superfast', B4RN's fibre to the door is the best and most reliable modern

service available and qualifies as 'superfast'.

More volunteers from either Dent or Garsdale would still be welcome, so please make contact if you think you might be part of this important development in the area. Ring 015396 25321.

From your Hyperfast Broadband for Dentdale & Garsdale Communications Team.

FAMILY MUSINGS

Our outing for afternoon tea was much enjoyed and as we consisted of 5 ladies, there was a lot of chatter! Another highlight of summer was my stewarding at the Antique Roadshow at Holker where I helped the chap who values glass, look out for me on TV.

Elder grandson celebrated his 4th birthday with a family get together in our garden where the weather behaved and great fun was had.

Fab weather for the village Gala helped my favourite local event to be both enjoyable and profitable and aided much needed work in the garden.

Writing wise, I am in middle of a novel or I presume I am as it's of unknown length as yet and enjoying the monthly writers group. Exciting news re a fairy story but more on that later.

Exploring the Ludlow area for part of our holidays led us to rent a delightful cottage, meet family and friends and sample some of the culinary delights of Shropshire. Now autumn cometh with new challenges, let's step boldly onwards folks!

Sarah

ROYAL BRITISH LEGION

The AGM of the Sedbergh Branch of the British Legion was held on Thursday 8th September when the Retiring President gave his annual report as follows:-

In 2016 the Sedbergh Branch of the Royal British Legion raised £10,500 for the Poppy Appeal, once more an increase over the previous year. This large sum from a small branch in a rural area matches amounts raised in many larger areas. It is a credit to all those who devoted their time to organise and collect for the Appeal. On behalf of the Royal British Legion I want to thank them all.

Our appeal was organised by our

Chairman John Douglass and Assistant Poppy Appeal Organiser Keith Wood. They ensured that volunteer collectors visited all areas covered by the branch and organised full coverage at Killington Service station. On behalf of the Legion I would like to thank Killington Service station and staff for their continued support over this collection period as it provided a significant part of the total sum raised.

Given the number of coins donated, counting was a significant effort and my sincere thanks go to those who helped, particularly John and Keith. Lastly the storage of all the Poppy Appeal equipment in the Roof-Box

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The Remembrance Service was well attended despite the inclement weather. The reading of the names of the fallen was carried out with dignity and conviction by Jake Cowperthwaite and Rachael Hopkins, also the reading by Luke Robinson.

It is always a proud moment for our Branch when the Sedbergh Town Band performs its annual Remembrance Service. It was established by a former member, the Band's founder Alan Lewis. This year

it took place on the eve of Remembrance Sunday, in the United Reform Church on a night of atrocious weather yet even so raised £202 for our Poppy Appeal. On behalf of our Committee I want to thank the Town Band under Alan's son Iuan Lewis and Carole Marsden for ensuring that is an integral part of the Town's calendar.

Our funds were significantly increased from the two coffee

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mornings we held last year. In addition to our spouses our thanks must also go to those who helped to make such a success of them with donations, baking and staffing of the stands and tea room . An especial thank you again is due to Sandra Goldwood and to Rawthey Rhythm who played outside in Main Street to increase the amount raised.

Our Annual Dinner was held in

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Weavers Café at Farfield Mill.
Organised by David Parratt, it was a great success. Our thanks to all at Weavers Café for making it such an enjoyable evening.

We again exhibited at the Sedbergh Gala in May. It went well greatly helped by Linda Johnston, County Secretary who kindly brought down the gazebo, and various merchandise . She met members of the committee and gave advice and ideas on how to raise the profile in the area. My thanks to the members who assisted.

Thanks to these efforts and donations, the Sedbergh Branch of the Royal British Legion was able to

make a donation of £ 250 to Byng House in Southport towards the purchase of a replacement bus. Byng House is a respite and holiday center for serving & ex-service personnel. Earlier in July we made a further donation to the Gurkha Welfare Trust following the earthquake in Nepal. We are deeply grateful for the assistance from all of those in Sedbergh and surrounding areas that made this possible.

Sadly last year we lost member Joan Chamley, wife of Norris. Norris has been one of the key people in this branch and has held all the offices. In those roles Joan gave her full and active support to him. With regards to membership, full members

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go to www.cumbria.gov.uk

Tap on libraries/archives

Tap on free audiobooks online
books, magazines and more

Tap on Books & Magazines

Tap on 50 popular magazines

Tap on Create New Account

And sign up



50

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are 73 and youth members 118.

Our committee worked hard this year and its members deserve recognition: Chairman - John Douglass who also was Poppy Coordinator and Standard Bearer, Secretary - Lt. Cdr. David Parratt, Deputy Chairman-Nick Cross, Treasurer-Martin Gray, Welfare Officer-John Estensen, Deputy Poppy Appeal Coordinator-Keith Wood , Elspeth Griffiths, Col. Tony Reed Screen OBE, Kay Whittle, Dennis Whicker, Sandra Gold Wood and Rose Pease. I really must make a special point here to thank our new Secretary David Parratt for the positive impact he has had on our branch. His assiduous follow-up on communications from the Royal

Chameleons



Chameleons is a free drama club for primary-aged children in years 3,4,5 & 6.

It is a fun way to learn drama skills and teamwork.

We meet on Fridays from 3.45 to 5pm in the Parish Room at St Andrew's Church, Sedbergh.

First session of the new term
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British Legion and attention to all our local events has reinvigorated this branch. Finally, though retired from the Committee I am again delighted to mention Norris Chamley who continues to act as our Auditor, attends most of our meetings and frequently acts as Escort to Chairman John Douglass in his role as Standard Bearer. My thanks to all for their hard work and commitment.

On the behalf of our committee I would like to thank all our members for their continued and valued support of this important national institution.

Lastly with regret I must inform the committee that due to increasing family commitments and after ten years in post I am standing down as President of this Branch. It has been an honour to serve in that position and to work with you and with past members of the Committee. We are extremely fortunate that Col. Tony Reed Screen OBE has kindly offered to take on this role for the next year. Tony has stepped in to this despite his many responsibilities in St. Andrews for which I am extremely grateful.

*John Pease
President, Sedbergh Branch*

SIGHT ADVICE SOUTH LAKES

On Tuesday 20th September, the Sedbergh Branch assembled once again at the People's Hall. Dennis welcomed two new members, Jim and Rosemary Mason. George, Gladys, Jessie, Florence, Winifred and Jenny J were unable to attend but we look forward to seeing them again in October.

After our usual tea and biscuits, we enjoyed a most interesting talk and visual presentation by Susan Garnett on the subject of the management of churchyards with regard to the encouragement of wildlife.

We learned that in churchyards where at least some of the ground is left 'wild' rather than overly 'neat', a wealth of wild plants can thrive.

Churchyards are some of the few places nowadays where, unlike agricultural land, neither fertilizers nor pesticides are used, allowing flowers once found in the meadows to flourish. 'Unimproved; wild flower meadows have all but disappeared. Fertilized grass grows well at the expense of wild flowers. Ground nesting birds are also affected by lack of cover. There are many native plants, mosses and lichens which can only thrive in churchyards.

Log and leaf piles are ideal for many kinds of insects. Frogs, lizards and voles also find a place of safety in churchyards.

We were shown local churchyards such as Firbank where paths are mown but the rest left 'wild' and



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Tuesday 7:15 p.m. until 9:00 p.m. Dent Memorial Hall

New members say: "why didn't I do this sooner?!" "I love it!"

"I look forward to it so much" "it gets me out of the house on cold, dark winter evenings to somewhere warm and welcoming" "it's the best thing in the week" "I never thought I could, but I can!"

Please phone Jenny: 015396 25361 or John: 015396 25689
if you'd like to chat it over first.

where ox-eye daisies and very rare butterfly orchids can be found. Also, St. Mark's at Cautley where the list of plants includes, in spring alone, wood anemones, primroses, cowslips, violets, snowdrops, fritillary and early purple orchids. An unusual plant is known as 'Town Hall Clock' as it has five faces!



Many plants were once used for medicinal purposes, as described by the mediaeval apothecary Culpepper, for example. Speedwell was used for 'fevers, coughs and barrenness'; Digitalis, used to treat heart conditions, came from the foxglove. Some of these plants have wonderful names such as, 'Cats Ear', 'Fox and Cubs', and 'Mouse Ear Hawkweed'. Wild flowers are also important for honey and other bees.

Gravestones are important for

lichens and mosses, some quite rare. Unusual fungi such as the wax cap or 'ballerina' and purple coral also thrive in a 'wilder' environment.

Dennis thanked Susan for a most fascinating and informative afternoon.

Our next meeting is on the 18th October when Margaret McClure from the Kendal office will be visiting us.

Susan Harper

MIND IN SEDBERGH

The local South Lakeland Mind will be commencing 'Drop-In's in the St Andrew's Church, Sedbergh every Monday (Except Bank Holidays) and is open for everyone from 10am till 12 noon. (This was reported last month as being in the People's Hall, which has been changed)

Volunteers are needed for the befriending service. If you would like to help, please ring Freddie on 01539 740591 or visit their Web Site at www.slmind.org for further information.



St Andrew's Church, Dent

Early
Bird

Christmas Bazaar & Coffee Morning

Saturday 5th November

10am to 1pm

Dent Memorial Hall

Grand Raffle



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Free Entry and a warm welcome

COMMUNITY ORCHARD GROUP

We are delighted to announce that our first Apple Day will take place on Wednesday 26th October in The Peoples Hall from 10am until 2pm. Apple Days were started in 1990 mainly in the UK as an annual celebration of apples and orchards, and we hope that this first Sedbergh Apple Day will be one of many in the future.

Our first Apple Day will give everyone in the community an opportunity to bring along their apples, any type eaters and cookers and in any condition, but not bruised or washed! – which can be juiced and taken home either to drink, freeze or pasteurize. We have been to quite a few Apple Days held all over the County, and believe us when we say the most un-

promising looking apple can turn from a frog into a prince as far as drinking juice is concerned!

You will get about 2/3 3/4 of a litre of juice per kg of apples you press. Each press takes a maximum of 40 kg of apples, so for each full pressing you should expect about 2530 litres, or about 40 wine/lemonade bottles of juice, so bring your apples and your sterilised bottles to juice on the 26th October. It'll be great to get groups and neighbours together making great use of all those apples which would otherwise lie on the ground and go to waste. Children love these days too as there is lots of juice to try.

There is no charge for entry or for the use of the press, we only ask for a donation on the day to help us meet

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the costs of hiring the equipment. Other activities we are planning include Identification and Apple display and an information desk where we'll have experienced fruit growers who will try and answer your questions.

There will also be a cake stall, including jams and chutneys, plant sale, and a raffle. You'll also be able to join friends for a chat over a nice cup of tea or coffee and freshly baked produce.

We hope to have plenty of activities and games for the children too – all based around apples of course!

The Ceilidh Band Common Ground will be playing Live Music for the duration.

As part of the preparation for Apple Day, we as a group would like to offer



our services to 'glean' unwanted apples. Gleaning is an ancient activity where people would pick or harvest any unwanted crops for the good of the community. So if you find it difficult to harvest your crop and would like apples picked from late September through to mid October, please get in contact with either Ann Parratt 20964 or Jacqueline Smith 20760 and we will see if we can help. All apples will be taken for juicing with a small percentage returned – juiced! To the original grower.

Anne Parratt

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POLICE & CRIME COMMISSIONER

My first 100 days

As expected it has been a busy first 100 days! I am incredibly impressed by all the hard work and dedication that goes on not just in the police but across other agencies in order to keep us all safe on a daily basis. Often this is in difficult circumstances and with a real threat of harm.

It is a privilege to meet people across the county and this is something that I am keen to continue to do as I am here to represent the people of Cumbria. I would like to thank all the people that I have met or that have written to me



for taking the time to let me know their concerns or take part in the Police and Crime Plan consultation. You will appreciate that resources won't allow us to do all I would wish but you can read about the outcome of the Consultation in the next section.

As Commissioner, I am able to support local projects making a real difference to peoples' lives and ultimately working to break the cycle of offending. I have seen first-hand how successful this can be. The Well in Barrow is an excellent example where offenders are given support by reformed ex-offenders and they are starting to build lives again outside of criminal activities. The

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Thursday, Friday & Saturday open to non residents from 6.30pm for Evening Meals
but prior booking essential

Carlisle Youth Zone is another great example of community in action to prevent crime. There are many more good examples across the county.

Many of you tell me that you would like to see a more visible police presence. I have started work with the Chief Constable to see what this may look like in the future although I am mindful that there may still some significant funding issues to address around any changes in the funding formula but I am absolutely committed to protecting police officer numbers.

I am keen to continue to further develop the excellent work that has been started to support victims of crime in the county. Alongside this I am looking at developing work

around stopping people becoming involved in crime. I will be looking to launch a Youth Commission in the next few weeks that will give young people from 18 to 26 the opportunity to have a voice and to be heard.

I am going to spend as much time as possible out in the community talking to you so please come and let me know your concerns and thoughts on policing.

Overall, we are incredibly fortunate to have a dedicated and highly professional police force working hard to make Cumbria even safer. But we all have a part to play in fighting crime and we are much more powerful when we fight crime and criminals together.

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YORKSHIRE DALES NATIONAL PARK

Corporate volunteers wanted for National Park work

Businesses are being given the chance to help look after the special landscape of the Yorkshire Dales National Park – and give their workers a day out at the same time.

The Yorkshire Dales National Park Authority has launched a series of corporate volunteering days over the coming months where staff from local firms can try their hand at something completely different.

The main activities will involve helping to maintain some of the thousands of kilometres of public rights of way within the National Park or planting trees to create new, native

woodland.

Nick Cotton, the Authority's Member Champion for Recreation

Management, said: "More and more companies see team-building days as an asset both in terms of strengthening relations between staff and as a chance to contribute in some way to their local community.

"This is a chance for corporate volunteers to carry on our work caring for this very special countryside.

"Our corporate volunteering programme will be of huge benefit to the landscape and it will help the companies to meet their environmental or community objectives. At the same time, it will enable those who take part to learn more about the National Park and

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understand how important it is.

"Without the help of hundreds of volunteers each year the Authority staff couldn't do a lot of the work it does to conserve and enhance the natural beauty, wildlife and cultural heritage of this very special place." *Corporate days available comprise:*

- Tree planting near Hawes and at Dandra Garth, Garsdale

Companies who take part in the programme are asked to make a donation that will go towards the cost of organising the individual volunteering days and towards continuing the Authority's maintenance and conservation work.

More information about the corporate volunteers programme is on the National Park Authority

website at <http://www.yorkshiredales.org.uk/looking-after/how-you-can-help/volunteering/corporate-volunteering>

Anyone wanting more information about the corporate days can email volunteers@yorkshiredales.org.uk

YORKSHIRE DALES NATIONAL PARK

Autumn's Bountiful Harvest

Early Autumn is the perfect time of the year to collect and prepare the seeds of many of our native wildflower species, which can often be found in road verges, church yards and hedgerows, as well as within traditional hay meadows.

As part of the Meadow Links project, local charity Yorkshire Dales

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This Team Leaves It Clean

Millennium Trust (YDMT) is working closely with community groups to create species-rich meadows in public spaces across the Dales.

Local seed provenance is key to the success of the project, which aims to create wildflower seed banks that can support future meadow restoration projects nearby. Locally sourced seed is more likely to produce plants that are better adapted to the local climate and landscape, and includes important genetic characteristics which influence the time the plant comes into leaf, flowers then seeds, working in synchronisation with the local wildlife it supports.

YDMT's Meadow Links project officer Tanya St. Pierre, said: "Sixty percent of England's flowering plants

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are decreasing, and the UK has lost over ninety-seven percent of its wildflower meadows since the 2nd World War. Whilst we're lucky to have some fantastic pockets of these meadows that still survive across the Yorkshire Dales, they are becoming rare and isolated. With help from local communities we're hoping to boost our local seed bank, encourage 'gene flow' across the area, and ultimately create more healthy wildflower habitats."

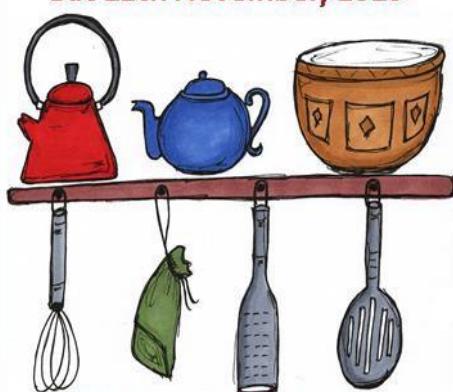
YDMT would like to work with community groups to create more wildlife patches across the Dales. If you have a group of willing volunteers and an accessible public space about the size of a tennis court, please contact Tanya St. Pierre on 015242 51002 or email tanya.stpierre@ydmtn.org for more information about how to get involved.

Tanya added: "Homeowners and

H & M

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landowners are also being called on to help create 30 additional wildlife patches that will act as stepping stones at strategic points to extend the wildflower highways. Don't forget, when collecting seed it is important to seek the landowner's permission, and to protect the original wildflower patch by only taking a small amount of seed from any one spot."

Meadow Links is an 18 month project run by YDMT in partnership with Buglife, Yorkshire Dales National Park Authority and Natural England, and is kindly supported by the John Spedan Lewis Trust, the D'Oyly Carte Charitable Trust, the Banister Charitable Trust and the Swaledale Outdoor Club.

The project forms part of YDMT's celebrations to mark 10 years of meadow restoration and education across the Yorkshire Dales through the Hay Time project.

YORKSHIRE DALES NATIONAL PARK

Access Forum needs new members

A group that helps improve public access and recreation in the Yorkshire Dales National Park needs

new members.

There are four vacancies on the independent Yorkshire Dales Access Forum, which provides guidance and advice on ways to improve and manage public access and opportunities for open-air recreation in this beautiful landscape.

Rachel Briggs, the Yorkshire Dales National Park Authority's Access Development Officer, said: "The National Park boundary was extended on August 1 so it now has a total area of 841 square miles of very special countryside and covers parts of North Yorkshire and Cumbria and Lancashire.

"The Forum's job is to work with individuals and organisations that live and work in the National Park and

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use or visit the area for leisure and enjoyment.

"The members represent interests ranging from land management and agriculture to local business and outdoor recreation and their job is to advise on ways to improve open air-recreation in this special place.

"In addition, the members take part in access consultations on a range of documents and strategies issued at local and national level."

The Forum meets three times a year, but members also help through a variety of advisory groups that meet regularly to consider specific issues in more detail and report back accordingly.

Chairman Alistair Thompson said: "There are 86 forums in England and they aim to improve access in the countryside and to help resolve potential conflicts between the people who own and work the land and those who use it for recreation. For that reason, it's important that the

members have a range of interests that enables the forum to represent a balanced view."

The deadline for applications is November 17, and anyone who would like to be considered for membership can obtain more information by contacting Rachel on 01969 652363 or by email at Rachel.briggs@yorkshiredales.org.uk or from the website at <http://www.yorkshiredales.org.uk/ydaf>.

YORKSHIRE DALES NATIONAL PARK

Grants for Community Projects

Local charity Yorkshire Dales Millennium Trust (YDMT) has £35,000 of grant funding available to support communities in and around the Yorkshire Dales through the Roger Stott Community Grants programme.

Grants of between £250 and £1500 are available to support small voluntary organisations and



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community groups with an annual income of less than £30,000, wishing to continue or expand their activities to benefit local people.

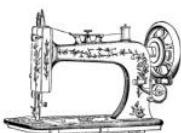
Isobel Hall, YDMT Programme Manager, said: "Following the launch of the Roger Stott Community Grants programme earlier this year, 13 grants totalling £14,680 were awarded to a variety of projects in the initial round of funding. Thanks to support from players of People's Postcode Lottery we are delighted to be able to continue this programme, with £35,000 in the fund. We're looking forward to receiving many more exciting proposals for projects that will have a big impact for communities in or near the Yorkshire Dales National Park and in the



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The application process is quick and simple, and there is no match-funding requirement, meaning that groups can apply for up to 100% of the total project costs.

Funding can be used to cover revenue expenses, such as staff costs, rent or training, or for capital investment in assets such as furniture, computers or catering equipment, to name just a few.

Clara Govier, Head of Charities at People's Postcode Lottery said: "It is fantastic that our players are helping to support a diverse range of local projects that will make a real difference to communities in and around the Dales. If you've got a great idea for a new project that will benefit the local community, or if you need a financial boost to continue or improve an existing scheme, then a Roger Stott Community Grant could



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The application form, guidance notes and map of the eligible area can be downloaded from www.ydmt.org/resources. For more information please contact the project officer Tanya St. Pierre on 015242 51002 or email tanya.stpierre@ydmt.org.

The closing date for applications is 5pm on Friday 4 November. Final decisions will be made on 8 December and all applicants will be contacted soon after.

The Roger Stott grant programme was launched in March 2016 in memory of Roger Stott, the founding Chairman of YDMT who sadly passed away last year.

DERIAN HOUSE

The sum of £1,216 has now been forwarded to Derian House Children's Hospice in Chorley.



The Coffee Morning on 13th August raised £766 and £450 was raised by Liz doing the Great North Run on 11th September.

Once again, a big thank you for all the generous donations and to all who sponsored Liz.

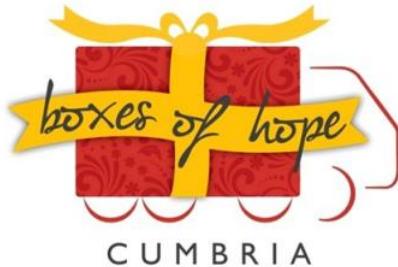
Mary Airey & family

BOXES OF HOPE

It doesn't seem two minutes since the Appeal for 2016 was launched, but the time has nearly come to drop your shoebox off at the various locations listed below.

The benefits of being a "local" charity are that a team from Cumbria takes the shoeboxes and brings pictures and stories back of the children who receive them and, as a small charity we have no staff to pay, so any surplus funding goes towards longer term educational support for these children. The boxes contain educational supplies such as pens and pencils, toys (such as dolls, cars and tennis balls), sweets and hygiene items such as face cloths and soap. We all know children love to have fun!

Children and adults alike love to fill a shoebox – it is a simple and fun thing to do, doesn't have to cost a lot of money, and it really does make a difference to a child who has none of the basics we take for granted. For



these children there is none of the commercialisation we endure for weeks leading up to Christmas. Many of them have never in their lives had a gift. Many have never had a toy.

Take a look at our website, www.boxesofopecumbria.co.uk and our Facebook page or email us: info@boxesofopecumbria.co.uk.

The campaign runs from November 1 – 12th.

You can drop your shoebox between these dates together with your £2 donation at Sedbergh Post Office and other points listed on our website.

Nicola Steadman



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PEOPLE'S HALL NEWS

There is rather a lot of news this month! So I will be brief. The first two items are very important!

Treasurer

We are pleased to announce our search for a Treasurer has been successful. She is Sandra O'Neill. Sandra is experienced in looking after money for Charities and will take over from Dr Barney, who has been Acting Treasurer. Welcome Sandra III (we already have Sandra I and Sandra II on the Committee)

Fly Parking on joint private car park at People's Hall/Recreation Ground

The car park at the People's Hall is for the use of patrons of the People's Hall and Recreation Ground, whilst using these facilities.

We are experiencing increased "fly" parking, ie the parking of cars by nearby residents for long periods of time including overnight. We also suffer from walkers and other visitors

using the car park to avoid paying to use the Council's car parks. The Hall has received complaints from patrons being unable to park, when attending their booked sessions. It is very tempting to park in an almost empty car park. However 15 minutes later the car park can be full to overflowing with footballers and a patrons of a Hall function, Gym users, etc.

The car park at the People's Hall is jointly owned and managed by the Parish Council and the People's Hall. We have discussed the problem and will be displaying more prominent notices giving the parking terms and conditions. Please would everyone assist us?

Dances

Our next sequence dance is Saturday 22 October 2016 (see advert elsewhere). We have also booked three dances for 2017: 25 March and 17 June with Denis Westmorland and 14 October with Bill Johnston.

Coffee Morning

We are holding a coffee morning to enrich our general funds on Wednesday 16 November.

TV licencing

This affects everyone not just the Hall.

The law now states that you need a TV licence to watch or record TV programmes on any device. Breaking the law may lead to a fine of £1,000. Our premises are not covered by a TV licence. However, our hirers, users, staff, etc., may watch TV at the Hall (using our web connection) by using their own devices only, provided (a) it is powered by its internal batteries and

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not plugged in and (b) you have a current TV licence at another address.

Our terms and conditions now reflect this change.

Triptych

The Sedbergh Art Society work is now almost complete. Progress can be viewed, when you are next in the Hall.

60th Jubilee

We are having difficulty with dates – booking bands and such – so cannot yet give a definite programme.

Needless to say, we are trying to be as inclusive as we can with the children, adults and senior citizens all involved.

Clock

Progressing. The cabinet has been

puttied and a meeting with the expert is scheduled shortly.

Frontage to the People's Hall

The Parish Council and the Hall met the highways people and they have agreed that the work can progress, as we are not changing any of the entry/exit points. The work will be split between the Parish Council and the Hall. Plans have been drawn and a specification created for the Hall's part. Shortly tenders will be requested to carry out the work. Prospective tenderers should contact Dr Barney (20790).

Dates for your diary

Coffee Morning 16 November 2016

Dances: 2016 - 22 October. 2017 - 25 March; 17 June; 14 October.

Dr Gina Barney

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SEDBERGH PRIMARY SCHOOL PTFA

We would like to thank the Sedbergh Community Fund for their very generous grant, and the Clutterbooks charity shops for making this possible. This money will be used to support the installation of a Science and Wildlife Garden at school.

We would also like to thank the Catering Department at Sedbergh School for their help with Sedbergh Sports.

Gemma Suttle

SETTLEBECK NEWS

After the long summer break, the Autumn Term at Settlebeck is already in full swing. As many of you will already be aware, Judith Greene has

left for pastures new. For those who do not know me, I am Karen Grant and am now Headteacher, having been Deputy Head here for the last eight years.

We are delighted to welcome Paul Beach, who joins as our new Deputy Head as well as teaching languages. In the past Paul has taught English, French, German, Russian and Japanese, and he also speaks a little Spanish and Icelandic. He is very excited about the potential for expanding language provision at Settlebeck and is planning a Japanese club to start later this term. Paul has extensive experience of teaching in schools, both in the UK and internationally, but he has already commented that the welcome

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he has received from students at Settlebeck, and their positive attitude to their learning, has been second to none.

We have been lucky to secure the services of William Bancroft, Head at Dallam School, in an advisory role. He has no involvement in the day to day decision making of the school – that remains the role of me and the senior team here – but his many years of experience will be invaluable as well as giving Settlebeck access to the resources of a much larger school. I have been appointed as the permanent Headteacher at Settlebeck and I am very much looking forward to working with students, staff and parents. Whether you are a prospective parent or an

interested member of our community, we are always delighted to show you round our school; please contact us to arrange an appointment if you would like to visit.

Once again, our students rounded off the summer with another good set of GCSE results. More importantly, for the third year running Settlebeck is in the top three schools in the County for achieving and exceeding expected levels of progress in English and maths. Students are expected to make 3 levels of progress by the time they finish Year 11. A special mention goes to Stan Gough and Luke Wren who exceeded their levels of progress in every subject and in some subjects, exceeded by 3 levels, which is an outstanding achievement – well

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done. We are always very proud of all our students but would especially like to congratulate the following who achieved an exceptional number of A*-C grades at GCSE: Tom Avery (13), Alan Brian (11), Lee Campbell (12), Ben Ferguson (9), Stan Gough (13), Tom Hall (12), Beth Handley (10), Ellie Jackson (13), Liam Mason (11), Ciaran Tuohy (9) and Matthew Woodfine (13).

Due to our close links with British Cycling, we were yet again asked to compete in the final stages of the Tour of Britain leg that finished in Kendal last month. On the first day back at school, six students were set the task of cycling up Beastbanks through the finishing line. The students competed amazingly well,

with the girls team finishing second and the boys team third. It was a fantastic opportunity and we look forward to continuing this partnership.

Juliet Proctor

SEDBERGH SCHOOL NEWS

Despite the headlines that there had been a sharp drop nationally in the A*-C GCSE results, the School had excellent results. 41.7% of all the pupils passed with A or A*. The maths pupils had a 75% success rate at A and A*, Chemistry 71% and the Latin group 100%. Art & Design achieved 69%. Top performers with 11 A*s were Maria Page and Will Ross. The breadth of interests was demonstrated by the Girls Six-a-side team gaining 46 A and A* between



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them and winning the National Championship. Harriet Bramwell and Will Ross received their results while shooting for the UK Cadet rifle team (Harriet being the highest placed U16 in the National Championships in July) and gained 21 A and A* between them. Molly Davies representing Cumbria on the Golf course and Sam Barrett, Robert Farrar and Alex Mullins, who play cricket for Cumbria, have 9 A*'s and 13 As between them.

I mentioned last month some Estate improvements in the Upper School. In addition, the astroturf has had 60 tonnes of sand removed and replaced to level and improve the playing surface, the Netball/tennis Courts have been resurfaced and interactive

whiteboards have been installed in a number of classrooms. The library has benefited from refurbishment and considerable redecoration has taken place. Tenders are awaited for the construction of the new Sports Hall. The Prep School has also been busy: putting netting around the netball courts, plus a huge amount of work on electrics, fire safety and IT infrastructure. A new Design and Manufacturing Centre and their "Secret Garden" should also be finished by the time this is published.

The Prep is starting the year with 54 new pupils and 4 new staff. The Upper School has ten new staff including two OS.s one of whom is Jonathan Woof who has joined as a part time teacher of Classics. The



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Upper School starts the year with the highest number of pupils it has ever had.

Other events during the holidays not covered last month: Alice Hollings (R, Year 10), returns to School this term as Cumbria U14 County Champion for Tennis. Entering the competition as no.3 seed, Alice beat the no.1 seed, keeping a cool head and also winning at Doubles, with both matches going to tie-breaks. Mr Nuttall and two OS.s were placed in the top 50 in the Queen's Prize, the World Championship of shooting. Storm Straker won the Pony Club Eventing Championship. Hugh Sanderson played The Fool in Twelfth Night at the Edinburgh Festival: "Possessed of a rubber face and



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a1audio@djmail.net

feline movement (and a nice singing voice) he stole every scene". The Gold Duke of Edinburgh Sailing Expedition navigated the Caledonian Canal crossing Loch Ness, Loch Oich and Loch Lochy. The girls won the trophy at the Rugby School pre-season hockey tournament. The boys hockey trip to Malaysia recorded 3 wins, 5 losses and 1 draw against national, state and specialist academy teams. The netballers in South Africa won 5, drew 2 and lost 4 games, and the hockey teams won 5 of their 10 games. Cheza Millar played polo for Kenya.

The cricketers were busy during the holidays. The 1st XI cricketers won the BOWS Festival, beating Wellington, Oakham and Brighton. The U17 cricketers played Shrewsbury on 2nd September in the semi-finals of the School Sport magazine National Cup, and were all out for 113, Shrewsbury beating them by 8 wickets. Sam Barrett scored 100 for Cumbria during the summer. Harry Brook represented the North of England U17 in the Super 4 Series at Loughborough and was also called into the England U19 squad for the

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ODI series against Sri Lanka. Nzari Paynter represented the ICC Americas U19 squad in the West Indies.

The Prep is introducing a touch rugby session on Friday nights involving the boys, their parents and members of staff. One of the girls, Alicia, won the Equitation Class at the Westmorland County Show. The Friends of Sedbergh Prep will have held an informal curry evening on 25th September – anyone who would like to join this organisation should see the Facebook page “Friends of Sedbergh Prep”.

There has been great excitement at the Prep as they have received a Continuous-flow Hydrogenation Reactor provided by ThalesNano. Don't ask! But I am informed it has something to do with synthesis of pharmaceutical compounds. It is the result of a collaborative effort between ThalesNano, Dr Hoskin, MIT and Cambridge University's Chemistry Department, and the Prep is the only school in the world to have one. The Upper School will also use it.

Harriet Bramwell and William Ross

(both Year 11) spent ten days touring the Island of Jersey with the UK Cadet Rifle Team. David Nuthall, Sedbergh's Shooting Master was Commandant of the tour for twelve cadets from around the UK. Harriet and Will both had some excellent shoots with Harriet finishing as second cadet in the Jersey Grand Aggregate and winning a tie shoot for the Gallichan '2 and 10' Trophy with a perfect score of 25 and five V-Bulls - a tremendous achievement! Harriet was also the second highest scorer for the UK Cadets in the team match, scoring an impressive 148.21 out of 150 to help the team to victory over the Channel Islands Under 19 team. Charles Cowan and George Bentley went to Canada with the UK U18

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Cadet Rifle Team to compete in their National Championships and George won the Cadet Grand Aggregate. The Prep School's winning of the Hammond Cup on 28th June is reported in the National Rifle Association Journal pointing out that this was their first competition and they not only won but beat the previous record by 9 points.

By the time this is published, the English Schools Felling Running Championships will have taken place at Sedbergh on 25th September. The sailors will have competed at the 50th Anniversary Nation 24 hours race at Southport. The 1st XV played their first official match against Whitgift away on 10th September and were down 11-0 at half time but recovered and won 11-14. They then beat Marlborough 41-0. And also RGS Newcastle 36-15.

The new Head of School and Deputy Head are Maria Mendoza and James Horan.

Auditions have taken place for "A Christmas Carol".

Forthcoming events October

The first weekend in October is OS Weekend with various events taking place for the Old Sedberghians. The sailors will be defending their national champion status at the 3000 Nationals that weekend. The first home match in October for the 1st XV is the Wavell Wakefield Match on 1st October which is against Merchiston Castle and begins at 14.30. This is followed on 8th October against Durham again at 14.30. The Prep School Senior Chamber Choir will be singing Evensong for Holy Trinity Church's Harvest Festival at 7 pm on

Sunday 10th October. The Prep School will hold an Invitational Cross Country on 13th October (13.00). On Friday 14th October at 19.30 the Upper School will hold a concert "A Night at the Musicals". There will be an Open Day at the School on Saturday, 15th October. The chapel choir will give a lunchtime concert in Ripon Cathedral on Wednesday 19th October. There will be a Mezzo Soprano Vocal Recital in Holy Trinity Church at 13.30 on 20th October. Half term will start at 13.00 on 22nd October (and will finish on 6th November at 19.00 for the Prep and 21.00 for the Upper School). The sailors will be competing the National CCF Regatta at Plymouth during half term.

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WHAT A LOAD OF RUBBISH

Every day, two members of our community trawl the roads of Sedbergh and keep it spick and span on a voluntary basis (I am sure I will be corrected if need be!). The readers of Lookaround thank you most sincerely.

Accidents happen and pieces of paper can fall from pockets, cars or shopping bags but it is very disappointing when you see cigarette packets and other matter discarded on the floor not 50 yards from a rubbish bin. These people obviously have no respect for themselves or others.

The photo shows a selection of packaging that has been found,



collected and put in a bin on behalf of the offender. Why offender? Because they were all left heaped together on the banks of the pretty Rawthey near the weir after the individuals had obviously enjoyed themselves then had no respect for the area, people or animals that frequent the area.

This is all similar to the ongoing Dog Dirt left in areas.

Please, please, please dispose of litter and dog dirt. It only takes a few seconds to make everyone happy.

D J Whicker

AUGUST WEATHER

Although we had some bright warm days we had a lot of rain also. The longest dry spell was 5 days. We finished with a total of 16.18 inches (411mm) Temperatures varied from a low of 41F (5C) to a high of 80F (27C). It was also quite a breezy

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month with all but 3 days registering gusts in double figures with a maximum of 27.1mph.

I finally had to admit defeat on the hay front and let the sheep back on what should have been my hay crop. The ewes and gimmer lambs certainly enjoyed it and it allowed the rest of the field recover as it was not grazed so hard. Only the odd butterfly around even though the buddleia has flowered and gone. The goldfinch have raised 5 youngster somewhere nearby as they are coming to the niger seed. This is yet another breed to raise young in spite of the magpies. The young sparrow hawk is about still. I disturbed it one morning on its kill, a collared dove, so that youngster should be able to survive

as it can obviously hunt. The baby swallows finally fledged towards the end of the month. I went into the kennel to see how they were doing to find them out of the nest on a ledge ready for off. I only got one photo of them. I still haven't seen a bat this summer yet. I put up a camera in the trees that I planted nearly 20 years ago at the top of the field as a path was developing across the area. The results were three shots of badgers, one each of fox and rabbit. I have had to resort to poison on the rat campaign as it was like the M6 around the chicken run each night. I thought I had got on top of the problem as chicken feed was being left but already replacements have arrived! The odd one is going for



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MEALS ON WHEELS SERVICE

The provision of community meals ('Meals on Wheels') continues in and around Sedbergh, following some minor setbacks during the first half of the year.

Hot meals are delivered to the homes of those who find it difficult to make meals for themselves. This service is available each Tuesday and Thursday throughout the year. A tasty, healthy and wholesome meal is delivered by volunteer drivers, who are assisted by two Year 8 students from Settlebeck High School during term time. The cost of each meal is 5 pounds for two courses.

The meals are now being supplied

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by Sedbergh School's catering staff, and are prepared at Queens Hall. Jonathan (formerly of the Red Lion, our previous supplier) is now based there and makes many of the meals himself.



Community meals are subsidized by Cumbria County Council, and the service is co-ordinated by Cumbria CVS.

We only have 8 regular customers receiving meals at the moment, but would like to encourage many more people to try them out. If you, or anyone you know, would appreciate receiving hot meals direct to the door once or twice per week, please feel free to contact Queens Hall direct on 015396 20303, or Colin Cowperthwaite on 20659.

More volunteer drivers are also

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always very welcome, if anyone can spare 3 or four hours per month to help with the deliveries.

Colin Cowperthwaite

BEATRIX HEELIS

Having been invited to judge the Sedbergh Sheepfest, I was delighted to discover the most original, inventive flock I've ever seen - a new family of quadrupedal ruminants of a literary bent! What a weekend of utter delight.

Sun shone on the proceedings, folk filled the cobbled byways and a genial atmosphere prevailed the day long - a splendid opportunity to observe a community delight in these detailed, woolly wonders. Will I ever

forget a can-can dancing ewe, hind leg raised where no hind leg should ever be raised in public. I blushed. How different from the home of our own dear Queen of Hearts resplendent in golden hooves. Snowy White and her 7 lambkins were a miracle in miniature. I was tempted to take tea with the joyous Alice and the Mad Hatter, equally tempted to 'rustle' Moses in his basket - what a treasure. Also, I must read "Counting for Insomniacs" by Sedbergh School, if I can stay awake long enough. "All's Wool that Ends Wool" by the Baaard and "Tails of the Unexpected" were a hoot! By the end of the day Bathshebaaa's bath looked deliciously inviting. But enough! The outstanding prize winners will have



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their glory. How many towns have such an opportunity to display their creative talents with such humour and wit?

Congratulations to the organisers and the many volunteers, to Donna and Emily for their artistic support and to all who provided us with such pleasure. I put it down to a good breeding programme. Despite my 150 years "Ewe made me feel so young!"

*Mrs Beatrix Heelis
(nee Beatrix Potter)*

OCTOBER GARDENING

In October, many perennial plants begin to die back and look rather ugly and it is very tempting to reach for the secateurs and give everything a good chop. Before you do, why not stop

and take stock of what you have, and decide whether it is in the right position, whether it is growing healthily, or whether you have too much of it.

Many herbaceous perennials grow by spreading outwards from a central clump. Old growth in the middle becomes congested and weak, and the best, most vigorous bits are on the edges of the plant, so if you simply reduce the size of a clump by chopping off the edges you will remove the best bits of growth. Better to dig up the whole thing, split off some healthy new growths and re plant these back where you need them. Large plants may be chopped into pieces with a pair of garden forks - placed back to back and used as

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levers - a sharp spade, or even an axe (tough, stringy rooted grasses and iris may be hard to get through any other way).

Early flowering plants such as *Doronicum*, *Dicentra* and *Primula* are best divided sooner rather than later so that they have plenty of time to settle in to their positions and grow a good batch of new roots, well before flowering time.

Incidentally, if you are lifting primrose and polyanthus plants, do

keep a sharp look out for vine weevil grubs – those creamy white, brown headed little blighters which may be lying in wait underneath the plant, waiting for fresh new root growth to start. They favour some types of plant – in addition to primulas, cyclamen, astilbes, heucheras and saxifrages are particularly delectable.

Elaine Horne

SEDBERGH CDC CHANGES

As part of a reorganisation of Cumbria County Council adult education services Rosie Dent and I have both opted to take voluntary redundancy and Sedbergh Community Development Centre will no longer be staffed after November. Instead there will be a new manager based in Kendal who will be responsible for organising courses throughout South Lakeland.

We hope that Sedbergh CDC premises will be retained as an outreach venue and that adult education courses will still be held in Sedbergh. Some courses such as Yoga and Pilates will be taken over by the tutors and run as private classes.

Sedbergh CDC first started in 1998 when an IT suite was installed in the old headmaster's cottage at Settlebeck with the aim of teaching computer skills to adults. Maggie Cullen the then primary school head asked if I would like to get involved and I have been here ever since. Soon afterwards we started organising the Cumbria CC adult education programme in Sedbergh. The old building was replaced with a new one, still affectionately known as



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"The Cottage". Fast forward a few years and we took on managing the adult education courses in Kendal at Queen Katherine School, in Kirkby Lonsdale and finally in Ambleside. And so a little empire developed.

Still everything must come to an end and we would like to thank everyone who has attended our courses or helped and supported us in other ways over the years.

*Chris Wood & Rosie Dent
Sedbergh CDC
015396 21031*

DENT, SEDBERGH & DISTRICT ORAL HISTORY SOCIETY

Grateful thanks to all who supported the Coffee Morning on 14th September which raised over £160

for funds.

I don't know how it is with you, but here in Cowgill we're plagued by rabbits. Maybe that wouldn't wasn't such a problem back in the old days because rabbits then were a useful source of food – and pocket money for enterprising youngsters.

"Where J M Pratts are still, once upon a time they used t' come round to Garsdale with a Morris commercial vehicle with sides that used to open up, and they used to sell everything. And buy! They'd buy rabbits from yer! I was quite a dab hand with the catapult. One of the lads that lived behind the garage at Swarthgill, he was a dab hand at making catapults with car inner tubes, the red stuff, and he showed me how to pick catapult

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sticks out of the hedge and say 'No, that won't be ready for about five months' and he'd fasten it round the top two prongs with string to teach it to grow fer the right shape. I don't know whether you would call it skill, I think it was just adaptability. Pratts would give us, oh, about nine pence, something like that, they used to buy them off you. I know if you bought one it was likely the same rabbit that came back, but by then they were one and thre'pence!'. Bob Turner born 1933

Extract from *Telling it like it was, Dent, Sedbergh and district in living memory* edited by Anthea Boulton and Veronica Whymant.

SEDBERGH COMMUNITY FIRST RESPONDERS

Firstly, we would like to thank everyone who has and continues to support us in so many ways. Without this the group wouldn't be able to support our community as fully as we intend. As volunteers, we are available as and when we can manage and aim to cover as much of the week as possible. (It's hoped we aren't needed as that means everyone is fit and well!). We work

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alongside the North West Ambulance Service (NWAS) and help those who require care after calling 999 whilst waiting for the ambulance to arrive. We would like a few more people to join us to provide more cover to care for those who may need us. Full and comprehensive training and post-training support is given by NWAS and we have continued monthly training as a group in Sedbergh. Have a look at the NWAS website (nwas-responders.info) to see if it's something you could do or drop into the Craft Workshop for a card with contact details for further information from one of our team. We're a friendly and committed team from different backgrounds and experiences and no pressure is placed upon anyone. Give it a try!

Secondly, wonderful maps for our area have been created by one of our team to find our way about and help the ambulance crew to locate patients. This is important in an area such as ours when time is of the essence. Thanks to those who have heeded advice and made house names or number visible. It's worthwhile to check if yours is easily



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seen from the road.

Helen Doyle

SHEEPFEST RESULTS

Business (Pages 7 & 20)

Joint First:

Main St. Gallery - Roald Baaahl

Sleepy Elephant - Moulin Rouge

Second:

No 6 Finkle Street - Mad Hatter's

Teaparty

Highly Commended:

B&B Ladies - Queen of Hearts

Groups and Clubs (inc schools) (P28)

First:

Sedbergh Primary - Wooly Locks and
the Three Baaas

Second:

Corn'ewe'copia - Captain Corelli

Highly Commended:

Dent Primary - Fantastic Mr. Fox
Societies (P70)

First:

History Society - Wind in the Willows
(no second or runner-up)

Families

First:

Hall Family - BFG

Second:

Longlands Family - Mad Hatter

Highly Commended:

Keira's Family - Snow White and the
Seven Dwarves

Individuals

First:

Chris Williams - The Big Shleep

Second:

Anne MacKinnon - How to paint
sunflowers!

Highly Commended:

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Georgina Devine - Charlotte's Web
People's Choice

Yorkshire Dales Antiques - Wherefore
Art Thou Romeo?

All the entries can be seen on this
Link:- <https://www.flickr.com/photos/127747644@N02/sets/72157670804299964/> with/29815628515/ or
<http://www.sheepfest.co.uk/>

**SEDBERGH & DISTRICT
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ORGANISATION**

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& DISTRICT COMMUNITY TRUST**

Notice is hereby given that an Annual General Meeting of the Community Trust will be held on Monday 10 October 2016, commencing at 19.30 in the People's Hall, Sedbergh.

All **Members** are invited to attend. Non members may attend as observers, but may not participate. Anyone wishing to become a Trust member can do so by filling in an application form obtainable from the Information Centre (72 Main Street). There is no membership fee.

The Agenda is as follows:

1. Apologies for absence

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2. Minutes of AGM held on 12 October 2015
3. Matters arising
4. Annual Report
5. Treasurer's Report
6. Election of Trustees
7. Appointment of Examiner of Trust's accounts
8. AOB
9. Date, time and place of next meeting.

The current Trustees are: Ann Allan, Gina Barney, Andy Cobb, Claire Furness, Stuart Manger, Ann Parratt, Ann Reed Screen, Tony Reed Screen, Myles Ripley, Adam Roberts, Faye Waters, Keith Wilberforce

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AGM: Ann Allan, Gina Barney, Adam Roberts, Keith Wilberforce

The following retiring Trustees seek re-election: Gina Barney, Adam Roberts, Keith Wilberforce

The following Trustee was appointed by the Trustees during the year 2014-15 and seeks election: Ann Parratt. There is one vacancy.

Members of the Trust wishing to put themselves forward for election should provide the Secretary with a Nomination form duly proposed and seconded and signed in agreement by the nominee, by the close of business on Friday 7 October 2016 at the Information Centre (72 Main Street).

Dr Gina Barney, Trust Secretary

LOCAL YOUNG PEOPLE'S FUND APPLICATIONS

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

Examples of the types of assistance given in the past are for musical

instruments, laptops, books required for courses, educational travel abroad, sports equipment and teaching or coaching.

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

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

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Bursary.

The next meeting of the Committee considering applications is on 7th November 2016, and applications should be submitted by a week before this date.

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NEWS FROM HOWGILL CHURCH

Last April Howgill Church was unable to present the necessary two Churchwardens to take over from Dorothy Parker and Mary Stainton who stood down after 20 years of sterling service. Anglican Churches must have Churchwardens to remain open so there is a meeting on **Thursday 6th October at 7.30 pm in Howgill Schoolrooms** to consider the options for the future of the church.

The Archdeacon will be conducting an official visitation to the parish later in the month to start a review of the provision of Church Buildings and services across the Lune Parish. This does not necessarily mean the closure of Howgill Church, as there are other possibilities, but we would have more options if some willing



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volunteers came forward.

Please come to the meeting if you are concerned about the future of this lovely local church in a beautiful setting.

*Rev Andy McMullon
(Priest-in-Charge)*

SEDBERGH COMMUNITY TRUST GRANTS COMMITTEE

At their last meeting in August the Grants Committee made awards to the following:

- Sedbergh Primary School Parents, Teachers and Friends Association towards the costs of an outdoor classroom.
- Yorkshire Dales National Park Authority towards the costs of a hedge laying competition to be held in Sedbergh in January 2017.
- Lunesdale Archaeological Society for C14 Carbon dating.
- Sedbergh Community Orchard Group for assistance towards an Apple Day, a Bug Hotel and the purchase of a bench.
- Farfield Mill for Sheepfest.
- Queen's Gardens Music Festival was provisionally awarded a grant

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subject to necessary clearances. The next Grants will be made in November. The closing date for applications is Friday 11 November.

TALKING LOOKAROUND

A very big thank you to all those who supported our Coffee morning on September 8th which raised a splendid £273.

We had a great spread this time on the stall thanks to the many contributors and there was a steady flow of trade on a lovely morning. It made all the effort worthwhile.

We are always on the lookout for people to be involved in this Community project which reaches a group who can easily be sidelined. We need readers to help with the

recording sessions and could do with some younger voices although we do use students from Settlebeck and Sedbergh school and their contributions are always appreciated by our mainly elderly recipients. It is a way of connecting. The commitment is about 2 hours once every 2-3 months. A little time that gives so much pleasure to others.

If you know of anyone you think might like to be approached either as a contributor or as a receiver please let Dennis or Elspeth or me know (phone 015396 21411)

Thank you again

Rosemary Handley, secretary

SEDBERGH GALA GROUP

The AGM of the Gala Group will be



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held on Monday 10 October at 7.30pm in the Meeting Room of the People's Hall.

Bursaries: The Gala Group is delighted to announce that this year there are sufficient funds to enable it to award a few bursaries to individuals and groups from Sedbergh and the immediate area. Please apply in writing or by email to the Chairman: Margie McVoy, 32 Bainbridge Road, or email: margiemcvoy@gmail.com.

CHURCHES TOGETHER

St Mark's, Cautley

The guest speaker at our Harvest Thanksgiving service was Alan Clowes from the Cross Keys. Alan gave us an inspiring talk about the Thandi Project which he and Chris had founded. We heard about the difficulties faced by the black South African people after years of apartheid, and the ways in which the Thandi project was helping them become self-reliant. A retiring collection raised £300 which will go towards the continuing work of the project.

On Sunday 2nd October at 2.30pm Rev. Andy McMullan will lead a

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Everyone is welcome.

News from St John's Cowgill and St Andrew's Dent

The summer saw the completion of three projects at the two churches. At Dent, we are now enjoying the benefits of the new loo and kitchen in the old bier room. It is so good to be able to offer hospitality, especially after worship on a Sunday.

At Cowgill, essential repairs were carried out to the building and we celebrated the completion of the Navvies Memorial project (you may have seen the report in the Gazette).

Now the PCC is considering two more projects! At Dent, the PCC wishes to convert the South Aisle into

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a haven for quiet, prayer and contemplation - you can see what is planned by looking at the beautiful drawings prepared by Mr John Bucknall, which are on display in the South Aisle of the church.

At Cowgill, the PCC are beginning a consultation process with potential partners to build on the great heritage of the church and its association with the Settle to Carlisle Railway, to create a new project which would enable people to understand all the new discoveries about the church's heritage, and at the same time help the church complete a very long list of further repairs and restoration. Whilst it is only the beginning of a very long process of consultation, there is a

new way forward in thinking about the future of the church.

Church Services in October

St Andrew's Dent welcomes everyone to Holy Communion eat 10.30am each Sunday in October

St John's Cowgill:

October 2nd: 2.30pm Harvest Thanksgiving Family Service

October 16th: 2.30pm Holy Communion

News from the Pews



The woolly vicar trying to leap from his pulpit, Moses sleeping peacefully whilst being much admired and the "belles" hanging on to their ropes for dear life have all been stored away for another year. Sheepfest certainly brings a lot of fun into our lives and lots of visitors to town and into St Andrew's Church.

Vicar Andy, (not the woolly one), led a short service to start off the Sheepfest celebrations. Following the unveiling of the wonderful centerpiece of the festival by celebrity



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guest, Beatrix Potter, or Mrs Heelis as she preferred to be called the hunt was on to find the sheep on show in the shops and streets.

Not sure if anyone will bring a live pet sheep to our annual Pet Service on Saturday 1st October but we will be happy to welcome all pets and their owners at 10.30am for a short service of blessing for our faithful four legged friends, including those that live in hutches, cages, or tanks. If you can manage to get your pet safely to church do bring it along.

The following day, Sunday 2nd October at 10.30am we are holding a traditional Harvest Festival service where everyone is invited to bring gifts of food which at some point in the service they will take to the altar to be received and blessed by the vicar before being used to help those in need.

We ask that the gifts of food will be dry goods, tins, or packets for example: baked beans, tea, coffee, sugar, breakfast cereals, tins of fruit, pasta, rice, etc. They will be taken to the "King's Food Bank" collection point in Kendal and distributed to those in need in our area. The box we have permanently in St Andrew's

is constantly filled by generous donations of foodstuffs and regularly every week a delivery is made to the collection point.

At 6.30pm Choral Evensong will complete our Harvest celebrations.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

SEDBERGH YOUNG FARMERS

Sedbergh Young Farmers is currently made up off over 50 members between aged 10 – 26 years old, held every Wednesday, meeting in Sedbergh. We have had a very successful year with competitions, fundraisers and activities.

Anyone can join Young Farmers, you don't have to be from a farming background. Young Farmers are involved in many activities including visits, talks, sports, charity fund raising and competitions, this year's programme includes; Bowling, Pizza Making, Guest Speakers, Visits & Stock Judging. Feel free to come and see what we do!

Dates for your diary, further information will be advertised in the Lookaround nearer to the event.

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helping with grief
tinnitus (a condition in which I have a special interest)
mild skin problems
eating healthily
improving sleep
replacing unhelpful habits

Everyone is welcome.

14th October – Bingo Night

2nd November – Bonfire Night

6th December – Domino Drive

We would like to thank everyone for they support and help over the last year, and we hope you continue to support our fundraisers.

If you require any further information, please contact Clare Thompson at clare-93@hotmail.co.uk.

ELECTRICITY NORTH WEST

Electricity North West now has a new telephone number in which to contact them. The number, '105' is to report power cuts or to get up to date information on power cuts in your area.

Key points to note about this service are:

- Dialling 105 will put customers through to their local electricity network operator – the company that manages the cables, power lines and substations that deliver electricity into homes and businesses in their area.
- 105 is just one of the ways that customers can contact their

electricity network operator. They can also contact them by phone or via their website, and most network operators are on social media too.

- 105 is a free service for people in England, Scotland and Wales.
- Customers can call 105 no matter who they choose to buy electricity from.
- Customers can also call 105 if they spot damage to electricity power lines and substations that could put anyone in danger. If there's a serious immediate risk, they should call the emergency services too.

CITIZENS ADVICE BUREAU

Poor credit checks causing problems for payday loan borrowers

Some payday lenders are still failing to carry out basic checks to make sure borrowers can afford to pay back their loans, putting them at risk of serious debt problems.

Citizens Advice has reported on payday lending since the introduction of a cap on payday loan interest rates and fees in January 2015. Since then the number of payday loan problems has almost halved, and nearly 40% of lenders have left the market.

These are significant improvements, but lenders are still not legally obliged to find out how much potential borrowers earn and spend before approving their applications.

If you're thinking about taking out a payday loan it's important to find out the interest and charges before you borrow. Also make sure you are clear about what will happen if you can't pay it back.

If you are struggling with payday loan debts or need advice on managing your money South Lakes Citizens Advice is here to help.

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

Karen Evans

CUMBRIA WILDLIFE TRUST

Webcams

The most recent and exciting additions to the Trust's website are the live feeds from Webcams. There are currently three webcam projects active following the Foulshaw ospreys, the Rydal badgers and the South Walney seals. With a few clicks, you can observe all these shy and exclusive creatures knowing that you are not disturbing them or damaging their habitats.

The ospreys were the subject of a

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September Lookaround Article and, by the time you read this, the family will have set off for warmer climes. They tend to leave after the swifts and before the swallows. The latest update (September 13th) is as follows. *It appears that the family of four ospreys have left on their migration to wintering grounds however this is not official! Birds are still being seen at the reserve which could be #FoulshawOspreys OR other ospreys simply taking a pit stop on their way south.*

The badger web cam live streaming is by courtesy of the [Glen Rothay Hotel and Badger Bar and Restaurant](#) at Rydal in Ambleside. In their grounds live a colony of wild badgers, the hotel's Badger Bar & Restaurant stream this live web cam every day. At dusk, the bar staff feed scraps to the badgers and that's the best time to watch this badger cam.

www.cumbriawildlifetrust.org.uk/wildlife/badger-web-cam

The latest addition to the Trust's website is the seal cam.

A new live-action camera has been installed at the South Walney reserve, enabling the public to

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observe grey seals at close quarters. This Nature Reserve, near Barrow is the main haul out site in the North West of England. As there is no public access to these protected beaches the webcam provides the perfect opportunity to watch them close up.

Last year the first ever grey seal pups were born at South Walney and hopefully there will be more this autumn. The seal cam can be viewed live now at www.cumbriawildlifetrust.org.uk/wildlife/seal-cam

There is plenty of additional information on all aspects of wildlife on the website.

The installation and maintenance of the cameras has been made possible by donations from members and other generous donors. Visit the Trust website for details of forthcoming events and plenty more information about Cumbria's wildlife and its conservation.

Susan Garnett

CANCER RESEARCH

The North West Cancer Research Sedbergh Committee would like to Thank all who supported The Coffee Morning on August 24th in URC

Rooms. £401. Was raised to help with this ongoing "Fight" against this dreadful disease.

All the money raised is used in the North West. Research carried out at Lancaster & Liverpool Universities.

Hazel Jackson

SEDBERGH CRICKET CLUB

Sedbergh Cricket Club currently stands at a crossroads. The senior XI will not be playing in the Westmorland League next season due to insufficient numbers of adult players. We have the option to re-apply to the league in the future. We will continue as a club, organising 20-20 mid-week fixtures and some weekend games. We hope that the junior section will continue to flourish under a new coach, following the retirement of the inspirational and indefatigable Dick Gorst after many years service.

There are many keen young cricketers in Sedbergh, but we do need to attract more adults. New blood is needed, and there is great potential for someone with vision and energy to take the Club forward.

WE KNOW YOU ARE OUT THERE!
Please do get in touch, even now, whether as a player, organiser or supporter. The Secretary is Mr. Les Hoggarth, telephone number 015395-83793.

Julian Cann

SEDBERGH IN BLOOM

The small band of Sedbergh in Bloom volunteers have applied for a Donation from Skipton Building Society Grassroots Giving .

The application from Sedbergh for consideration of a £500 donation has

been shortlisted out of 700 entries!

The next step is to get as many people as we can to vote for us so if you have access to e-mail please give your vote before the Closing Date 14th October

If you don't have an e-mail address, you can vote in the Skipton Building Society branches.

To Vote:-

Click on the Web Site:-
www.skiptongrq.co.uk

Click in "Voting Now Open"

Scroll down to "Sort list by Region"

Select North West

Scroll down to "Sedbergh in Bloom
Volunteers Group"

enter email address

Tank you in anticipation.

Dorothy Blair

SEDBERGH & DISTRICT 1914 – 1918

A book on the First World War and how it affected the Sedbergh & District community has been compiled by the Sedbergh & District History Society with the help of many contributors and edited by Diane Elphick. Graham Dalton, Chairman of the History Society has asked the local branch of the Royal British

Legion to review the book.

The title, "But who shall return us the children?" is taken from part of Rudyard Kipling's "The Honours of War". The History Society has collected numerous documents and photographs to illustrate the stories of life in the district during the war, with many letters and diary entries. It highlights unusual stories that otherwise might have gone untold, including the role of women in the war and of fund-raising efforts back at home. The book provides profiles of individual soldiers who died during the conflict and letters to their families at home reveal the arduous conditions at the front experienced by soldiers from the local area. The book aims to commemorate the sacrifices that the community made in the war. 89 men from Sedbergh & District died during the 1st World War and a significant number of former pupils from Sedbergh School also died during the conflict.

Women and children took on new responsibilities and experienced changes in their lives and expectations. They organised concerts and events to support the troops; families collected eggs for the

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wounded; knitted and sewed to send parcels to troops and hospitals. They formed working parties to raise funds for various charities. Food supply was a national concern throughout the war. Farmers were urged to increase production, but national targets were often difficult to meet when there was a loss of manpower and fewer horses.

Conscription in 1916 increased the number of men destined for the trenches and the manufacture of munitions and equipment intensified. There were many meetings locally to promote military training and enlistment. In May 1917, the King & Queen visited Sedbergh during a week's tour of the munitions factories of the north-west.

This book provides a great amount of detail on the impact the war had on our local communities and an impressive amount of research has been carried out using information from many sources.

A grant from the Heritage Lottery Fund enabled this book to be printed and copies are available from the Sedbergh & District History Society.

**POPPY APPEAL
COLLECTOR AWARDS**

The Royal British Legion intends to present awards to eligible Poppy Appeal Collectors at a ceremony in the People's Hall on Sunday 6th November, starting at 4pm. This is in recognition of the sterling work carried out by Collectors as volunteers over a number of years.

The ceremony is being held between two sessions of a short play, "Times at Wipers" with some poetry

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and music about World War 1 in support of the Royal British Legion Poppy Appeal and produced by Sandra Gold-Wood.

Thursday 27th October will see the arrival of the Great Cumbria Poppy Ride into Sedbergh. At the time of going to press, the route of the 1940's Classic Coach has not been set but it is due to arrive about 1215 and will be full of dignitaries.

The Bus will be met by the Town Crier and hopefully a Marching Band and lead them onto Joss Lane Car Park where it is hoped to give them a rousing warm welcome and refreshments.

Readers may remember the previous Poppy Ride of lots of Motorcycles in October 2010 who sported a Golden Poppy.

If you are free, why not join the Sedbergh Branch of the British Legion in giving them a welcoming cheer.

Dennis J Whicker

HEDGE LAYING COMPETITION

The Community Fund has made a grant towards the Hedge Laying Competition which is being organised

by YDNP Warden Paul Wilkinson on the path adjacent to the Settlebeck School playing field. It will take place on Saturday 7th January and is one of the Hedge Laying Society Grand Prix of events.

SUPERFAST BROADBAND

Have you checked if you have access to Superfast Broadband?

Roll out of fibre broadband is now in full swing across Cumbria and has arrived in Millom and surrounding the area, with more to come.

The Connecting Cumbria project to build a fibre network around the county is ahead of schedule. The multi-million pound project will run until 2018 and more than 120,000 business and home premises can now benefit from the superfast technology since the first connections were made in October 2013. Including commercial rollout, nearly 90% of premises in Cumbria now have access to fibre broadband. *1300 homes and businesses (just about everyone) in the area can upgrade to superfast broadband, using fibre broadband as well wireless and 4G. Digital Inclusion- How to benefit from Broadband*

Using the internet delivers great benefits to everyone; getting better deals, saving money, gaining new skills and qualifications, finding a better job, more support at home, keeping in touch with family and friends as well as access to new services and support from GP's, the NHS, local and national government. The financial benefits of using the internet can range from around £1000 per year for a new user to £3500 for

an advanced user who is able to access the best deals and offers online or learn a whole new skill via a free online course.

For business, superfast delivers access to new technology and solutions that can help a business reduce costs, deliver better service, help differentiate your business and offer new revenues and opportunities. For hotels, B&B's and holiday lets there are new services that your customers now expect.

A workshop for Sedbergh and the surrounding communities has been arranged for 18th October at the People Hall in Sedbergh, starting at 7.00pm where you can find out what's happening. Find out more at www.connectingcumbria.org.uk or come along to the event.

Phil Rushton

SEDBERGH UNITED CHARITIES

(Reg No 231058)

The charity gives grants for educational purposes particularly for post secondary school education or vocational training. The purpose of these grants is to help applicants with their costs such as for buying books or tools needed for their training. To qualify for a grant you must be under 25 years old and live in the civil parish of Sedbergh.

Anyone wishing to apply for a grant should write to the clerk by Monday 17th October stating their name, date of birth, address and the educational course or apprenticeship they are taking.

*Mr R.W. Cann, Clerk to SUC,
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MEDITATION CENTRE, DENT

We have plenty going on this month at The Meditation Centre so please do pop in to see us sometime.

On Sunday October 16 we have our regular Group Meditations in the main hall - led by one of our teachers or Friends of the Centre. This is a lovely time to get together and enjoy a Tibetan Gong Meditation together with some gentle exercise and inspirational talk. Light refreshments are available.

A week later, we are offering one of our popular Meditation for Beginners courses. If you want to learn meditation and never had the chance, now is the time to enrol and treat yourself to an uplifting day learning a secular meditation technique which will help you throughout your life.

And talking of enrolling - our first Meditation Trainee Teachers graduated in September and we are now taking applications for our second cohort which starts in March 2017. If you are interested, please see our website for more details and how to apply.

But if relaxation and reflection is more your cup of tea right at this

moment in time, then why not give yourself the gift of a day's retreat in the beautiful Meditation Centre? We have a full day planned of unwinding, relaxing, refreshing and renewing on Sunday, October 30. Enjoy some meditation time, a quiet walk, and precious time for reflection.

Whether you want to learn meditation, teach meditation, enjoy a group meditation or simply relax and refresh, please visit The Meditation Centre in Dent this October and enjoy all of these things in an incredibly beautiful and unique setting.

See our website for more details and to book:

www.meditationcentre.co.uk

FLU CLINICS

The annual Flu Clinics will be held at the Medical Centre on the following dates:-

Monday 10th October 11.30am.
(Please ring the Surgery to be placed on the list.)

Saturday 15th October 2016 - 9am – 11am (Walk in - no appointment needed.)

We also offer a daily walk in service during our normal working hours, no appointment necessary from Monday 26th September subject to delivery of vaccines.

Mrs Tracy Thornton

CHRISTIAN AID

Christian Aid in Sedbergh and District rounding off 2016

I have just printed off the posters advertising our last fundraising event of the year, our autumn Coffee Morning, to be held on the 12th October and said it is to be held in the

URC rooms from 10am. However this may be slightly incorrect. It is the location as we have known it but perhaps it should be described now as the '3 C rooms' following the recent joining together of the URC and Methodist Churches who are now known as the "Cornerstone Community Church". Anyway my apologies to our newly amalgamated Church on the poster slip up and very best wishes for a blessed and creative future.

We do look forward to welcoming all our friends and supporters at the coffee morning and I'm sure you know where to come.

Rev Anne Pitt (on behalf of the Sedbergh and District committee)

SEDBERGH CHRISTMAS LATE NIGHT OPENING

Wednesday 7th December

It may only be October, but preparations for this year's Christmas Late Night Opening are already well under way.

To help you with your Christmas shopping, many of the shops will remain open, and there will also be a craft market and street food. If you are interested in having a stall, please email Gemma Suttle at project.manager@sedbergh.org.uk for more information.

Musical Street Entertainment will be provided by local individuals and groups, and in St Andrew's Church, there will be Organ Music.

St Andrew's will also be hosting a Flower Festival. If you would like to take part, please email Gemma Suttle at project.manager@sedbergh.org.uk for more information.

For younger visitors, Father Christmas will be in his grotto in the Information and Book Centre, and we are hoping to have activities for older children to enjoy.

There will be more details in the November and December issues of the Lookaround.

We look forward to seeing you there!

Gemma Suttle

BATTLE OF THE SOMME

This year, Imperial War Museums (IWM) and the Craven and the First World War project are working together to show the UNESCO listed film The Battle of the Somme, to audiences in Sedbergh.

Shot and screened in 1916, it was the first feature length documentary about war and changed the way both cinema and film was perceived by the public. In the year of its release around 20 million people, almost half the population of Britain at the time, watched The Battle of the Somme many hoping to see the image of a loved-one, or friend captured on film.

One hundred years later, this unique film from IWM's collection, is being shown to commemorate the anniversary of the Battle of the Somme at the Arden Theatre, Sedbergh school on Thursday 20th October from 7.30pm.

The film lasts 90 minutes and is free to attend. Doors open at 7.30pm. Arrive early to guarantee a seat. For more information about the screening or about events taking place across the Craven area to mark the Somme centenary, contact the Craven and the First World War Project Officer,

Rob Freeman, on rfreeman@cravendc.gov.uk or 01756 706225.

COMMUNITY OFFICER REPORT

12/8 – Shoplifting was reported from Booths on Main St.

12/8 – Criminal damage was caused to a vehicle on Fairholme.

16/8 – A sexual offence was reported in the area.

19/8 – Damage was caused to a wall in the area.

20/8 - £300 was stolen from a premises in the area.

22/8 – Criminal Damage caused to a vehicle in the area.

23/8 – A burglary was reported at Balliol School, persons found on site and dealt with.

24/8 – A highway disruption was reported on Howgill Lane. No obstruction on arrival.

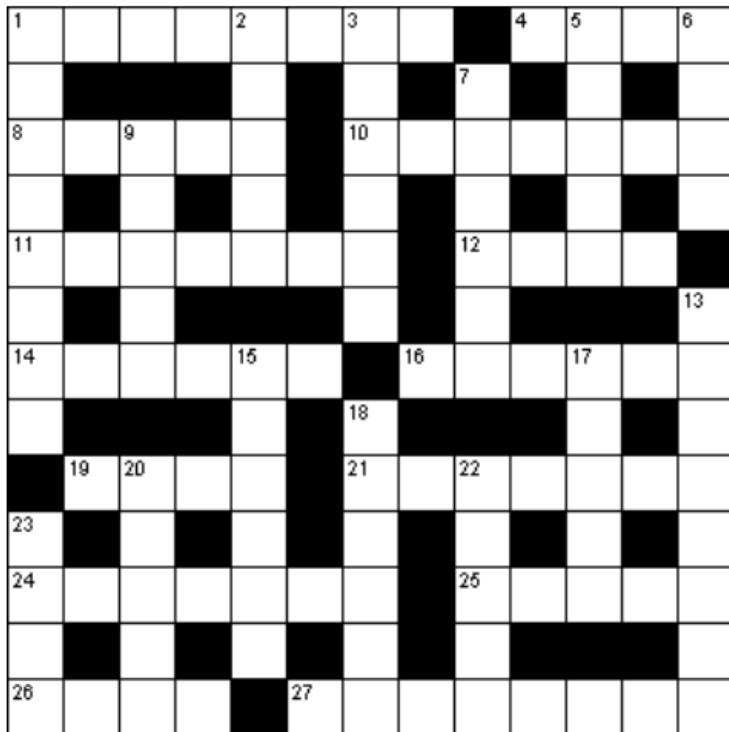
24/8 – A dog bite was reported in the area.

29/8 – ASB was reported on the playground at the peoples hall.

31/8 – Ball bearings reported fired at the front of a premises in Sedbergh. Can we remind youths that as well as being very dangerous they can also be classed as a weapon and you can be arrested. Please think twice before carrying out thoughtless actions. Also found in the area was a childs scooter "Hot Wheels" in orange and blue, if you have lost this then please get in touch with myself or call in at the Wednesday drop in 12 noon, held every week, or you can contact me on the below email.

amanda.coleman@cumbria.police.uk

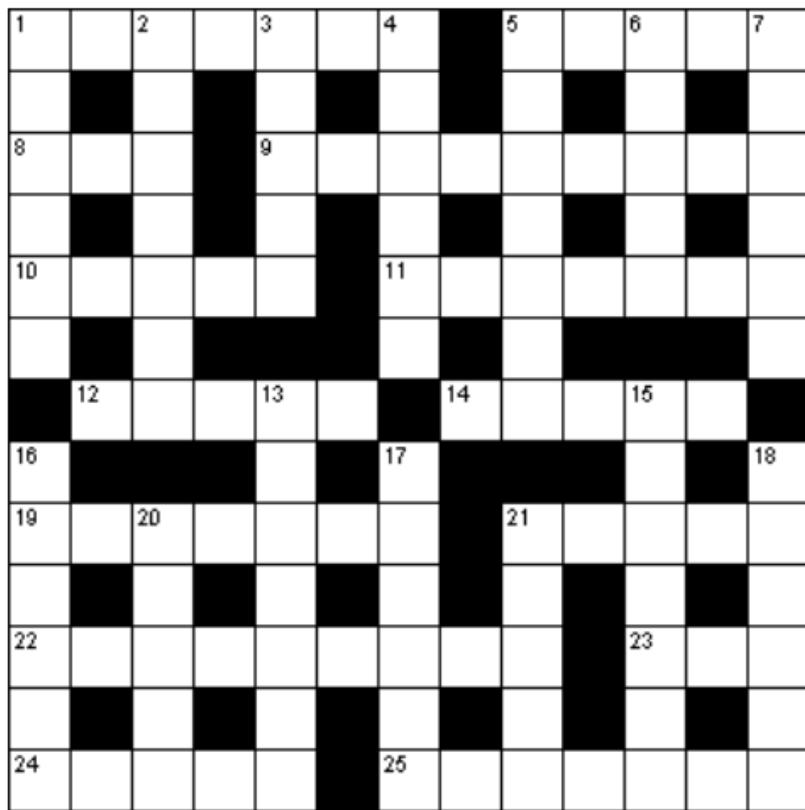
CSO 5244 Mandy Coleman.

**Across**

1. Consigns (8)
4. Upkeep (4)
8. Majestic (5)
10. Young swans (7)
11. Svelte (7)
12. Short letter (4)
14. Musical interval of eight tones (6)
16. Plant fibre (6)
19. Long narrative poem (4)
21. Kind of nonfictional prose (7)
24. Nonattendance (7)
25. Sound (5)
26. Large woody plant (4)
27. Mental state induced by suggestion (8)

Down

1. Ridicule (8)
2. Still legally acceptable (5)
3. An extreme attainment (6)
5. Alarm (5)
6. Facilitate (4)
7. Order of business (6)
9. Outstanding (5)
13. Famished (8)
15. Empty (6)
17. Confronted (5)
18. Seldom (6)
20. Ski run (5)
22. Public transport (5)
23. Immense (4)



Across

1. Meteorological conditions (7)
5. Accolade (5)
8. Conclusion (3)
9. Submersible warship (9)
10. Task (5)
11. Alphabetic character (7)
12. Guide (5)
14. Square root of forty-nine (5)
19. Tableland (7)
21. Hoard (5)
22. Disregarded (9)
23. Small vegetable (3)
24. Happening (5)
25. Sincere (7)

Down

1. Twist (6)
2. Gruelling (7)
3. Overly eager speed (5)
4. Burrowing mammal (6)
5. Greed (7)
6. Exculpation (5)
7. Resides (6)
13. Component (7)
15. Fugitive (7)
16. Parazoan (6)
17. Chelonian reptile (6)
18. Leave (6)
20. Slant (5)
21. Aromatic wood (5)



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

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

PERSONAL & SMALL ADS £1

JOHN CAPSTICK

Betty Stainton would like to say a big Thank You to all those who sent cards on the loss of her brother John and all who attended his funeral. Many thanks to Sue, Ian and Imogen for looking after his beloved dog Monty. Special thanks to Kevin for carrying out John's wishes and for all his help always over the last year. I couldn't have managed without you. Love to all. Betty.

=====

ISLA CRAWFORD

Happy 1st birthday on the 1st of October 2016 to our little girl Isla Crawford. Lots of love from Mummy, Daddy and Jerrydog.

=====

GUS FERGUSON

Audrey, Janette, Neil and family would like to thank everyone for all their kind words, cards and flowers following the sad loss of Gus. He died at Carlisle Hospital on the 30th August 2016 surrounded by his family.

=====

NIGEL GARNETT

Happy Birthday Nigel. Love from Laura, Anne-Marie, Ben, Jenny, Dawn and Georgina.

=====

MARGARET & STEPHEN MASON

As Don Williams sings "You are my best friend, you place gold on my finger!" A Happy **DIAMOND (60)**
WEDDING ANNIVERSARY Stephen on 29th September 2016. All my love Margaret. XXXXXX

MARGARET & JACK MIDDLETON

01-10-1966 - 01-10-2016

'Congratulations' mum and dad on your **Golden Wedding Anniversary!**
With lots of love from us all XX

=====

AMY SAVIGAR

Happy 8th birthday Amy on the 7th of October 2016. Lots of love. Isla and Jerrydog "

=====

THANK YOU

Thank you to Anne and John of Annelise Cattery at Grayrigg. A good couple run the boarding kennels and cattery. My cat Whiskey always has a good time when he's there and gets on well with them. Georgina

=====

FOR SALE

Uniloc Camera Tripod c/w, pan & tilt head & 2 quick release adaptors. As new condition. £20 ono. Tel: 20869

=====

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

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland *	09/16	Helpline	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	06/16	Dr Ripley mylesripley52@gmail.com		
Dentdale Choir	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	04/16	Mrs Woof	Dent:	25212
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	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	mylesripley52@gmail.com	
Labour Supporters Group	10/15	Mr Cross	01539	634139
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	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	09/16	Mr Steele	Dent:	25054
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	08/16	Mrs Hassam	07966	134554
People's Hall	08/15	Sleepy Elephant	Sed:	21770
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	09/15	Mrs Palmer	07584	285923
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Settlebeck High School P.T.F.A.	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com	
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287
Youth Club	09/16	Mrs Wilberforce	Sed:	21562

* = Latest Amendments

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

EDITORS COMMENTS

Apologies to everyone for the late arrival of the October issue. This was due to unforeseen circumstances which prevented any work on Lookaround for quite a few (vital) days.

Another new Advertiser this month is Temptations of Bentham. Please mention Lookaround if you visit or make any enquiries.

One or two people are dropping me an e-mail to the old address of lookaround@whicker73.freeserve.co.uk. This is no longer in use and I cannot retrieve any messages from this address. Please use the current one on the front of every issue. Can you please check your system and remove the old address.

DECEMBER LOOKAROUND

Please remember that there is no January issue but a Double December one. Let us have your adverts and articles before the 19th of every month. Anything received after **19th November** will not be considered for inclusion due to the increased work-load so please be early.

POSTAL LOOKAROUND

Due to the continued large copies of Lookaround being produced at over 100 pages every month, it is also heavier and the cost of Postage has increased. It is therefore necessary to increase the Postal Lookaround from £2 to £2.50 per issue for Mainland and from £4 to £6 for overseas. Sincerest apologies for this increase. Existing Postals will be honoured.

LOOKAROUND INFORMATION

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

Whilst every effort is made to ensure that

information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions.

Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire).

All items for Lookaround must be sent to the Sedbergh Information Centre at 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to editor@sedberghlookaround.org.uk

ADVERTISING

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

If you wish to place an Advert in Lookaround, please include the correct money or cheque with the details & place it in the Post Box. A receipt will be issued & left in the Lookaround Tray in the Office for collection or include a SAE. Our distribution area is the LA10 Postal District which is Sedbergh & the surrounding villages, but it is sent all round the country & the world.

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

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

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

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

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

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

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

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999. (over 16 years ago.)

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

Adverts for the Rent or Sale of property

are not Personals & can only be included as a boxed Advert.

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

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

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

Payments by BACS can also be made.

Account: Lookaround

Account Number: 30940267

Code: 20-45-28

Reference: Invoice Number or your name or reference.

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

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

CHILDREN'S BIRTHDAYS

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

Every month, a randomly selected child will receive a £10 Gift Voucher to be used in Sedbergh or Dent from Lookaround who will receive it by post. For this reason, we require the postal address of each child. If we have no address, they are unable to receive it. If anyone or any business would like to Sponsor the Birthday Gift, please contact us. Full credit will be given.

Dennis J Whicker

BUS SERVICES

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

S1 Kendal Shuttle Saturday from 1st October R = Request only					
Kendal Morrisons			12:45		
Kendal Blackhall Road [opp bus sta]		09:00	12:50	14:20	16:15
Kendal Asda		09:06	12:56	14:26	16:21
Westmorland Hospital		09:07	12:57	14:27	16:22
Oxenholme Station		09:10	13:00	14:30	16:25
Killington M6 Bridge		09:20	13:10	14:40	16:35
Sedbergh Dalesman		09:35	13:23	14:53	16:50
Sedbergh Maryfell		-	13:25R	14:55R	16:52R
Dent village		09:50		15:10	17:05
Cowgill		10:03			19:08R
Dent Station		10:05			17:20
<i>Dent Station</i>					
<i>Train from Leeds</i>		10:16			19:23
<i>Train from Carlisle</i>		10:38			17:32
Dent Station		10:20			19:30R
Cowgill		10:22			17:52
Dent village		10:35		15:15	18:05
Sedbergh Maryfell	08:15	-	13:38	15:28	-
Sedbergh Library	08:20	10:50	13:40	15:30	18:20
Killington M6 Bridge	08:32	11:02	13:52	15:42	
Oxenholme Station	08:42	11:12	14:02	15:52	
Westmorland Hospital	08:44	11:14	14:04	15:54	
Kendal Asda	08:45	11:15	14:05	15:55	
Kendal Blackhall Road Bus Station	08:55	11:25	14:15	16:05	
Kendal Morrisons		11:30			

- At 1020 the bus will wait at Dent Station for up to 6 minutes beyond its scheduled departure time for a late running 1016 train from Leeds.
- R: The 1840 from Sedbergh and return 1930 from Dent Station runs only on request to the driver on the day.
- R: The bus will only stop at Sedbergh Maryfell at 1325, 1455 and 1652 on request to the driver on the day.

BUS SERVICES

S3 Hawes Hopper Tuesday only from 27th September R = Request only					
Dent	-	0930	-	13:35	15:35R
Spar	-	0944	11:14	13:49	15:49R
Library	-	0945	11:15	13:50	15:50R
Maryfell	-	0947	11:17	13:52	-
Farfield Mill (entrance)	-	0949	11:19	13:54	-
Garsdale Street	-	0957	11:27	14:02	-
Garsdale Station Arrive	-	-	11:32	14:07	-
Garsdale Station Depart	-	-	11:34	14:09	-
Moorcock Inn	-	1005	11:37	14:12	-
Hawes Creamery	-	1017	11:49	14:24	-
Hawes Market Place	-	1019	11:51	14:26	-
Hawes Dales Centre	-	1021	11:53	14:28	-
<i>Garsdale Station</i>					
Train to Carlisle		10:21	12:17	14:20	16:16
Train to Leeds		10:02	13:02	15:13	
Hawes Dales Centre		10:28	12:33	14:38	-
Hawes Market Place		10:30	12:35	14:40	-
Hawes Creamery		10:32	12:37	14:42	-
Moorcock Inn		10:44	12:49	14:54	-
Garsdale Station Arrive		10:47	12:52	14:57	-
Garsdale Station Depart		10:49	12:54	14:59	-
Garsdale Street		10:54	12:59	15:04	-
Farfield Mill (entrance)		11:02	13:07	15:12	-
Maryfell		11:04	13:09	15:14	-
Library	09:10	11:06	13:11	15:16	-
Opposite Morphet's Garage	09:11	11:07	13:12	15:17	-
Dent	09:25	-	13:26	15:31R	-

S4 Kirkby Stephen Connect Friday only from 30th September R = Request only					
Dent	-	09:45	-	13:40	15:50R
Sedbergh Spar	-	09:59	11:29	13:54	16:04R
Sedbergh Dalesman	-	10:00	11:30	13:55	16:05R
Sedbergh Maryfell	-	10:02	11:32	13:57	-
Cautley Cross Keys	-	10:10	11:40	14:05	-
Fat Lamb	-	10:17	11:47	14:12	-
Ravenstonedale	-	10:22	-	14:17	-
Kirkby Stephen Station arr	-	10:29	11:54	14:24	-
Kirkby Stephen Station dep	-	10:37	11:57	14:27	-
Kirkby Stephen Town	-	10:43	12:03	14:33	-
<i>Kirkby Stephen Station</i>					
Train from Leeds		10:34	12:30	14:32	
Train from Carlisle			12:49	15:00	
Kirkby Stephen Town	-	10:50	12:35	14:47	-
Kirkby Stephen Station arr	-	10:56	12:41	14:53	-
Kirkby Stephen Station dep	-	10:59	12:44	15:03	-
Ravenstonedale	-	-	12:51	15:10	-
Fat Lamb	-	11:06	12:56	15:15	-
Cautley Cross Keys	-	11:13	13:03	15:22	-
Sedbergh Maryfell	-	11:21	13:11	15:30	-
Sedbergh Library	09:25	11:23	13:13	15:32	-
Opposite Morphet's Garage	09:26	11:24	13:14	15:33	-
Dent	09:40	-	13:28	15:47R	-

October Church Services					
St. Andrew's Sedbergh	2nd	9th	16th	23rd	30th
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
10.30 am	HC CW	HC CW	HC CW	HC CW	Family Service
6.30 pm	EP	EP	EP	EP	EP
Wednesday	5th	12th	19th	26th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
	2nd	9th	16th	23rd	30th
St. Mark's Cautley	2.30pm HC	9.30am MP	9.30am HC by Extension	9.30am HC by Extension	9.30am HC by Extension
St. John's Garsdale	9.30am MP	9.30am MP	9.30am HC	9.30am MP	9.30am MP
Lune Parish Services					
	2nd	9th	16th	23rd	30th
Holy Trinity Howgill	10.30 am Morning Prayer @ Firbank	2.00 pm Harvest Thanksgiving @ Killington	2.00 pm Holy Communion @ Howgill	2.00 pm Holy Communion @ Killington	2.00 pm Holy Communion @ Firbank
St John's Firbank					
All Saints Killington					
Dent & Cowgill Parish Services					
	2nd	9th	16th	23rd	30th
St. Andrew's 10.30 am	Holy Communion	Holy Communion	Holy Communion	Family Communion for Harvest Thanksgiving	Holy Communion
St. John's 2.30 pm	Harvest Thanksgiving Family Service		Holy Communion		
Cornerstone Community Church Services					
	2nd	9th	16th	23rd	30th
10.30 am	URC	Methodist Chapel	Methodist Chapel	Methodist Chapel	Methodist Chapel
Messy Church					
			16th		
4.30 pm			Methodist Chapel		
worship@peopleshall					
	2nd				
10.30 am	People's Hall				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			Taize = Modern Chants & Choral		
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

CORNERSTONE & METHODIST CHURCH

New Street
Sunday 10.30

Rev. D Crouchley Tel: 20329

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

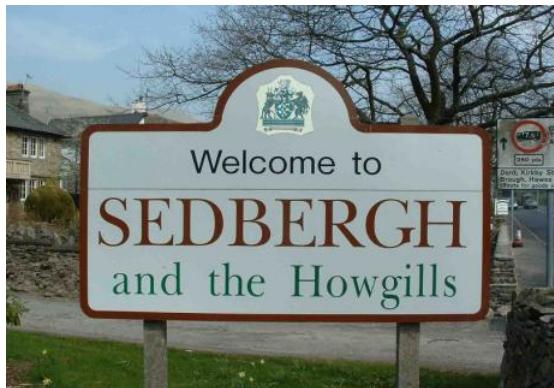
All information to
72 Main Street, Sedbergh LA10 5AD
New Adverts by 15th of every month.

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

All else by 19th of every month

Last Advert Update August 1999.

Last Postal Update September 2016



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789
Mrs Lappin	The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05) <i>4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL</i>	20200
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB; Free Wi-Fi</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail: stay@drawellcottage.co.uk	21529
Mrs S Sharrocks	Holmecroft, Station Road, Sedbergh LA10 5DW (2013/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	URCR
1000	Every Monday-not BH	Mind	STAS
1230	Every Monday	Sedbergh Songsters	GH
1330	Every Monday	Knit 'N' Natter	DHC
1730	Every Monday #	Brownies	SMCR
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1900	3rd Monday	Chamber of Trade	PH
0930	Every Tuesday	Drop-in & Relax (6)	MCD
1300	Every Tuesday	Howgill Toddlers	HVH
1300	Every Tuesday	Knit & Natter	FM
1830	Every Tuesday	Cub Scouts	SHQ
1830	Every Tuesday	Swimming Club	SS
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH
1930	3rd Tuesday	Ladies NFU	PH
0830	Every Wednesday	Sedbergh Market	JLCP
1000	Every Wednesday	Coffee Morning	URCR
1145	Every Wednesday	Age UK Swimming	Baths
1315	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebras	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Beaver Scouts	SHQ
1800	Every Wednesday	Yoga for All (5)	MCD
1900	Every Wednesday	Sedbergh Town Band	SSBR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1830	Every Thursday	Swimming Club	SS
1830	Every Thursday #	Youth Club	URCR
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	1st Thursday	Age UK Cream Tea	Sed Café
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Age UK Lunch Club	Red Lion
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1100	Every Friday	Mindfulness Course	MCD
1700	Every Friday #	Barrel of Fun	STAS
1800	Every Friday	Cub Scouts	SHQ
1930	Every Friday	Scouts & Explorers	SHQ
1330	1st Friday	Dentdale Club	DMH
1000	Every Saturday	Swimming Club	SS

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

PLACES OF INTEREST TO VISIT IN THE AREA

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

* = Entry Fee Applicable

DIARY OF EVENTS

Dates are held up to 6th December 2017

OCTOBER				
1 1030 Game of Thrones Exhibition (5)	FM	25 1400 Lost Carnivores of Yorkshire Dales	DCMH	
1 1000 StAD Coffee Morning	DMH	26 1000 Coffee Morning - Garsdale Church	URCR	
1 1000 Art Society Workshop	SMC	26 1000 Apple Day (26 & 46)	PH	
1 1030 Autumn Glory in Batik (5)	FM	26 1330 Villages of Upper Wensleydale	DCMH	
1 1900 Flicks in the Fells (4)	PH	27 1200 British Legion Poppy Bus (27,40 & 87)	LHCP	
2 1030 Game of Thrones Exhibition (5)	FM	27 1830 Sedbergh Youth Club (Sept)	URCR	
3 1000 Nature, Skin & Bones Starts	DCMH	28 1500 Victoria Cave - Window on Ice Age	DCMH	
3 1930 The 1st Airborne Battalion (1, 27,40 & 87)	PH	28 1700 Spear for & Ancient Semerwater	DCMH	
5 1000 Coffee Morning - Firbank Church	URCR	28 1800 Babes in the Wood (28)	SSPH	
5 1700 Healthy Steps (6)	BVH	28 1930 Domino Drive	HVH	
5 1930 HS Archaeology of the A66 (1)	SSAT	28 2000 Babes in the Wood (28)	SSPH	
6 0945 Healthy Steps (6)	SMCR	29 1000 Learn to Meditate (9 & 89)	MCD	
6 1830 Sedbergh Youth Club (Sept)	URCR	29 1800 Babes in the Wood (28)	SSPH	
6 1930 WIH - AGM	FCH	29 1700 Spear for Semerwater	DCMH	
6 1930 Future of Howgill Church (78)	HVH	29 2000 Babes in the Wood (28)	SSPH	
8 1000 New to You Sale (8)	GH	30 30 Clocks Go Back		
8 - 14 Spiritual Pilgrimage (9 & 89)	MCD	30 1000 Retreat: Relax, Reflect, Renew (9 & 89)	MCD	
9 1030 Standing Wool - Quilled Rugs (5)	FM	31 Halloween		
10 1130 Flu Clinic (90)	MC	NOVEMBER		
10 1930 Sedbergh Gala AGM (79)	PH	1 1000 Nature, Skin & Bones Exh	DCMH	
10 1930 Charitable Incorporated Org. AGM (76)	PH	1 1030 Game of Thrones Exhibition (5)	FM	
11 1400 WIK - How to Make a Fabric Pumpkin	PH	1 1800 MRE (18)	DMC	
11 1930 Domino Drive	FCH	2 1000 Coffee Morning - Middleton Church	URCR	
12 1000 Coffee Morning - Christian Aid (12)	URCR	2 1930 HS Dent Marble (1)	DMH	
12 1000 Game of Thrones Exhibition (5)	FM	3 1830 Sedbergh Youth Club (Sept)	URCR	
12 1915 WID - Seasonal Flower Arranging	DMH	3 1930 WIH - Bibby's in a Nutshell	HVH	
12 1930 WIS - Lakeland Arts Trust	PH	4 1930 Domino Drive	HVH	
12 1930 CWT - Birds & Tigers	URCR	5 Guy Fawkes Night		
13 1200 Lunch Club	Red Lion	5 1000 Christmas Bazaar (45)	DMH	
13 1830 Sedbergh Youth Club (Sept)	URCR	5 1030 Game of Thrones Exhibition Ends (5)	FM	
13 1915 Royal British Legion (27,40 & 87)	WHC	6 1600 Poppy Appeal Collectors Awards (27,40 & 87)	PH	
13 1930 Sedbergh Parish Council (text)	PH	6 SS Half Term Ends		
14 1900 Tabernacle Celebrations (TC)	Rhumes	8 1400 WIK - AGM	PH	
14 1930 SYF Bingo Night (14 & 82)	PH	8 1930 Domino Drive	FCH	
15 0900 Walk In Flu Clinic till 1100 (90)	MC	9 1000 Coffee Morning - RBL (27,40 & 87)	URCR	
15 1100 Tabernacle Celebrations (15)	Dent	9 1915 WID - AGM + Sensory Quiz	DMH	
16 1030 Drawing Workshop	DCMH	9 1930 WIS - AGM & Jacobs Join	PH	
16 1100 Group Meditation (9 & 89)	MCD	10 1200 Lunch Club	Red Lion	
16 1600 Messy Church (16)	SMC	10 1830 Sedbergh Youth Club (Sept)	URCR	
16 1800 Tabernacle Celebrations (15)	DMH	10 1915 Royal British Legion (27,40 & 87)	WHC	
16 1930 North Westmorland Arts Concert (Sept)	Appleby	11 1330 Art Society - Bird Watercolours	PH	
18 1400 Sight Advice South Lakes	PH	11 1930 Parish Council - Garsdale (text)	GVH	
18 1800 MRE (18)	DMC	12 0900 H&M Craftsmen Open Day (52/3)	Ingleton	
18 1900 Superfast Broadband (18 & 88)	PH	12 1900 Flicks in the Fells	PH	
19 1000 Coffee Morning - Bowling Club	URCR	13 Remembrance Sunday		
19 1300 Medical Centre Closed (19)	MC	13 1930 Town Band Concert	URCR	
19 1930 HS Making a Grand Entrance (1)	SSAT	14 1930 Domino Drive	GVH	
20 1830 Sedbergh Youth Club (Sept)	URCR	15 1800 MRE (18)	DMC	
20 1930 Battle of the Somme (20 & 91)	SSAC	16 1000 Coffee Morning - People's Hall (22 & 58)	URCR	
21 SS Half Term Starts	URCR	16 1930 HS Westfield Village (1)	SSAT	
21 1500 Heritage Meeting (21)	DCMH	17 1830 Sedbergh Youth Club (Sept)	URCR	
21 1930 Footsteps in Swaledale	DCMH	18 Friends of Dent School Promise Auction	DMH	
22 1030 Carpet Bag Workshop (5)	DCMH	18 1930 Mansergh Domino Drive	SHRF	
22 1300 Flint Knappin	DCMH	18 1930 Richard III in the North	DCMH	
22 1930 Olde Time Dance (22 & 58)	DCMH	23 1000 Coffee Morning - Vacant	URCR	
23 1000 Stonecarving Workshop	DCMH	23 1930 CWT - Flight to Extinction	URCR	
23 1030 Carpet Bag Workshop (5)	DCMH	24 1300 Medical Centre Closed for Training (19)	MC	
24 1930 Beetle Drive	GVH	24 1830 Sedbergh Youth Club (Sept)	URCR	
25 1030 Age UK Walk - Dent (July)	PH	25 1900 HS Annual Dinner (1)	PH	
	PH	26 1000 DMC Coffee Morning	DMC	

COVER PICTURE
Broad Raine Weir
By Roger Bush

- 26 1100 Christmas Fair
 26 Day PH 60 Year Celebration (22 & 58)
 27 1930 North Westmorland Arts Concert (Sept)
 29 1030 Age UK Walk - Farfield Mill (July Text)
 29 1800 MRE (18)
 30 St Andrew's Day
 30 1000 Coffee Morning - Vacant

DECEMBER

- 1 1000 Nature, Skin & Bones**
 1 1830 Sedbergh Youth Club (Sept)
 1 1930 WIH - Christmas Party
1-12 Boxes of Hope Campaign (57)
 2 Christmas Fair
 3 1900 Flicks in the Fells
 6 1930 Town Band Concert (?)
 7 1000 Coffee Morning - Ladies NFU
 7 1800 Late Night Opening (90)
 7 1930 HS North Craven (1)
 8 1200 Lunch Club
 8 1830 Sedbergh Youth Club (Sept)
 8 1915 Royal British Legion (27,40 & 87)
 10 1100 Town Band Carols
 13 1200 WIK - Christmas Lunch
 13 1930 Domino Drive
 14 1000 Coffee Morning - Vacant
 14 TBA WID - Christmas Lunch
 14 TBA WIS - Christmas Dinner
 14 SS End of Term
 15 1830 Sedbergh Youth Club (Sept)
 17 TBA Town Band Carols
 21 1000 Coffee Morning - Town Band
21 1000 Nature, Skin & Bones Ends
 21 1930 Christmas Domino Drive
 25 Christmas Day
 26 Boxing Day

2017
JANUARY

- 6 1930 SYF Domino Drive (82) PH
 7 Hedge Laying Grand Prix (88) SSAT
 8 SS Start of Term
 10 1930 Domino Drive FCH
 18 1930 HS Evacuation from Burma (1) SSAT
 20 1330 Art Society - Textures with Watercolours PH
 22 1930 North Westmorland Arts Concert (Sept) Appleby
 25 1300 Medical Centre Closed for Training (19) MC
 25 1930 CWT - History of Natural Beekeeping URCR

FEBRUARY

- 1 1930 HS Enclosure of Bluecaster (1) SSAT
 10 1900 Art Society - War Artists PH
 10 1930 SSAT PTFA Domino Drive SSAT
 14 1930 Domino Drive FCH
 15 1930 HS Dickens, Charity & Cowgill (1) SSAT
 16 1300 Medical Centre Closed for Training (19) MC
 17 1930 SYF Quiz Night (82) PH
 19 1930 North Westmorland Arts Concert (Sept) Appleby
 22 1930 CWT - Madagascar URCR

MARCH

- 1 1930 HS The Home Front (1) SSAT

- | | |
|-------------------------------------------------|---------|
| 7 1930 North Westmorland Arts Concert (Sept) | Appleby |
| 8 1930 CWT - Flood Prevention | URCR |
| 14 1930 Domino Drive | FCH |
| 15 1930 HS Thomas Garnett (1) | SSAT |
| 17 1930 Art Society - Wild & Free | PH |
| 18 1930 HS AGM & Jacobs Join (1) | SSAT |
| 22 1300 Medical Centre Closed for Training (19) | MC |
| 25 1000 Art Society Workshop | SMC |
| 25 1930 Olde Time Dance (22 & 58) | PH |
- APRIL**
- | | |
|-----------------------------------------|------|
| 1 1200 Spring Show | PH |
| 12 1930 CWT - Butterflies in North West | URCR |

DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CTIS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Church
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HTCC	= Holy Trinity Church Casterton
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
QG	= Queens Gardens
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
STAD/S	= St Andrew's Church, Dent/Sedbergh
StJCC	= St Johns Church Cowgill
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SHRF	= Shooters Hut, Rigmaden Farm
SIC	= Sedbergh Information Centre, 72 Main St
SSAT	= Settlebeck School Academy Trust
SSPH	= Sedbergh School Powell House
SYF	= Sedbergh Young Farmers
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

PUBLIC INFORMATION

Sedbergh Medical Practice

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.sedberghmhp.nhs.uk for further details

When we are closed please ring 111 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, Evan Hurst,
Katie McKay & Sarah Boom (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

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

Consultations Monday to Friday 0900 - 1000 *
1400 - 1500 *

Other times by appointment only *

MARKET DAY

WEDNESDAY

HALF-DAY CLOSING

THURSDAY