

Sedbergh & District **LOOKAROUND**

November 2017

Issue 360

Donation £1

Almost another year over and a continued big thank you for all the support and contributions to Lookaround which helps to make it one of the biggest Newsletters in the land.. Well done!

Nick Cross is still striving to

continue Lookaround after December next year but he could do the assistance of 2 people. One can assist solely with the finances and the other to assist with the production. Full tuition will be given.

Dennis & Jacky Whicker

St Andrew's Church, Dent

Early Birds

Christmas

Bazaar

and Coffee Morning

Grand Raffle

crafts ~ extra special gifts ~ decorations ~ cards ~ cakes
fairtrade coffee ~ mince pies ~ sandwiches ~ home baking

10am to 1pm

Saturday 4th November

Free entry and warm welcome in

Dent Memorial Hall



CLOSING DATE: 15th of every month for everything

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

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**Paul
Hoggarth**



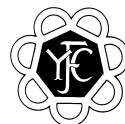
Building Contractor

**6" Wood Chipper For Hire
Small Plant Hire**

**015396 21413
07968 977429**

Sedbergh Young Farmers

BONFIRE NIGHT



**Wednesday 1st November
Middleton Common**

**7.30 pm
£2 entry**

**Firework Display
Hot Food & Drinks**



**Please come along
and support our fundraiser
Hannah Hodgson 07866 941 868**

USEFUL TELEPHONE NUMBERS

Age UK South Lakeland	01539 728180
Electricity in any area	105
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Pension Service Surgery	Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265
Police in any area	101
Sight Advice South Lakes	01539 769055
South Lakes Citizens Advice Bureau	03444 111 444
South Lakeland District Council	01539 733 333
Yorkshire Dale National Park	0300 456 0030

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

November Birthdays

Day	Name	Age
1	Jackson BROWN #	6
6	Connor REYNOLDS #	7
9	Alice DECENT #	6
10	Eli SCARR #	6
11	Logan COWIN #	9
11	Frankie DECENT #	9
13	Erik OVERSBY	7
18	Stanley PARKIN #	3
18	Lia LEWIS	11
18	Adam SEN	11
20	Samuel DODD #	2
22	Eloise DANDY	6
25	Jasmine PARLEY #	7
28	Toby GREENSMITH	10

A belated Happy Birthday to
Margaret Park
who celebrated her
Second Birthday on 31st October
which was omitted last month

LOOKAROUND REQUEST

Please make sure you have your Christmas and 2018 events and messages to me by 15th November to ensure they go into the Double Full Colour December - January issue.

Dennis Whicker

ACUPUNCTURE

BAcC Member
www.acupuncture.org.uk



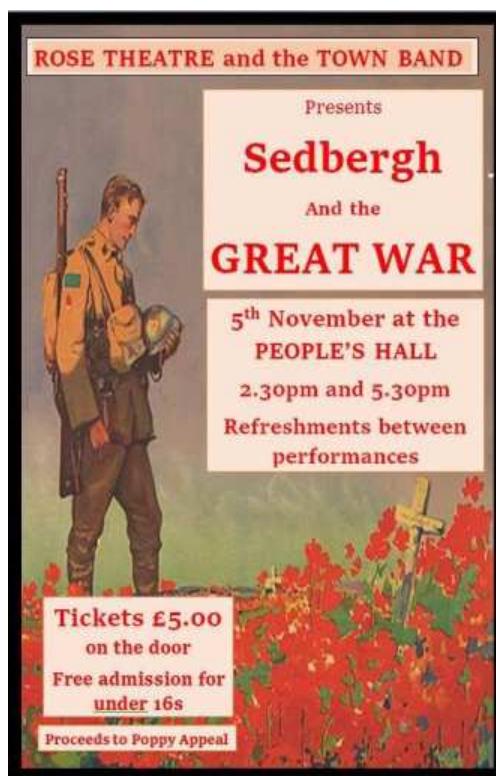
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as well as the symptoms*

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DENT PARISH COUNCIL

Parish Website

Graham Dalton

Chair, Dent Parish Council

Since the retirement of Neville Allen the administration of the parish website, dentdale.com, has been problematic. We have had valuable help from Steve Bramall at Kirbie Kendal School to keep it going, but local input is ideally needed, as well as IT knowledge. Peter Hunt of Backstonegill has kindly offered to take on the role of administering the website. He will be doing some work to improve its eye appeal and revise the layout of content, but to work effectively, it needs to be up to date at all times and to have input of content at ground level. Individuals, residents

and organisations can help by ensuring their news and information gets posted regularly. Scott Thornley keeps the council information up to date. Can everyone who has news and progress to report please look at establishing a system where it is posted on the site.



SEDBERGH PARISH COUNCIL

Janey Hassam – Clerk

This report covers items from the Parish Council meeting on the 12th October 2017. The next meeting is on Thursday 9th November at 7.30pm in the Committee Room, The People's Hall, Sedbergh.

MARYFELL PLAY PARK

A consultation document, relating to the proposal to refurbish the play park

The poster features a blue background with a decorative border. At the top, there is a cartoon-style jack-o'-lantern on the left and a fireworks illustration on the right. The main title "Garsdale Village Hall" is in a large, bold, black font. Below it, "BONFIRE & FIREWORK DISPLAY" is written in a stylized, jagged font. A subtitle "Traditional Village Bonfire" is centered below the main title. In the center, there is a drawing of a campfire. To the left, a circle contains the text "Day Change Now on a Saturday". To the right, another circle contains "Pumpkin Competition for Under 12's". The date "SATURDAY 4th NOVEMBER" is prominently displayed in the center. Below the date, the time "Fire Lit at 7pm" and "Firework Display at 7.30pm" are listed. Entry fees are mentioned as "Entry: Adult £2.50 Under 16's Free". At the bottom, there is a row of colorful tulip flowers.

at Maryfell, is due to be circulated during November. The document will be available online (and will be noted on social media and the Parish Council website when available). It is hoped there will also be paper copies to be distributed by Sedbergh Primary School. Collection points will be at The Information Centre, The Post Office, Sedbergh Mini Market and The Primary School.

FORMER UDALES PREMISES, MAIN STREET, SEDBERGH

Members discussed the ongoing concern and frustrations over the former butchers shop on Main Street, Sedbergh which has been predominantly vacant since trading ceased in the early 1990's. Members agreed to pursue the following initiatives in an attempt to drive things forward with the building i) invite Mr Udale (or a representative) to a future meeting of the Parish Council ii) request YDNPA to pursue powers available to them in regard to the condition of the property iii) contact SLDC's Community Led Housing Officer to investigate future possibilities for use as potential affordable housing (preserving the retail space).

SEDBERGH TOWNSCAPE PROJECT

The proposed resurfacing of the parking area at St Andrew's Church is scheduled for November. Further discussions will be taking place over plans to develop/resurface Joss Lane car park in the future.

OTHER MATTERS

Various other matters were discussed, including: grant applications for the Management Committee of the People's Hall for £500 which was rejected (as the Council is unable to award grant to cover money already spent); planning applications, including the former Balliol School; the proposal to make a formal enquiry to the Heritage Lottery Fund in regard to the Queen's Garden; the planned works to the culvert close to Guldrey; the repair of the boundary wall at the Bowling Club; the current and forthcoming year's budget proposals for the Council; the Royal Air Force centenary in 2018; the Wave of Light initiative to raise awareness of Baby Loss Awareness Week; the continued lack of consideration for pedestrians/prams/wheelchairs/mobility scooters while parking vehicles on pavements/

Sedbergh School



Monday 6 November at 7pm

Field south of Busk Lane



Members of the town and community are warmly invited to join the pupils and staff of Sedbergh School for their annual bonfire and fireworks.



Entry is free of charge.

double yellow lines at Main Street and Finkle Street; and the (apparently) abandoned vehicle parked at St Andrew's Church.

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. ♀

GARSDALE PARISH COUNCIL

Philip Johns

At the Parish Meeting in September,

the dale's road still raised concerns. Although the majority of the A684 had been resurfaced to a high standard, it did mean that there were numerous places where the edge of the road fell away sharply and could be a potential cause of accidents to unwary walkers or cyclists, particularly as there were an increasing number of gaps in the retaining walls. Council was concerned that a near fatal accident that occurred a few years ago should not be replicated. CCC Highways had made a shoddy attempt at repairing a few of the remaining potholes. Also incredulity was expressed that the Coal Road was being resurfaced where there were no residences but the Back Road was being left in its poor state, where there were residences.

There appeared to be an increase in the number of early morning bikers recklessly speeding through the dale, in their attempts on the 'circuit time

ROYAL BRITISH LEGION

POPPY APPEAL COFFEE MORNING

10am Wednesday 8th November @ CCCM



REMEMBRANCE DAY CONCERT

7:30 pm Sunday 12th November @ CCCM

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

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

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

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

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



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Here at Dawsons we have a large range of
Kiln Dried logs and Heat Logs to keep you cosy this Autumn:-

Tote Bags of Kiln Dried Logs from	£75.00
Medium Sized Crates of Kiln Dried Logs from	£129.99
20kg Hotmax Heat Logs Per bag	£5.00
10 pack of Hotties Heat Logs	£4.00

For feeding the Garden Birds this Autumn we have in stock:-

25kg bags of High Quality Runner Peanuts	£40.00
20kg Wild Bird Seed	£13.00
20kg Dehulled Sunflower Hearts	£30.00
12.75kg of Suet Pellets	£23.70

Station Yard, Sedbergh LA10 5HP

Tel: 015396 20210

e-mail: office@dawsonsofsedbergh.co.uk

www.dawsonsofsedbergh.co.uk

trial'. The police have promised to be more vigilant.

A post box near East Rakenthwaite has been removed without consultation and efforts will be made for its reinstatement.

The village hall has been granted nearly £10,000 for improvements in heating and water supplies. £5,000 was awarded by Sedbergh Community Fund and the rest by YDNP, council expressed their appreciation. Work is now well underway and the hall now has a completely smell-free water supply after new filter systems were installed, at long last banishing the 'bad egg smells' that had pervaded the hall for decades. New double

glazed windows have been installed along with a tariff free heating system. The internal walls have been painted in bright, airy, heat-reflecting paint and the room divider has been repaired. All this has transformed the hall and council hopes that it will now be used more extensively for functions and parties.

B4RN held a meeting on the 4th October to help instigate the start of laying ducting for its hyperfast broadband. All funding was in place and most wayleaves had been agreed although there were still a few landowners unwilling to participate in this hugely important community project, due to misguided personal issues. However, this will not stop

Garsdale having one of the fastest broadband supplies in the world as these properties will be bypassed. Any property seeking a connection after completion will face an enormously increased connection charge and council encourages any doubters to sign up their interest now, without delay.

Full minutes will be available shortly at www.garsdaleparishcouncil.com. The next meeting will be on Thursday 16th November in the village hall at 7.30pm. All are welcome to come along to see the improvements to the hall in a smell-free and warm environment and/or to participate in the meeting.

Philip Johns, clerk to Garsdale PC, 015396 22170, e-mail:

ps.johns@btinternet.com.



TIM FARRON MP

Well the Summer Recess is well and truly over. I know summer seems like a long time ago but, aside from a few days before the party conference season started, Parliament really did not get back to work after Summer until October the 9th !

However, I have taken advantage of being back in the House of Commons to get in touch with a lot of Government Ministers about the issues that people have been telling me they want sorting.

I have tabled 2 questions in Parliament asking ministers what progress is being made towards ensuring everyone has a minimum of

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Tuesday 9am to Evening

Thursday 9am to Evening

Other hours may be available on request



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Alone in Berlin

Emma Thompson, Daniel Brühl, Brendan Gleeson
Mikael Persbrandt, Louis Hofmann
Katharina Schüttler. Certificate 12A

Saturday 11th November

film starts 7.30pm

Sedbergh People's Hall

Our 10th Anniversary Season!

Flicks in The Fells

10 Mbps broadband speed by 2020. The most recent figures from Which say that in our part of the world a quarter of us have speeds below 4Mbps with is almost not worth having. As so many of us and our employers need good broadband to simply function we need to know what is going on to get us up to reasonable speeds quickly.

At health question time I asked the Secretary of State to look into the plans our local health authority had to remove overnight consultant psychiatric care in Cumbria. These would have meant that in effect no one could be sectioned under the mental health act between the hours of 8pm and 9am. With consequence that anyone unfortunate enough to need this kind of mental health care would have to be held in police cells or A&E until a psychiatrist gets into work the following day. The Minister said he would look into it and I am pleased to say that shortly after this the plans were put on hold until January. But that is simply a delay, what we need to be told is that the plan has been abandoned.

I have been in touch with the

Education Minister to ask her to abandon her plans to cut £2.6 million from education budgets in this area. This is the equivalent to losing 58 teachers. This at a time when our population is projected to remain the same and as far as I know there is no anticipated dramatic reduction in the numbers of children. We have already seen one school in the area close and others will undoubtedly come under pressure. Surely at this time the Government should be putting the education of our children before everything?

Finally, I have written to the Brexit Secretary to ask him to negotiate a deal that gives our farmers free access to European markets when we leave the EU. Currently 90% of



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Saturday 11th November 10am-3pm

Chef: Tom Guise

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kitchensandbedrooms.co.uk

our beef and lamb exports go to countries in the European Union. If we fall back on World Trade Organisation Tarriffs (the so called "No Deal" option) then all of our beef and lamb would be subject to roughly a 50% tariff if it was imported into the EU. I know that our beef and lamb is some of the best in the world but even if it could sustain that kind of price premium over EU produced meat then our farmers would much rather that the extra money came to them than went to EU governments.

And these are just some of the contacts I had with ministers last month. I simply don't have space for all of them.

If there is anything you would like my help with then email



Sedbergh Town Band

presents a

Remembrance Day

Concert

Sunday 12th November

7.30pm

Cornerstone Community Church

Main Street

All Welcome

Entry £5 ~ U16 £3

Proceeds from this concert

will be shared between

The Royal British Legion and
the Sedbergh CCC

Sedbergh Town Band is a registered charity, No 1086817



{Nº6} FINKLE ST.

Remembrance Sunday

12th November



5% of sales this weekend will be donated to The Royal British Legion



tim@timfarron.co.uk or call 01539

723 403.

Thanks for your support



COUNCILLOR CORNER

Cllr Nick Cotton

Another wet day, another opportunity to stand in the rain talking about flooding problems and drainage issues around Sedbergh. On this occasion it was with a couple of officers from the Flood & Development Management Team from Cumbria County Council, a Rights of Way officer from Yorkshire Dales National Park and two concerned residents from Guldrey Terrace.

The issue to be discussed? Work on

installing the silt trap and inspection chamber above the culvert that was responsible for the flooding at Guldrey during Storm Desmond. This is the culvert that starts at the top end of the playing field above the People's Hall and runs west under the town to join Haver Beck near to Marthwaite. It has been decided that the best location for the inspection chamber is at the junction of the new section of culvert that runs under the Medical Centre and the Spar car park with the old culvert at the eastern end of Guldrey Terrace. The new section (so I am told) is large enough for a person to walk inside, although in a crouched position. The old section is a traditional square stone culvert and it's vital to be able to remove silt and

debris before it enters the old section so that its capacity is not reduced and there is less need to use a pressure hose to tackle any blockage, as this potentially weakens the stone culvert.

It is hoped that something called a 'Hydro Brake' can be installed at the same time that the work is carried out, to restrict the volume of water flowing from the large gauge pipe under the Spar car park to the smaller gauge culvert running alongside Guldrey Terrace. This will also have the effect of enabling water to be temporarily stored in the large pipe to even out the pressure on the stone culvert. After a relatively quiet winter last year (2016-17), the storm on 11th October this year when 200mm of rain fell at Honister has been a wake-



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up call to proceed with all those schemes that need to be done to give us greater resilience in dealing with bouts of prolonged, heavy rainfall.

What can we do as residents to help? Scrape leaves off the top of gullies to let the water flow into the drains. Very satisfying! Or report gullies that are full of silt to CCC Highways via <https://www.cumbria.gov.uk/roads-transport/highways-pavements/reporting-problem-on-highway/WDM/default.asp>



YORKSHIRE DALES NATIONAL PARK

Dales farmers primed to build region's flood defences

Andrew Fagg

A practical guidebook for farmers and land managers on natural flood management measures – which is the first of its kind, and could be adopted nationwide – has been published by the Yorkshire Dales National Park Authority (YDNPA).

The free guide – a response to the devastation wreaked by Storm Desmond in December 2015 – sets out how Dales farmers can both protect their land from flood damage and contribute to the region's flood defence system.

It has been put together by the YDNPA, Yorkshire Dales Rivers Trust and North Yorkshire County Council, with support from the Environment Agency and Natural England.

"Farmers saw the severe impact of

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flooding on cities such as Carlisle, Leeds and York and asked how they could help," said the YDNPA's Senior Farm Conservation officer, Helen Keep.

"If, after heavy rainfall, we can slow the flow of rivers that rise within the Yorkshire Dales through natural flood management measures, then a number of our region's towns and cities will be better protected. Our aim is for every farmer and land manager in the Yorkshire Dales National Park to have a copy of the guide.

"Some of the measures present a clear 'win-win' situation, benefitting both flood defences and agricultural production. Research in Bishopdale, for instance, has shown that soil compaction is more widespread than

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SEDBERGH & DISTRICT **HISTORY SOCIETY**

Wednesday 1st November

Trad Farm Buildings in the Dales
Jim Brightman

7:30 pm Dent Memorial Hall

Wednesday 15th November

Monasteries in
North Lancashire & Cumbria
Alan Crosby

7:30 pm Settlebeck School

Friday 24th November

Annual Dinner
7pm Sedbergh Golf Club

Everyone is most welcome to attend
any or all of our lectures.

Members £1 ~ Non-Members £2

www.sedberghhistory.org

Chairman: Graham Dalton 25436
Secretary: Karen Bruce-Lockhart 20224

Treasurer: Chris Elphick 20605

Membership Secretary: Chris Elphick 20605

previously thought. Reducing soil compaction would both decrease run off and improve grass and root growth.

"Other measures may need financial support to make them worthwhile. Grants may be available to fund some of the measures – so, please get in touch. In the longer term, we hope that managing land to reduce flooding will become a new source of income for farmers – helping to make their businesses more robust."

Natural flood management aims to reduce the downstream maximum water height of a flood. In the guide, the various measures that can be taken to achieve this have been grouped into three levels of intervention, according to their set up and maintenance costs:

Level 1 measures such as cross drains in farm tracks and planting hedgerows are low cost and easy to install, yet very effective. They

require minimum or no consultation with authorities such as the YDNPA or the Environment Agency.

Level 2 measures such as creating an earth bund or a 'leaky dam' may require consent and may need contractors' help to install them.

Level 3 measures such as restoring the connection between a river and its floodplain need detailed planning and design and are usually high cost.

Rita Mercer of the Yorkshire Dales Rivers Trust said: "Natural flood management structures do not significantly impact on farming, are typically small in size, and can be considered to be an extension to the farm's land drainage system. It is a network of these structures, rather than individual features, which can make a difference. Research carried out by Leeds University in Coverdale indicated that a combination of simple measures over 10% of the catchment area could help slow down the flow of water during high rainfall events by up to 12%. That would be a significant positive effect."

Contact Helen Keep by email Helen.Keep@yorkshiredales.org.uk or by phone 01756 751611.

See the handbook here: http://www.yorkshiredales.org.uk/_data/assets/pdf_file/0003/1010991/11301_flood_management_guide_WEBx.pdf



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YDNP 2

Andrew Fagg

'Keep our primary schools open'

The Yorkshire Dales National Park Authority (YDNPA) has made a passionate appeal to local education chiefs to recognise the vital importance of primary schools to the life of rural communities.

Letters making the case for keeping open all the remaining primary schools in the national park are also to be sent to the five MPs in the park. The following motion was approved unanimously by members of the YDNPA at a meeting on 26th September.

"In line with the current National Park Management Plan and the new emerging Plan, the Yorkshire Dales National Park Authority calls upon the County Councils, Local Education Authorities, Multi-Academy Trusts (with remit over primary schools in the national park) and the schools' leadership and management, to

recognise the importance of primary schools, individually or networked with others, as a key contributor to the sustainability and future of rural communities and in particular the retention and attraction of young families within them."

The motion was proposed by one of the YDNPA's longest-serving members, the Independent North Yorkshire County Councillor, John Blackie. He told the meeting that up to 10 primary schools in the national park were "under threat" because of falling pupil numbers:

"When I was first elected to North Yorkshire County Council 20 years ago, Askri gg primary had 79 pupils, Bainbridge had 46 and West Burton had 44. Now the pupil numbers are,

respectively, 40, 23 and 22. In 20 years the school populations have halved. The situation is even worse in Swaledale and Arkengarthdale.

"As a National Park Authority, we want to send a clarion call to those that have influence over the running and funding of primary schools – to remind them of the importance of protecting these vital community assets. The efforts we are making to retain and attract young families will be seriously undermined if schools are allowed to close because of short term financial issues.

"Recent history shows us that if a primary school closes, the local community is set on the road to becoming a retirement village. Keld had a thriving school in the 1960s.



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The school was later closed and now there is not a single child in the village."

The YDNPA Chairman, Carl Lis, said it was important that the Authority spoke up:

"The recent closure of Horton-in-Ribblesdale primary school was a serious blow for the community, which we campaigned against.

"We do not run schools, or set schools policy, but we have a responsibility to speak on behalf of local communities. We want to make the case to those who manage primary schools in the national park that the schools should be retained. If they are not, young adults are likely to continue to leave the park, never to

return to live, and the chances of attracting young families to replace them will be further diminished."

YDNPA member Yvonne Peacock, who lives in Bainbridge and is the Conservative leader of Richmondshire District Council, seconded the motion.

She said: "I spoke particularly about West Burton, Bainbridge and Askrigg schools. It is vital that these schools do not close. The extra funding for schools announced by the government last month is welcome, but we need to ensure local education authorities take on board the importance of our local schools when making decisions.

"We need to encourage more young families to live and work in the Dales.



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Having a good local primary school is one of the factors that can keep a village sustainable. When a school closes, we know that a village can die."

Another member, Ian McPherson, who is a governor of Dent primary school, said he was keen to back the motion:

"We cannot underestimate the value of the primary school to the community. Dent school is in a good position at the moment, with more than 30 pupils, but we cannot be complacent."



YDNP 3

Andrew Fagg

Invitation to join the Yorkshire Dales Access Forum

An independent group which advises the Yorkshire Dales National Park Authority (YDNPA) on all matters relating to 'open-air recreation' is recruiting new

members.

The Yorkshire Dales Access Forum, which meets three times a year in Bainbridge, needs seven new members.

Forum members are unpaid volunteers but receive travel expenses, and are appointed for a term of three years.

"The forum has been hugely helpful since it was established in 2003," said Rachel Briggs, the YDNPA's Access Development Officer.

"The Yorkshire Dales National Park has a superbly maintained rights of way network and vast areas of open access land. But challenges regularly crop up – and improvements can always be made. That's why the Access Forum has an important role

to play.

"The ideas and proposals that the forum makes for solving problems or for improving open air recreation in the park are highly valued. People can make a positive contribution to the Yorkshire Dales by joining the forum.

"Applications are invited from people who own and work the land, and from people use it for recreation or a variety of other interests. Current members include farmers and landowners, people in the tourism trade, as well as keen walkers, cyclists and green lane motor enthusiasts."

As well as providing advice to the YDNPA on maintaining and improving recreational access in the National



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Park, the forum also advises the highway authorities in the area and responds to relevant public consultations issued by bodies such as Natural England. The forum also has a number of sub-groups that look at specific issues including 'Access For All'.

The deadline for applications to join the Yorkshire Dales Access Forum is **24 November 2017**. Anyone who would like to be considered for membership can contact Rachel Briggs by phone, 01969 652363, or by email at

Rachel.briggs@yorkshiredales.org.uk

Information is also available here:
<http://www.yorkshiredales.org.uk/ydaf>. Use the drop down menu at the top to see the minutes of previous meetings and frequently asked questions.

The membership of Yorkshire Dales Access Forum has been staged so that about a third is renewed annually.

The Yorkshire Dales Access Forum is one of 86 'Local Access Forums' in England, created as a result of the Countryside Rights of Way Act 2000.



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NOVEMBER GARDENING

Elaine Horne

Autumn colour on the trees in my garden has been very transient. Heavy rain and strong winds from mid September have seen off some of the coloured foliage almost before it began to colour up. The first trees to turn are always the two seed-raised Asian birches; "Gold" or "Erman's Birch" (*Betula ermanii*) and "Chinese White Birch" (*Betula albosinensis*). Both of these have relatively large leaves – 7-10cm (3-4ins) long – much larger than the dainty leaves of the native "Silver Birch". Their autumn "show" generally lasts only 3 to 4 days but as with most other birches, they have decorative bark which provides a feature and focal point for the rest of the year.

Native birch seed themselves around quite easily and some of my specimens have been rescued from roadsides or other gardens. Some have an upright habit whilst others have the graceful pendulous form which gives the species its botanical name *Betula pendula*. All have small leaves which cast a light shade through the summer. They make a wonderful backdrop to shade loving plants such as Rhododendrons and Azaleas and Witchhazels and for spring flowering bulbs. I grow yellow Winter Aconites, and blue *Anemone blanda* underneath, and mix these with *Primula 'Wanda'* (Dark purple/red flowers) and trailing, dark leaved *Ajuga*.

There are several cultivars of "Silver Birch". *Betula pendula 'Youngii'* is the



most pendulous, being top grafted on to a straight stalk to produce an umbrella shaped tree. I feel it lacks grace. It looks rather as though it received a severe biff on the head in its early years and after that everything grew downwards in an untidy heap – but it does stay small and so can be a useful tree for a small space.

Betula p. 'Tristis' is the elegant graceful alternative, forming a slender trunk with trailing branches and twigs, and Swedish Birch (the Swedish national tree) *B. p. 'Dalecarlica'* has deeply cut, almost feathery foliage on pendulous branches.

Variegation and coloured leaves are not commonly seen in Birch, but *Betula p. 'Golden Beauty'* is an attractive, yellow leaved form and *B. p. 'Purpurea'* has purple tinged bark and dark purple leaves.

Birch trees are never flamboyant. Their flowers are simple catkins, born in spring amongst the new foliage, but in my garden they provide a source constant, but ever changing beauty. They are, perhaps, my favourite trees.



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LADIES NFU

On the 19th September members were treated to a wonderful collection of old film footage presented by Jim Bowness and Andrew Leitch. Although the title of the talk was 'Home Guard' we saw a huge variety of films of not only Local Defence Volunteers training but also the official opening of Kendal College by Princess Alexandra and a fascinating film of the history of K Shoes. A short meeting followed.

The Coffee Morning, held on the 11th October, raised £330 for North West Cancer Research, which was a magnificent total given the terrible weather conditions of the day.

In October, Hannah Mayar from St John's Hospice, Lancaster, gave an

informative and very interesting talk about the work and running of the Hospice now in its 31st year. Last year alone the Hospice helped care for 816 patients, as inpatients, for respite care, as day patients and through 'Hospice at Home'. With a staff of 66 Nurses and costing £8,000 a day to run the Hospice is funded by 10 Hospice Shops and many fundraising events run by volunteer supporters. The Courtyard Cafe has just opened at the Hospice selling delicious homemade food.

At the beginning of the meeting that followed, a tribute was paid to Mary Harkness, a long standing member of the Sedbergh Ladies NFU, who had recently, sadly, passed away.

The November meeting is about The

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Chocolate House in Kendal and the December meeting is a talk on Old Sedbergh given by Richard Cann followed by Carols and Mincepies. Visitors are always welcome at our meetings and the charge is £1. Caroline Sandys-Clarke

HOWGILL & FIRBANK WI Audrey Hoggarth

September

President Bridget Postlethwaite welcomed members and our speaker Sara Brown from St John's Hospice near Lancaster. Sara explained the services they provide offering expert care for our community since 1986 covering a large area of North Lancashire, Southlakes and Cumbria. The majority of funding comes from

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donations and fundraising events. A wonderful place run by dedicated staff showing real care for all their patients along with dignity and compassion.

A brand new cafe has opened recently run by volunteers. All proceeds go back to the hospice.

Thanks were expressed to Sara for a compelling and informative talk.

October

We met on October 5th for the AGM. Our president Bridget Postlethwaite welcomed members and WI advisor Anne Timmins.

The members who attended the Open Meeting hosted by Dent WI spent an enjoyable evening of entertainment followed by a lovely buffet.

We were reminded of forthcoming events:

The Quiz Night on November 6th at the White Hart Club and our Domino Drive at Howgill Village Hall on

Friday, November 10th.

The next part of the meeting, it was over to our advisor to guide us through the voting.

BrIDGET was re-elected and is happy to take over the role again for the coming year.

The secretary reported on a busy and successful year and our finances are in a healthy position.

The Appleby Cup for the most competition points throughout the year was presented to Sarah Syred.

Following the business Anne shared with us the stages in her life which included many different roles in the nursing profession and moving up the ranks in the Cumbria / Westmorland Federation before taking on the role of Federation Treasurer, a job she loves.

Vera Hodgson thanked Anne for attending and sharing her life story.

The competition for the best hand written envelope addressed to the president was won by Pauline

Robson with Vera Hodgson second.

Social time to "name the trees" was won by Pauline.

A Jacobs Join was enjoyed bringing the meeting to a close.

Barbara Colbear will be giving us a Christmas Craft evening on November 2nd at Howgill Village Hall. Visitors will be most welcome. ♀

KILLINGTON WI

THE AFTERNOON WI

FOR THE ENTIRE DISTRICT

Wendy Fraser-Urquhart and Valerie Cann

Those of you who are diligent readers of these reports, and who have good memories, may recall my saying that when it came to my turn to help provide our luscious tea that digestive biscuits would be all that would be on the menu. I don't look like Nigella and I don't cook like Mary Berry. However when I came to Sedbergh and joined the dreaded WI, I thought that I should get my act

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together and do what would be expected of me. So I learnt to bake three good cakes, a lemon drizzle cake, a chocolate fudge cake , and a bun-loaf. However, they have always been **round** cakes and I have been noticing lately that **traybakes** are the in thing. So I trotted to Rycrofts and returned home with a tin with **square** corners. Great was my apprehension at this new departure! Would it work out? As it emerged from the oven it looked a bit dark around the edges - ooh. Shock! Horror! Burnt?? Fear not – it was fine but I don't think that I'm going to volunteer for "Bake Off". Perhaps "Strictly", or "Mastermind", would be more my thing. We shall soon see. The annual WI Quiz is fast approaching (Monday November 6th)

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Saturday 25th November

7.30 pm

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Cowgill Church
Christmas
Coffee Morning
Saturday November 25th
1000 - 1130

Refreshments - Raffle - Cakes
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We look forward to seeing you there

and the brains of Killington W I will be entering several teams. It is always good fun plus a tasty supper.

With one thing and another our numbers were rather down for this month's meeting. We hope that those who were ailing are once again back in the pink, and those who were travelling had a good time and are now safely home again. Dilys was wished a Happy Birthday. Various members have been out and about on Federation organised activities. Four members had been on an outing to Gawthorpe Hall and Oswaldtwistle Mill which they enjoyed and I am glad to say that their retail therapy didn't break the bank. Susan and Lorraine had attended a "Let's be on a Committee" meeting, though I am sure that they know lots about that already. Several members have confirmed their willingness to help with the decoration of a window in St. Andrew's for Late Night Opening on December 6th. Everything is moving forward nicely. (That reminds me of a Beamsmoor resident who when asked, "How are you?", always replied, "Nicely, thank you."). The business being over, Susan

introduced our guest speaker, Diana Matthews, whose illustrated talk was entitled "Windermere's Lake Shore Villas". Diana's family have lived in the area for several generations with her grand-father designing and building many of the properties of which she spoke. We looked at different periods of house building, ranging from the 17th Century, through Georgian, and on to the early 1900s. Many of the properties have been remodelled by later generations, but on the whole the basic house is still there. One of the main features of the properties was the traditional rounded chimney which appears throughout the area. Most of the villas enjoyed lake views and access. For many access to the lake was used for

pleasure sailing, sometimes in ornate steam launches. These were also used for journeys up and down the lake on business, being a preferable means of travel to some of the early roads. A warm vote of thanks from Margaret Denton was followed by an invitation for a suggested sail on Windermere to enjoy a view of the houses about which we had learnt.

The raffle was drawn after tea and Margaret won a box of Kennedy's chocolates. The competition for an item beginning with "V", was won by Lorraine Millington with some beautiful, family owned Valentine Plaques from the early years of the 20th century. There couldn't have been any prettier in any grand house. Our next meeting will be our A.G.M.

Illustrated talk on
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with
Hugh & Pauline Symonds



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when next year's committee will be elected, and reports of this past year delivered. We shall also have two very important speakers from the First Responders who will give us some practical information on saving lives. Be at the **People's Hall Committee Room** at 2-00pm on **Tuesday 14th November**. The meeting after that will be our Christmas Lunch on December 5th. ♀

SEDBERGH WI

Moira Folks

A glorious autumn day at last! What a relief it was to wake up on Thursday 5th October to find the sun shining for our visit to Blackwell, the Arts and Crafts House near Bowness on Windermere. The purpose of the visit

was educational: to view the special exhibition about the Women of the Arts and Crafts Movement which is on display from 15th September 2017 to 1st January 2018. The Curator of Blackwell, Kerri Offord, talked to us in the exhibition room, introducing us to the most important of these women, some of whose names we knew but often we knew their husbands' names better; in fact, some of their works have been wrongly attributed to their husbands. Perhaps the best known of the Arts and Crafts men's names is the artist and architect Charles Rennie Mackintosh; works by his wife Margaret Macdonald and her sister Frances are some of those represented in this exhibition. It is thought that Frances's ex-husband

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destroyed many of her works after their acrimonious divorce so we were lucky to see some examples in this exhibition, including a design for a stained-glass window which is thought to have influenced Gustav Klimt, whose glorious painting 'The Kiss' is widely reproduced these days. We enjoyed looking more closely at the women's paintings, pottery and embroidery after Kerri's talk, and then we were free to explore the rest of the beautiful house. Some of our group had never been before and were absolutely amazed by it; some of us knew it well but some bedrooms had recently been refurbished in traditional Arts and Crafts style so there was something new for everyone to see. We were

fortunate to see the house at its best with the sun streaming in through the windows and, outside, illuminating the Coniston Fells, the blue sky reflected in Windermere below. It is truly an uplifting place, even on a dull day. We had a wonderful afternoon, finishing with a cream tea in the tea rooms: many thanks to Ellen for arranging it all. We'll remember it for a long time to come.

October 11th, the day of our monthly meeting, by contrast, was the WORST kind of autumn day! Torrential rain for many hours cut Killington off from the metropolis of Sedbergh so we were deprived of the company of one of our most loyal members because of flooding, and some others were away from home.

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The people who did turn up were treated to that best of medicines – laughter! Just what we needed after the miserable day! Jude Jackson – formerly Judith Dixon (and probably best known to locals as one of Jean Dixon's daughters!) – has returned after 30 years' exile in the south to live once again in Sedbergh where she has recreated a niche for herself as a teacher of singing and piano at both Settlebeck and Sedbergh primary school, as well as taking private pupils, adults as well as children. She regaled us with some hilarious stories of the 6 happy years she spent working with Clive, a piano dealer and restorer who needed her expertise as a pianist to judge whether a piano was worth restoring.

I won't attempt to tell any of her stories: all I will say is that if you would like to have a fun evening, invite Jude along to talk to you.

Valerie hosted the book club the next day when we discussed 'The Last Chameleon' by James North, a former US navy intelligence officer and consultant to the US government. The novel was listed as a thriller, the second in James North's Vanguard series, but we were certainly not thrilled by it: in fact, it was the most boring book we have ever read in book club. The dialogue was very stilted. The characters were not developed – they were more like the little pin-men you would find in a computer game where the aim is to shoot them down. There was plenty

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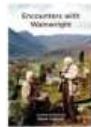
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of shooting down (with carefully described and named weapons) and racing around in fast vehicles on land, sea and air, but quite frankly we didn't care about the characters at all. With marks given ranging between 2 and 6, the average would be less than 4. We certainly won't be recommending it to anyone or reading anything else by this author!

The walking group, led by Rosemary Blanchfield, are hoping to walk from Clapham this month as last month's walk had to be cancelled.

Our next meeting, on November 8th at 7.30pm in the committee room, will be our Annual General Meeting, followed by a Jacob's Join supper, so we hope all our members will be able to attend.

♀

DENTDALE WI

Marion Feltham, President

After a very rainy day, the floods subsided and our members were arriving with stories of the day's weather. We had been due to hear about Gift Wrapping, but due to illness, our speaker had to cancel and we wish her a full and speedy recovery. However, we weren't left without a speaker as Peter Knapton of First Responders came to our rescue.

After the singing of Jerusalem, it was on with finalising details of our fast approaching charity fund raising event, a family **Quiz Night with Pie and Peas supper to be held on Friday 10th November in Dent Memorial Hall**, make sure you put it



in your diary. The baking of different pies, hopefully catering to all tastes, is in hand thanks to Catherine's organisation, tickets designed by Jean will be distributed later in the month. We really hope to raise a lot of funds for the Air Ambulance and Growing Well, two very worthy causes.

The programme for 2018 is sorted, thanks to Sue, and one extra event for our members this year also had its own list on the table – a demonstration of Chocolate for Christmas, with tasting allowed!

Another couple of business matters over with then it was on to introducing Peter, who told us how he became a First Responder and the training required. His companion, Resusci-

Annie, was already out of her suitcase and on a table – Peter kindly let us stand to have a go, for which my knees were very grateful, and Sheila was first to volunteer, then me. Peter guided us through the sequence required to help the casualty, and stay safe ourselves. Checking the situation before rushing in came first, for example a possessive dog, even puddles, especially if you go on to use a defibrillator, because water and electricity do not mix!

Calling for help came next – mobile signals were discussed – then checking for a response, the airway, breathing and circulation, once these were done, it was on to the chest compressions. We were all surprised



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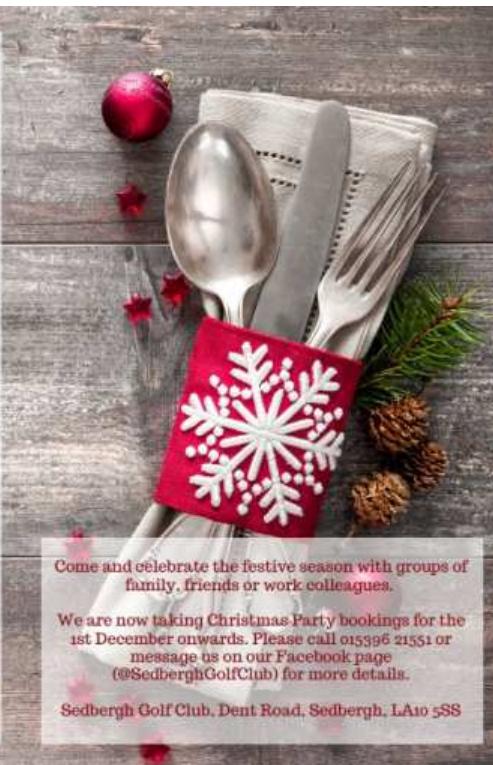
at how tiring it was – quite a work out. Peter said having someone to help was really ideal as a person on their own would tire fairly quickly and we definitely agreed. The recommended rate of 30 compressions, then 2 rescue breaths using the mask, meant keeping count which seemed to be the hardest part, remembering to sing Nelly the Elephant or Staying Alive was the easy bit. Then it was time to test the accuracy of the “idiot proof” description given to a Defibrillator. Most of us had not seen one, only the weatherproof boxes they are housed in, and we were keen to have a go. Peter immediately asked for a volunteer and Rita stepped up to the plate and once opened, it was indeed easier than all

of us expected. You just do as you are told! Gill was next up and did a sterling job.

It was a most informative, educational and vital talk that included lighter moments especially those regarding hairy chests and piercings in the chestal region!

Sheila gave the vote of thanks and we all agreed that Peter had really helped us feel that we could indeed perform CPR if required to do so.

Tea and biscuits were most welcome, with the competition “My most unusual gift” (obviously set with gift wrapping in mind) won by Jean who had brought along a bamboo calendar from Bali, delicately inscribed, and looked more like a rather lovely wind chime – unusual



indeed and a worthy winner; second was Chris, and third Sue. The raffle was won by Peter, which we were all pleased about.

The members were reminded of Monday morning's WI Craft session in the Reading Room – transforming old plastic Christmas baubles into things of loveliness with ribbon and lace.

Thank you Peter and everyone for making it such an enjoyable and informative meeting, and very timely as Monday the 16th is the British Heart Foundation's "Restart a Heart" day. As always, we welcome visitors to join us at our meetings which are held on the second Wednesday of every month.



BOXES OF HOPE CUMBRIA

Pam Dent, 20042

Christmas is coming! May I remind you all that the deadline to hand in your completed shoe-box, along with £2 donation to cover transport costs to Romania, is Saturday 11th November. Leaflets are still available from TIC (72 Main St.) and the Post Office. Completed boxes may be returned to either of these venues, although the Post Office has little storage space. Collections will also be made from Cornerstone Community Church (Main St) and the local schools, to which children should return their boxes.

Thank you for bringing joy to the lives of children who would otherwise receive little or nothing at Christmas to brighten their drab lives.



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<i>All served with salad garnish & curly fries</i>	
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Veg. Carbonara served with Parmesan Shavings* £8.95 <i>*add chicken & bacon for £2.00</i>	
Sides	
Individual Portion £2.95 or Sharing Portion £4.95	
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Beer Battered Onion Rings	
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<i>All served with chips and peas or beans</i>	
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Desserts All £3.95	
Sticky Toffee Pudding with vanilla ice cream	
Warm Chocolate Brownie served with honeycomb and 'death by chocolate' ice cream	
Lemon Posset served with shortbread biscuit	
Mixed Berry Eton Mess	
Selection of Ice Creams £1 per scoop	

VOLUNTARY CAR SCHEME

Tony Dodgson

Drivers are required in Sedbergh urgently for Cumbria Council Voluntary Car Scheme.

If you are interested in helping, please contact me on 20869.

♂
attract new customers !

The meals are prepared each Tuesday and Thursday (with just a short break over the Christmas period) courtesy of the catering staff at Queens Hall, Sedbergh School. They are delivered around the area by volunteer drivers, under the auspices of Cumbria CVS- Two pupils from Settlebeck School usually assist the drivers with deliveries, and their twice weekly visits are welcomed and eagerly anticipated by our recipients. The price of each two course meal is just 5 pounds, payable to the driver, this being subsidised by Cumbria County Council.

If you, or anyone you know, may be finding it difficult to prepare meals at home, please let us know and we will

COMMUNITY MEALS IN SEDBERGH ('MEALS ON WHEELS')

Colin Cowperthwaite

For those who may be unaware that this service is still up and running, hot and tasty two course meals are still being delivered twice a week throughout the year to customers in and around the Sedbergh area. This service has been in operation for several years, and we are keen to



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Should you, or anyone you know, decide to take advantage of this service, please feel free to contact Colin Cowperthwaite on 015396 20659 (if you leave a message, I shall get back to you).



THIRD AGE DEMENTIA

"Crisis" social care et al

Dr Myles Ripley

In my (self-elected) role as a facilitator to try and raise awareness of those living with Dementia, it

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becomes very clear very rapidly that many of the situations and problems are common to a much wider range of people loosely in the "third age". But it extends wider than that and encompasses those helping people and those who are vulnerable for a host of reasons.

But anyway to the nub of this article..... it has suggested and discussed to some extent whether there would be a role and need for a "community support crisis group".

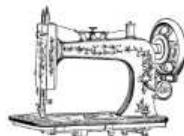
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This would be formed of a group of volunteers coordinated by a central organiser who would be available to offer their various skills in the short term to assist people who suddenly find themselves with a problem. For example, somebody who is rushed off to hospital with little or no time to organise dogwalking, plant watering etc. Sedbergh has a fantastically helpful community and things like this

are often covered anyway but there are people who may not have links to that support network and it may take 24/48 hours before family and friends can step in. Those to whom I have broached this idea think that there are volunteers out there who would be willing to be "on the books" and that there would be a value to this idea. The purpose of this article is to try and find out from a wider range of people what they think about the project. My contact details are at the end of the article.

Factors to consider..... volunteers would need to obtain a DBS for mutual protection. At least one and probably 2 or 3 coordinators would need to be found who would share a common helpline phone number.

Some small scale finance would be needed to advertise the scheme so that all households were made aware of how to contact the scheme. I'm sure some of you can think of other issues that we would need to address – do get in touch.

Wearing my Dementia hat, if you would like a copy of the headline dementia questionnaire results that we ran, get in touch. Likewise if you attended the Dementia Hub in the Peoples' Hall in August and would like to give us any feedback on the event we would be very grateful to hear from you. In passing the Kendal Mountain Film Festival is hosting a Dementia friendly screening as part of their programme.

Lastly if you are part of a group who



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would like a Dementia Awareness session run for you (about an hour) I would be very willing to arrange that for you at no cost .

mylesripley52@gmail.com

SEVEN THINGS NOT TO SAY TO SOMEONE LIVING WITH DEMENTIA

1. 'Remember when...?' While it can be tempting to try and jog the memory of somebody living with dementia, this kind of question is often a reminder of memories lost. That's not to say you should avoid talking about the past, but it's better to lead the conversation and allow the person to join in. Try leading with 'I remember when...' instead.

2. 'I've just told you that' There is

little benefit to passing on your frustration to somebody with dementia, and saying 'I've just told you that' only reminds the person of their condition. Try this instead: Try to be polite and as patient as possible.

3. Reminding them of a loved one's death can be painful, even causing them to relive the grief they've already experienced. Try this instead: It may be better to come up with another reason for somebody's absence, while at other times a gentle reminder is appropriate.
4. 'What did you do this morning?' Avoid asking too many open-ended questions, as it could be stressful for a person with



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- dementia if they can't remember the answer. Try this instead: Rather than 'what would you like to drink?', you could ask 'do you want tea or coffee?' or more simply, 'do you want a cup of tea?'.
5. 'Do you recognise me?' It can be distressing when somebody with dementia doesn't recognise you, but remember that the feeling is mutual. Try this instead: A warm hello could suffice, or it may

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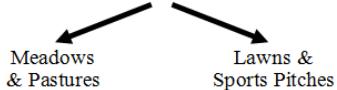
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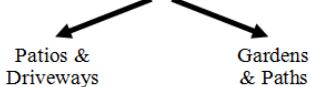
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help to say your name.

6. 'Let's have a cup of tea now, then after that we can go for nice walk and get lunch in that café you like in town.' Long, complex sentences can be difficult to grasp for somebody with dementia. Try this instead: Use short, simple sentences as much as possible. Avoid speaking in loud environments and wait until you have the person's full

attention before you start a conversation.

7. 'Do you need some help with that, love?' Words like 'love', 'honey' and 'dear' can be patronising for people living with dementia. Try this instead: Always remember the person behind the dementia, using their name as often as appropriate.



SIGHT ADVICE SOUTH LAKES

Sue Harper

We met once again at the People's Hall in October. After tea and biscuits, Dennis welcomed our speaker Colin Kendal and Amy from Bradbury House at Kendal, who has taken over from Moira MacLennan.

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The only absentees were Connie, Jean and Jim. We wish them well and hope to see them in November. Jean sent a message to say that at a recent hospital appointment she had received invaluable help from Sight Advice co-ordinator Margaret McClure.

We had one of our most well attended meetings and were fortunate to have a most interesting presentation by Colin Kendall of the "Blood Bikes" Service. The North West Blood Bikes Service covers Lancashire and the Lakes, a very wide area.

The riders transport blood, milk, medication and notes between hospitals as and when required. For example, they might be asked to

deliver notes from Kendal to Lancaster or blood from the Blood Bank at Lancaster to Preston. They are used in place of ambulances, which would otherwise be taken away from their normal duties. Courier services could be used but they are very expensive and taxis are expensive and not always reliable.

Colin gave us the example of a newborn baby who needed milk and whose mother needed blood, both of which had to be brought from some distance away. The service received a letter and photograph from the grateful mother when the little girl was a year old and doing well, thanks to the Blood Bikes Service.

The service was founded in 1962 in Surrey and is entirely voluntary. There



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are presently 350 volunteers, riders, fundraisers, and back office staff. Controllers take calls from hospitals, nursing homes and hospices. The Kendal switchboard covers the whole of the Morecambe Bay area.

By December 2016, the riders had done around 40,000 runs. About 1.5 million miles, saving the NHS £4 million. It costs a lot to run the organisation, the bikes alone can cost as much as £16,000.

A recent run was from Dumfries to Porton Down in Wiltshire taking around six hours. The cost to the NHS? Nothing.

Colin was presented with a donation towards the cost of the service and thanked for a fascinating presentation. Thanks are also due to

Elizabeth for suggesting and organising the event. We then all had a photograph taken alongside the impressive bike!

Amy then outlined some of the items and services available from Bradbury House.

We ended by deciding on the Fat Lamb once again as the venue for our Christmas Lunch on Tuesday 21st of November at 12:30. Something to look forward to.

Attendance at the Meetings are increasing each month so there is always a warm welcome for anyone with sight problems who would like to come along. Transport to and from the meetings can be arranged. If you would like to know more, please contact Sue on 20613.



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DENTDALE CHRISTIAN FELLOWSHIP

J & SE Woof (25212).

On the 4th Sunday in Sept we heard about life on the open road on a motorbike, two chaps from the local branch of CMA, Christian Motorcycle Association, travelled up on their bikes to talk about what they do and then after fellowship and supper they roared off into the night. Maybe you heard them go?!

Then early Oct we celebrated Tabernacles with a simple "covering" shelter, worship led by Tony and Sue , readings and prayers and a buffet supper. 15 people packed into the living room didn't leave much room to dance!

We celebrated the grace of God and

claimed the promise of His presence and thanked Him for His many blessings in our lives especially Jesus and all that He means to us Inc access to God. FFWF followed soon after when we turned our thoughts to Jesus and His Living Water. .seeing as some of us had experienced a lot of water that week!

As ever all our events are open to everyone. Ring for more information.



CHRISTIAN AID

in Sedbergh and District

Rev Anne Pitt

Our thanks to all who supported our October Coffee Morning which like many of the recent coffee mornings has seen a lighter footfall than in

DENT FOLK CAROLS

DECEMBER 1st - 3rd

Concert - Friday 1st - 7.30pm

"Drive the Cold Winter Away"

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Workshops

Saturday 2nd: Folk Carols: 10am and 2pm - £12.50 each session

Sunday 3rd: Folk Carols: 10am - £12.50 each session

Saturday 2nd 7pm

Ceilidh (with caller) and Festive Meal

Dent Memorial Hall £15 - just Ceilidh - £8

Sunday 3 Dec 1.30pm

Singing Walk with the choirs - £12.50

Tickets from Sedbergh TIC, Dent Stores, David Burbidge or if remaining at the door

SETTLE-CARLISLE CAROLS

December 9th

Workshop to learn folk carols 9am - then sing them on the train, in the stations, and in several pubs from Langwathby to Settle.

Lifts available from Sedbergh, or join singers at Dent.



COWGILL FOLK CHORALE Monday evenings in Dentdale

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previous years. We were happy to be able to send off £189.70 to our Christian Aid HQ to help with the worldwide work.

For those who perhaps haven't been to a Wednesday coffee morning in the CCC rooms but might be able to drop in, they are run by various societies and organisations of the town and area and while raising funds they are always an opportunity to meet people and have a friendly chat over a cup of coffee or tea. There's a core of 'regulars' and is often a useful source of local knowledge.



CHURCHES TOGETHER

Judith Bush

St Mark's Church, Cautley

'Gardening' was the theme of our

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Harvest thanksgiving service this year, and the church was suitably decorated with plant pots, trowels and seed packets as well as the usual flowers, fruit and vegetables. We enjoyed singing the traditional harvest hymns and giving thanks for the abundance of creation.

The following Sunday we held a special service to remember the local people who had served in the First World War. This was almost exactly a hundred years since the death of Private Orlando Garnett, whose memorial plaque has recently been renovated. Once again, the church was decorated, but this time by felt poppies, created and stitched by Karen Webb. Richard (Griz) Mason spoke movingly about his recent trip to the war graves in Belgium and showed some of the photographs he had taken there. An exhibition of photographs and information about Cautley and WW1 was on display in the church for two weeks. Many thanks to Diane Elphick for all her work in putting the display together.

Our next Taizé service will be on November 26th at 2.30pm. All are welcome to come along.

News from the Pews

Susan Sharrocks

Tony Reed Screen

Churchwardens



Your Parish Church

The congregation of St Andrew's was pleased to welcome three of our local Cub Group at the morning

Harvest Festival Service.

The boys looked very smart in their uniforms and showed themselves keen to help in different ways during the service. Taking a prominent part in helping the vicar to illustrate his sermon they (and the congregation) had fun joining in with the repartee. They provided very willing hands helping to gather the harvest gifts at the chancel steps.

All the tins, jars, and packets collected have been taken to the Kings Food Bank in Kendal by more willing hands ready to be distributed to those families in need of help in the most basic of ways.

It seems that once Harvest Festival services are over the nights draw in ever faster and we begin to plan for

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Christmas. Well, St Andrew's is no exception and plans are underway for the Christmas Fair on Saturday 18th November from 10am until 2pm in the church as usual. Come along for coffee and bacon rolls before browsing the stalls and having a word with Father Christmas.

As always the church doors are open and a welcome waits inside. ♀♂

FAMILY MUSINGS

Sarah

One of our little grandsons often announces he "has a plan" and recently arrived to say "there is a plan Grannie, there's going to be a bonfire. Grandad will decide where and we will have marshmallows and something else ". Being the helpful person I am I said

"hot dogs" and he agreed. So folks we plan an early little bonfire and some quiet fireworks on an eve somewhere around Nov 5th. Oh and

marshmallows and hot dogs tho not together.

Years ago I was part of a children's group called Hunters, a sort of weeknight Sunday school, it was very popular and some of you reading this may well have been part of it. We did a "tasting" night where blindfolded children had to guess what they were eating and there were some strange concoctions. .ie banana , black treacle and marmite..??!

When I was growing up and my parents went away on holiday a lovely lady I called Auntie San would move in and look after me. At other times I went to her house. We had such fun. Exploring Queen's Gardens, playing 'shop' at the stone tombs in the graveyard, hunt the

thimble, hide and seek in her 3 storey house must have challenged her! She loved God and demonstrated that love by how she lived. When hubby and I had our first date and she got to know she wrote to me to ask about him ..does he love Jesus, does he go to chapel, has he a good job? ! She died before we got married but I think he passed.

Another Sanderson in my life used to mix butter, boiled onion and brown sugar and spoon it into my mouth if I had a sore throat .. yeuk. Interesting people come into our lives for a season and when they leave happy memories they have "done good" as my Dad used to say. Enjoy the fireworks folks. Be safe.



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SEPTEMBER WEATHER

Quite a damp month yet again! We only managed 6 days on which we did not measure any precipitation with a total of 5.68 inches (144.3mm), very similar to last year. Temperatures were slightly down on last year with a high of 71.1F (22C) but a low of 34.5F (1.5C) which gave us our first ground frost of the season at the end of the third week. Even with the wind chill we kept above zero throughout the month. Atmospheric pressure



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The Silver Workshop & Gallery Sedbergh Cumbria

was generally normal resulting in a breezy month with a maximum gust registered at 21.0mph (33.79kph). I was asked for a summary of the rainfall this summer. It makes quite interesting reading! My impression, and certainly that of the enquirer, was that we had had a wet summer. In fact the figures are 2015, 10.08 inches (256mm), 2016, 41.3inches (1041.4mm) and this year 15.0inches (381mm). Last year August alone had

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more rainfall than the whole of this summer!!

Well at last some more butterflies. A few peacocks and a few red admirals but no small tortoiseshells yet. They were on a small self set buddleia in the chicken run. We have had an assortment of birds visiting the feeding station. With a neighbour's house up for sale I suspect their feeding station is defunct so we are getting increased numbers, judging by the times I have to refill everything. The goldfinch spend more time squabbling than feeding with often half a dozen fighting for the two perches on the niger seed. I was in the chicken run when the sparrow hawk flew through creating panic

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amongst the chickens, ducks and geese. As they are many times bigger than him you would not think they would be bothered or even know what he was. Woodpeckers and nuthatch are visiting fairly regularly and just when I was thinking they had deserted us a pair of long tailed tits appeared. There are still lots of rabbits about and badgers are ploughing up my field nightly!



Business Support for Young People, has in that time ensured that 76 young people in Cumbria and The Yorkshire Dales have followed their dream and started the process to set up or develop a farming related business. On completing the programme, many have created new businesses and most of these are still going strong. Now the Prince's Trust has offered a further two years financial support up to July 2019.

The programme is offered to 18- 30 year olds who have a farm-related business idea but are limited by the resources or opportunities available to them. It comprises a short course on the basics of business planning, one-to-one support from an experienced farm business adviser

FARMER NETWORK

Donna Gough

For six years The Prince's Trust and The Prince's Countryside Fund have supported The Farmer Network in encouraging young people in to the farming industry. The unique programme, which is now known as

Sedbergh Christmas Late Night Opening



Wednesday 6th December

5.30 - 8 p.m.

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Town Band - Dentdale Choir - Organ Recital

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Craft Market - Hog Roast

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Kate Gascoyne has project managed the scheme for several years. She says "The types of new business ventures we have supported has been quite varied across Cumbria and The Yorkshire Dales. To date they include brand new beef and sheep enterprises, agricultural engineering and repairs businesses, sheep contracting services, cheese production from home produced milk, commercial duck egg production and others."

Rob Hitch, chair of the programme's business launch group said, "The

Farmer Network has a proud track record delivering business support for young people. The extended Prince's Trust funding has ensured that during this difficult time leading up to Brexit, young people can still proceed with a good farm business idea, and will be supported to do so. The wider benefits will be felt across the industry and in local communities as these start-up businesses look to flourish in the future".

The new funding has already kicked

Philip Horner

Fencing Contractor

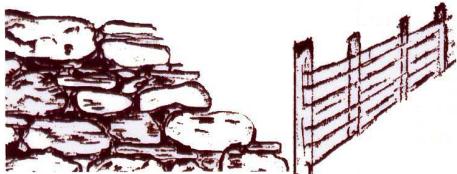
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in and The Farmer Network will be hosting an "Explore Enterprise" session in the coming months for any new applicants.

Young people who are passionate about starting or developing their own farming-related business, within or close to Cumbria and the Yorkshire Dales, should contact Kate Gascoyne at The Farmer Network on 01768 881462, Mobile 07548 934282 or E mail: kate@thefarmernetwork.co.uk ♀



BEWARE!!!

Brian Wright

Have you checked your loft recently?

I check ours' from time to time to see if we have been invaded by wasps or rodents, usually small but occasionally large and treat accordingly!!

However the other day I got quite a surprise. One end of our loft was once part of a barn and originally had a ventilation hole in the end wall. This was filled with stones and wire netting. I had been on the shippon roof recently sorting out a drainage problem and there were no signs, on the outside, of any problem. However on inspection from the inside what a surprise!! It seems some avian builder had managed to remove the

wire and stones and proceeded to attempt to build its nest in the loft space. There was a heap of assorted vegetation, twigs, grass, wool, dried sheep muck etc. To give you some idea of the quantity and size the ruler is 18 inches (457.2mm) long. Some of the twigs were 3 foot long!! Goodness knows how they got those in!! The contents of the heap filled 6, 25 kg feed sacks. Down near the bottom of the pile an egg appeared which suggests the mammoth builder was a jackdaw! It took me a couple of hours to remove it. Goodness knows how long it took the jackdaw to cart it all in. The wire has been replaced in the ventilation hole.

When the weather improves the outside will be cemented up before the next breeding season!



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PEOPLE'S HALL NEWS

Dr Gina Barney

Frontage works

Thank you for the plants (apologies to ABBA), but what about the digging? There have been large number of plant, shrub and tree donations and with the bought in items the front of the Hall is transformed. The Parish Council fixed the car park surface so we are good to go. However, some help in digging would be appreciated. There is still a bit to go.

Do you remember the kissing gate at the front of the Hall? (You may have used its facilities!) As part of the frontage works we are going to use the gate as a gate to the bib area and the kissing bit as a tree guard. No waste.

PS We still need a few more donations.

Early birds

It had been noted that various hirers wished to (and did) enter the Hall

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The committee agreed to create a session from 07.00 to 09.00 at a charge of £9.75. This is to be an exception and to be by arrangement to allow caretaking activities to be planned. See web site.

Deposits required

From now on all users hiring the bar will be asked for a £200 deposit against poor clean up, breakages, etc. It can be a cheque which will be returned at the end of the Hire all being well. See the booking form for details.

Cycling event

Hugh and Pauline Symonds are holding one of their very popular cycling presentations on 26 November 2017. Kindly they are splitting the door takings between the Hall and a cancer charity. Details elsewhere in Lookaround.

Dances

We had an old time sequence dance on 14 October and just broke even. Disappointing, but the weather and illness had taken a toll. The Hall dances in 2018 are 21 April, 23 June and 13 October.



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ROYAL BRITISH LEGION REMEMBRANCE SERVICE

David Parratt

The Royal British Legion do hope that you can join us at 10.30 am on Sunday 12th November in St Andrews Church for the Remembrance Service and afterwards at the War Memorial in the Churchyard to remember those who paid the ultimate sacrifice in wars past and re-commit ourselves to peace.

There will be a short ceremony at the War Memorial at 11.00 am on the 11th November to remember the 99th anniversary of the signing of the Armistice at the end of the First World War.



THE ROYAL BRITISH LEGION Sedbergh Branch

David Parratt, Secretary

History

The Royal British Legion was formed on 15th May 1921, bringing together four national organisations of ex-Servicemen that had established themselves after the First World War. The main purpose of the Legion was straightforward: to care for those who had suffered as a result of service in the Armed Forces during the war, whether through their own service or through that of a husband, father or son. The suffering took many forms: the effect of a war wound on a man's ability to earn a living and support his family, or a war widow's struggle to give her children an education. Even those who had come through the war relatively unscathed struggled with employment. As a result of the war, Britain's economy plummeted and in 1921 there were two million

unemployed. Over six million served in the war and 725,000 never returned. Of those that came back, 1.75 million had suffered some kind of disability and half of those were permanently disabled. Added to this figure were the families who depended on those who had gone to war, the wives and children, widows and orphans as well as the parents who had lost sons in the war, who often contributed to the household income. When the Legion's leaders looked around them, they saw the gigantic task of looking after those who had suffered and also the need to prevent further sacrifice by reminding the nation of the human cost of war and to work actively for peace. By the time of the Legion's

formation in 1921, the tradition of an annual Two Minute Silence in memory of the dead had been established. The first ever Poppy Appeal was held that year, with the first Poppy Day on 11th November 1921. The Legion was granted 'Royal' status in 1971 and extended its membership to serving members of Her Majesty's Armed Forces, as well as ex-Service personnel in 1981.

The Legion Today

The Royal British Legion is a British charity providing financial, social and emotional support to members and veterans of the British Armed Forces, their families and dependants all year round. The Legion also campaigns to improve their lives, organise the Poppy Appeal and remember the

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fallen. It is at the heart of a national network that supports our Armed Forces community. It also works with many partners and other charities to direct support wherever and whenever it is needed. The Legion is the country's largest Armed Forces charity. It helps veterans young and old with transition into civilian life, helping with employment, financial issues, respite and recovery, through to lifelong care and independent living. There are rehabilitation courses, tailored personal support for recovery, homelessness and financial advice. The Legion also supports older veterans with home adaptations, nursing services and through six dedicated care homes, run just for ex-service men and

women. The Legion is also the national custodian of Remembrance, safeguarding the memory of those who have fought and died in conflicts past and present, as well as the unique contribution made by all those who have served. Every year the Poppy Appeal raises vital funds to support the work of the Legion. The Sedbergh community has continued over the years to give generous support to the Poppy Appeal and this has been much appreciated.

Membership

As mentioned in the President's Report to the 2017 Annual General Meeting of the Sedbergh & District Royal British Legion Branch (October Lookaround edition), there is a need to recruit new full members. Members

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are the Legion's lifeblood. You do not need to have served in the Armed Forces to be a member. Membership is open to everyone. If you have an interest in the objectives of the Legion, please consider becoming a member. We welcome men and women of all ages, whether they have served in the Armed Forces or not, to continue the work that was begun nearly 100 years ago. Legion membership ensures that Remembrance is kept alive and that the sacrifices that our brave Service men and women have made are never forgotten. It also means that the ex-Service community have a voice and that their concerns are brought to the public eye. Becoming a member also provides the opportunity

to be involved in a wide range of activities and events.

Annual membership costs £18.00. If you would like to help the Service community and become a member or would like to discuss it further, please call John Douglass 20536 or David Parratt 20964 or email: id@jdifa.co.uk or dmparratt@gmail.com

To also find out more about our local branch, visit our website:
<http://branches.britishlegion.org.uk/branches/sedbergh>

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Christopher Winn

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visit to Arras & Vimy Ridge on the Sunday, I've subsequently become very interested in the World War I battlefields in France and Belgium. I've now been several times and usually stay in Ypres (Flanders) or in Albert (Somme). In 2012, Andrew (my brother) and I, were given a guided tour by the excellent locally based guide, Iain McHenry, who showed us the field near Plug Street (Ploegsteert) Wood where football was played on Christmas Day 1914. The site was marked by a wooden cross with footballs, small crosses and poppies around its base. Being Leeds United fans, we didn't like the Red football from a team called United from the city of Salford,

parading under the Manchester name - only one team in the city of Manchester - City!! However, as a mark of respect to all the men who lost their lives, we left the ball alone, managing to take photographs without the MUFC football in view.

We visited again November 2013 with a friend, Chris Buckham (Geordie Battalion) and planned for Iain to take us to Arras to see where our Dad's, Uncle Richard, was killed, with 'no known grave' in 1917. Sadly, Iain's Mum passed away just before our scheduled visit and so, we were left to our own devices during the trip.

On one of the days, we decided to visit Plugstreet again and we discussed and considered that, "If

that Man U football's there again, we should kick it into the German trenches". Well, there was no Man U football by the cross but our eye was caught by a Luton Town football and we took a photo. I know that a "friend of a friend" (James Green) is a Luton fan, as is Nick Owen (Luton Chairman) who, although I've never met, I've swapped emails via a very good mutual mate (First Class) Dave Ismay, who tragically passed away, very suddenly, last April. So, I thought I'd send them the photo of the Luton football at this famous site (Photo 278).

It was pouring with rain and for photographic purposes, I also placed my Leeds United cap on top of the cross and took a photo. My brother

and friend, Chris, asked, "Are you going to leave it?" I replied, "No, it's my lucky cap" and then after thinking about, "two relegations, two lost play-off finals, administration and the tenure of Ken Bates", decided that perhaps it wasn't "lucky" ... and so, I said, "Yes" and left it there (Photos 279/280/282).

Subsequently, we spent an interesting two or three days touring the Ypres Salient and Arras Battlefield in the pouring rain in November.

Now to the real part of the story, The Daily Telegraph on November 18th (2016) ran a story 'Total Football' about the Germany v England matches in 1914 over the brief Christmas Truce period in Flanders. There are three photos

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accompanying the article, including one of the cross showing my Leeds United cap on top! In 'column one' of the article, the writer comments: "Draped around the cross is a club scarf. On top, someone has placed a

Leeds United cap".

Well, well — I am now "someone"!!
Or am I?

We visited the famous and very moving Tyne Cot Cemetery and on one of the panels commemorating the 'fallen' with no known grave, under the Worcester Regiment (I live near Bewdley, Worcestershire) was "Winn C".

Submitted in December 2016 for November 2017. Ed



THOMAS HANDLEY

Colin Cowperthwaite

Monday 27th November will mark the centenary of the death in action of Thomas Handley. Lance Corporal Handley was my great uncle, being the younger brother of my paternal grandmother, Betsy Ellen Cowperthwaite. Thomas was born and brought up in Garsdale, the son of John and Betsy Handley (nee Harper), both of whom were natives of the dale. The 1901 census shows



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Dandra Garth Cottages, c.1910

that the family lived at Knudmaning; by 1911 they had moved to Thwaite Head. Thomas left for war whilst they were living at Dandra Garth Cottages (see photo), which stood opposite Dandra Garth House. The cottages were demolished many years ago, their location now serving as a lay-by. Thomas Handley was killed in action aged 19, whilst fighting in the 3rd Battle of Ypres. He was serving in the Machine Gun Corps (Infantry), part of the 54th Battalion of the 18th (Eastern) Division. His service number being 86227, the official report of his death states that 'he was firing his gun when it received a direct hit, and he was killed instantaneously'. Although it is reported that he died in action in



France, Thomas is commemorated in the Poelcapelle British Cemetery in Belgium, which is 5 miles north east of Ypres. The cemetery contains the remains of 7,500 soldiers, of which an amazing 6,321 remain unidentified. Most of these were casualties from the second half of 1917, some bodies having been transferred from other makeshift cemeteries. The actual Battle of

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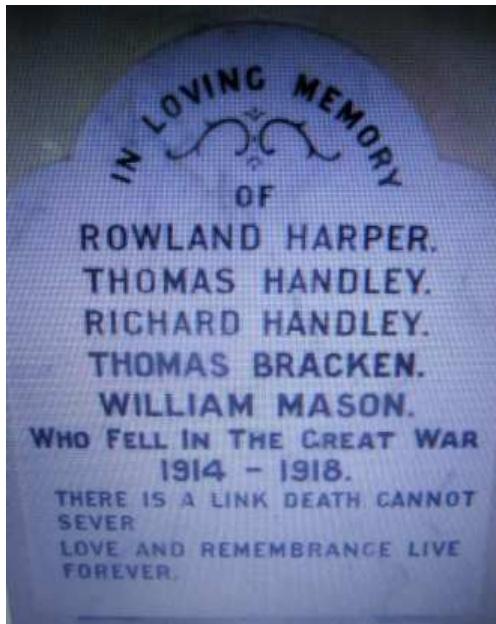
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Poelcapelle was fought in Flanders on 9th October 1917. Back at home in Garsdale, a memorial service was held for Thomas Handley at the Primitive Methodist Chapel, later known as Low Smithy. Following the end of the war, a marble memorial plaque was erected above the pulpit in Garsdale Street Methodist Chapel. As well as containing Thomas's name, this plaque also commemorates 4 other sons of Garsdale who fell victim to the war : Rowland Harper, Richard Handley, Thomas Bracken and William Mason. The names of two more Garsdale lads (Miles Harper and Michael Aikrigg) were omitted, both being 'missing presumed dead'.



Coincidentally, two other young men from Sedbergh were killed in action on the same day as Thomas, these being Thomas Birkett Stockdale of Loftus Hill and Stephen Atkinson of Cross Close. I have a silver teapot (photographed) which was presented in memory of my great uncle from Hawes Junction and Lunds, where he probably attended chapel and primary school. The teapot was used for many years until quite recently, at tea parties in most of the chapels in the dale. I have also inherited a large brass plaque (photographed) which was presented to Thomas's grieving family following his death, which was the usual practice for victims during the First World War. Some of the above information must be credited to Sedbergh & District History Society, who last year compiled a book entitled "Sedbergh and District 1914-1918; But who shall return us the children ?". I believe that copies are still available from the History Society via the TIC.

The book includes a letter written to Thomas's parents following his tragic death, by one of his colleagues. It reads: *"It is with the deepest sorrow and greatest regret that I write these*

lines to inform you that your dear son, and my greatest chum, was unfortunately killed in action at 5.15 in the evening. I am glad to say his death was instantaneous, the result of a direct hit from a shell, so that he could not have suffered the slightest pain. His death was the greatest shock to all of us, especially to me, who was his No 2 in the team and his closest chum since we both came out together last April. We buried him as reverently as possible the same night, and the Company are having a cross made and erected on his grave. I know that no words of mine can possibly console you in your great loss, but at any rate you have the knowledge that he died in the greatest of causes and with his face to the enemy as a soldier should. I found two parcels from you on our return from the line, and I have done the usual thing and shared them amongst his teammates, which I feel sure you would have had me do. Assuring you of the deepest sympathy of the company, by whom he was greatly loved. I remain, yours sincerely, F.Gorton." ♂



LEST WE FORGET
Sedbergh School Year 10
Battlefields Trip Summer Term 2017
Philippa Prall

Sedbergh School's Year 10 Trip to the battlefields of the Somme and Ypres is now long-established; several generations of Sedberghians have finished their summer term this way. It's hard work; no worksheets are filled in, but the pupils are required to work their hearts and emotions in ways they will not have done before. The effects of the trip always surprise them and it's their unique responses, year on year, which keep the thing so fresh for the staff who accompany them.

Visiting Old Sedberghian casualties as part of the 'School's Battlefields Pilgrimage' is powerful stuff. Fraser Jones, a boy in Winder House writes of the moment his group found James **Hitchon** who died on 1 July 1916: 'After a short wander, we went to a small cemetery set in what was once



the battle's no-man's-land. It was here that we saw the grave of an old *Evanian*. *It truly hit home* with a lot of us, as he was essentially one of us. A boy who went to our school, its lessons, played in its matches yet perished at that place...'

We follow roughly the same itinerary each year, but tailor it to accommodate visits to the relatives of pupils. The poignancy of the trip is heightened when individual pupils discover their relatives – or even just their namesakes – in the cemeteries. Fraser was shocked to find over 600 men with his surname on the Thiepval Memorial.

Bedford House Cemetery, Ypres, holds the graves of two Old



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Sedberghians: Henry Watson and Gordon Osborn. Incredibly, they are buried side by side. A British Legion poppy wreath was laid at their graves alongside a sprinkling of soil from Winder fell – a special Sedberghian tribute to boys who would have run up and across the fells whilst at School. Nearby, Elizabeth Sloss's relative, was buried. She takes up the story: 'Finally we came to the headstone. John Cowie was carved neatly above a crest. I stopped. This was my great great grandfather. I had never heard anything about him but I knew how much it meant to my granny. As his obituary was being read out, I stared at the pristine grave. I placed a small poppy wreath on his grave and stood up. Although I

didn't get too emotional, the trip was overwhelming. The number of graves and relatives simply from our school made you realize how much the war affects us still.'

Perdie Blackhall (C), wrote that her 'experience of our trip made a huge impact on how I now interpret my life. I couldn't have wished for better people to share this with and I am so glad I went. I would repeat it all over again if I could.'

Sedbergh School would like to thank the Sedbergh Branch of the Royal British Legion, and especially Nick Cross, for all their help in sourcing wreaths and poppies which enable our pupils to make personal tributes at the graves they visit.



More photographs on Back Cover.



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DANGEROUS TO KNOW

Shirley at Farfield Mill

Thanks From the Company

Caroline Lamb

Having left Sedbergh to seek work as a writer and actor in Manchester almost ten years ago, I was thrilled to be invited by Carol Nelson of Farfield Mill to return with my new company - Dangerous To Know - to the town in which I was raised! I've enjoyed frequent visits to yomp round the beautiful hills and relive my childhood

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amongst the lovely limestone buildings, of course, but the prospect of presenting work in the area filled me with nervous excitement and a strong drive to present something of a higher standard than we had ever achieved before!

Shirley - the first ever performance adaptation of the Charlotte Brontë novel - has been in the company's repertoire since we presented a very successful reading of it at the Morley

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Arts Festival last year - but this time was different. The event would take the form of a promenade, the action woven throughout the historic Farfield Mill, around looms, underneath the building itself in the turbine room and even spread along the walkways leading up to the entrance - so, over an intense few months, the original piece was adapted to fit the new formula and the actors, director and stage manager set to work, creating a whole new show just for Sedbergh! The themes connected the tribulations of the "Luddites", and their employers, during the industrial revolution with the general populace of the UK today. In the piece, struggling to compete in the market

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Over just two days, we enjoyed performing the piece five times to lovely audiences, and received great feedback. The weather was perfect, and the event prompted us to engage



in some really interesting conversations with audience members and mill staff alike. Tapping into the history of Farfield really made the place come alive for us. We want to express our hearty thanks to all who attended and supported us!

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company that has existed since 2014, bringing modern history to the stage and lending the past a powerful contemporary voice. We regularly hold open casting calls and welcome applicants from all backgrounds to work on the pieces we create. We would not have had the fantastic opportunity to present *Shirley* and tell the thrilling tale of the Industrial Revolution in the Yorkshire Dales without the kindness of the Yorkshire Dales Sustainable Development Fund and the Sedbergh & District Charitable Incorporated Organisation Community Fund. You can find out about our future work on our website - www.dangeroustoknow.org, on Facebook - www.facebook.com/DangerousToKnow and on Twitter by

following @DTKManc!



ROSE COMMUNITY THEATRE

Sandra Gold-Wood

Here's a little reminder of 2016 Panto, 'The Phantom of the Soap Opera'. Next year in March 2018 the members of RCT will again be enjoying themselves and entertaining you with 'The Wars of the Noses'.

However; staying in 2017 the RCT invite you to go along to the People's Hall on Sunday November 5 to see RCT's first serious production, 'Sedbergh and the Great War'. There are two performances one at 2.30pm and one at 5.30pm with refreshments in between. This short play also features music from members of the Town Band plus expertise from Ian

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Hutt and Steve Longlands. The production is in support of the British Legion Poppy Appeal, tickets on the door.

In 2004 when RCT first came into being it was only for a one off performance, then because members enjoyed themselves so much they did another one. Those first two productions took place at Settlebeck School but the last eleven productions have been at the good old PH. Even all that time ago the stage curtains and tracking had seen better days. The PH committee agree

with the RCT that the tracking and stage curtains has now come to the end of the road.

Fund raising to replace the stage curtains and tracking has been undertaken by the RCT and now stands at close to £3000 mainly thanks to a very generous donation from the now defunct Howgill Accommodation providers for which we are very grateful. We are also very grateful to the business people and the many individuals who continue to give donations to me when I bump into them. It is heart-



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warming to be met with such generosity.

The estimate for the work of replacing the tracking an all on stage curtains comes to an eye watering £7,000 (approximately) it may be more it depends on how long it takes to raise the money. This figure covers the front of house stage curtains, the side pieces all six of them which I am told are called 'Legs' also the back of stage curtain and the curtains to the left and right of the stage. For each of these curtains new tracking needs to be fitted, also there is the cost of labour. So when you take all that work into consideration plus the making up of the curtains £7,000 doesn't seem quite so bad. The stage curtaining is our priority as it is

used by so many hirers for a variety of events and in order to maintain uniformity throughout the hall i.e. all the curtaining at the windows. That comes in at £11,500. Phew. However with all the work that has been done in and around the PH over the past few years in would be a shame not to give the inside a makeover too. Grant applications are being prepared. Of course it is not going to happen overnight but RCT members remain undaunted.

There are two more fund raisers planned for the curtain project this year both are coffee morning's the first is on Wed Nov 22 and the second is on Wed Dec 6 10am as usual in the Cornerstone Community Church rooms. I very much hope to

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SEDBERGH ORCHESTRA

Shirley Smith

Now is time to buy your tickets for 'Round the World in 60 minutes', Sedbergh Orchestra's Café Concert in the People's Hall at 8.00pm on Thursday, 23 November 2017. The orchestra's café concerts are usually a sell-out and we expect that this one will be too - the number of tickets is restricted. Why not gather a group of friends together for the occasion? A table can be booked in advance by contacting Sedbergh Pepperpot Club (015396 21196, yanterhera@gmail.com).

Tickets cost £10.00 at the door on the night, but they can be obtained in

advance for £8.00 from Sedbergh and District Information Centre, 72 Main Street, Sedbergh (015396 20125, tic@sedbergh.org.uk) if also paid for in advance.

It is important to note that, included in the value-for-money ticket price are :

- a welcome glass of wine or soft drink
- nibbles on the tables and - after the music -
- a finger buffet.

Further wine and soft drinks for a nominal charge will be available at the bar throughout the evening. In the past, the package of refreshments and attractive light music has proved to be popular with audience and orchestra alike. The title of 'Round the World in 60 minutes' is self-

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explanatory, but you may find that the route we follow is somewhat haphazard, taking in destinations in Europe, Asia, Africa and America. Roland Fudge, our guest conductor, will act as tour guide and compére for the evening.

We look forward to seeing you there.



TO DRIVE THE COLD WINTER AWAY

David Burbidge, Sedbergh 21166

Despite the line in this song (and the name of this year's folk carols concert) celebrating festive singing: "All hail to the days that merit more praise than all the rest of the year," we've had a great time throughout the year with our singers - in Slovenia in May alongside the many friends we have made there; on the island of Jura off the west coast of Scotland as part of their folk festival; in Robin Hoods Bay singing in the midsummer folk festival; and alongside almost 1,000 singers at the street choirs festival we hosted in June.

Many of these events have now become regular features. Soon we look forward to once again hosting our Dent Folk Carols weekend over the first weekend in December, the Settle Carlisle carols expedition on the second Saturday in December, and our New Year singing week, this year in Sedbergh with visiting singers from Slovenia and the UK coming to help us sing in the new year.

Do come and join us at these events in Dent and Sedbergh. We have a fabulous time - and although the songs and their harmonies are easy to learn we make a great sound as



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we take our songs off into the winter landscape ... and more often than not round the fires of the kindly Dalesfolk who live here: most notably in the home of the hospitable Pip Hall every Monday night when we gather round the fire in Cowgill in Dentdale to learn the festive songs and their harmonies.

There are still tickets available for the Folk Carols concert in Dent on Friday December 1 with two visiting

harmony ensembles: Muldoon's Picnic from Glasgow and One Accord from Lancashire. Lakeland Voices and the Cowgills Folk Chorale will also be singing alongside over 60 visiting singers over the weekend, and we have a Ceilidh (with caller and small band) and evening meal on Saturday December 2, harmony singing workshops on both Saturday and Sunday in the Meditation Centre, a Singing Walk up Dentdale on Sunday afternoon December 3 at 1.30pm, and delicious festive meals prepared by the celebrated Lucia Marquart. Tickets available from the Sedbergh TIC, Dent Stores and myself.

Also on Saturday December 9 you are welcome to join our singers on

the Settle Carlisle railway for a day out singing on the trains, and in the stations and pubs, from Langwathby to Settle via Appleby, and Ribblehead. We have lifts available if you want to join us for the whole day - or you can meet us at Garsdale or Dent stations as we come through. We have a workshop to learn the carols and their harmonies on Saturday morning before joining the singers who have already learnt them - and I can send recordings of the parts, words and written music in advance as well if you'd like to practice at home.

There are full details on our website www.lakelandvoice.co.uk or by phone, David Burbidge, **Sedbergh 21166**.

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SEDBERGH & DISTRICT HISTORY SOCIETY

Richard Cann

Despite the rain over forty members and visitors attended the first talk of the 2017/8 season. The subject was "The Shap Stones" and the speaker was Jean Scott-Smith of the Shap History Society.

She said that the original name for Shap was Heppe which probably meant a heap of stones. Shap was important because several tracks through the fells met there and also it was where two Ley Lines intersected. (Ley Lines originally were thought to be straight line tracks on which important prehistoric sites were situated but more recently some people think they are lines of energy that can be detected by dowsing.) There are several prominent landmarks and stone circles around Shap. The Shap Thorn on Wicker Fell can be seen for miles around and seems to have been used in aligning monuments. There are important stone circles at Oddendale and Gunnerkeld, the latter alongside the South carriageway of the M6. In these ancient monuments use is made of Shap Granite rock, a pink granite due to the presence of Feldspar crystals.

The presence of ceremonial stones at Shap was shown on early maps and described by travellers such as Camden in 1586. The first



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representation of them was in a painting by Lady Lowther made in 1775 which shows two parallel rows of stones. The start of the Shap Stone Avenue was a stone circle at Heppeshaw also known as Kemp Howe. When the main railway line was built in the 1840s the track was laid through it but some stones still survive. They can be seen from the A6 in a field alongside the line near the limekilns. From the stone circle the avenue headed towards Shap for over a mile. The route is crossed by four springs but few of the stones still survive and these are mainly incorporated into walls. At Brackenber Farm tradition says that there was another circle with a large stone in the centre which eventually was split to make seven gate posts. One large stone that does survive is the Goggleby or Goblin Stone. This fell over in 1969 but was re-erected in 1975 and this gave archaeologists information on how it was originally erected. The Asper Stone and another small one close by have cup marks on them. The avenue seems to terminate at Skellaw Hill, a barrow which was found to contain cremated

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remains. It is possible arrow of single stones continued beyond this. The date of this whole complex is uncertain but probably lies in the late Neolithic or early Bronze Age.

The speaker answered questions and then was thanked for a most interesting talk which will probably stimulate members to go and look for themselves.



DENTDALE MEMORIAL HALL

Sarah E Woof. Chairman on behalf of the DMH Trustees

The guard is changing at Buckingham palace .. no we are not quite a palace but our Hon Treasurer of many years Roger Underwood has retired. We have marked the occasion in suitable fashion and thanked Him very sincerely. When he took on the unpaid role he lived locally but for some years now had lived in Wiltshire which made some aspects of the job a tad hard. Now we have a new Hon Treasurer, Jill Mitchell and she is local and has been on the Trustees committee for? many years! Inside knowledge helps.

Gala it seems we raised around

£2,000 but I will confirm that after our Oct meeting and in a future issue. Many thank you's to EVERYONE! Gala does not 'just happen' there is a lot of work to do. We are already thinking about Dent Gala 2018!

Keeping the place clean is uppermost in our minds and also dealing with the Health & Safety and making sure Hirer's (esp the non local ones) know what is allowed and what is not. Leaving after your event and not doing a tidy up is particularly annoying!

Any suggestions about anything ? Get in touch. Interested in indoor bowling ... or table tennis .. film eves or anything else exciting .. let us know!



SEDBERGH CRICKET CLUB

Julian Cann, Chairman

The AGM of Sedbergh Cricket Club will be held on January 21st at the White Hart Sports and Social Club.

The cricket club stands at a crossroads following a blank 2017 season, after a lack of adult players in 2016 led to its withdrawal from the Westmorland League. It is hoped that the club will regenerate in one form or another. For this to occur, it needs new and enthusiastic members. In particular it needs someone with knowledge of sportsmanship and someone willing to run a junior team. There has been plenty of enthusiasm from juniors, but a lack of adults playing.

The club remains in close contact with the Westmorland League, and there is a possibility of a 20 20 league being started in the not too distant future, which may be attractive to

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players with less time available than for the traditional game.

The club is in good financial shape, has good equipment and pavilion, and is not lacking in potential, but the current period of limbo cannot go on indefinitely and tough decisions may have to be made.

We are a friendly club, and all those interested in a positive future for cricket in Sedbergh are urged to attend the AGM, especially prospective new members.



SETTLEBECK NEWS

Juliet Proctor

It has been a busy half term for students and staff at Settlebeck School. Year 7 students had a fantastic 4 day residential in Windermere learning new skills in climbing, kayaking and sailing. The students were complimented on their exemplary behaviour by members of the public and activity staff.

On 29th September students of the school created a large array of cakes for the Macmillan Coffee Morning, raising £424.25.

The U14 Netball team achieved a creditable 5th place in the district

tournament.

In addition, Year 9, 10 and 11 students have made a positive start to their GCSE studies.



B4RN

for Sedbergh Area – Rain stopped play

Martin Stockdale

As reported previously, there is now a small but significant length of duct in the ground. We were hoping that we would have extended this by now, but not surprisingly the rain has brought everything to a halt.

The most significant news in the area this month is that our colleagues in Killington and Firbank have started digging. This is important for the West Sedbergh areas because our connection will come from the cabinet in Firbank.



Gina Barney reports good progress for the Cautley and Dowbiggin area. The share target has been reached. Part of the plan for the main spine has been decided and the rest is following soon. This has been delayed by the bad weather as the route masters struggle to get their crops in. Wayleaves for corporates is being progressed. Gina sends out a frequent newsletter to 50 addresses keeping the community informed. Telephone 015396 20790 for further Information.

Meanwhile in the Millthrop and Farfield area, a very successful public meeting took place last month and



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planning is under way.

Garsdale also had a successful public meeting, and work there will be starting as well.

So wherever you live in the Sedbergh area, hyper-fast broadband is coming your way. When? Well, that's entirely up to you. This will only happen with your help. Offer to volunteer to assist if you can, or invest in B4RN, and if you're a landowner, be ready for a visit to discuss wayleaves.

If you want more information our leaflets are available in the Information Centre in Sedbergh, there's information on the local project website www.b4sa.org.uk, look at the B4RN website www.b4rn.org.uk or get in touch at b4sa@gmx.co.uk.



GARSDALE GOING FOR GROWTH

Mary Airey

On Friday 6th October, we held our Harvest Festival Supper in Garsdale Village Hall, when after Grace was said by Rev. Carole, 65 people (or thereabouts) sat down to delicious Steak Pie, provided by The Moorcock Inn.



Special thanks to Jo and her wonderful staff for being so accommodating and helpful.

Thank you to local ladies who provided a lovely variety of desserts and to all who worked so hard to make the evening a success.

Thank you to Rev. David who sent us home with a lovely Blessing.

Donations were for the North West Cancer and raised £371.

Thank you to everyone for your generosity.



SIGN-ALONG

is back!

Hannah Clarke

Join Lynda and her friend Kendal the sign language puppet at Sedbergh library on Monday 18th December 10.30am-11.30am

This fun, interactive sign-along session is based on the popular festive story 'Stick Man' by Julia Donaldson and includes berry tasting – even Stick Man and his Stick Family will be there!

Suitable for children aged 2+.

Places are limited so to book your FREE ticket please contact the library 015396 20186.



72 MAIN STREET
JUST A QUICK REMINDER ...
Andi Chapple

To help me get organised I wrote myself a list of what we do at Sedbergh CIC and I thought it was worth sharing. It's not just the Information and Book Centre, as you will see ...

But there is the Information and Book Centre! There, we display leaflets and posters for the town, local festivals, tourist businesses and attractions and of course we stock leaflets, books and maps to help people plan their walks and get back in one piece. We also have bus and train timetables so come in if you'd like to leave the car at home. We also provide shelf space to nearly twenty

second-hand book dealers, and have a pretty good book shop, we think. Also, we carry some new books (mostly Yorkshire-related) and gifts.

Maybe this is the right place to modestly mention our own 2018 calendar containing thirteen lovely images of local scenes and people, and the 'Cards For Good Causes' Christmas cards which benefit a number of charities – all these are on sale now ...

We are very lucky to have a strong team of 25 or so volunteers. Everyone involved (except me) is a volunteer, including our board of directors. I hope they enjoy being involved – I think so – and as well, volunteers are involved in everything from staffing the shop and providing



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information to visitors and residents (I don't think there's anything about the area that one or other volunteer doesn't know) to bookkeeping, helping run the markets and looking after our development strategy. We think it's a nice set-up to volunteer in, so do get in touch if you would like to be part of it and we can see if it's for you.

You'll also find our volunteers providing a number of services for the community. We sell tickets for concerts, plays and shows, as well as permits for Sedbergh car parks. We look after bookings of the meeting rooms upstairs from the info centre, help people access the History Society archive and look after adverts and articles for the Lookaround until

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Outside of 72 Main Street, our volunteers and directors are very involved in the management (and typing) of the sedbergh.org.uk website – if you would like something included, please get in touch. And we look after the Wednesday markets for the Parish Council and organise the Saturday 'artisan' markets which were started by the Chamber of Trade and seem to be going quite well.

Best wishes



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SEDBERGH & DISTRICT CHAMBER OF TRADE & BUSINESS

Heather Thomas

Business and trade are booming in Sedbergh – an article from the Sedbergh & District Chamber of Trade & Business

As residents, we've always known that our town is full of business talent but it seems that more recently people from further afield are also catching on. A number of businesses based in Sedbergh have garnered national interest for their achievements.

In hospitality, Three Hares Café on

Main Street has been featured in the Good Food guide for a second year running, won best casual dining in Cumbria Life magazine and has been featured in a number of national newspapers.

Luxury bed and breakfast, The Malabar run by Graham & Fiona Lappin has recently won B&B of the Year at the Cumbria Tourism awards. They have also been selected for the 2018 Good Hotel Guide and feature in the 2018 Michelin guide. They were in the Sunday Telegraph's 50 Most Romantic Places to Stay in Europe and will be in this year's Sunday Times Ultimate 100 UK Hotels and are one of just ten B&Bs to be chosen.

Of course, having historically been a

wool town we have some fantastic businesses still working in this discipline too. Laura's Loom run by Laura Rosenzweig produce beautiful woven items from locally sourced wool. She recently won a New Heritage award from Bluepatch for 'young businesses using traditional production methods and techniques in a contemporary context'.

Continuing the wool theme, Wools of Cumbria produce carpets made from Herdwick, Rough Fell and Swaledale wools, processed in small mills in the North of England. Their aim is to put these undervalued wools to good use since their qualities are eminently suitable for carpets. At the Campaign for Wool International Wool Carpet & Rug Awards 2017



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they won the "Best Carpet Made with the Planet in Mind" and were described as a trailblazer for how carpet can be produced from locally grown wools in the UK.

These are just a handful of businesses and not an exhaustive list of achievements for the area by any means!

As well as more established businesses, we have an excellent variety of start-ups that are just getting going. Along a foodie theme there's Fudgeadoodledo – delicious and unusual flavours of fudge created and run by Sam Sykes. Bakes and Balls – 'feel good food' created and run by Stephen Hall who was recently asked for one of his recipes by a Michelin starred chef and has already featured in the Westmorland Gazette.

St Marks Stays is a 'home away from home' set in the old vicarage on Cautley Road. Run by Joanne and Damian Withers, with great reviews from their first summer season, it looks set to be another popular venture.

I couldn't write this article without also mentioning my own relatively new business, Ollie Collie, selling gifts and clothing inspired by our pet Border Collie called Ollie. As well as selling through shops in Sedbergh, we are proud to have secured our products on the shelves in the Yorkshire Dales National Park shops too.

Also on the committee for the Sedbergh Chamber of Trade & Business, our treasurer Gina Barney runs a successful international consultancy related to the engineering and safety of lifts, and

Andy Cobb, Chairman is an international consultant on the management and quality assurance of higher education and research.

We also have major employers such as Sedbergh School, The Roofbox Company and the Bath House based here. Westwood Books was previously included in the Guardian Readers Tips 'Best Bookshops in the World'. Garsdale Design offers expertise in architecture and planning both internationally and nationally, not forgetting the many local businesses that build and maintain our properties and keep them warm, clean, decorated and functioning. Then there are the many businesses that feed, educate, inform and look after us and our visitors in our everyday

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lives.

An interesting fact that came up whilst I was researching this article is that many of these businesses have already been working together in some way. Wools of Cumbria have supplied carpets to the Malabar. Fudgeadoodledo started when Sam made fudge for a promise auction at Sedbergh primary school and it was bought by The Malabar which led to more work. St Marks recently hosted a successful coffee afternoon for Macmillan with foodie goodies donated by Three Hares Café and Bakes and Balls as well as other local businesses. These are just a few examples of how local businesses, both new and established, can benefit from collaborating together.

Due to shortage of space we are unable to say more about the estimated 170 businesses in Sedbergh. Suffice it to say that we would encourage more to join the Chamber!

This year's Sedbergh & District Chamber of Trade & Business AGM is on Monday 20th November and the theme is 'working together'. We'd love for as many local businesses as possible to be involved, none members are more than welcome to contribute and attend. If you'd like to book a free table to advertise your business or give a five minute presentation to tell us about yourselves please do get in touch.

Heather Thomas, Membership Secretary

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THE COMMUNITY TRUST

Tony Reed-Screen

The following persons were elected at the AGM held on 9 October 2017 to serve as Trustees for three years: Tony Reed Screen, Anne Reed Screen and Mike Morrison. There are two vacancies. The annual report (below) indicates the Trust activities. Remember you can join as a member at no charge. Forms at No 72.

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**Annual Report for 1 April 2016 – 31
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Title: Sedbergh and District
Community Trust.

Trustees' Names as at 31 March

2017 Gina Barney, Andy Cobb, Claire Furness, Stuart Manger, Ann Parratt, Kim Parry, Anne Reed Screen, Tony Reed Screen, Myles Ripley, Adam Roberts, Faye Waters, Keith Wilberforce.

Trust Structure and how it is managed

The Trust is responsible for the usage and maintenance of 72 Main Street which it owns and leases to various organisations, and the management of two charity shops which are the principal source of income. Profits from the charity shops are disbursed through grants to charitable causes. In addition the Trust is involved in projects for the benefit of the community. The trustees sit on five sub groups:

- **Projects** which initiates and develops projects for the benefit of the community.
- **Building** which is responsible for the care of the building and awarding leases.
- **Finance** led by the Honorary Treasurer the Group is responsible for payments and receipts, accounts and fundraising.
- **Fund** together with representatives from the community is responsible for awarding grants to charitable causes.
- **Charity Shops** oversees the management and efficient running of the charity shops.

Trustees, of which there is a maximum of twelve, have been recruited by personal invitation and advertisement in the local monthly Newsletter "Lookaround"

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SHOWROOM:

34a Main Street, Staveley, Nr Kendal

Objectives and Activities

- The Objectives of the Trust are:
- To maintain two charity shops to raise funds for disbursement to charitable causes in Sedbergh and District.
- To maintain the premises at 72 Main Street and ensure that they are used for the benefit of the community.
- To identify and bring into being projects which will benefit the community.

The principal activities during 2016 – 2017 have been the efficient management of the two charity shops and 72 Main Street, developing projects for the benefit of the community and the disbursement of funds arising from the charity shops to the community.

Achievements and Performance

The two charity shops have continued to thrive. During the year grants totalling £19,910 were disbursed to nineteen organisations in the community.

The repairs to the basement of the principal charity shop, caused by the Storm Desmond flooding, took rather longer than anticipated and it was not



until late summer that business as normal was resumed. Despite the inconveniences our volunteers rose to the challenge and continued to serve the community cheerfully and energetically.

72 Main Street continues to provide accommodation for the Police, the Parish Council, the Sedbergh Historical Society and the Information Centre,

The Trust continues to pursue its third Objective “*to identify and bring into being projects which will benefit the community*”. It is well placed to develop innovative approaches in many respects of the provision of local services and facilities.

With the provision of a skateboarding park on hold, after a consultation to determine the need, the Project Group formed a youth club which had limited success but had to be disbanded because of the lack of suitably qualified leaders. We are now seeking to establish a youth forum to see whether we can revive the youth club or find some other activity which provides for the youth of the community. A proposal to build a “Pump Track” rather than a

skateboarding park is being investigated and the Trust is also involved in the refurbishment of a children’s playpark.

The provision of social care through a Community Partnership is being investigated with specific reference to providing short term support to those who are in a crisis situation.

The Community Orchard Group has had a successful first year and is now seeking to become a Charitable Incorporated Organisation.

Although the Sedbergh First Responders is an autonomous body the Trust liaises with them and assists them whenever possible.

The Trust continues to be involved with the Parish Council and the Chamber of Trade and Business in the production of a Vision for Sedbergh and other initiatives, such as the creation of a dementia friendly society, which are of significance to the development of the community.

Financial Review including Reserves Policy

Total receipts during this reporting period were £54,920.

The Trustees agreed a Reserves Policy based upon the ability to cover three months running costs.

Risk Management

The major risks to which the Trust is exposed, as identified by the trustees, have been reviewed and systems have been established to mitigate those risks.

Public Benefit

The trustees have complied with their duty to have due regard to the Charity Commission’s public benefit guidance when exercising any powers or duties to which the guidance is relevant.



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CITIZENS ADVICE

Karen Evans

I've just started a new job with an auto-enrolment pension. Do I have to join the scheme? I'm worried about meeting my living costs if I do.

Even if retirement is a long way off, or you feel you can't afford it, it's still worth starting a pension. It can offer you financial security once you've stopped working and it's good value for money as your contribution gets topped up by both your employer and the government.

If you're worried that auto-enrolment will make it harder for you to keep up with your living costs, ask your employer how much your monthly contribution will be and work out whether you really can't manage to pay it. Also check if you can claim tax credits or benefits, like Universal Credit.

If you do decide to opt out, you'll need to tell your employer, because you will be automatically signed up to auto-enrolment. Make sure you do this within one month to get a refund on the contribution you've made.

Free, confidential advice and help

is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 03444 111 444 for an appointment and help, 015394 46464 for debt and on-going enquiries.

South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No: 6113551. FRN: 617574



GREAT NORTH AIR AMBULANCE

William, Mary & Airey Family

Following the Coffee Morning at Waterside Farm, Firbank on 12th August which raised £930.55 for the Great North Air Ambulance, the sum of £830 has been added from Sponsorship for Liz who took part in the Great North Run on 10th September bringing the final total of £1,760.55.

Once again, a "BIG THANK YOU" to all who supported us in both these events and helped to raise this wonderful amount.



DENT MEDITATION CENTRE

Weekly Yoga Classes

My name is Elly Archer. I live in Dent and teach yoga at The Meditation Centre to people who live locally in the village or the Dale. I believe that yoga is an excellent practical tool to help others to stay mobile, reduce stress and anxiety, gain energy, clear focus, perspective, acceptance and hopefully happiness. My teaching style varies according to the students' needs.

The thing I like about the weekly classes is that many people who have never tried yoga before have seen that yoga is for anyone. It does not matter about physical ability; whether you are young and full of energy or super fit and need a challenge; stressed and stiff and think you can not 'do' yoga, perhaps not very steady on your feet, or able to see or hear well, there is a form of yoga here for everyone.

Thursday chair yoga classes are

Keith Moorby MAAT

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suitable for everyone and good to drop in to. They are specifically planned for people who would like to increase or maintain mobility, co-ordination, balance, strength, reduce stress and ease aching joints and muscles.

It is always good to see people come back after a time away and fit right in again. Classes are a great opportunity to get to know, or catch up with other people in the area. We often have tea and biscuits after class in the winter, and some people go for lunch afterwards in one of the local cafes. Either way it is a bit of a social event as well as good for all round health and wellbeing.

People usually sign up to a course through word of mouth. Sometimes people come from Sedbergh or Garsdale, quite often with friends or partners.

The occasional visitor, on holiday or visiting family, will come to a regular class where everyone knows each other - there is always a bit of chat about what they are doing. People on holiday or visiting get to see a different side of the village this way.

Active yoga has a small committed

class and has been improving strength and flexibility week on week. The class gets a good level of individual attention and we practice a slow, deep, flowing class when more people attend. If you practice Astanga, dynamic or similar type of yoga you will enjoy the class. It is suitable to drop in if you already have a regular practice or are reasonably flexible and active.

The long standing Thursday general class is starting to work on yoga breathing techniques and mindful yoga practices. I have noticed improvements in strength and flexibility, ability to attain a deeper level of relaxation and particularly in balance, in people who attend regularly. Classes are constantly adapted to what the students need. The Wednesday evening class was started for a group of horse riding friends that are mostly new to yoga and requested a class focussed on developing core strength and balance. The Monday chair class originally started in response to enquiries about a very gentle evening class and yoga for back pain.

Possible ideas for future classes include teaching yoga to the children

from Dent primary school and a yoga flow class to music.

We will update you as and when things change. Check the Meditation Centre website www.meditationcentre.co.uk for details or email ellyarcher@talk21.com



TOWN TWINNING

October 2017 Visit to Zreće

Susan Garnett

One year ago the Town Twinning Group and Sedbergh Art Society hosted a group from Zreće and we were invited for a return visit this year. In addition Mayor Boris Podsvrsnik particularly wanted us to join in the celebrations of when Zreće officially became a town 30 years ago. Unfortunately some of the Sedbergh artists who had been involved in the 2016 visit had previous commitments for the dates offered so it was a reduced party of three artists, a photographer and a historian who enjoyed a week of very generous hospitality.

For those of us who had visited before we had an opportunity to meet people from Stranice, a neighbouring village, where a beautifully restored church, village hall and centre for disabled children had been generously endowed by a local benefactor. Also in Stranice we met Domen, brother of Gojko, who visited Sedbergh last year. These talented siblings are musicians, poets and purveyors of their own wine and meat products. Much sampling was done here and at the local trout farm where we had the opportunity to paint as well.

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Photographer and historian were whisked off to visit local sites of scenic and historic interest.

We appeared on local television, where in rustic staging we were asked about our twinning endeavours in between advertisements for patio heaters and local beers (sampling mandatory).

We were impressed by the inclusion in our programme by presentations by disabled children. A group of Down's Syndrome youngsters performed a beautifully costumed version of "Singing in the Rain" and at a grand concert on our final evening severely disabled children in wheelchairs "danced" with their talented carers. It obviously gave great pleasure to all participants.

Also of interest was a multi-generational centre where all ages could attend classes or just drop in to work at art or handicrafts or just to sit and talk and enjoy some refreshment. We availed ourselves of all aspects. It was staffed largely by volunteers and of great benefit to the community. All you need is an empty space at street level. (Any ideas??)

We are so grateful for all the generous hospitality shown by our hosts. Nothing was too much trouble, all interests were catered for and it was difficult to say our goodbyes. Na svidjenje.

♀



neighbourhoodalert Cumbria Victims Charitable Trust (CVCT)

Did you know there is a Trust dedicated to providing financial help for victims of crime? CVCT exists to support initiatives to assist victims of crime to cope and recover from their experience, and to prevent victims being targeted and or repeat victims of crime.

Applications need to be supported by an independent person with knowledge of the individual and the circumstances. Grants will be targeted at cases where no other funds are available to the victim.

Further details of the Trust are available at :

[http://cumbriavictimtrust.org.uk/
Grants-Cumbria-Victims-Charitable-
Trust-Charity.html](http://cumbriavictimtrust.org.uk/Grants-Cumbria-Victims-Charitable-Trust-Charity.html)

Applications should be made through Cumbria Community Foundation at :
grants@cumbriafoundation.org

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SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Why are we so concerned about our swifts? The most recent information published by the British Trust for Ornithology (BTO) shows why: the latest BBS (Breeding Bird Survey), in 2015, reported that the UK swift population has now *declined even further, by 51% since 1995 (20 years)*. There has been a continual steep decline year on year since records began.

Swifts are currently amber-listed Birds of Conservation Concern (red being the most endangered). This 51% population drop in 20 years is a more rapid rate of decline than the 50% in 25 years threshold that is a requirement for red-listing. But, unlike many other birds, we do not have records for swifts over that length of time. So it is likely that swift will only move to the red list at the next revision which will not be until 2021.

This 25-year criterion also explains why far commoner birds like house sparrows became placed on the red list, even though they are present in far greater numbers. House sparrow records go back further than 25 years, and as a result of a sharp decline from 1970 they were placed on the red-list, even though by 1990 the population had stabilised at around 5.5 million pairs. Swifts however number only about 80,000 pairs.

House martins, which share a migratory life pattern with swifts (although they are totally unrelated) were placed on the amber-list due to a big drop in numbers in the decades of 1980s and 90s, but now also

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appear to have stabilised. They number around 500,000 pairs. One of the great unsolved mysteries of migration is that we still do not know where in Africa house martins spend the winter. They are too small to safely carry the type of geolocator devices used to discover the migration routes of swifts.

It is also interesting to compare the nesting habits and life styles of house martins and swifts. Swifts don't breed until they are 3-4 years old, have only one brood, and are one of the most nest site-faithful of all birds, returning to the exact same site every year. House martins breed after one year, have at least two broods and have a looser colonial nesting habit. As it takes around 1,000 beak-sized pellets of mud for martins to build their cup-shaped nests under the eaves of buildings, it's easy to see why they usually prefer to return to an existing nest. But they do move on to new locations and often pair up with a new partner each year. Nor are house martins entirely faithful to their mates: it's been estimated that three quarters of nests have chicks that were not fathered by the male partner. The



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rearing of chicks differs too: unlike swifts, house martin chicks return to the nest after fledging and even help feed the next brood of chicks - which is a most unusual occurrence in birds.

Swallows (which belong to the same family as house martins) also tend to return to the same colony, with one study finding that around 40% of pairs re-occupied the same nest. The reason may be that the construction takes a lot of effort, requiring an average of 1,300 trips to gather enough pellets of nest material. The males typically undertake only about a quarter of the work, with the most attractive individuals – those with the longest tail streamers – being least helpful.

It is because swifts return to the exact same nest site year after year, and are not very adaptable, that they have declined so massively, due to the blocking up of entrance holes during house renovations. That is why we make a plea for everyone who is lucky enough to have them nesting to not interfere with the holes. Doing essential maintenance need not disturb nest sites if done carefully – the entrance holes are only tiny

crevices and under eaves they can usually be left undisturbed. We are happy to help and advise:

please pass this message on to your friends, neighbours and to landlords so that we can all help save Sedbergh's swifts.

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



MEMORIES OF DEBBIE WATLING

1948 to 2017

Colin Smith

Daughter of actor Jack Watling, I originally met Debbie at Essex University, in Colchester in August 1989 at a small "Doctor Who" event. She was one of only three guests, another being Richard Franklin who had featured in some episodes of the "Doctor Who" series from 1970 to 1974, alongside John Pertwee. He also featured in "Emmerdale Farm".

Debbie, however, was in the BBC1 television series in 1967/68 with Patrick Troughton and future "Emmerdale Farm" actor Fraser Hines. When she was 19 years old. The entire TV output of "Doctor Who" in the 1960's was black and white i.e. 405 lines Standard. Her character, Victoria Waterfield, was a 19th century English character from the 1860's, and as she had had a rather sheltered life in Victorian England, her encounter with Daleks, Yeti, Martian Ice Warriors and Cybermen were scary experiences for the girl, and Jamie and the 'Doctor'. Victoria ceased her travels by her own volition in the TARDIS in 1968 to leave on 20th century Earth.

Although some of Debbie's episode



of "Doctor Who" no longer reside in the BBC's archives, many of them are still available to view. We chatted at the University about her professional career and we agreed to meet up again in Sonning Berkshire three months later in November 1989, it was the month the Berlin Wall finally came down after 28 years. We went for walks around Sonning by the Thames and amongst the saffron hue, chatted about her time in "Doctor Who" made more than 20 years earlier in 1967-68. We shared food and a bottle of Muscadet out at the nearby Bistro, and recorded an interview with her at The Mill Theatre Restaurant in Sonning, where she was starring in a theatrical production of Bill Naughton's play "Spring and Port Wine", set in the 1950's.

The Mill was, and is, an intimate theatre and evokes an emotive feeling of history and warmth. Sonning is located today in Theresa May's Parliamentary constituency. Visits to her home by invitation in Essex followed: a charming cottage and a desirable place to live. In March 1990, we met up again and I met her parents, Jack and Patricia,

and meetings with her siblings followed: her sister Dilys and her brother Giles, who is now a Conservative member of Parliament in Essex.

The last time I saw her was in March 1990 at Birmingham Rep Theatre where she was starring in Terence Rattigan's "Flare Path" alongside actress Kathy Staff. One afternoon, Debbie and I visited the nearby canal, and Gas Street in Birmingham, where she had filmed "Take me high" with Cliff Richard and Anthony Andrews around the year 1973. Billy Graham funded the movie.

After 1990, Debbie and I stayed in contact by letter & telephone. "Doctor Who" gradually changed her life years after she had left the program, and change mine too.

Debbie gave me copies of many professional and private family photographs, and I still have those today. She died in the summer of 2017 at the age of just 69 years,

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having been the victim to lung cancer. I shall always remember her as a generous lady, a lovely dinner companion, and the greatest 'screamer' ever to travel in TARDIS!



AGAMEMNON

Nick Cross

Things are looking pretty bad in old Mycenae. How long will Aegisthus' wooden Clytemnestra last? Will Polydenees have anything new to say on the state's withdrawal from the Hellenic Union? Will Pygnosius seal a trade deal with the Medes and Persians or will Rhysmogadon, (and his nanny) usurp power? Only the Oxyrhynchus papyri can reveal the outcome of this painful history.

Deep in the heart of the Temple of the (Soaraway) Sun God Phoebus Apollo, a crisis meeting ordered by Aegisthus is being held. "No, No emphatically No! This Conference has been called by Clytemnestra so that we can all show her our undying loyalty."

"Is she going to speak?"

"Of course she will speak. She is our leader after all. I agree, (and so do you), with everything she is going

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to say."

"So, there are no splits?"

"Why must you scribes be so negative? Clytemnestra has a wonderful range of policies to appeal to the great unwashed."

Meanwhile 'old beardy' Nestor, Orestes and Electra, the children of murdered Agamemnon, are growing in popularity. Only the other day they addressed ecstatic crowds in the Agora, (market place) talking of a new deal for the people of Mycenae.

"Now then," Aegisthus calls the meeting to order. He gives the wooden Clytemnestra a shake. "What are we going to do about that old reprobate Nestor? Any ideas?"

Pygnosius begins to speak, "Couldn't we accuse him of being an immigrant and a closet Hittite?"

"We've tried that. Look what happened, no one believed us." Aegisthus replies.

Polydenees rises to his feet and

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scratches his bum. "By 'eck ah needed that, ah were fair clemmed. Look lads, I were brought up rough tha knows, forty on us lived in a hole and we 'ad to take it in turns to lie on top of 'ole to keep rain out. Ah didn't get where ah am today by being weak with folk like that Nestor tha knows. I'd just beat 'im up. I were a soldier once."

Aegisthus shakes his head:
"Splendid idea in principle
Polydedees but Nestor would
probably beat you up. No, we need
something more subtle, something to
get the people on our side."

"Nanny says that the people are dreadfully common and that I might catch something from them." Rhysmogadon tells them. "By the way, I've just written a poem in ancient Sumerian. Do you want to hear it? Nanny says that I'm awfully clever."

Aegisthus claps his hands. "That's it!" He exclaims.

"Very well, I'll begin. Verse one....."
"No. We can put it into Clytemnestra's speech that the people are in danger of catching something dreadful from Nestor. Why

they'll run the old goat out of town."

A day or two later Clytemnestra is to deliver her keynote speech to the people of Mycenae in front of a backdrop, hurriedly erected by Aegisthus outside the Temple, that reads "Clytemnestra: Building a Society that works for Everyone".

You all know where this is leading, but you will have to restrain yourselves until next month's dip into the Oxyrhyncus papyri.



COMMUNITY OFFICER REPORT

CSO 5244 Mandy Coleman

Logs of note for the area of Sedbergh

20/9 – A laptop was stolen from Sedbergh Primary, the offender jemmied one of the doors and entered stealing the above. A person was seen in the area around 2am.

22/9 – A burglary was reported at an electricity site just out of the area, diesel was stolen.

As you are all aware the weather has been awful, please ask yourself "do I need to make this journey" We have had numerous vehicles recovered from flood water. Do not attempt to drive through flood waters, you not only put yourselves at risk but those of others.

With Halloween and Bonfire night nearly here, I am in all the schools in the area giving talks on the dangers and how to keep safe during the run up to this festivity, I also discuss ASB and the consequences of actions.

Please when you are attending any firework display make sure you have locked and secured your home and any outbuildings.



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KATHLEEN SWIFT

I would like to say a big thank you to those who sent good wishes, cards and telephone calls following her recent accident. Special thank you's to Anne & the 2 Ambulance men, John Haygarth & Sean, for their expert care & kindness. Thank you all.

=====

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adults,
8.00 - 8.30 adults only

Saturdays

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(Continued from page 95)

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D J Whicker

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 *	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cornerstone Community Church Rooms	01/09	Mrs Haworth	Sed:	20428
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	06/16	Dr Ripley mylesripley52@gmail.com		
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh *	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton admin@howgillharriers.co.uk		
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley mylesripley52@gmail.com		
Labour Supporters Group	10/15	Mr Cross	01539	634139

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	12/14	Mrs Suttle	07810	833478	
Lunch Club	02/17	Mrs I'Anson	Sed:	21757	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554	
People's Hall	08/15	Sleepy Elephant	Sed:	21770	
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed	21196	
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662	
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125	
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826	
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885	
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808	
Red Squirrel Group - Sedbergh	04/17	Mr Hopps	07870	785322	
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816	
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723	
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723	
Scouts	01/09	Mr Mawdsley	Sed:	20723	
Scouts - Explorers	11/15	Mrs Colton	07789	906421	
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613	
Sing Joyfully! (Casterton)	09/16	Mrs Micklithwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Spellbound Theatre *	11/17	Miss Pakeman	Sed:	21279	
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	
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869	
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770	
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808	
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775	
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663	
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754	
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733	
Yoga	11/16	Mrs Hennedy	Sed:	20899	
Young Cumbria	01/09	Mrs Hartley	01524	781177	
Young Farmers Club	11/15	Miss Thompson	07590	115844	
Young Kidz	01/09	Mrs Baines	Sed:	21287	

* = Latest Amendments

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

EDITORS COMMENTS

NEW ADVERTISER

Another new Advertiser this month is James Palmer with Cycle Repairs. Please mention Lookaround if you make any enquires.

FUTURE OF LOOKAROUND

Back in 1988 when it looked like Lookaround would finish, the 'Lookaround Support Group' was formed which kept things going. There is currently enquiries being made to form a similar Group. Back in those days, everything came in on paper and it was hard work. Today, most of the information comes in electronically which makes the task so much easier. Regular Editorial Meetings would not be required and not so many people to put things together so just a couple of hours per month would be required. If you feel you would like to volunteer to keep *Lookaround* going, please contact Nick Cross on 015396 34139 (you must ring the whole number).

If there is no support or help, the last issue of Lookaround will be December 2018. As of now, I will not be taking any payments for Advertising after that month. Should the Lookaround continue, new Contracts will be made from February 2019.

LOOKAROUND INFORMATION

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

Whilst every effort is made to ensure that information is correct, the Editors

cannot accept any responsibility for any inconvenience caused through errors or omissions. If there is an error with your article or advert, it is your turn this month in amongst hundreds of entries each month.

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

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

editor@sedberghlookaround.org.uk

ADVERTISING

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

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

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

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

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

We do not have whole page adverts but will allow two half page adverts

opposite each other.

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

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

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

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

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999
(Over 18 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 the text 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 (for the last 18 years). All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

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

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

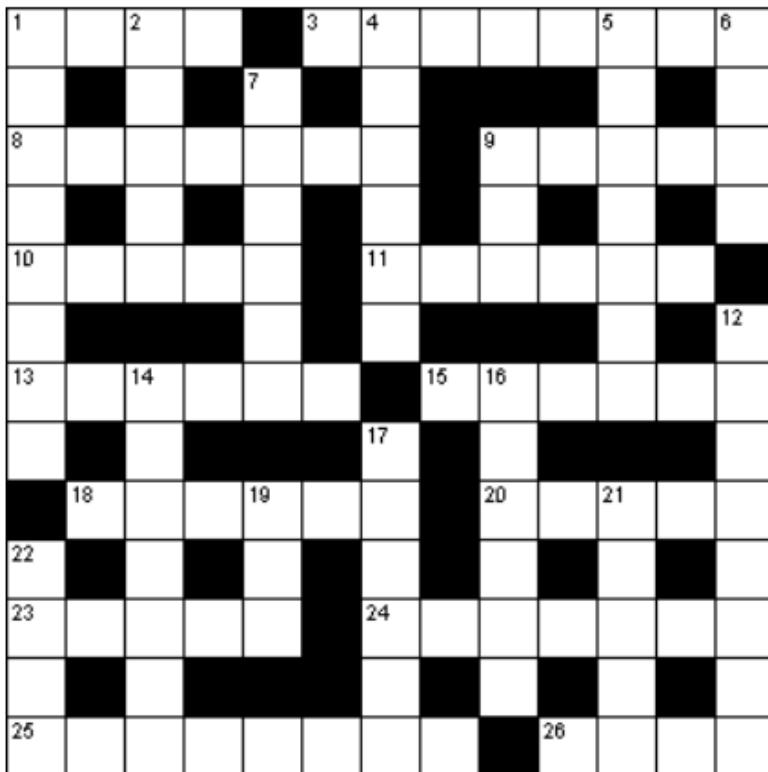
If you have more than 3 months of advertising, we will automatically send a renewal reminder should you wish to continue. If you order 10 months, we give you one free (making one whole year).

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

Payments by BACS can also be made.

This account is valid from June 2017.

(Continued on page 91)

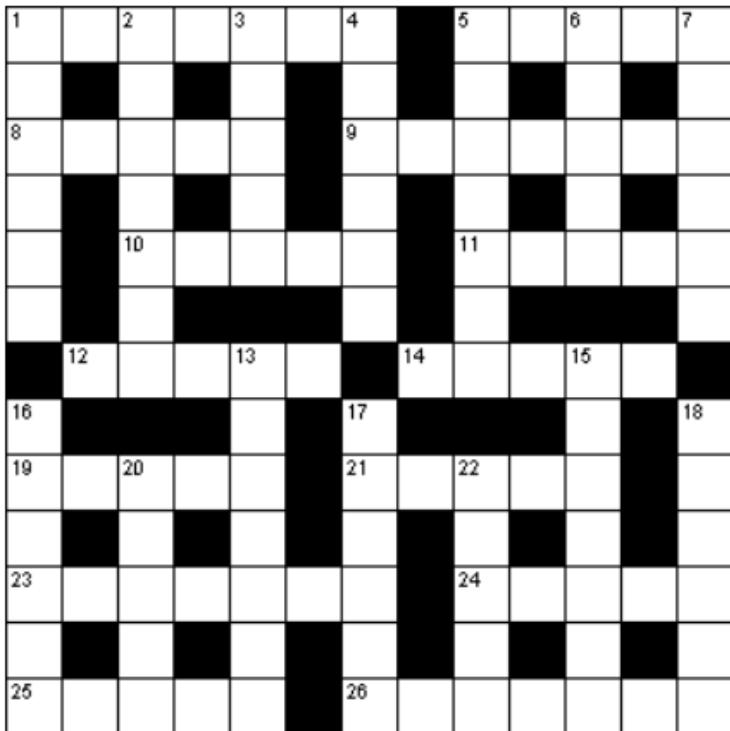


Across

1. Block out (4)
3. Amaze (8)
8. Article of clothing (7)
9. Meaning of a word (5)
10. Board game (5)
11. An extreme attainment (6)
13. To the opposite side (6)
15. Upper deck of a ship (6)
18. Reptile (6)
20. Thick (5)
23. Nimble (5)
24. Look over carefully (7)
25. Got back (8)
26. Notable achievement (4)

Down

1. Prestidigitator (8)
2. Tennis stroke (5)
3. Article of clothing (6)
4. Planet (6)
5. Disregarded (7)
6. Pay close attention to (4)
7. Periodic population count (6)
8. Meaning of a word (5)
9. Pouch (3)
10. Vanquished (8)
11. Precipitating (7)
12. Pungent edible root (6)
13. Look up to (6)
14. Simian (3)
15. Female relative (5)
16. Impartial (4)

**Across**

1. Major prize (7)
5. Sentinel (5)
8. Circus performer (5)
9. Skittish (7)
10. Synthetic fabric (5)
11. Relating to the moon (5)
12. Proficient (5)
14. Mild and pleasant (5)
19. A closed litter for one passenger (5)
21. One more time (5)
23. Copy (7)
24. Rabbit shelter (5)
25. Locations (5)
26. Assimilates (7)

Down

1. Nocturnal canine (6)
2. Enthroned (7)
3. Appointed committee (5)
4. Lessee (6)
5. Large ape (7)
6. Fruit of the oak (5)
7. Wilderness (6)
13. Writing implements (7)
15. Leviathan (7)
16. Takes over without authority (6)
17. Elongated fruit (6)
18. Treasure (6)
20. Terminus (5)
22. Dull pains (5)

BUS SERVICES

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

Western Dales Bus S1 Kendal Shuttle Saturdays from 7th October 2017					
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		09:33	13:23	14:53	16:50 18:40 R
Sedbergh Maryfell		09:35	13:25	14:55	16:52 R -
Dent village		09:50		15:10	17:05 18:55 R
Cowgill		10:03			17:18 19:08 R
Dent Station		10:05			17:20 19:10 R
<i>Dent Station</i>					
<i>Train from Leeds</i>		10:16			19:23
<i>Train from Carlisle</i>		10:40		17:32	19:20
Dent Station		10:20 *		17:35	19:30 R
Cowgill		10:22		17:37	19:32 R
Dent village		10:35		15:15	17:50 19:45 R
Sedbergh Maryfell	08:15	10:48	13:38	15:28	18:03 -
Sedbergh Library	08:20	10:50	13:40	15:30	18:05 * 20:00 R
Killington M6 Bridge	08:30	11:00	13:50	15:40	
Oxenholme Station	08:40	11:10	14:00	15:50	
Westmorland Hospital	08:43	11:13	14:03	15:53	
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			

* R = Calls on Request only.

* On reaching Sedbergh Library at 1805 the bus will only continue with the last journey to Dent Station and back by request to the driver earlier in the day.

* 1020 from Dent Station will wait up to 10min beyond the scheduled departure for a late running train from Leeds

BUS SERVICES

Western Dales Bus S3 Hawes Hopper
Tuesdays only from 2nd May 2017 R = Request only

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

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

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

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

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

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

BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect Fridays only from 6th October 2017 R = Request only						
Dent	-	09:30	-	-	13:40	15:45 R
Sedbergh Spar	-	09:44	-	11:29	13:54	15:59 R
Sedbergh Dalesman	-	09:45	-	11:30	13:55	16:00 R
Sedbergh Maryfell	-	09:47	-	11:32	13:57	16:02 R
Cautley Cross Keys	-	09:54	-	11:39	14:04	-
Fat Lamb	-	10:00	-	11:45	14:10	-
Ravenstonedale	-	10:05	-	-	14:15	-
Kirkby Stephen Station arr	-	10:12	-	11:52	14:22	-
Kirkby Stephen Station dep	-	10:15	10:36	11:55	14:25	-
Kirkby Stephen Town	-	10:20	10:41	12:00	14:30	-
Kirkby Stephen Co Op		10:21	10:42	12:01	14:31	
<i>Kirkby Stephen Station</i>						
<i>Train from Leeds</i>			10:34	12:30	14:32	
<i>Train from Carlisle</i>				12:49	15:00	
Kirkby Stephen Co Op		10:24	10:49	12:34	14:48	
Kirkby Stephen Town		10:25	10:50	12:35	14:49	
Kirkby Stephen Station arr		10:30	10:55	12:40	14:54	
Kirkby Stephen Station dep			10:58	12:43	15:02	
Ravenstonedale				12:50	15:09	
Fat Lamb			11:05	12:55	15:14	
Cautley Cross Keys			11:11	13:01	15:20	
Sedbergh Maryfell			11:18	13:08	15:27	
Sedbergh Library	09:10		11:20	13:10	15:29	
Opposite Morphet's Garage	09:11		11:21	13:11	15:30 *	
Dent	09:25			13:25	15:44 R	

* R= Calls on request only

* The 1530 from Sedbergh to Dent and back will only run upon request to the driver on the day.



BUS SERVICES

Western Dales Bus S5 Kendal Shopper
Thursdays only from 19th October 2017

Sedbergh, Dalesman	08:55		
Sedbergh, Maryfell	08:57		
Cautley, Cross Keys	09:05		
Fat Lamb	09:13		
Kirkby Stephen Station entrance	09:19		
Kirkby Stephen Town, Market Place	09:24		
Kirkby Stephen Co-op	09:29	11:39	14:19
Kirkby Stephen Town, Market Place	09:30	11:40	14:20
Kirkby Stephen Station entrance	09:35	11:45	14:25
Ravenstonedale, Nursery School	09:41	11:51	14:31
Newbiggin on Lune	09:45	11:55	14:35
Tebay Roundabout	09:54	12:04	14:44
Killington M6 bridge	10:04	12:14	14:54
Kendal Castle Green	10:13	12:23	15:03
Kendal Blackhall Road	10:18	12:28	15:08
Kendal Morrisons	10:23	12:33	15:13
Kendal Morrisons	10:33	13:13	15:23
Kendal Blackhall Road	10:40	13:20	15:30
Kendal Castle Green	10:45	13:25	15:35
Killington M6 Bridge	10:54	13:34	15:44
Tebay Roundabout	11:04	13:44	15:54
Newbiggin on Lune	11:13	13:53	16:03
Ravenstonedale, Primary School	11:17	13:57	16:07
Kirkby Stephen Station entrance	11:24	14:04	16:14
Kirkby Stephen Town, Market Place	11:30	14:10	16:20
Kirkby Stephen Co-op	11:31	14:11	16:21
Kirkby Stephen Town, Market Place			16:22
Kirkby Stephen Station entrance			16:27
Fat Lamb			16:34
Cautley, Cross keys			16:41
Sedbergh, Maryfell			16:49
Sedbergh, Library			16:51

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

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

November Church Services					
St. Andrew's Sedbergh	5th	12th	19th	26th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	Ecumenical Service @ CCC	Remembrance Service	Holy Communion	Family Service	
6.30 pm	Evening Prayer		Evening Prayer		
Wednesday	1st	8th	15th	22nd	29th
11.15	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
	5th	12th	19th	26th	
St. Mark's Cautley	2:30pm Holy Communion	No Service	No Service	2.30pm Taize	
St. John's Garsdale	10 am Holy Communion by Ext	6.30pm Street Chapel	2pm Low Smithy	10am Holy Communion	
Lune Parish Services					
	5th	12th	19th	26th	
Holy Trinity Howgill	2pm Holy Communion @ Firbank	10.30am Joint Remembrance Service @ St Andrew's Sedbergh	2pm Holy Communion @ Killington	2pm Holy Communion & Baptism @ Howgill	
St John's Firbank					
All Saints Killington					
Dent & Cowgill Parish Services					
	5th	12th	19th	26th	
St. Andrew's	10.30am Holy Communion	10.30am Holy Communion	10.30am Holy Communion	10.30am Holy Communion	
St. John's	2.30pm Harvest	No Service	2.30 pm	No Service	
Cornerstone Community Church (CCCM/N) Services (Formerly URC & Methodist)					
	5th	12th	19th	26th	
10.30 am	CCCM/PH	CCCN	CCCN	CCCN	
worship@peopleshall			Messy Church		
5th			19th		
10.30 am	People's Hall		4 pm	CCCN	
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			Taize = Modern Chants & Choral		
			NSV = New Sedbergh Version		

Religious Services in Sedbergh

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

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

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CORNERSTONE COMMUNITY CHURCH
 New Street/Main Street
 Sunday 10.30
Rev. Carole Marsden Tel: 22030
Rev. David Crouchley Tel: 20329

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**SOCIETY OF FRIENDS**  
**QUAKERS**  
 Brigflatts  
 Sunday 10.30  
**Tess & Philip Satchell Tel: 20005**

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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*

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**CHURCH OF ENGLAND**  
 Cautley & Garsdale  
**Rev. Andy McMullon Tel: 20018**  
*Church Wardens:*  
 Cautley: Judith Bush 20058  
 & Maureen Hinch 20843  
 Garsdale: Rosemary Lord 20993  
 & Bill Mawdsley 20723  
 Firbank: Colin Wilson 20952  
 & Jean Dixon 20435  
 Howgill: Helen Hoggarth 20805  
 & Pauline Marshall 21651  
 Killington: Jennifer Thornely 20444  
 & John Mather 015242 76333

Dent & Cowgill  
**Rev. Andy McMullon Tel: 20018**  
**Rev. Christine Brown Tel: 25226**

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METHODIST CHURCH
 Dent; Dent Foot;
 Cautley; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostrow
Rev. David Crouchley Tel: 20329
Rev. Carole Marsden Tel: 22030

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**SEDBERGH CHRISTIAN CENTRE**  
 5.30 pm People's Hall every Sunday  
**Tel: 28151**  
[www.sedberghchristiancentre.co.uk](http://www.sedberghchristiancentre.co.uk)

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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

|                             |          |
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| Single Column 2.56" x 1"    | = £7.50  |
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| Double Column 5.2" x 4"     | = £25.00 |
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| Postal per month to Britain | = £2.50  |
| Postal per month Overseas   | = £6.00  |

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

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



## BED & BREAKFAST

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

## CAMPING, CARAVANNING & SELF-CATERING

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

## 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       |
| 1600                    | 3rd Sunday          | Messy Church             | CCCN     |
| 1000                    | Every Monday        | Wild Goose Qigong        | CCCC     |
| 1030                    | Every Monday        | Sedbergh Songsters       | GH       |
| 1730                    | Every Monday #      | Brownies                 | CCCC     |
| 1400                    | 1st Monday          | Bridging the Gap         | MC       |
| 1930                    | 1st Monday          | Dent Parish Council      | DMH      |
| 1930                    | 1st Monday          | People's Hall            | PH       |
| 1900                    | 3rd Monday          | Chamber of Trade         | PH       |
| 1430                    | Last Monday         | Tea & Company            | CCCN     |
| 0930                    | Every Tuesday       | Drop-in & Relax          | MCD      |
| 1300                    | Every Tuesday       | Howgill Toddlers         | HVH      |
| 1830                    | Every Tuesday       | Cub Scouts               | SHQ      |
| 1830                    | Every Tuesday       | Swimming Club            | SS       |
| 1930                    | Every Tuesday       | Bridge Club              | WHC      |
| 1400                    | 2nd Tuesday         | Killington WI            | PH       |
| 1400                    | 3rd Tuesday         | Sight Advice Sth Lakes   | PH       |
| 1930                    | 3rd Tuesday         | Ladies NFU               | PH       |
| 0830                    | Every Wednesday     | Sedbergh Market          | JLCP     |
| 1000                    | Every Wednesday     | Coffee Morning           | CCCC     |
| 1000                    | Every Wednesday     | Yoga for All             | HVH      |
| 1145                    | Every Wednesday     | Age UK Swimming          | SS Baths |
| 1315                    | Every Wednesday     | Art Society              | PH       |
| 1730                    | Every Wednesday     | Sedbergh Juniors         | PH       |
| 1730                    | Every Wednesday #   | Beaver Scouts            | SHQ      |
| 1900                    | Every Wednesday     | Sedbergh Town Band       | SSBR     |
| 1930                    | Every Wednesday     | Sedbergh Seniors         | PH       |
| 1930                    | 1st & 3rd Wednesday | History Society (Winter) | SSAT     |
| 1915                    | 2nd Wednesday       | Dentdale WI              | DMH      |
| 1930                    | 2nd Wednesday       | Sedbergh WI              | PH       |
| 1830                    | Every Thursday      | Swimming Club            | SS       |
| 1800                    | Every Wednesday     | Yoga for All             | SPS      |
| 1400                    | 1st & 3rd Thursday  | Child Health/Baby Club   | PH       |
| 1430                    | Every 2 weeks       | Cameo Club               | CCCN     |
| 1430                    | 1st Thursday        | Afternoon Cream Tea      | Duo      |
| 1930                    | 1st Thursday        | Howgill WI               | FCH      |
| 1200                    | 2nd Thursday        | Age UK Lunch Club        | Red Lion |
| 1915                    | 2nd Thursday        | Royal British Legion     | WHC      |
| 1930                    | 2nd Thursday        | Sed. Parish Council      | PH       |
| 1100                    | Every Friday        | Mindfulness Course       | MCD      |
| 1700                    | Every Friday #      | Barrel of Fun            | StAS     |
| 1800                    | Every Friday        | Cub Scouts               | SHQ      |
| 1930                    | Every Friday        | Scouts & Explorers       | SHQ      |
| 1330                    | 1st Friday          | Dentdale Club            | DMH      |
| 1000                    | Every Saturday      | Swimming Club            | SS       |

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

## PLACES OF INTEREST TO VISIT IN THE AREA

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

\* = Entry Fee Applicable

# DIARY OF EVENTS

Dates are held up to 13th October 2018.

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

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

## NOVEMBER

|                                                      |                  |                                                      |      |
|------------------------------------------------------|------------------|------------------------------------------------------|------|
| 1 0830 Sedbergh Weekly Market                        | JLCP             | 25 1930 The Joint is Jumpin' (25)                    | PH   |
| 1 1000 CM - Bowling Club                             | CCCM             | 26 1030 Festive Farfield Weekend (27)                | FM   |
| <b>1 1000 Voices from the Land Exhibition</b>        | <b>DCMH</b>      | 26 1900 Symonds Family Cycle Rides (26)              | PH   |
| <b>1 1030 Sky High Exhibition (27)</b>               | <b>FM</b>        | 29 0830 Sedbergh Weekly Market                       | JLCP |
| 1 1930 HS - Boskin, Skelbuse & foddergang (15)       | DMH              | 29 1000 CM - Vacant                                  | CCCM |
| 1 1930 SYF Bonfire Night (4)                         | Middleton Common | 29 1500 Gervase Phinn Book Signing (29) Westwood Bks |      |
| 2 1930 WIHF - Christmas Crafts                       | HVH              | 29 Fiddler on the Roof (Oct)                         | SS   |
| 3 1400 Dentdale Head to Foot                         | DMH              | 30 St Andrew's Day                                   |      |
| 3 1930 Domino Drive                                  | HVH              | 30 1700 Settlebeck Christmas Fair (30)               | SSAT |
| 4 1000 Christmas Bazaar (1)                          | DMH              | 30 Fiddler on the Roof (Oct)                         | SS   |
| 4 1900 Bonfire & Fireworks (6)                       | GVH              |                                                      |      |
| 5 1100 Monthly Meditation Drop-In (18 & 82)          | MCD              |                                                      |      |
| 5 1430 RCT Sedbergh & the Great War (5 & 64)         | PH               |                                                      |      |
| 5 1730 RCT Sedbergh & the Great War (5 & 64)         | PH               |                                                      |      |
| 5 1930 North Westmorland Arts Concert (Sept)         | Appleby          |                                                      |      |
| 5 SS Half Term Ends                                  |                  |                                                      |      |
| 6 1900 SS Bonfire & Fireworks (7)                    | Busk Lane        |                                                      |      |
| 8 0830 Sedbergh Weekly Market                        | JLCP             |                                                      |      |
| 8 1000 CM - Royal British Legion (8 & 50)            | CCCM             |                                                      |      |
| 8 1915 WID - AGM/Charades                            | DMH              |                                                      |      |
| 8 1930 WIS - AGM & Jacobs Join                       | PH               |                                                      |      |
| 8 1930 CWT Bats in the Fells                         | CCCM             |                                                      |      |
| 9 1200 Age UK Lunch Club                             | Red Lion         |                                                      |      |
| 9 1915 Royal British Legion (8 & 50)                 | WHC              |                                                      |      |
| 10 1330 AS Stuart Gray                               | CCCN             |                                                      |      |
| 10 1900 WID Family Quiz Night                        | DMH              |                                                      |      |
| 11 1000 Wisdom of Julian (18 & 82)                   | DMC              |                                                      |      |
| 11 1000 H&M 30 Year Celebration (11)                 | Ingleton         |                                                      |      |
| 11 1930 Flicks in the Fells - (11)                   | PH               |                                                      |      |
| 12 1930 Remembrance Day Concert (8, 12 & 50)         |                  |                                                      |      |
| <b>14 1030 Sky High Exhibition Ends (27)</b>         | <b>FM</b>        |                                                      |      |
| 14 1400 WIK - AGM Plus                               | PH               |                                                      |      |
| 14 RCT Rehearsals (54)                               | PH               |                                                      |      |
| 14 1930 Church Domino Drive                          | FCH              |                                                      |      |
| 15 0830 Sedbergh Weekly Market                       | JLCP             |                                                      |      |
| 15 1000 CM - Vacant                                  | CCCM             |                                                      |      |
| <b>15 1030 Sedbergh in Pictures Exhibition (27)</b>  | <b>FM</b>        |                                                      |      |
| 15 1930 HS - Monasteries in Cumbria (15)             | SSAT             |                                                      |      |
| <b>16 1030 Local Artists Exhibition (27)</b>         | <b>FM</b>        |                                                      |      |
| 16 1300 Medical Centre Closed for Training (16 & 73) | MC               |                                                      |      |
| 17 1930 The Missing Bronte                           | DCMH             |                                                      |      |
| 18 1130 Messy Church Rummage Sale (18)               | CCCN             |                                                      |      |
| 18 1000 FLOW with Qigong (18 & 82)                   | MCD              |                                                      |      |
| 19 1100 Rainbow Chakra (18 & 82)                     | DMC              |                                                      |      |
| 19 1600 Messy Church (19)                            | CCCN             |                                                      |      |
| 20 1900 S&DCoT&B AGM & Business Showcase (20)        | PH               |                                                      |      |
| 21 1930 Ladies NFU Kendal Chocolate House            | PH               |                                                      |      |
| 22 0830 Sedbergh Weekly Market                       | JLCP             |                                                      |      |
| 22 1000 CM - Vacant                                  | CCCM             |                                                      |      |
| 23 1330 Casterton Recital                            | HTCC             |                                                      |      |
| 23 2000 Sedbergh Orchestra Café Concert (23 & 67)    | PH               |                                                      |      |
| 24 1900 HS Annual Dinner (15)                        | Golf Club        |                                                      |      |
| 25 1000 SJCCC Christmas Coffee Morning (25)          | StJCC            |                                                      |      |
| 25 1000 AS Autonomous Workshop                       | CCCN             |                                                      |      |
| 25 1030 Festive Farfield Weekend (27)                | FM               |                                                      |      |
| 25 1100 GNAAS Christmas Fair                         | Moorcock Inn     |                                                      |      |

## DECEMBER

|                                                          |             |  |  |
|----------------------------------------------------------|-------------|--|--|
| <b>1 1000 Voices from the Land Exhibition</b>            | <b>DCMH</b> |  |  |
| <b>1 1030 Sedbergh in Pictures Exhibition (27)</b>       | <b>FM</b>   |  |  |
| <b>1 1030 Local Artists Exhibition (27)</b>              | <b>FM</b>   |  |  |
| <b>1-3 Dent Folk Carols Weekend (41 &amp; 68)</b>        | <b>Dent</b> |  |  |
| 1 1400 Dentdale Head to Foot                             | DMH         |  |  |
| 1 1845 Casterton Carol Service                           | HTCC        |  |  |
| 1 1930 DFC Drive the Cold Winter Away (41 & 68)          | DMH         |  |  |
| 1 Fiddler on the Roof (SS)                               | SS          |  |  |
| 2 1000 Dentdale Chapel CM                                | DCS         |  |  |
| 2 1000 DFC Workshop (41 & 68)                            | DMH         |  |  |
| 2 1900 DFC Ceilidh & Festive Meal (41 & 68)              | DMH         |  |  |
| 2 1930 Flicks in the Fells - (11)                        | PH          |  |  |
| 2 1930 Carols by Candlelight                             | HJCG        |  |  |
| 3 1000 DFC Workshop (41 & 68)                            | DMH         |  |  |
| 3 1330 DFC Singing Walk (41 & 68)                        | Dent        |  |  |
| 3 1930 North Westmorland Arts Concert (Sept)             | Appleby     |  |  |
| 5 Town Band Christmas Concert                            | STAS        |  |  |
| 6 0830 Sedbergh Weekly Market                            | JLCP        |  |  |
| 6 1000 CM - Vacant                                       | CCCM        |  |  |
| 6 1800 Late Night Shopping (46)                          | Sedbergh    |  |  |
| 6 1930 HS - The Highland Clearances (15)                 | SSAT        |  |  |
| 7 1930 WIHF - Christmas Party                            | TBA         |  |  |
| 9 0900 Workshop & Singing in the Train (41 & 68)         | CS          |  |  |
| 12 WIK - Christmas Lunch                                 |             |  |  |
| 12 1930 Ladies NFU Old Sedbergh                          | PH          |  |  |
| 12 1930 Christmas Domino Drive & Mince Pies              | FCH         |  |  |
| 13 0830 Sedbergh Weekly Market                           | JLCP        |  |  |
| 13 1000 CM - Vacant                                      | CCCM        |  |  |
| 13 WID - Christmas Lunch                                 | TBA         |  |  |
| 13 WIS - Christmas Dinner                                | TBA         |  |  |
| 14 1200 Age UK Christmas Lunch Club                      | Red Lion    |  |  |
| 14 1915 Royal British Legion (8 & 50)                    | WHC         |  |  |
| 14 1930 Spellbound 'A Christmas Carol' (54)              | PH          |  |  |
| 14 SS Term Ends                                          |             |  |  |
| 15 Spellbound 'A Christmas Carol' (54)                   | PH          |  |  |
| 15 1930 Christmas Domino Drive                           | BVH         |  |  |
| 16 1400 Spellbound 'A Christmas Carol' (54)              | PH          |  |  |
| 16 1930 Spellbound 'A Christmas Carol' (54)              | PH          |  |  |
| 18 1030 Sign Along (73)                                  | Library     |  |  |
| 20 0830 Sedbergh Weekly Market                           | JLCP        |  |  |
| 20 1000 CM - Vacant                                      | CCCM        |  |  |
| 20 1930 Christmas Domino Drive                           | HVH         |  |  |
| <b>22 1000 Voices from the Land Exhibition Ends</b>      | <b>DCMH</b> |  |  |
| 25 Christmas Day                                         |             |  |  |
| 26 Boxing Day                                            |             |  |  |
| <b>29-5 Lakeland Voice New Year Singing Week</b>         | <b>Sed</b>  |  |  |
| <b>31 1030 Sedbergh in Pictures Exhibition ends (27)</b> | <b>FM</b>   |  |  |
| <b>31 1030 Local Artists Exhibition ends (27)</b>        | <b>FM</b>   |  |  |
| 3 0830 Sedbergh Weekly Market                            | JLCP        |  |  |

**COVER PHOTO**  
**Sedbergh Cenotaph**  
**Barbara Carr**

9 1930 Domino Drive  
 10 0830 Sedbergh Weekly Market  
 12 1330 AS Peter Threlfall  
 17 0830 Sedbergh Weekly Market  
 17 1930 HS - How Water shaped Kendal (15)  
 21 1900 Cricket Club (Sed) AGM  
 24 0830 Sedbergh Weekly Market  
 24 1930 CWT Greenland's Coast  
 27 1000 AS Workshop - Les Darlow

**FEBRUARY**

2 1900 AS AGM & Christopher War  
 7 1930 HS - History of Holme Mills (15)  
 8 1300 Medical Centre Closed for Training (16 & 73) MC  
 13 1930 Domino Drive  
 19 1930 FCH Annual General Meeting  
 21 1930 HS - St Helena - the Final Voyage? (15)  
 24 1000 AS Workshop - Anthony Barrow  
 28 1930 CWT Passionate about Otters  
 28 1930 North Westmorland Arts Concert (Sept) Appleby

**MARCH**

7 1930 HS - Discovering Landscape History (15)  
 13 1930 Domino Drive  
 14 1300 Medical Centre Closed for Training (16 & 73) MC



**Kirkby Lonsdale 015242 71221**

Monday & Thursday 8.30-7pm  
 Tuesday 8.30-6pm  
 Wednesday & Friday 8.30-5pm  
 Saturday 8.30-12 noon

**Kendal 01539 722692**

Monday to Friday 8.30-7pm  
 Saturday 8.30-12noon

- Experienced vets for pets, farm animals & horses
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24hr emergency service

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|         |                                       |         |
|---------|---------------------------------------|---------|
| 14 1930 | CWT Gardening for Butterflies         | CCCM    |
| 15 1900 | The Wars of the Noses (5 & 64)        | PH      |
| 16 1900 | The Wars of the Noses (5 & 64)        | PH      |
| 17 1900 | The Wars of the Noses (5 & 64)        | PH      |
| 21 1930 | HS - Iron Age Track to Motorway (15)  | SSAT    |
| 23 1330 | AS Ruth Clayton                       | CCCN    |
| 24 1000 | AS Autonomous Workshop                | CCCN    |
| 24 1900 | HS AGM (15)                           | SSAT    |
| 25      | Clocks March Forward                  |         |
| 25 1930 | North Westmorland Arts Concert (Sept) | Appleby |

**APRIL**

|         |                                    |      |
|---------|------------------------------------|------|
| 21 1000 | AS Workshop - Alex Jakob Whitworth | CCCN |
| 21 1930 | Olde Time Dance (ph)               | PH   |
| 25 1930 | CWT Amazon to the Antarctic        | CCCM |

**MAY**

**DIARY KEY**

|        |                                           |
|--------|-------------------------------------------|
| AS     | = Art Society                             |
| BF     | = Brigflatts                              |
| BVH    | = Barbon Village Hall                     |
| CCCM   | = Cornerstone Community Church, Main St   |
| CCCN   | = Cornerstone Community Church, New St    |
| CM     | = Coffee Morning                          |
| CO     | = Community Office                        |
| CS     | = Carlisle Settle Railway                 |
| CTIS   | = Churches Together in Sedbergh           |
| CWT    | = Cumbria Wildlife Trust                  |
| DCMH   | = Dales Countryside Museum, Hawes         |
| DCP    | = Dent Car Park                           |
| DCS    | = Dentdale Chapel Schoolroom              |
| DFC    | = Dent Folk Carols                        |
| DMH    | = Dent Memorial Hall                      |
| DMC    | = Dent Methodist Chapel                   |
| FCH    | = Firbank Church Hall                     |
| FM     | = Farfield Mill                           |
| GH     | = Gladstone House                         |
| GVH    | = Garsdale Village Hall                   |
| HJCG   | = Hawes Junction Chapel, Garsdale         |
| HS     | = History Society                         |
| HTCC   | = Holy Trinity Church, Casterton          |
| HVH    | = Howgill Village Hall                    |
| JLCP   | = Joss Lane Car Park                      |
| KVH    | = Killington Village Hall                 |
| L      | = Library, Main Street                    |
| LHCP   | = Loftus Hill Car Park                    |
| MC     | = Medical Centre                          |
| MCD    | = Meditation Centre, Dent                 |
| PH     | = People's Hall                           |
| QG     | = Queens Gardens                          |
| SASL   | = Sight Advice South Lakeland             |
| STAD/S | = St Andrew's Church, Dent/Sedbergh       |
| StJCC  | = St Johns Church, Cowgill                |
| StMC   | = St Mark's Church, Cautley               |
| SIC    | = Sedbergh Information Centre, 72 Main St |
| SPS    | = Sedbergh Primary School                 |
| SS     | = Sedbergh School                         |
| SSAT   | = Settlebeck School Academy Trust         |
| WID    | = Women's Institute, Dentdale             |
| WIHF   | = Women's Institute, Howgill & Firbank    |
| WIK    | = Women's Institute, Killington           |
| WIS    | = Women's Institute, Sedbergh             |

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

## **Option 1 - 24hr Prescription line**

## Surgery and Dispensary Opening Hours

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

## Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.00am

**(No appointment necessary)**

Late Morning – 10.30am -12.30pm

**(By appointment only)**

Afternoon – 2.30pm – 6pm

**(By appointment only)**

## **Surgery by appointment only –**

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

## **Dent Surgery by appointment only - Monday**

## Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

**(By appointment only)**

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

Dressings Clinic – Friday afternoons

**(By appointment only)**

## Blood clinic

Monday – Thursday – 8.20am – 12pm

**(By appointment only)**

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

See our website

[www.sedberghmp.nhs.uk](http://www.sedberghmp.nhs.uk)

for further details

## Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

## Bridging the Gap

*First Monday - 1400 - 1600*

Mrs Colpus 01228 595937

## Location of Defibrillators

72 Main Street ~ People's Hall ~ Fire Station

## **POLICE**

101 or 999

Crimestoppers 0800 555 111

## **DENTAL SURGERY**

Main Street 20626

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

Monday to Friday 0900 - 1700

Saturday \*

## **SEDBERGH LIBRARY** Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

## **DENT LIBRARY** Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

## **SEDBERGH & DISTRICT INFORMATION CENTRE**

*for resident & visitor information*

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

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

Tel: 015396 20125/20504

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

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

## **VETERINARY SURGERY**

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 \*

1400 - 1500 \*

Other times by appointment only \*

## **PUBLIC TOILETS**

Main Street, Sedbergh

## **MARKET DAY**

**WEDNESDAY**

Last Page Update:

May 2017