

Sedbergh & District **LOOKAROUND**

September 2019

Issue 380

Donation £1

Today, after an August of rain and wind the sun is shining, and let's hope it stays that way in September, for Sheepfest (on the 21st and 22nd—see ads on pages 6 & 7 and article on page 16), and for the Tour

of Britain on the 10th (see page 36). It's a bit of a Sheepfest edition, this one - we also have sheep on the cover. Inevitably I have a Sheepfest sheep in my dining room. The question is 'Who hasn't?' *Ed.*



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Please phone Jenny: 07855 192961 or John: 015396 25689 if you'd like to chat it over first.

CLOSING DATE: 15th of every month for everything

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

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Articles

A View From The Fells (Cartoon)	71	Lakeland Voices -Triglav	48
Allotment Association	14	Lasting Legacy For Dales Agriculture	57
B4RN Marthwaite And Howgill	63	Medical Practice - Flu Season	49
B4RN Sedbergh Town Update	62	Middleton Church - Songs and Poetry	61
Big Art Competition	43	MS Coffee And Chat	41
Boxes Of Hope, Cumbria	61	Mushrooms And Toadstools.	5
British School Trust	42	Nature Notes	7
Christian Aid In Sedbergh And District	60	Neighbourhood Watch Association	52
Climate Change: Should We Listen?	25	News From The Pews	59
Coffee Morning At Waterside Farm	42	Next Stop The Future – 2	37
Community Dementia Services	66	Primary School Promise Auction	63
Community Orchard Group	11	Sedbergh Parish Council	22
Community Swifts	9	Sedbergh School News	64
Councillor's Corner	18	Sedbergh United Charities	43
Dealing With Rent Arrears	51	Sedbergh Woman - Success Of Hill Farm	54
Dentdale - Head To Foot	39	September Gardening	58
Dentdale Choir	45	Sheepfest	16
Dentdale Christian Festival	62	Teddy Bears Picnic	17
Dignity In Dementia	50	Tennis Club News	39
Envy	14	Tim Farron's Column	23
Family Musings	40	Tour Of Britain	36
Garsdale Parish Council	19	Town Band	69
History Society	46	Travel Assist – A Passenger's View	43
Information And Book Centre	53	W.I. Dentdale	32
July Weather:	12	W.I. Howgill/Firbank	35
Kind Cumbria – Update	68	W.I. Killington	28
Lakeland Voice – Events	49	W.I.Sedbergh	30

Events

Artisan Market (21st)	21
Birthdays	5
Coffee Mornings	3
Grief Share (3rd,7th)	17
Jumble Sale (12th October)	68
Medical Centre	12
Meditation Centre	28
Sedbergh Swimming club (17th)	17
Sheepfest 2019 (21st,22nd)	6
Sheepfest 2019 (21st,22nd)	7
Teddy Bears picnic (31st Aug)	17
Tour Of Britain (10th)	36

Other Information

Advertising In Lookaround	4
Bed & Breakfast	78
Bus Time Tables	82
Diary of Events	79
Editorial	69
Groups and Organisations	76
Lookaround Editorial Team	85
Lookaround Information	73
Peoples Hall Hire Rates	70
Personal Messages	70
Places of Interest	81
Public Information / Telephone Numbers	88
Puzzles	72
Religious Information	86
Regular Meetings	80
Train Times	84
Useful Telephone Numbers	79

Business Adverts

Black Bull	24	Laura's Loom	14
Capstick Insurance	31	Mathew Cook Stonemason	22
Carl Berry Window Cleaner	38	MB Designs Decorator	8
Churchmouse Café	43	McGarry Solicitor	42
Craig Chamberlain IT	64	MK Conversions Ltd	60
Cross Keys	46	Parkin And Jackson	45
Cumbria Stoves	48	Pennine Outdoor Fabrics	29
Dalton Burial Ground	50	Peoples' Hall	23
David Sykes Guitar	54	Polka Dot Cycles	23
Dawsons Fuels	33	Red Squirrel	36
Dentdale Choir September Concert	1	Richard Hoggarth Builders	49
Duncan Law Plumber	62	Robert Powell Web Design	30
First 4 Home Improvement	11	Royal British Legion	67
Footloose	57	Ryan Simpson Septic Tanks	37
Fritz Hrynyk	66	Scott Ostle Services	20
Garsdale Design	27	Sheila Shuttleworth Dressmaker	56
GJ Baines	47	SK Decorating	38
H&M Craftsmen Kitchens	43	Smart Design	61
Helping Hand	51	Stephenson And Wilson Builders	32
Howgill Upholstery	44	Steve Hopps Handyman	16
Ian Higginbotham Painter	18	Stobars Hall	40
Information Centre	24	Stramongate Press	10
J.E. Wilkinson Builder	20	Temptations Craft Boutique	34
Jed's Gardening Services	58	The Head At Middleton	53
JHS Joinery	9	Tooby's Electrical	41
June Parker Acupuncture	28	Treadwell Flooring	39
Killington Marquees	35	Valerie Hinde Architect	52
Lakes Scaffolding	19	Wools Of Cumbria	13

Weekly Coffee Morning St Andrews Church Every Wednesday 10am to 12 Noon

4th Sept Sedbergh W.I.

11th Sept Sedbergh Allotments Association

18th Sept St Johns, Garsdale

25th Sept T.B.A



**Groups who would like to run a Coffee Morning
please call Judith Ryder on 01539824379**

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- ◊ If you buy a year's worth of advertising (11 adverts) we will only charge for 10
- ◊ New advertisers buying 3 months or more worth of adverts will get an extra one free
- ◊ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

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**Lookaround,
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Sedbergh,
Cumbria,
LA10 5AD**

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

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MUSHROOMS AND TOADSTOOLS.

John Mounsey

"What's the difference between a mushroom and a toadstool?" This is a question which is often asked, not surprisingly because it's not easy to decide. In America I believe they are all called Mushrooms, but in this country we have got into the habit of calling some of the edible ones, usually with the latin name Agaricus, 'mushrooms' and all the rest 'toadstools'. In fact, they are all relatively large species of fungus and there are plenty which are excellent eating but are not called mushrooms in Britain.

Unlike plants, no fungi can make their own food, so they either digest organic remains to get energy and grow, or they are parasites on other living things, or they barter for food in exchange for something else. In the first group come the Field Mushrooms and Horse Mushrooms which most of us can recognise well enough to risk picking and eating them. What we eat is simply the 'fruiting body' whose gills on the underside produce microscopic spores, one in a million of which may grow into a new mushroom fungus. Down below in the

soil, however, is an enormous network of fine threads which grow slowly through the soil, digesting the remains of dead animal and plant material to get their energy, and releasing unwanted minerals into the soil. Unless the grass has been extremely well fertilised, this gives a spurt to its growth and it looks dark green against the yellow-green grass around. Mushrooms can live for many years, so they gradually spread outwards through the soil from their starting point, making a ring of this dark green grass. In older specimens portions of the rings may die off, so making them difficult to see from ground level, but aerial photographs show them up well. Indeed archaeologists were very excited when they observed many rings in the grass around Stonehenge as seen from the air and they presumed that they represented other henge constructions, but in the end it was discovered that they were fungi, a number of which, from their diameters, must have been hundreds of years old.

These rings have, of course, been noticed from time immemorial and the most favoured theory to account for them was that they were caused by

September Birthdays

Happy Birthday!

Ross Metcalfe

Two years old on the 28th September

fairies dancing in rings (which of course they do). In fact a Wiltshire curate, a Mr Hart, saw them coming over the downs late one evening and dancing round the grass circles. He said that they enchanted him so that he couldn't run away and then they pinched him all over and who are we to doubt the word of a curate? One of these ring-causing toadstools has become known as the 'magic mushroom' because of its hallucinogenic properties. When I was a schoolteacher we acquired a new illustrated book of fungi, and within days the page with the 'magic mushroom' had been very neatly removed. (I am not revealing the real name of this toadstool in case any reader of The Lookaround should be

misguided enough to try eating them, with potentially dire consequences).

Many toadstools are parasites on plants; in fact I'm sure some readers will have had valued trees or shrubs killed by the dreaded 'Honey Fungus'. Others again go into partnership with trees; in fact all of our trees and shrubs benefit from having a mycorrhizal fungus associated with their roots. The fungus takes up water and mineral nutrients from the soil and passes them into the tree roots, and the tree responds by sending down food for the fungus and everyone is happy. Some of these fungi associated with trees produce fruiting bodies, like the Cep and the Chanterelle, which are even better

Sedbergh SheepFest 2019

21st & 22nd September

Free entry to Farfield Mill Heritage Weekend

Shuttle buses will be running from Joss Lane car park to the Mill every half hour from midday to 4pm
on both days



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eating than Field or Horse

Mushrooms, while others like the Death Cap are, quite literally, deadly even in small quantities. (Moral: don't eat any fungus unless you are 'dead' certain what it is).

Mushrooms and toadstools are fascinating and full of surprises, and one or another can be found at any time of the year, but the fruiting bodies are commonest in late summer and autumn. Each year there are fungus forays. These are usually well advertised, so do keep your eyes open for notices in the paper or on the town noticeboards, and go along to see what an expert can show you. You might even go home with a (safe) meal in your basket.

NATURE NOTES

Ian McPherson

In his 'Little Black Bird Book' Bill Oddie (the birdwatcher and comedian) counsels birders to carry their binoculars with them at all times – you never what you might miss seeing if you don't, he says. I have always tried to follow his advice – when outside of course. The other evening at 9.30pm (after the warmest July day on record) I was looking out of my kitchen window onto Bainbridge Road in the centre of Sedbergh when in the growing dusk I saw the silhouette of a bird, backlit by the setting sun, on the roof of the house opposite. From its profile I had a strong suspicion as to what the bird might be. Excitedly and instinctively I

Sedbergh SheepFest 2019

21st & 22nd September

FREE
ENTRY!

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Rural Links Field to Fork Roadshow

Artisan Market

Sheepish crafts



Free entry & Shuttle bus to Farfield Mill

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reached for the binoculars around my neck only to find they were not there. I was inside! Making a mad dash for the closest pair I returned to the window – and confirmed my suspicion that I was looking at a Peregrine Falcon. I was as surprised to see it as I had been a few months previously when on drawing up my window blinds in the morning I had found a Treecreeper sitting on my windowsill. Judging by its size this falcon was a female. Her aquiline profile, the hooked beak, the down-turned military style moustaches, the relaxed but alert stance all combined to confirm that my instinct as to her identity had been correct. But why was one of the aristocrats of the bird world visiting a built up area in the middle of a small town on one of the hottest evenings in the year since records began? The answer is in the name. Peregrine means ‘wanderer’ and this is what young Peregrines tend to do in the first years of their lives – often covering vast distances in the process.

Maybe this one was on such a journey as, after a couple of minutes, she took off and flew west in the direction of the setting sun.

I have always loved falcons, particularly Peregrines, reputedly the fastest flying bird in the world as they stoop onto their prey at speeds of up to 200mph. Merlin and Hobby (smaller falcons) can fly almost as fast. Yes, I have always loved falcons since as a child I read about them in a boys' adventure book and shortly afterwards my aunt gave me a copy of a famous painting by Roland Green (the original painted exactly 100 years ago this month) of a Peregrine standing on a crag and looking into the far distance. And loved them even more after reading Henry Williamson's novel 'Chakchek the Peregrine' first published in 1923 and after that J.A.Baker's masterpiece 'The Peregrine' one of the most beautifully poetic books on nature ever crafted in the English language. Day after day for many years Baker searched out, followed and watched Peregrines on the Essex coast in the 1960's until eventually, in his own mind at any rate, he becomes a Peregrine himself. A magical, shamanic transformation, a shape-shifting. This was at a time when Peregrines sadly seemed to be on the verge of extinction in this country owing to the extensive use of DDT, an extremely toxic insecticide which rendered the shell of the egg so thin that it was normally broken in the nest well before its hatching date.

Thankfully since then Peregrines have made a complete recovery in their numbers and now nest regularly even in cities in the UK where tall buildings (especially cathedrals) provide them with nesting sites and

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feral pigeons give them a plentiful supply of food.

Now as I watch this bird fly away, for a few seconds I also feel at one with this remarkable 'wanderer' as she careens away over the rooftops into the darkening sky – carrying with her a freedom which as human beings we can scarcely begin to dream of.

Things you might do now:

1. Visit Wharton Crag near Leighton Moss RSPB reserve where even from the car park you are quite likely to see a Peregrine
2. Read David Lindo's book 'How to be an Urban Birder' to discover more about birds living in towns and cities and also the other books mentioned above
3. In winter go to the sea hides at the Leighton Moss reserve to see Peregrines hunting gulls and wading birds
4. Always carry binoculars with you. You never know what you might see!

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

We are always sad when our swifts have departed and the skies are silent once more.

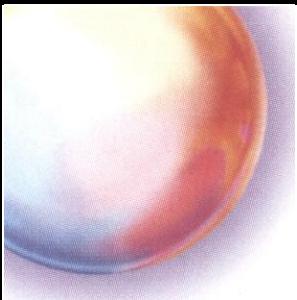
Firstly however, apologies to our readers for a gremlin that crept into last month's swift article, with a paragraph repeated in the middle that made it rather annoying to read.

The swifts in the boxes at Settlebeck school raised only one chick this year. It was the earliest to fledge from any of the nests where we have cameras, leaving on July 21st. The other egg laid in that nest had been knocked out. In the other box one of the adults had failed to return in May, and the first one to arrive did not attract a new mate. We have to hope that next year it comes back is more successful.

Our fostered chicks have done very well at Lowgill. We put the chick from Kendal into a nest that had just one existing chick and the parents accepted it with no problems and looked after them both very well. They fledged on 28th and 31st July. The chick that fell out of one of our own nests was fostered into another nest with two chicks of the same age, and the parents managed superbly with all three. They fledged between 24th – 26th July.

After chicks have fledged the parents often continue to come back to the nest at night for several days. Sometimes however one or both of them leave straightaway.

Fostering is a relatively new idea for looking after chicks that have been found after falling out of nests, or that have been abandoned when



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of

Sedbergh Lookaround

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Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448
fax 01539 730253
e-mail info@strampress.co.uk
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parents have gone missing. Birds can't count so the addition of an extra chick causes no problems when they are similar ages. Where possible – it only works where the recipient nest sites have cameras – it is considered better than the alternative of taking the chick to be reared by a rehabilitator. This is not an easy task and requires dedication, and a specialised diet of crickets and wax worms.

Sedbergh Community Swifts gets quite a few phone calls each year asking for advice both about fallen chicks and also adult swifts that may have been grounded and are unable to take off. In the latter case the first thing to do is to put the bird into a shoe box and let it rest. Then go somewhere where there are no obstructions, like a field or an upstairs window, put it in the palm of your hand, and let it take off in its own time. Don't throw it up in the air. People from all over the north (and even once from Essex!) ring us up and we are delighted to be able to advise them.

As we write (August 14th) it is most unusual that at Lowgill we still have five nests with chicks. Four of these are new pairs that laid eggs late and we expect fledging to be in the 3rd and 4th week of August. The latest chick is not due to leave until the first week of September! It does mean that we will have longer to enjoy watching the swifts, and although we are anxious for them, we hope that the fledglings survival is as good as those that fledged earlier.

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

COMMUNITY ORCHARD GROUP

A Parratt

As many of you will know we had a wonderful show of blossom on the apple trees this year, even the windy weather didn't dislodge it. So... we were looking forward to a bumper harvest of apples, that is until the birds arrived to peck away at our precious crop. It seems they like all the apples, whether they are eaters, cookers or dual types. We even put up streamers and cd's, but unfortunately they weren't scary enough. Hopefully we can find a solution to keep them away before next year's crop!

It's been great to see so many people enjoying the orchard, whether it has been to picnic, relax on the

benches and take in the stunning views or to pick and enjoy strawberries and other fruit. It's a facility open for everyone to enjoy and share, including the fruit and herbs!

This September sees us welcoming year 5 from the Primary School again for an afternoon at the orchard of bug hotel construction, apple tasting and bug and bee recognition and information.

And of course we are looking forward to our annual Apple Day which takes place on Saturday 26th October at People's Hall.

Don't forget you don't need to bring apples to come to Apple Day.

There is a lot to see and do including seeing how apples are



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turned into delicious juice, listening to live music, enjoying a light lunch or tea with friends, talking to other eco-friendly groups, apple identification and children's activities. There is no charge to come to the event, just turn up between 10am and 2pm and enjoy the atmosphere of this family friendly day.

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

- Meet other orchard enthusiasts
- Quarterly newsletter
- Attend free pruning and grafting workshops run by SLOG
- 5% discount at Beetham Garden Centre
- 10% discount at Rogers of Pickering, suppliers of trees and other garden items

Membership: £5 / Individual, £7 / Family

If you would like to join COGS and become involved in the Community Orchard, please get in touch with Ann Parratt 20964 or Jacqueline Smith 20760



SEDBERGH MEDICAL CENTRE

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

2019
Wednesday 11th September
Thursday 10th October
Wednesday 13th November



JULY WEATHER:

B Wright

July is often one of our wetter months but this one was rather mixed. A total of 3.87inches (98.3mm) gave us an average rainfall for July. A few days were rather wet with over 0.4inches (10+mm). Winds were generally light with a maximum gust of 20.6mph (32.8kph) and as usual mostly from the North West.

The month was, as to be expected for the time of year, generally warm with several days in the 70sF (20+C). The maximum recorded was 75.7F (24.3C) and the minimum 55.8F (13.2C). No sub-zero wind chill temperatures this month!

The thrushes and blackbirds I have been watching feeding young when I took the dogs down the lane have sadly ended, as do most birds nesting in the open around here! I found 2 near fledged thrushes and 2 well grown blackbirds on the path one morning.

We have had young goldfinch and chaffinch at the feeding station so I don't know where they nest to avoid the predations of the magpies. A great deal of corn is getting spilled on

the ground as a result of young jackdaws swinging the feeders about. Unfortunately, this encourages rats to come to glean up around the feeders which have avoided traps recently. I did get one earlier!! My neighbours have had another visit from the mink into their garden where they moved the surviving ducks. It had had a go at the 3 survivors though not killing them outright.

Our tulip tree has been magnificent this year with hundreds of flowers. Let's hope some of the seed set. Kew told me that the seeds had to go in the freezer to make them viable which confirms ours is the American one not the African one. The colour of the flowers also confirms it is the one from the Eastern United States,

yellow and not red. Butterflies have been few in number again so perhaps the heavy showers have not been to their liking for breeding again this year.

It certainly can't be a shortage of nettles. I have a forest of them having chopped them down once already this year they are 3 to 4 feet high again and have taken over half the chicken run!! It will have to be a chemical or flame gun attack to reclaim the space for the surviving pair of geese and one elderly chicken!

We were half a day short of getting a hay crop. The imminent rain meant we had to black bag it which isn't a lot of use for me with my few sheep.



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SEDBERGH ALLOTMENT ASSOCIATION

Anne Parrat

As an Association we are starting to raise money for a new shed, in a previous life, our present shed has been well used and loved by many sheep, but now the time has come for a radical improvement!

To kick start our fundraising we held a very successful coffee morning on 7th August. Wonderful baking and delicious chutney, jams and preserves were for sale alongside a profusion of organically grown produce and plants. Visitors were impressed by the variety of produce on offer, including yellow courgettes, giant beetroot, redcurrants etc .

The next SAA coffee morning is on Wednesday 11th September where we hope to have even more produce and delicious baking on sale.

Membership of the Association is open to all persons having a property address within the LA10 5 postal district. All plots are presently allocated, but if you are keen to grow your own produce and would be interested in a plot if one becomes available, contact either Jim or Ann below with your contact details and you will be put on the waiting list.

For further information please contact the Secretary, Ann Parratt (tel. 015396 20964) or the Chairman, Jim Atkins (tel. 015396 20031) or visit www.sedbergh.org.uk/community/groups&clubs/allotments.



ENVY

Fifth and final installment.

Evelyn Salter

Last month we left a very unhappy Lydia watching TV...

Shame washed over her as she watched a program about the street children in South America. Then another of those endless make-over programs. All the same by the time she went to bed she had begun to think in a more positive way.

Morning brought a brighter day and the street outside appeared cleansed by the watery sunshine. Lydia felt immediately better at the sight of sun. She walked across the landing and shut the door on her mother's room. She had come to the happy realization that she had nothing to

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feel guilty about. She had given her mother and her sister the best years of her life and, now, it was time for Lydia's life. It was Dec 1st, a new month, and over toast and coffee she made her plan.

A week later Lydia found herself relaxing in a beautician's chair, her hair styled and her face glowing from a facial. Feeling giddy with her newly realized freedom she casually offered her credit card as payment. What did it matter if the house was sold, after all Chrissie could bale her out; she'd never asked her for anything before.

Next Lydia dropped by the opticians to pick up her new contact lenses. She was delighted not to be recognized by the receptionist.

'Oh, oh it's you Lydia, I, well, I didn't recognize you.'

'No, well there you go it's me alright,' answered Lydia smiling joyfully.

'So sorry about your Mum Lydia, did Chrissie get to the funeral'.

'Yes, she did thank you Anne', and that's enough of that thought Lydia, 'are my lenses ready?

She swept out of the shop gaining in confidence with every step. Next stop was the designer floor in Debenhams. Heaps of bags later she ordered a taxi. Paying the driver and tipping him well she basked in his admiring glance. Dumped was the navy suit, Lydia was wearing a beautifully cut designer suit in red silk.

Home at last and feeling better than she had felt in years. She picked up the phone and called her sister in New York.

'Hello Miss Martin's suite.'

'Can I speak to Chrissie, it's her sister Lydia.'

'One moment please', there was a sharp click and then.

'Hi Lydia, how nice of you to call.'
It was Him.

'Oh, I, I, well, I wanted,' Oh for heaven's sake pull yourself together thought Lydia just take a breath and start again. She did. 'Hello Jeff, where's Chrissie has she left you babysitting the PA?' Goodness where did that come from she thought as she heard him laughing.

'Yeah, something like that, Chrissie will be sorry to have missed your call, how are you feeling?'

'Oh, I'm fine.'

'I do hope you are, it can't have been easy for you, Chrissie said you have looked after your Mum since you were thirteen and that you brought her up'.

'Oh I wouldn't say that'.

'Chrissie would she is so proud of you, say why don't you come over and join us for Christmas.'

'I, well, I wouldn't like to get in the way'.

'Oh, did you think Chrissie and I where an item? No, I'm just here for a change of scene, Chrissie is out with



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the man in her life at this very moment, shall I get her to call when she gets in, or if she gets in?’

Lydia found herself laughing at the way he put it.

‘No, it’s ok. I’ll call tomorrow, nice talking to you Jeff’.

‘Likewise, good night Lydia and Merry Christmas,

‘Good night and yes, Merry Christmas’.

A week later a taxi stood outside No. 27 Park View with its engine running and its driver packing the boot with a six piece, fully matching set of luggage.

Lydia heard herself say ‘Terminal 1 Heathrow please driver’.

‘Right you are Miss.’

As the taxi sped down the wet street Lydia looked back at the dreary semi where she had spent her life. She felt no regret, only a thrill rising up from her toes and bringing a blush to her cheeks. At last, her life was all her own.

‘Merry Christmas, Miss,’ said the driver as he dropped her off.

‘Merry Christmas’, repeated Lydia, knowing it would be.

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SEDBERGH SHEEPFEST, 21ST & 22ND SEPTEMBER

Nathan Fuller

Sheepfest is Sedbergh's celebration of all things sheep. If you've never witnessed this baa-rilliant event before, ewe are definitely missing out!

For the main attraction local businesses, organisations and individuals work together to create their very own life size sheep that are displayed in shops and businesses along the Main Street and in other public outdoor areas for the duration of the weekend. Comic names are positively encouraged! Have a stroll around town to see how many you can spot, and maybe even learn a thing or two with our mini sheep quiz along the way.

This year's theme is 'rubbish sheep' inspired by the current focus for a more sustainable and eco friendly way of living. We are hoping that people will come up with creative ways of recycling items into making their sheep, as well as considering where that will end up after the weekend itself. That means digging out your sheep from previous events is positively encouraged. There will be a prize for the 'best in show' so get your thinking caps on! If you haven't already let us know that you are joining in the fun, please do get in touch so we can add you to our list. You can let us know on our Facebook Page <https://www.facebook.com/sedberghsheepfest/> or email us at project.manager@sedbergh.org.uk There is lots of inspiration from previous events on our website

SEDBERGH SWIMMING CLUB

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Tuesday

Lessons 6-7.30pm
Adult recreational 7.30-8.30pm

Wednesday

Adult intro to front crawl
6.30-7.30pm

Thursday

Lessons 6.30-7.30pm
Adults & accompanied children
7.30-8.00pm
Adult recreational 8.00-8.30pm

Saturday

Open recreational 10.00-11.00am
Toddler sessions 10.15-10.45am

Membership: adults £30.00
 juniors £15.00

Session fees: adults £3.00
 juniors £2.00

Lesson fees: £30.00 per term



www.sheepfest.co.uk or the Facebook page.

Originally the brain child of the team at Farfield Mill Arts & Heritage centre, there will be free entry and a shuttle bus service to the Mill on both days, where they will be hosting some sheep related crafts and activities as well as displaying their own set of sheep as part of their Heritage Open Weekend. Children can also grab a free goodie bag for taking part, and pose as 'Shepherd and Sheep' with our Sheepfest board. There will also be lots of information about the amazing natural and sustainable resource that is wool, with the Mill being an integral part to Sedbergh's heritage and the wool industry.

For 2019, Rural Links will also be joining us on Main Street with their field to fork roadshow, with various breeds of sheep and other animals for visitors to see and learn about.

To coincide with the event, there will also be Sedbergh's famous Artisan Market along Main Street with both sheep and non sheep related items available for purchase.

Ewe would be baa-rmy to miss it!
See more details on pages 6 & 7

FRIENDS OF QUEENS GARDENS – TEDDY BEARS PICNIC

Ann Parratt

The Friends of Queens Gardens invite all young children to a Teddy Bears Picnic on Saturday 31st August all they have to bring is a picnic, a rug to sit on, an adult and of course, a teddy bear!

A treasure hunt, games and music will all be part of the fun during the afternoon, with plenty of time to explore and play in the Gardens.

There will be tea, coffee and biscuits for the grownups, and squash for the little people.

The fun starts at 230pm, so come to the Gardens to have a great, free afternoon. Don't forget, all families are very welcome and the more teddies that come, the better!

Any questions - call Ann on 20964



OUNCILLOR'S CORNER

Cllr. Suzie Pye

Each week SLDC publishes a Weekly Tip via their social media channels, which it is well worth looking out for. The tips are usually suggestions of simple changes we can all make to how we live and go about our business, which will have a positive impact on the environment. Here's one such Weekly Tip from a few weeks back:

Engine idling contributes to air pollution, which is a significant health and environmental problem. Recent estimates suggest that 40,000 deaths a year in the UK are linked to air pollution.

Engine idling had actually been brought to my attention by a concerned resident only a few days before this tip was published, so it did seem rather timely!

Public Health England states that there is strong evidence that air pollution causes the development of coronary heart disease, stroke, respiratory disease and lung cancer, and exacerbates asthma. Of course air pollution from vehicle emissions ultimately needs tackling on a larger scale: promoting the uptake of low

emission and electric vehicles; setting ambitious targets for electric car charging points; and boosting investment in clean public transport, as well as foot and cycle paths.

But for now, we can all make a collective difference by seeking to keep idling engines to a bare minimum. As a general rule, if you think your vehicle is going to be stationary for 30 seconds or more – turn the engine off. Especially around town centres and schools, where there are a greater number of people breathing in traffic fumes. Like with all habitual changes, it takes practise, persistence, and perhaps a bit of gentle nagging by back-seat drivers! But switching your engine off when stationary will soon become as second nature as putting on your seatbelt.

I am keen to look at ways that we can increase awareness locally, and to work with local residents, businesses and groups. So please do get in touch if you have any thoughts on the subject, and watch this space for more news on tackling idling engines in weeks to come...

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GARSDALE PARISH COUNCIL Coal Gas and Whips

Philip Johns

The official bit: At the Garsdale Parish Council in July, much was discussed. Tim Farron had been contacted regarding a proposed trial of 'noise cameras' to detect errant cars and motorbikes who were flaunting the law with adulterated exhausts. The response from the Transport Department was non-committal but Tim promised to follow it up. Plans were started to make further improvements to the village hall, such as roof repairs, paving and disabled access. Cumbria Highways had completed the resurfacing of The Old Road by The Fell and it now had a smooth surface along it's entirety.

B4RN had started in earnest on Route 2 and 99% of the ducting is now in place and was awaiting fibre. Most properties had house kits fitted. There was a bit of a mix up at Railway Cottages but this has since been resolved. A meeting with Northern Rail had been arranged to look at improving access to the North bound platform at the station. The rail representative could see for himself how the approach to the platform was indeed treacherous and is to propose a series of improvements to Network Rail. Chairman Annette had attended a meeting with SLDC to discuss the onerous water risk assessments that they insisted had to be carried out, despite other councils deciding that they were not necessary. Numerous

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proposals were put forward and, hopefully, some will be taken up. It was also decided that council will look to replace the village name signs for something more attractive, possibly with the help of National Parks. Council also voted to lobby SLDC to reduce the council tax paid by businesses and residents to more accurately reflect the low level of service which the dale receives.

Full minutes are on the website: www.garsdaleparishcouncil.com

Philip Johns, Clerk to Garsdale Parish Council,
garsdaleparishcouncil@outlook.com

The unofficial bit: I am officially old. I am 63, even though I am 30 in my head. If I died today, people would say "63? That's no age at all!" but 30 years ago people would say "63? That's a good age!". Nowadays, if you don't live until your 80's, then you've died young. The reason I say I am old is down to the state of present-day technology. I have been out with B4RN a lot over the past year, following a contraption that looks like a lunar space module, but is in fact a mole plough, which digs in plastic tubing in the ground at a depth of half

a metre, through the fields and up to people's houses. Later, I was out with the guys who, literally, blew minutely thin glass tubes, called fibre, through the plastic tubes into the houses. Later I was with the B4RN lady who put a white box with flashing lights, called a router, on a wall and attached the glass fibre. A series of hieroglyphics was punched into a mobile or iPad, and, hey presto, the whole world is at your fingertips at lightning fast speeds. How does it work? Heaven only knows! So, the crudity of tramping across fields in wellies, spade in hand, digging in vivid orange plastic tubes to the high-tech world of the internet, is truly mind blowing and totally incomprehensible.

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All this got me thinking of how things were in my “youf”, in the days when God was a lad. The day came when we had a phone installed, after applying and waiting for months, wires were attached to the house and this big, black, heavy phone was placed on the hall table. The handset was attached to the base with a thick, curly cable and the chrome circular dial, with holes cut out for your fingers, shone brightly. We stared at this miracle of ‘modern technology’ in awe but were frightened to use it. Our phone number was 3 figures, if you wanted to phone outside the area, you had to contact the operator at the switchboard and often had to book the call.

Certainly, life was simple in those days. As kids, we made our own entertainment, the most sophisticated toy we had was a “whip ‘n’ top”, although I did get a Scalextric in my later childhood! I remember the day the house was converted from the sickly-sweet smelling, heavy coal gas to the lighter, odour free North Sea gas. Before the conversion, if you were tired of life, you could stick your head in the oven, turn on the gas, and would be ‘brown bread’ in

minutes. These days, the only way to gas yourself in the oven, is to close all the doors and windows, turn on the gas and light a match!

The advance of technology is truly amazing. What will we have in the future? Driverless cars, even ‘hover cars’ which won’t need roads, meat made in factories that doesn’t come from animals, so sheep and cows cease to exist, in a bid to reduce greenhouse gases, genetically produced babies free from defects where you can choose the colouring, sex etc. etc.?

We keep thinking of going ‘on holiday’, but, when we think of the packing, driving to the airport, fretting about the traffic and getting there on time, sitting in a cigar tube 37,000 feet up in the air for hours, worrying about crashing, getting to the resort after, hopefully, a successful landing, just to spend a few days on a beach and eating some dodgy food, to then have to do it all in reverse to get home and worry if the house has been burgled in our absence, is it really worth it? However, if advances in technology could teleport us there and back in an instance- bring it on, yes please!

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SEDBERGH PARISH COUNCIL

Janey Hassam

This report covers items from the Parish Council meeting held on the 8th August 2019. The next monthly meeting will be held on Thursday 12th September 2019 at 7.30pm. The meeting will be held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Cllrs Lancaster and McPherson paid tribute to North Yorkshire and Richmondshire District Cllr John Blackie following news of his recent death, noting his contribution towards Sedbergh as a member of YDNP for 22 years.

CCTV for Sedbergh?: Sedbergh Parish Council would like your views please. Members have been approached by Cumbria Police/Police & Crime Commissioner and South Lakeland District Council to consider Police monitored CCTV for the community. Whilst infrastructure costs would be subsidised by The Police & Crime Commissioner and SLDC, the residual cost would be borne by Sedbergh Parish Council and, therefore, Members would like your feedback. Please complete the questionnaire included in this copy of

the Lookaround, or find a copy available from businesses on Main Street. Please note, the closing date for receipt of completed questionnaires is 9th September 2019. Please post your completed forms at the Parish Council office - No72 Main Street (above the Information Centre) or email direct.

Joss Lane car park

Sedbergh Parish Council has recently completed their annual return for South Lakeland District Council in respect of the lease of Joss Lane car park – giving a summary of income and expenditure. The net income received from Joss Lane car park, after costs for running the car park and maintaining the public toilets on Main Street was £11,933. These funds helped contribute toward various grants in the town and assisted with the significant rebuild cost of the retaining wall at the Bowling Green, resurfacing works at the Tennis Club (Guldrey), culvert works at Guldrey and improvement works to Maryfell play area. Residual funds are being reserved to assist with the significant resurface and improvement works required in the future.

Other Matters: Various other matters were discussed: including an update from the Amenities, Planning and Finance Committees. Other matters including the ongoing negotiations in regard to the informal parking area at Langstone Fell, uses for the recently adopted phone kiosk at Millthrop, concern over the exercising of dogs on the paddock next to the newly developed play area at Maryfell and the recent works at Queen's Garden. Also, the review of

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Market Service Level Agreement with Sedbergh CIC, VE Day preparations by the People's Hall Committee and Sheepfest proposals for their Field to Fork exhibit running alongside the event in September. Ongoing plans for the Tour of Britain were also discussed, notably that Sedbergh was now highlighted as a potential Sprint section on Stage Four. Finally, Members were asked to give feedback on the plan to form a Marketing/PR Strategy for Sedbergh.

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

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

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

TIM FARRON'S COLUMN

Tim Farron

We are well into the Parliamentary recess. In fact by the time this edition of Lookaround comes out Parliament will be just about to start work again. I've long thought it was stupid that MPs have so much holiday time. Added to this to be on holiday at this particularly uncertain time seems to me actually negligent. But apparently a few MPs had already booked their trips to Tuscany, or wherever, and so all the calls for us to carry on working were ignored.

As you know I try to use my time away from London as productively as possible getting around and seeing as many people as possible. Even taking part in a few fell races.

In the run up to the start of the recess we did manage to get quite a bit done.

I got the Transport Minister to agree to meet with me after I asked her to launch a new transport deal for rural communities and invest in bus services that are regular, reliable and affordable. I mentioned the magnificent work done by volunteers who make the bus services around Sedbergh and Dent possible but told her it was unfair that we had to rely

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James Palmer

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on them to provide what is essentially a lifeline for many people around here. Without our community bus services many people would be completely stranded. I wait to see what the minister says when I actually meet her (after the summer recess of course).

Beyond transport, farming was the big issue I was focusing on in the final few days in Parliament. During a debate in the House of Commons I asked the Agriculture minister to increase the powers of the Grocery Adjudicator to protect farmers in the event of a no deal Brexit. Farmers are really worried about the impact a no deal would have on lamb prices. If we move to World Trade Organisation rules all of our lamb exports will face

a 40% tariff. Brilliant though our lamb is, clearly making it 40% more expensive than other countries lamb will have a massive impact on our exports. I am scared that the big supermarkets will take advantage of this situation and drive down the prices they pay all of our farmers for lamb.

Sadly, although the minister claimed that the lamb market was the "...single biggest concern about a no deal Brexit", he was not prepared to commit to do anything about it.

I have a new position as chair of the All-Party Parliamentary Group on Hill Farming. We have agreed a key priority is to lobby the government to continue with the Basic Payments Scheme (BPS) for farmers for at least another 3 years. The current plan, developed by the former Minister for the Environment, Food and Rural Affairs, Michael Gove, was to phase out the BPS the year after next and replace it with a new scheme in 2024. But the plans for the new scheme are incredibly vague and last month we learned that trialling it has stalled because the department was not prepared to spend the money needed. Added to this, courtesy of this new Prime Minister, we now have a new minister in charge. Someone who grew up in London and is an MP for a London constituency. It doesn't give you much hope does it? How can our farmers plan more than 18 months ahead in this situation?

As ever, if I can help with these or any other issues then please drop me a line at tim@timfarron.co.uk or give us a call on 01539 723 403. Thanks for your support.

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CLIMATE CHANGE: SHOULD WE LISTEN?

Dave Smith

The twentieth of September will be the start of a week of action to raise awareness of what is now being called the Climate Catastrophe. During this week school pupils from all over the world will, once again, be missing lessons to bring attention to the damage that is being done to their future lives, through the burning of fossil fuels.

Greta Thunberg, the 16 year old schoolgirl from Sweden who started this mass movement, giving voice to young people's outrage at the empty words and lack of action from governments around the world, has repeatedly said that what we must do

to inform ourselves about the seriousness of the situation is simple - just listen to the scientists. There are now so many books, articles and youtube videos which we can use to help us listen, but probably the easiest way is to go to youtube and watch David Attenborough's recent BBC programme called 'Climate Change: The Facts'. It's just an hour long.

So why should we take much notice of the week of action inspired by Greta Thunberg? Well, in brief, the following are some of the issues at stake. The ongoing and rapid extinction of species. The melting polar ice caps and glaciers, leading to significant sea level rise around the globe. More frequent and more

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severe extreme weather events. The huge increase in the number and scale of forest and peatland fires. Desertification arising from much higher temperatures and changes in rainfall patterns, leading to drought, famine, flooding and disease. Dangerous acidification of the oceans. Chronic air pollution. The inevitable mass migration north of millions of people from southern, parched or flooded countries inevitably leading to conflict and war.

Once we have listened and taken notice then there is a simple binary question which we need to ask ourselves. Do we believe the 99% of climatologists from around the world who are now warning that the climate is changing rapidly because of the

burning of fossil fuels and that we have only a relatively short time in which to take decisive action to limit the damage? Or do we not believe them and think that they have just got it wrong?

If we think that scientists have got it right and our children's futures are likely to be seriously affected, then what can we do about it?

Here are a few suggestions.

Number one – use your vote! This is something that Greta Thunberg and our children can't do. Let's give them a hand until they can. Ask these questions of the various parties at the next General Election. What are your policies on fracking, mining for coal and subsidising the fossil fuel industries vs subsidising solar and wind energy? What are your policies on building more roads and airport runways vs improving public transport and our rail infrastructure? Will they commit to invest in research and development into battery technology, electric vehicles, carbon storage, eco-housing, insulation, sustainable farming practices and recycling or just make vague general statements and uncosted promises?

Number two – if you currently invest in the stock market then divest from any company or business that has any connection to the fossil fuel industries. These industries have known from the early 1980s that the burning of fossil fuels will have a warming effect on the atmosphere and they chose to ignore it. They could now be championing the move to sustainable energy, using their immense wealth to invest in new technologies, but they choose to



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ignore this option and extract ever greater quantities of coal, oil and gas which will be burned and create more carbon dioxide and other greenhouse gases. Only economic pressure will force them to change their policies.

Number three – take every opportunity to ensure that your energy is from a renewable source and if you can possibly afford the investment up front, take a serious look at solar power for your house.

Number four – the most difficult and controversial of all - lifestyle change. So many books have been written on how to make changes to our diet, energy consumption, homes, shopping habits, modes of travel, holidays etc. These can't easily be discussed without sounding preachy. It has to be a personal choice, best discussed and shared across the family as Greta Thunberg did with her parents. They weren't really much interested at first and it took her a long time, informing and persuading, before they finally started to really listen and realise that their daughter was right and that her future was at stake. Only then did the family come together to plan how to incrementally change their behaviour and choices about how to live their lives in a way that limited, as much as possible, their carbon footprint. (Your carbon footprint is the quantity of carbon dioxide that is produced by all of your activities and in the UK the average person's carbon footprint is about ten tonnes per year. In the USA it's about 20 tonnes and in Somalia about one tenth of a tonne.)

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So please, in the week beginning 20 September just listen to the questions that children are asking of our government. It is actually going to be a week of action and awareness-raising for adults too. You might want to take part in some way. I'm not suggesting that you glue yourself to anything in particular but you could just give an hour to watching or revisiting that David Attenborough programme on youtube or BBC iplayer. I believe that this is one of the most important programmes that has even been broadcast. If you're interested in reading more, then 'There Is No Planet B' by Mike Berners-Lee is a good place to start.

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KILLINGTON W.I. The Afternoon WI for the Entire District

Wendy Fraser-Urquhart

Reports for June and July 2019

NO! Honestly! I didn't forget last month. Perhaps I should have submitted a note telling you that there would be a double dose this month. The fact is that, for once, we had our meeting on the third Tuesday of the month instead of the second Tuesday, which meant that the last date to send contributions to 'Lookaround' had already passed before our gathering. In times past the last date to submit advertisements was the 15th of the month, and the 19th of the month was the date for articles. Dennis then changed it to 15th for both – there was such a lot of work for him to fit in. As I am sure I have mentioned before I have always been a 'last minute' person so many a time sees me

burning the midnight oil, (or midnight electricity to be more accurate).

June was the date set for our summer outing so the morning saw us gathered in Joss Lane car park to board our Bibby's Coach for our journey to Barnard Castle, or 'Barnie', as it is known to the local folk. Bowes Museum was our destination and I have to admit to never having visited it before. I prefer gardens and countryside to houses and museums, so was glad to have the extra push to view its well reputed treasures. One of the current exhibitions featured exact and complicated Lego models. One of the most impressive was a model of the Bowes Museum itself.

We were not the only group to be enjoying the exhibits that day. It seemed that there were hundreds of primary school children everywhere, neatly attired in school uniforms topped with day-glow waistcoats. They were busy with their question sheets and drawing papers and all happy with their researches. What a wonderful way to help children to learn and appreciate. Obviously, I had missed out on such training. They came from Darlington and were so well behaved and interested. Seeing them gave me more pleasure than the superb exhibits.

We were served a tasty lunch in the Jubilee Room before having a guided tour of the many and varied collections which the museum houses. Our visit concluded with a leisurely stroll around the gardens. What a lovely day in the best of company! Thank you, Marion, for organising such a super outing – not a hitch anywhere!

We were back to our 'second Tuesday' for the July meeting. Susan extended a friendly welcome to us all, especially our visitors. Claire Pope has visited us before but then to perform folk music with her husband Ken. Now she has come to see if she wants to join our merry band. We hope she does. Margaret Hodgins who was our delegate at the National Federation meeting in Bournemouth last month came to tell us about the goings on there. (I must look at a map to see if a River Bourne really does emerge there).

Once again, we had a 'back to front' meeting - in other words speaker first, tea and business later. Andrew Willis was our speaker today and his topic was Photographic Restoration. He outlined the origins of photography before moving on to show us striking example of his craft. We saw the 'before and after'. One of the techniques which seemed to intrigue the assembled company most was the seamless removal of unwanted bodies, very useful for wedding photos in the event of later divorce! He left us with tips on how to prevent our photos from deteriorating. Our thanks were expressed by Margaret Denton.

Then onto important matters – tea, competition, chat and more chat. The Old Photograph competition was won by Marion Wood with a picture of her husband's great, great, grandparents. G, G, Grandad had been an iron miner in the Furness peninsula. The raffle was won by Rose Sanderson, another welcome guest.

Then it was back to business. Birthdays – Joyce Cox, Cynthia Thompson, Diane Turner, and a cake-earning celebration for Maxine Sweeting. Absentees -several so best wishes to all especially Shirley and Marjorie Bramley, our invalids. Marjorie is now recovering from a broken femur. I keep telling her to put less gin in those G & Ts. Our coffee morning, held in St. Andrew's Church Room was a success both financially and socially.

How pleasing it is that the wonderful Sedbergh coffee mornings have transferred so smoothly from the UCR. I understand that the church ladies are now providing coffee on a Tuesday morning when most providers of liquid refreshment are closed but a tourist coach often visits. Well done them!

Various forthcoming events were planned but the most important of

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these is our Summer Garden Party at Sally's house on Tuesday 30th July at 3-00pm. A new member asked me recently what we did at our Garden Party. Apart from telling her that Sally wore a crown and shook our hands, there wasn't much I could say!

Our August Meeting at 2-00pm in the People's Hall on Tuesday 13 August is entitled 'Chat and Craft'. Sarah Woof said that anyone interested in making a small book should bring along an empty 'Mr Kipling' box as it will be the best thickness of card for the purpose. Valerie Cann says "...the alternative is that you could bring along a full box and we will help eat the contents!!" Others are welcome to bring along their interests and share them with the rest of us. See you then.

PS. I have noticed that Sandra Gold-Wood, who calls me Mrs. Upcart, no longer writes her weekly report for the Westmorland Gazette. We would like to thank her for her years of valiant service. That really was a tremendous job -such a lot of work and always done with a smile. She deserves a medal!

SEDBERGH W.I.

Moira Folks

Our intrepid walking group drove out to Crosby Ravensworth on July 18th on a wet morning, but after waiting twenty minutes in the car for showers to pass, they had a rain-free walk for about six miles, finishing up at Kennedys Chocolate Shop and Factory in the Old School at Orton for tea and cake. Their next walk, on 22nd August, is planned to start at Hackthorpe near Lowther.

We had a good turnout for our main meeting on August 14th when we were pleased to welcome three guests, as well as our lively local speaker, Suzie Pye. Her subject was 'Zero Waste Sedbergh' which she explained was the aim she was working towards, when everything we used could be recycled or reused instead of going to landfill. Single-use plastics used in packaging are particularly damaging for the environment. She applauded Sedbergh School which has banned plastic water bottles and provided the students with reusable water bottles that can be refilled at water fountains, and she encouraged us to have bottles which can be refilled too. In fact, a recent initiative is for shops to display a notice offering to refill water bottles with free tap water. There is a movement attempting to discourage supermarkets from using plastic packaging. At the same time, manufacturers constantly bombard us with advertising to try and persuade us to buy more and more new household goods instead of reusing or reviving old things, while the emphasis on fast, cheap fashion

which soon wears out and is thrown away creates waste and harm to the environment. Suzie encouraged us to use charity shops as an outlet for clothes and goods we no longer need. Sedbergh Primary School has a uniform shop where secondhand (preloved?!) school uniforms can be exchanged or replaced. Something that really shocked us was the wasteful use of water in developing countries to feed the demand for cotton: Suzie quoted that it takes 2,100 litres of water to make one cotton T-shirt because the cotton plants first need to be watered to grow, then the mechanical procedures and washing the fabric use more water, which then enters waterways and pollutes drinking

water. She told us about the Aral Lake (between Kazakhstan and Uzbekistan) which is severely depleted because of cotton production. Suzie recommended us to look at bamboo clothing as an alternative to cotton. Other ways of reducing our carbon footprint include using compost bins for garden waste or food digesters for food waste. We all need to make all the changes we can to protect our planet and its precious animal and plant life, and to reduce global warming. Every little helps!

Our book club discussion the next day centred on a country that was new to us, and an era long ago, starting in the late 18th century. 'Homegoing' by Yaa Gyasi starts off

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in the Gold Coast (now Ghana) in Africa and follows the fortunes of two half-sisters, Effia and Esi, who had very different destinies. One is sold into slavery, the other becomes a slave trader's wife. Yaa Gyasi's writing is very good, the local colour provided in her descriptions of the African and American settings is excellent, and her depiction of the main characters in each successive generation, up to modern times, makes us empathise with them whatever lifestyle they follow. It's a very thought-provoking novel, and highly recommended. We voted an average of 8/10 for it.

Many thanks to Christine for hosting our meeting for the first time: we all enjoyed her excellent cake and biscuits, as well as the lively discussion!

Our next WI event is our coffee morning, which will be held in St Andrew's Church rooms on September 4th, and will have the usual cake, book and bric-a-brac stalls. Please come along and meet your friends here for a chat over coffee and homemade biscuits: you will be very welcome!

On September 11th we look forward to another evening of Art with the welcome return of Ruth Clayton and Stuart Gray, when we're hoping to have a hands-on art experience with Ruth and Stuart to guide us. No experience or skill required: we'll all learn together! That's in the committee room at the People's Hall at 7.30pm on September 11th. Newcomers and visitors are always welcome.



DENTDALE W.I.

Thelma Belfield

Following president Sue Owen's warm welcome to everyone we began our evening with a pop-in visit from retired member Freda Meakin who has very recently become a nonagenarian and who continues to produce our beautifully scripted monthly notice board Posters giving details of each months speaker. Freda had called in to give her personal thank you to all institute

members for her birthday gifts and card. Everyone was very pleased to see Freda and it provided a great start to our evening.

Business began with the good news that our Mini Market had raised £146 for Institute funds and Sue thanked everyone for their donations of home baking, preserves and craft work. She went on to remind everyone of the forthcoming Dent Gala on Bank Holiday Monday. This year we will be providing food throughout the whole of the Gala. Many of us are signed up to provide cakes, scones, traybake, quiches, sausage rolls and sandwiches and to help prepare and

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serve the refreshments at this traditional and popular village event. All funds raised at this event help to maintain the Dent Memorial Hall.

We then heard that this year to help raise funds for our selected charity, a Family Quiz night including supper is planned for October. Preparations for this will begin at our September meeting. The money raised will be donated to Unsupported Ex-Servicemen and the Homeless and Rough Sleepers charity.

Federation activities as always are ever present, and especially just now with their Centenary Year rapidly approaching . Our craft group are busy with the Centenary panel which all Institutes within the Federation have been asked to produce. Our

panel will include illustration of the cobbled street and Memorial Fountain in the village , the Settle Carlisle railway, our signature table cloth with its WI logo and of course, reference to tea and cake. A lot of hard work which needs to be completed by end of September.

Regretfully our September dining club outing has been postponed due to all the activities we are currently engaged in simply due to lack of time to plan it. It will be rescheduled in October.

September also brings us to our Open Meeting when our speaker will be Gordon Fletcher who will tell us about Morecambe Bay – Underwater safari which promises to be very interesting. Members from other



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institutes are invited to join us to hear Gordon and enjoy a buffet supper.

Business concluded, Sue welcomed and introduced our speaker for the evening Will Clay who was with us to raise our awareness on Fraud Protection against Scams. Will began his presentation by telling us that he became very aware of the vulnerability of older people to scams whilst running his business Home Instead Senior Care. As a result he began giving talks to different groups within South Lakes to raise awareness and so help prevent this happening. Will went on to tell us that each year 3 million people fall victim to scams with financial losses amounting to 3 billion pounds. 53% of these victims are over 65. Perpetrators target elderly people for several reasons. Financial stability, large population, loneliness and poor health. Scam schemes come in the form of letters, telephone calls and emails. All of them offering very credible offers of investments, gifts

and opportunities to make the victims a profit. In reality it is only the scammers who make a profit. Also, as Will told us, the people making these contacts especially by telephone are always very charming, friendly, very persuasive and persistent, making it much harder to refuse what they are offering. Scammers come in many forms. Doorstep Rogue traders, distraction burglary, online scams, scam emails and impersonating UK officials. Will told us of a recent scam that used HMRC correspondence requesting victims to give their financial details in order to receive a tax refund.

Will's advice of how to avoid falling victim to any of these schemes is NEVER give your financial details out to anyone unless you have made the initial contact. Be suspicious, don't be pressured into agreeing to a purchase over the phone, follow your instinct if it feels wrong. Will also told us that a telephone call blocking device is available which enables you to block this type of call. Above all if it happens to you report it promptly. Many victims do not report these crimes until some time after the event due to embarrassment, anger, distress and despair at their financial situation. Scamming is a crime and perpetrators must be stopped.

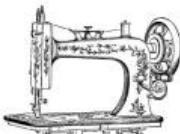
Kate gave a grateful vote of thanks to Will for his very informative and helpful talk which all of us had felt a benefit from. Our evening then continued as always with tea and biscuits and catching up with friends. Our competition for the evening was entitled 'your worst DIY disaster'. On reflection we all must be very expert DIY folk as there was only ONE entry

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and one winner. Our president Sue, who shared her disaster. When she was assisting her husband in wallpapering a very high ceiling in their former home. He was on the stepladder holding the very long piece of pasted wallpaper, Sue trying desperately to support it from below when the paper, heavy and soggy with paste tore apart, leaving her husband holding 2 tiny pieces of paper and Sue shrouded in wallpaper. So the evening ended with laughter at this very amusing tale. Dorte-Lis and Cathy went home with raffle prizes.

We meet every second Wednesday of the month, visitors and new members are always very welcome.

HOWGILL/FIRBANK W.I.

Audrey Hoggarth

Our August meeting was held at Firbank Church Hall, Sarah welcomed members and also Margaret Hodgins-

W.I advisor. Margaret came along to report on the national A.G.M. held in Bournemouth which she attended as our delegate and voted on the two resolutions to be debated. Both resolutions were carried with over 90% in favour. Speakers included Lord Bradley who gave an update on the 'care not custody issue' and Maggie Philbin O.B.E. of "swap shop" and "tomorrow's world" fame who spoke about her work introducing Science and Engineering to young people. Margaret encouraged us to consider attending future

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Meetings as a delegate. Sarah thanked Margaret for her detailed report on what had been an enjoyable event.

Members were reminded of forthcoming events, the September walk in the Rustland Valley, a talk on climate change with Dr Chris Ellis, plus the high sheriff of Cumbria, Marcia Read Fotheringham giving an insight into her life and career, and the all-important County show.

Following the business our own member Jacky Hooley gave us an illustrated talk on a family trip to Greenland, noted for its Arctic Climate immense glaciers and icebergs, bird life, wildlife, and mountainous landscape. Jacky said the highlight was whale watching, both Humpbacks and Bowhead whales were seen from their tour boat in Disko Bay. Jacky was thanked for sharing this amazing experience with us.

The competition for a holiday photo was won by Liz with Audrey second.

Tea and cake brought the meeting to a close.

We meet again at Howgill on September 5Th for a games evening, do join us for a fun evening.

STAGE 4 OF THE OVO ENERGY TOUR OF BRITAIN

As you will be aware the OVO Energy Tour of Britain cycle race is passing through Sedbergh on Tuesday Sept 10th at approximately between 2-2.45pm (all depending on how fast they are cycling!). They will arrive on the Kirkby Stephen road, go along Back Lane and then onto Loftus Hill out towards Dent and then take the road to Gawthrop via Stone Rigg Outrake. This will have an impact on traffic, parking & bus timetables (especially the Western Dales bus route to Hawes on a Tuesday).

The route of the professional cycle race is managed by a temporary rolling road closure. This involves using a police motorcycle escort team to temporarily hold traffic while the race passes. This reduces the impact of road closures on residents, schools and businesses. Police marshals will stop traffic at all junctions 10 – 15 minutes before the lead car and the race convoy (police motorcycles, official race vehicles, 120 elite cyclists, team support cars, ambulances, TV crew, vans, etc.) will take approximately 20 minutes to pass through each section/village. A detailed interactive map for this stage of the race is available on the website at <https://www.tourofbritain.co.uk/stages/stage-four/.S3> "Hawes



Hopper" - Amended service on Tuesday September 10th

The service is necessarily amended as follows because of temporary road closure for the OVO Energy Tour of Britain 2019 cycle race:

- i) The 1346 Maryfell arrival (from Hawes) may be delayed before reaching the A683/A684 jct.
- ii) The 1349 DEPARTURE FROM SEDBERGH TO DENT WILL NOT RUN
- iii) The 1409 DEPARTURE FROM DENT TO SEDBERGH WILL NOT RUN
- iv) The 1424 departure from Sedbergh Spar to Hawes will run but is likely to be delayed, possibly by as much as 30 minutes or more
- v) The rest of the day's service will run but is likely to be delayed

Western Dales Bus is sorry for inconvenience caused by these unavoidable amendments.

NEXT STOP THE FUTURE – 2

Stuart Manger

Molly Preger: First Settlebeck, then QES, and between times was a lively presence in the 'Barrel Of Fun' crazy gang for several years. Molly got her hands dirty –and clean - in Sedbergh School kitchens, and did labour in a school boarding house – bet there was never a dull moment there! All of which well prepared her for front of house job at - The Bull Hotel!

But what of the serious career? Molly began at QES, great GCSE's, AS-levels, and A-levels which took her first to Sheffield University, and a serious and extensive research project involving Auschwitz, historical research into and around the Jewish community in Sheffield, which set her up as a Student Ambassador for the Holocaust Memorial Trust. She became much involved in student politics, but despite all that, she got a First. Then on to Manchester University for an MA, where she is still, but now well into a PhD. She is a highly skilled Archivist, engaged in historical research into philosophical issues, at the Centre for the History of Science, Technology and Medicine. Formidable and serious stuff, and a huge credit to both her, and her supportive family as well.

Outside study, Molly hikes, runs half-marathons – managed the Sheffield University Walking Club, and from time to time, she even worked in Sedbergh School's Archive Dept. At this juncture, her aim is serious archival work to land her a place in a major museum.

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Phew! And she still doesn't look or sound in the slightest bit exhausted or ready to settle for a quiet life!

Luke Robinson: Luke started at Sedbergh Primary School, and moved on to QES Kirkby Lonsdale. 10 GCSEs, A-levels in Modern History, Theatre Studies, BTEC Acting, Media Studies, all of which has taken him to Bath Spa University, where he is about to start his final year in September in Film and Screen Studies. This has taken him to research film noir and in particular the writing style of Quentin Tarantino and to get as much involved as possible in knowledge of industry standard software used for editing, sound design and special effects e.g. Adobe

Premiere Pro, Adobe After Effects and Pro Tools; largely, in what Luke himself calls a 'largely self-taught approach'. Being very self-driven, he is now preparing a 10,000 word dissertation focusing on film noir, in particular, tech or neo-noir.

Beyond that, and already looking at a future in the business, Luke has more recently begun preparations to set up private media company, to date three investors, with hopes to create works in a variety of media. Of course, 'Barrel of Fun' helped; Luke set up and carried through various film projects we did, and he's a pretty darned good actor himself too!

So with an expert and highly regarded joiner as Dad, a brilliant badminton player for brother, and – thank you, Mary Hamilton – musical sister...and yes, I nearly forgot, Luke, himself too as musician – a fine tenor/baritone, good sight-reader, pleasure to sing alongside. So be very careful what you say when you're buying broccoli in Powell's [where Luke now works in vacations], because you might just be triggering in his head a Tarantino-sound-alike scene in his first feature movie.

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SEDBERGH TENNIS CLUB NEWS

*Ysobel Sugden,
Competition Secretary.*

We have now come to the end of our Kendal league matches. We have had six away and six home games and have managed to complete all matches despite some challenging weather. Our mixed team are pretty much at the bottom of the league but one or two teams still have to complete their matches so the final results are not yet in.

On the whole I think we enjoyed our games and it was good to have some old faces back in the team. We are now thoroughly spoilt with our new courts, which were much admired, and found some other surfaces a little tricky to play on. Our final one on very soggy astro turf being one!

I think we may be top of the league for best teas though!

Club times are still Thursday evenings (usually 6pm) and Sunday afternoons (from 2 pm) if you fancy a game. New faces are always welcome but don't forget you can play at any time either by popping money in the box, or better still, by joining!

DENTDALE - HEAD TO FOOT

Mike Steele

July 27th was our annual fundraiser for the Dentdale Over 60's Christmas Lunch which we organise each year.

Unfortunately, the weather on 27th July which was our Strawberry Tea fundraiser was particularly inclement as only Dent weather can be, however, a huge thankyou to all who attended and we raised over £300 towards this year's lunch. The Bryce Street Strummers ukulele band from Burneside provided our entertainment which was much appreciated.

In complete comparison our annual outing on August 7th, which this year was to Richmond (North Yorkshire NOT Surrey) saw us blessed with wall to wall sunshine for the day. 18 of our members visited (not necessarily visiting all of them!) the Castle, The Green Howards Museum, Georgian Theatre, Indoor Market and the many shops, tea shops and hostelries within the confines of the market square, not forgetting J D Wetherspoons! On the return journey we stopped at Tennants Salesrooms in Leyburn for refreshments, who had had tremendous weather related



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problems with the storms of the previous week and had to accommodate us in the restaurant rather than the café, so a cup of tea was taken in rather more grandiose surroundings than we expected.

Our next meeting is on 6th September in Dent Memorial Hall, when Freda Meakin will be talking to us about "What Granny did in the War" which is very apt considering the date and WW2, and will be a very interesting look at the past.

For further information call Mike Steele on 015396-25054, mobile 07813-806209 or e-mail mds@hallbankcott.co.uk

FAMILY MUSINGS

Sarah Woof

August is always a busy month in our home and family, more play days with grandchildren due to school holidays and preparing for and clearing up after a Festival and the village Gala. My birthday and other such celebrations add to the joy of the month. This year was no exception. Add to the mix volunteering to run a craft session at the WI of which I am part, the monthly writers group preparing for an eve of reading our stories/articles and friends to stay. Phew! We survived with smiles on our faces.

Anyone walking up our drive must never be surprised to see wine bottles peeping out of various hiding places. Empty ones in preparation for a popular fund raising event at the Gala; that's my story anyway...

Painting the Gala stalls was a real community effort and members of the committee enjoyed good natter while changing the colour from rusty green to bright red. So, no, the red blobs on our drive are not blood!

This led to an idea to paint our gate and on looking at it we were reminded of a music score so an idea is baking in our minds at the moment. Keep an eye folks...

Going to have my eyes tested I learnt that I am indeed unbalanced...the sight in one eye is deteriorating faster than the other...only slightly I hasten to add, so a new pair of glasses has been ordered. Hubby needed a new arm on his reading glasses and after a discussion in the shop which threatened to become complicated I

suggested it really didn't matter what it was like as long as it did the job. Bright pink with green flashing lights would be fine...didn't get that, just an arm from a more dainty pair of glasses for him. So I guess he is slightly off balance too...what a pair we are!

Enjoy September folks whatever you get up to.

MS COFFEE AND CHAT

Hazel Harrison

Treat yourself to a cup of coffee at Farfield Mill. Following the successful launch of a group in Kendal we are setting up a new group for people with MS in the Sedbergh area to get together to have a coffee and a chat.

I'm told the cakes are nice too! They certainly look very tempting.

We plan to meet on the third Saturday each month from 10.30am – next meetings 21st Sept and 19th October. There is access to the tea room without the need to pay the entrance fee to the exhibition area of the mill. The path to the left of the main entrance is very steep but there is a lift from the ground floor. So come and join us. Winter meetings will depend on the weather.

If anyone need transport Hazel will be driving through Sedbergh from Kendal so email Hazel@litton.f9.co.uk or ring 01539739282. Hope to see you there.

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COFFEE MORNING AT WATERSIDE FARM

Mary Airey

Once again a big Thank You to everyone who supported our Coffee Morning on 3rd August, and for all the generous donations. The day, as regards the weather, was an absolute gift, with no sign of threatening clouds. Grateful thanks to my willing team of helpers, without whom it wouldn't happen! The morning raised £1092.16 – a most wonderful amount – Liz is again competing in the Great North Run on 8th September after which the final amount will be divided between Mencap and Muscular Dystrophy. We have been overwhelmed by everyone's generosity. THANK YOU

SEDBERGH BRITISH SCHOOL TRUST

Mrs Jean Cope

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SEDBERGH UNITED CHARITIES (REG NO 231058)

Richard Cann

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

Anyone wishing to apply for a grant should write to the clerk by Monday 7th October stating their name, date of birth, address and the educational course or apprenticeship they are taking.

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TRAVEL ASSIST – A PASSENGER’S VIEW

Georgina Devine

I went along on two of their day trips this summer – one to Southport and one which was a coastal mystery tour! They were really good fun and I would recommend them to anybody. They pick you up from your own front door (and deliver you back afterwards) and look after you really well with facilities for wheel chairs and electric vehicles.

In Southport they dropped us in the main street where we could look at all the lovely shops and then took us to see the Marine Lake and along the coast. For our “Mystery Coastal Tour” they took us to Grange, Ulverston and into Barrow to see the old ships – it even included a fish and chips stop. All their day trips cost about £15 though it is 10% less if you join as a member. In the future they are hoping to provide a “dial a ride” service and hospital transport if there is a demand.

If you are interested get in touch with them at Kendal Market (Mon, Wed, Frid) or on their website <https://travelassist.org/> or telephone their South Lakes section Telephone: 01539 756534 Mon-Fri 9am-3pm



BIG ART COMPETITION

Stuart Gray and Ruth Clayton

Well, after the previous days weather promised nothing more than a very damp group of artists gathering at Farfield Mill , Sunday 28th July dawned dry and warm, if a little overcast, and for the first time that week we began to believe that our long planned for 'Big Art Competition' might just be successful. At 9am, as we drove onto the mill car park, our hopes were realised because there were 'our competition entrants' all ready to do battle with paper and paint and not the weather.

Within a few minutes we began the registration of all the competitors and in less than 20 minutes they were scattered around the mill and already beginning their pictures. With less than 6 hours to produce a painting before hanging it on the wall for

judging, all around the mill, and in the surrounding countryside, 34 artists beavered away with this deadline to meet. As we went from artist to artist it was amazing to see their work taking shape. So many subjects treated in so many different ways; buildings, details of buildings, trees, the Howgills and skies took shape, form and colour before our eyes. Lunchtime came and went and towards 3.00pm a steady flow of tired artists brought their work to the mill's education room to mount and frame their results.

It was evident at this stage that as an event we felt it was the beginning of something which could be built on in the future. The moment of truth approached as the finished pieces of artwork were either hung or placed on the easels provided ready for judging. A fantastic sight was there in front of us all as watercolours, oils, pastels and even a weaving on stone testified to the creative hard work of the artists. In such a short time their individual talents had produced a wealth of lovely pictures from which our judge, Sheryl Robert's, had now to choose our winners. After her deliberations, which she admitted

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later to being incredibly difficult, the winners and runners up from both sections, adults and children, were chosen and announced and cash prizes awarded.

Looking around the room there was definitely a look of tiredness in the faces of the competing artists who had completed some beautiful work. There was also a quiet pride of having been part of something which we hope will continue in the years to come and be part of Farfield Mills annual events calendar.

Thank you to you all the competitors from Sedbergh, Chorley, London and Lincolnshire to make the first Big Art Competition a fantastic success and an enjoyable, creative and tiring day; one certainly to remember. Even the weather was on our side!



DENTDALE CHOIR

Richard Bruce

The Dentdale choir is looking forward to starting a new season in 2019/20 with a new set of music and a new theme for the year.

As ever we will be working towards a spring concert, in early May 2020, and will be delighted to support two local carol services in Dent Village and Cowgill. However, we're pleased to be also joining St. John's Cowgill for a concert on Saturday the 19th of October and will be performing some of our recent repertoire, including works by Tavener, Pärt, Gjeilo and Holst.

This year's season will be built around a theme of Landscape and Memory and will include works for chamber choir based around a folk theme. We look forward to working through an exciting new range of music from better known composers, such as Morley, Holst and Vaughan Williams, as well as works by contemporary composers such as Eriks Esenvalds, Veljo Tormis and Matthew Harris. We love getting to know such beautiful works and bringing them to new audiences and are excited about our theme for the year.

We are always pleased to meet new members and will be beginning the year with a social event and informal rehearsal on Saturday 10th September at 7.15 in the Memorial Hall in Dent Village . If you'd like to find out more email feltham.john@btinternet.com . If you'd like to find out more about our concerts or what we do search for us on twitter @dentdalechoir or like us on facebook.

SEDBERGH AND DISTRICT HISTORY SOCIETY

Julie Leigh

The second trip of the Society's summer program took us to Staveley where Andy Lowe led a circular walk around the village. We congregated in the Mill Yard where Andy told us about its long industrial history. A Market Charter was granted to Staveley in 1335 and over the following centuries a number of industries flourished, including cotton and fulling mills. This growth was primarily due to the presence of the fast flowing river Kent and the availability of raw materials. In the Nineteenth Century the plentiful supply of local timber led to the establishment of a large bobbin mill

which was greatly extended in 1850 by Chadwick Bros of Bolton. The final large scale development in the Yard was the manufacture of wooden tool handles, an enterprise which closed in the 1990s. Since then business units and shops have been established on the site. Staveley continues to be a vibrant village which actually provides varied employment for more people today than in its industrial past.

Our walk began on Main Street. When we crossed the bridge over the river Gowan Andy drew our attention to a row of spacious 19th Century cottages with sizeable gardens. He commented on their interesting design and the use of limestone in part of their construction. We also

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passed the Eagle and Child Inn which has been an important hostelry for travelers over the centuries.

Returning along the other side of Main Street, we reached St Margaret's Tower, the only remaining part of a former parish church which was built in the Middle Ages. (Actually it is thought that the first church in the village had probably been built in the Anglo Saxon period). In 1887, a gable and clock were added to the tower to commemorate Queen Victoria's

Golden Jubilee. Nearby a plaque celebrates the awarding of tenants' rights to farmers in the North of England for their strong defense of the border in the face of incursions by the marauding Scots

Our guided walk then diverted from Main Street along a track which brought us to an attractive modern bridge over the Kent. On the other side we joined a footpath which was bordered by the river to the left and a beautiful verdant meadow to the right. Passing a large weir at the rear of Wilfs Café we eventually reached Barley Bridge, another impressive weir and an Arkwright-designed mill which was built in 1784. Over the years several other mills were built in the vicinity. The final section of Andy's introduction to Staveley took us back to the Mill Yard by way of a visit to the grade two listed St James' Parish Church. Its 19th century interior was especially memorable for some beautiful stained glass windows which had been produced by Sir Edward Burne-Jones, a leading painter of the Pre-Raphaelite movement.

Many thanks were due to Andy for a very interesting tour of the village. In talks that he has given to the Society on previous occasions we have benefited from his local knowledge and expertise. This afternoon proved to be no exception.



LAKELAND VOICES - SINGING ON TRIGLAV

David Burbidge

Following our successful tour of Slovenia in May, some of our choir Lakeland Voices returned to Slovenia to sing on the top of Triglav, their highest mountain at 2,864m.

We had a wonderful walk up through the woods and then used via ferrata harnesses and helmets for the final ascent. We also stayed in three mountain huts on our circular tour and sang with many Slovenians who were staying, or working, there.

On the summit we sang a 'famous' Slovenia folk song in praise of the mountain: "Oj Triglav moj dom, kako si krasan," - O Triglav my home, how beautiful you are. And because it is said that to be a true Slovene you must climb Triglav, we sang 'Zdravljica', the national anthem. A great tour, thanks to a careful risk assessment nobody fell off, and

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thanks to the camaraderie of the mountains, nobody fell out.

We are now preparing for our trip to London in October to sing at the Slovene embassy alongside the London Slovene choir and other friends visiting from Slovenia. We sing both Slovenian and English songs and will be singing an arrangement of Tennyson's Crossing the Bar at his grave in Westminster Abbey.

Do please join us - if you can.



LAKELAND VOICE – EVENTS TO LOOK FORWARD TO

David Burbidge

December 6-8 - Dent folk carols weekend. A return of our lively folk carols weekend with workshops learning these lovely old carols, cosy village cottages, singing walk, concert, meeting some of the most hospitable people in the country who live here, pub singing, and all the camaraderie at this celebration of harmony and good will. Celebrating 25 years of singing in the Dent Memorial Hall.

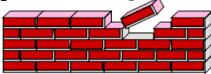
December 14 - Kendal folk carols day with singing in the market place, and round the open fire in the Unitarian school room. Plus evening singing walk visiting cottages cradled in the dale.

December 15 - Singing Settle Carlisle - our annual train singing weekend with songs on the train, in the stations and pubs alongside, alongside several local choirs.

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SEDBERGH MEDICAL PRACTICE - FLU SEASON

Tracey Thornton

OVER 65- flu vaccinations start September, under 65 flu vaccinations start late October

Flu season will soon be upon us and this year as in the past we will be offering a walk-in service (no appointment necessary) during our working hours (Monday – Friday 8.30am – 6.30pm) for patients who are eligible for the flu vaccination. Please note that during busy periods and over lunchtime you may have a short wait.

Once again we have 2 different vaccinations, one for the over 65's and one for the under 65's. This is because the 'adjuvanted' vaccine for those aged 65 and over is expected to significantly boost effectiveness by improving the body's immune response to the vaccine because typically, older adults' bodies do not respond as well to the flu vaccine due to their naturally weaker immune systems. In addition, older adults are also more likely to suffer complications from flu. The broader flu vaccination (quadrivalent) is being offered to all eligible adults under 65 including pregnant women, health care workers and those with serious health conditions. This protects against a total of four strains of flu; two strains of flu A and two strains of flu B.

Unfortunately, this year there has been a delay in manufacturing the quadrivalent vaccine for the under 65's this is due to the World Health Organisation delaying its recommendations on the flu strains

by 4 weeks. This means that we will not be receiving our UNDER 65 vaccines before mid to late October and so will only be able to vaccinate the OVER 65's at the beginning of September.

We will be running a Saturday morning clinic on Saturday 14th September 9am – 11am (walk-in, no appointment necessary) for the over 65's ONLY, we will run another Saturday morning clinic in mid-late October for both under 65's and over 65's (date to be confirmed when we have confirmation of our delivery) and we will also be running a clinic at Dent on a Tuesday morning (date to be confirmed).

Children aged 2 -3 years old as at 31st August 2019 are also eligible for the nasal vaccination and these vaccinations should be available mid-October.

We would encourage all eligible patients to have the flu vaccination as soon as possible.

Please keep checking our website (www.sedberghmp.nhs.uk) and our Facebook page for further updates.

Please note: Clinic dates subject to delivery of vaccines

DIGNITY IN DEMENTIA

Diane Smillie

Dignity in Dementia community activity planning service. A new service is being offered by Dignity in Dementia to assist people with dementia in leading as active a life as possible. This free service is available for people with dementia who have been recently diagnosed with a form of dementia, or who are in the early stage of dementia. Referrals for the service can come from any Health or Social Care Organisation or a family member and on receiving a referral the Community Activity Planner will:-

- Visit willing individuals and their main family supporter/friend at home.
- Find out as much as possible about the person with dementia including information about their family, work history, hobbies and interests.
- Create a personalised activity plan for the family, that includes a variety of tasks and activities they can continue to do at home, as well as groups they can join in the community that are likely to interest them.
- Send the activity plan to the person with dementia and their family for implementation and follow up at a later date to find out if it is being used and if increased activity is improving the wellbeing of the person with dementia.

To learn more or organise an appointment or make a referral please contact Diane Smillie at info@dignityindementia.org or ring 07771 682378.

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DEALING WITH RENT ARREARS

Karen Evans

I am renting and have an assured shorthold tenancy. I have been falling behind with the rent for a few months. I am working full time but my wages aren't enough. I am worried about losing my home. What can I do?

Take action quickly – your landlord can evict you for non-payment of rent, but they have to serve you with an eviction notice and go to court first. Contact them and explain why you're struggling. Check that you both agree exactly how much you owe. Try to get them to agree to a payment plan for the arrears, so you can pay them off gradually. The plan should be written down and signed by the landlord.

To make a realistic plan, and to continue paying your rent so you don't lose your home, create a budget by adding up your essential living costs and take these away from your income. Use the Citizens Advice budgeting tool and benefits calculator to see if you can increase your income. Try to find cheaper deals on your energy, phone and broadband.

If the landlord won't agree a plan, or serves you with an eviction notice, get advice urgently. If you do get evicted, ask the council for help. For help with your budget, negotiating a rent payment plan, or eviction advice contact South Lakes Citizens Advice on 03444 111 444.

Free, confidential advice and help is available from South Lakes

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*Joseph Murray (NHWN,
Administrator, Cumbria)*

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- Never click on links in e-mails. Don't make it easy for criminals. If we provide them with opportunities for crime, they will take them. Our tips can't prevent all crime of course, but they will reduce your risks of becoming the next victim. CRIMESTOPPERS

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SEDBERGH INFORMATION AND BOOK CENTRE

Andi Chapple

Get your information out there! ... also parking permits

Hello – of course you know that the first thing to do to get people aware of your event, group or whatever is to advertise or write an article in Lookaround. However, we at the Information and Book Centre can help too. Drop us a note, ring us on 20125 or email tic@sedbergh.org.uk (best way if there are pictures) and we will put your event on our weekly What's On list and put your event or group on the sedbergh.org.uk website. We can also ask for it to be

listed on the Facebook "Sedbergh Market Town" page (@visitsedbergh).

If you've got a poster and/or leaflets, let us have those as well and we can display them.

One poster you should have seen round town is advertising that we have got the new car park permits. They are purple and they will last until 31 August 2020 – prices are held the same for another year (£40/£60) so come and get them. The Information and Book Centre is open 7 days a week so if you work all week we can still sort you out. Please note that you will need cash or a cheque – we can't take card payments for the permits.

SEDBERGH WOMAN MAKES SUCCESS OF HILL FARM

Andrew Fagg

"How do I find a way to make 37 acres pay a living?"

That was the question Alison O'Neill said she asked herself when she became tenant of Shacklabank Farm near Sedbergh. Twenty years on, her remarkable story is being told in a special exhibition at the Dales Countryside Museum in Hawes.

Alison is a third generation hill farmer steeped in tradition, but she is also an entirely new breed. "I wanted a lambing shed with gingham curtains," was one of many quotable things she said when I visited her in May. Also at the farm that spring day was Ian Lawson. He has spent the past eight years photographing Alison and documenting her way of life. The DCM exhibition, Shepherdess – one woman farm, is the fruit of his labours.

The two met after Alison appeared on Luke Casey's popular Tyne Tees Television programme, Dales Diary. Ian was putting together a book on sheep. "I was just moving to Shap in Cumbria," he said. "I'd been an architectural photographer for 30

years but wanted to explore landscape photography. I started ringing up Herdwick sheep farms and they didn't want to know to begin with. They were standoffish. So when I saw Alison on Dales Diary I rang her up thinking that might be an easier hit."

A one-day shoot was arranged.

"When I arrived at the farm it was like arriving on a set of All Creatures Great and Small," he said. "It was as if time had stood still. All I was witnessing elsewhere in the Lake District and the Dales was change. "Alison's traditionalism and devotion to sheep was obvious. And like any photographer or artist, I was attracted to slightly unusual characters."

Alison remembered the first meeting, too. "Ian showed me some pictures of Herdwicks. I thought, 'These aren't just pictures, but bloody good pictures'. He asked me to round up the sheep, do what I normally did. "After a few years, I didn't notice him. One night I was mowing the meadow at midnight because it was so light, a full moon. But a lot of the time when it was right for photography, he'd be at the other end of the country. That's why it took so long," she said.

Ian explained the importance of having the 'right light'. "A lot of the photos are taken at dawn or dusk," he said. "That's when native hill flock sheep will lamb. Alison will go out at five am. With sheep you've got this extreme white and the sun burns out all the detail on the fleece. Cloudy days are the best for the detail and shadows."

Ian has produced a 430-page book that features Alison connecting with

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the natural environment. Some of the wild swimming pictures, I suggested, were racy. "It is a bit racy," replied Alison. "We've got a bit of spirit, us girls from the Dales. Ever since I've been a little girl I've been taking off my clothes and jumping in the beck."

But let's return to the opening question. How has one woman sustained a living from a little Dales hill farm? "The farm is owned by the diocese of Bradford and tenanted to those who have no other means of starting a hill farm," said Alison. "People used to call it the 'Ramshackle Tabernacle' – and people would say, 'How's she going to do on sheep and a view?'"

The answer came in two parts. First, the view was monetised. Alison attracted people to the farm by offering scones and tea. She offered hospitality in the shape of a shepherd's hut. She also started leading barefoot walking tours. "I was always looking at ways of meeting people," she said. "Scones take 10 minutes to make, you chuck them in the oven, and when you smell them you know they are ready."

Second, Alison found a way of adding value to her wool crop. She began designing clothes and handbags made from wool from her flock of 150 Rough Fell ewes. She said: "Wool is my bread. I turn a product worth nothing to most farmers into that which is sustaining the farm. It's a 'heritage fibre flock' as they like to call it.

"Clients come for a farm visit, meet me and the sheep, have scones, feel the fleeces, and come to the studio. The fleeces are hanging up so people



In the wet pasture

can feel them. Once they've felt it, they know they've got provenance." Wool from the flock is sent to the Halifax Spinning Company. Yarn is returned to the farm, before Alison sends it to professional seamstresses, including at Farfield Mill, for manufacture into garments.

Just as there are many breeds of sheep, there are also many types of farmer. Alison is a tenant farmer. She is also a 'high nature value' farmer. "I don't own the farm and I'm proud of that," she said. "People ask me why I'm doing this when I don't own it. I could never buy a farm. This was my chance to farm. I've been a custodian. "I've 'undrained' the meadow over there. It was never meant to be a meadow. It's by the beck, it's a wet pasture, a natural sponge. I left it be and let the willows, bulrushes, damselflies and newts come back. It's full of wrens, snipe and lapwing. Nature has returned. That's the field where people linger when they come to stay." "The way I farm is the way people want to see it. The things I've maintained are what people who visit delight in: the walls, hedges and hay meadows."

The tenant farmer before Alison ran a herd of dairy cows and had improved the fields using chemical fertiliser to produce more grass. When Alison took over, the meadow wildflowers had gone. "The meadows took 15 years before coming back," she said. "When I came they were just green. I scattered bales from Bowber Head in Ravenstonedale [which contained the seeds of wildflowers]. I used muck from the next door organic dairy farm. I've never fertilised in 20 years except with muck.

"I've fenced the woodland and now you can see a sweep of bluebells. The curlews are back on the allotment. It's been beautiful to see the flowers and birdlife coming back. The farm is small in size, but enormous in benefit to wildlife. It's a miniature world. There is so much value to be had in just one little area."

Then the talk turns to the 'woman' bit of the exhibition title, 'one woman farm'. "Lots of women are farming, but not many are making decisions about the sheep and tupps. Tupps are a man's world. I'd go to markets and I know what they were thinking, 'What's she doing?' My favourite time is selecting gimmers (female lambs kept for breeding), partly because it is seen as a man's job to choose what sheep are cast out and what are kept.

"Day to day it's dirty and hard, with not much money, but I always thought my life was beautiful. Hard work, fresh air and freedom – I was raised on that. "If someone said 20 years ago that you'd have this exhibition and the book, I wouldn't have believed them. I nearly left the farm

twice because of the hardships. It's been the happiest and hardest 20 years of my life. I've needed the Daleswoman grit. I just wanted to farm and make it work."

Not everyone has been able to survive like Alison. "A lot of this is disappearing right in front of our eyes," said Ian. "The book is a portrait of a disappearing way of life. Many others haven't been able to stick it out. In the time I've been coming here and to the Lake District I've watched farms going out of business, often being taken over by other farms.

"I'm documenting something that might not be here in twenty years, but I hope that through the work of the National Parks, it will be preserved."

At the table listening was the Yorkshire Dales National Park Authority's Head of Land Management, Adrian Shepherd. He said he was fighting for traditional hill farming.

Weeks later, in a speech at the opening of the exhibition, he said:

"We need farmers to maintain all the special features of the National Park. Alison is a high nature value farmer. The concept is at the heart of what we do. We must ensure this type of farming has a future."

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CREATING A LASTING LEGACY FOR DALES AGRICULTURE

Mike Appleton

Carr's Group, an international business at the forefront of innovation and technology in the agricultural sector, has partnered with Yorkshire Dales Millennium Trust (YDMT) to create a lasting legacy for agriculture in the Yorkshire Dales and surrounding areas. The agreement will see the creation of new native broadleaf woodlands with Carrs Billington Agriculture providing sponsorship towards the Clapham-based charity's woodland grants programme.

Trees are hugely valuable as a habitat for wildlife and support some of our most endangered woodland animals. They also have a number of

benefits on a farm. They can be planted on areas of un-used farmland or gills, and can help provide shade and shelter to stock. Trees also help with water quality, reducing pollution, flood risk and soil erosion.

Support for people, the environment and sustainable farm improvements will be central to the partnership. Jim McRobert, Regional Branch Manager for Hawes and Malton Carrs Billington, said: "As a business, we are really excited to link our networks and knowledge of the agricultural sector in the Dales with the expertise at YDMT.

"By coming together we can make a lasting difference for the environment and for farming."

This partnership was launched at Hesper Farm in Bell Busk with



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farmers Brian, Judith and Sam Moorhouse, alongside teams from YDMT and Carr's. They took in stunning views from the 345-acre site while discussing woodland creation and management, habitat improvement, flood prevention, Skyr yoghurt and dairy farming.

As part of the partnership, three YDMT apprentices and trainees also had the opportunity to interview Carr's Group CEO Tim Davies. He said: "I passionately believe that we need to further connect young people with farming, whilst also ensuring that farmers can support looking after the environment for the future. "Through working with YDMT, we have the chance to do both of these things and create a legacy not just for agriculture in the Dales, but also for our environment."

David Sharrod, YDMT CEO, added: "We know that if we can work with Carr's to better engage with farming networks, and break down some of the perceived barriers between the agricultural and environmental sectors, we can make a significant



difference to our environment. Farmers are custodians of the land and care deeply about it. "We are really grateful to Carr's Group and Carrs Billington for their support in helping to restore native woodland to the Yorkshire Dales. "We look forward to seeing what this partnership can achieve for this special place."

For more information on the YDMT Woodland grants programme contact Carol Douglas (carol.douglas@ydmtn.org) on 015242 51002. Applications for this programme are accepted on an ongoing basis, with the Trust now taking applications for the 2020/21 winter planting season.

SEPTEMBER GARDENING 2019

Elaine Horne

This summer I have been watching the slow progress of a large flowered Clematis which I planted beside the back door about four years ago. It has successfully evaded the large garden snails this year because it has managed to grow away from the trellis on the wall (behind which dwell a large collection of snails) and reach out into the safety of climbing rose which also grows in that position. Summer flowering Clematis are generally much slower to establish, and shyer of flowering here, than the early, spring flowering species, but the ones which put on the best show, and the most rampant growth, are the late flowering species and their cultivars. These are very easy to maintain as they are simply pruned very hard back in late winter – down

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to a height of about 8-10 ins. – and they then grow away through the summer and produce all of their flower buds on the new growth made that season. My most rampant species are Clematis tangutica which has bell shaped yellow flowers born from late summer to mid autumn, C. rehderiana which has panicles of pale yellow, tubular, cowslip scented flowers and Clematis 'something unknown' which was given to me as a seed raised plant from an international seed collection. It seems to be a close relative of Clematis vitalba – our native cream, starry flowered 'Old Man's Beard' which grows wild in the hedgerows in the Silverdale/Arnside area, but I shall probably never find out precisely what it is as I have lost track of the friend of a friend, whose friend's brother went on the expedition... All three of these species grow with such great gusto, that the former has to be chopped back in mid flowering season so that the car can get past and down the driveway, and the latter has to be prevented from swamping the nearby greenhouse.

Much less vigorous, but equally striking is the bright lipstick-red flowered Clematis texensis. The petals of this species are thick and chunky and this gives the plant its North American name of 'Scarlet Leather Vine'. There are several good cultivars. 'Gravetye Beauty' is a good red, 'Princess Diana' a strong pink, and 'Princess Kate' has pure white inner petals with a purple reverse. Clematis texensis does best in full sunshine in a well drained soil.

NEWS FROM THE PEWS

Susan Sharrocks
Tony ReedScreen

As we are a part of the Western Dales Mission Community sharing our Sunday worship with the congregation from Cornerstone Community Church on the first Sunday of each month is firmly set in our church calendar.

Doubling our usual Sunday morning attendance St Andrew's played host on the first Sunday in August for the joint service at 10.30am. How the rafters shook with hearty voices singing some well-known and some not too well known hymns. We missed a trick not recording the melodious sounds which could then be played when



there are fewer people filling the pews.

Two little brothers and their younger sister charmed us all on the second Sunday of August. Accompanied by their parents, grandparents and godparents plus aunts, uncles and cousins they came to be baptised and welcomed into the church family.

Having the children stand on a chair beside the font when their turn came to be baptised helped Vicar Andy's dilemma as there was no way he could cradle these little people in his arms as he does when babies are christened. A little practice before the service ensured all would be well

when the time came for each little person to be lifted onto the chair and lean towards the font for the sprinkling of the water. Just one slight reluctance was soon overcome with help from dad and all was well. We shall look forward to seeing this little family grow as they visit their church family in Sedbergh in future years.

Also growing at this time are the fruits of the harvest we shall be celebrating at the end of September. In readiness for our Stewardship and Harvest Festival Sunday on 29th of September flowers of all colours and hues will be arranged and placed on windowsills, at the altar and wherever else the "flower ladies" see a space for their handiwork. Gifts of tinned and dry foods will be accepted on the day and taken to the Kings Food Bank in Kendal before being distributed to those in need. The usual 8am Communion service will be followed by the Family Service at 10.30am and Choral Evensong at 6pm.

As well as gathering in the fruits of the harvest it would be wonderful to gather in more people to celebrate "all good things around us" and shake the rafters once again.

CHRISTIAN AID IN SEDBERGH AND DISTRICT

Anne Pitt, on behalf of the Sedbergh and District Committee

Our AGM was held on the 16th July in St Andrew's Church rooms when we looked over the previous year's events. We focussed on the results of this year's Christian Aid Week and in particular the results of the door to door collection which we were happy to discover was higher than the previous two years' totals bringing in £2876.01. This, together with the Coffee Morning, gave an overall total of £3060.01 for the week. Another bonus in the door to door result is due to the fact that 114 tax paying people had kindly enclosed a completed Gift Aid form in their envelopes which working at 25% produces, approximately, an extra £314 from the Inland Revenue. Many thanks to all who helped to achieve these totals.

Our committee is small, formed from representatives of our local churches who are also involved with many other commitments, so we keep our meetings to the minimum both in frequency and length. If there are any others interested in the work of Christian Aid who would like to join



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us, they would be very welcome. As it is we really appreciate the work of all our supporters who take part in the door to door collections and come along to our coffee mornings. Our next one will be in St Andrew's Sedbergh's Church Room on the 9th October and we look forward to meeting up then.

MIDDLETON CHURCH Songs & Poetry

Hazel Watson

Five years ago, thanks to a grant from 'Dignity in Dementia', Sedbergh Songsters began. An enthusiastic group of singers who meet on a regular basis. We are very grateful that they have agreed to join us for what is sure to be an entertaining afternoon. They are a diverse group and have a repertoire of familiar songs and everyone will be encouraged to join in.

The poetry contributions to our afternoon come from Eileen Todd and George Watson. Both Eileen and George have strong family ties with Middleton. Eileens poetry reflects her life on the farm and the surrounding countryside while George gets his inspiration from events happening around him.

There will be the opportunity to have a chat with friends, old and new, whilst sharing Afternoon Tea served up by Middleton Church volunteers.

All are welcome to come and join us at Barbon Village Hall on Wednesday 4th September at 2 O'clock. Tickets are £5 on the door. For more information, please contact Hazel Watson 015396 21449.

BOXES OF HOPE, CUMBRIA

Pam Dent

As the nights start to draw in and schools go back for the autumn term, some people's thoughts turn to Christmas – and mine to shoe-boxes for Romania. Leaflets will be available from mid-September at the Post Office and TIC, which will also act as drop-off points later on. Boxes and leaflets will also be available at St. Andrew's and Cornerstone. I do hope you will feel able to support the campaign this year. Occasionally I'm asked why we need to keep on giving to this or any other charity; the answer is that tackling abject poverty takes a long time and often requires a change of mind-set, not only on the part of government and other agencies, but often by those most closely involved, the poor themselves.

I have some pictures of last year's distribution trip, including the school at Tinca, which we have been supporting for a good many years, and the rubbish tip at Cluj...

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If any group or organisation would like me to give a presentation on the work of Boxes of Hope, please give me a ring on 20042. Likewise if you have any comments or queries. As ever, thank you in anticipation for your support.

DENTDALE CHRISTIAN FESTIVAL

Sarah Woof

This weekend event at the start of August was a great time of fellowship for all who took part be they on the "team" or people popping in. Having a family who led worship was a great blessing along with someone who led us in Morning and Evening prayers from the Northumbria community.

Larking in the Ark with Mrs Noah (who arrived in a Leopard throw riding a hobby horse!) was great fun. The dramatised Esther was awesome and everyone was refreshed by their time with God and each other. We continue to meet on the 4th Sunday eve (6.45pm) each month and everyone is welcome. We will pray confidentially for any needs we are told about. John and Sarah. "Rhumes" Dent. (25212)

SEDBERGH TOWN B4RN UPDATE

Douglas Thomson

You may think your community B4RN scheme to provide 1 Gigabit Broadband to Sedbergh has been on holiday. Far from it we have been planning our next steps in view of government changes to ensure that anyone who wants the service can get it. We are hoping to get a core of fibre and chambers right round the town then work out spurs to get it into all those lovely nooks and crannies we all know. A difficult but not an impossible task, where there is a will there is a way.

At present the fibre is almost up to the A684 at Queens Gardens on its journey properties at Birks have been able to take connections and service.

We have also been coming to terms with a new government scheme GBVS (Gigabit Broadband Voucher Scheme) which when our proposed routes are accepted will enable businesses and residents to apply for vouchers which will help pay for the costs of installation of B4RN to their properties, subject of course to meeting the criteria laid down by the government.

Community support is essential for the success of the scheme which will benefit Sedbergh and prepare it for future developments with more and more media being switched to broadband and also attract and retain businesses.

We will give more information on the GBVS as it becomes available and will be offering help and support to those interested in taking the service.

B4RN FOR MARTHWAITE AND HOWGILL

Martin Stockdale

"What's this?" I hear you cry. "An update from B4RN? I thought they'd all got bored and given up." Well, it's been a while since the last update, for which I can only apologise. However, we've far from given up. In fact, at the time of writing:

- Most of the core duct and core fibre in both areas has been installed.
- Most of the house ducts are installed (just a few outstanding areas at High Oaks, Brigflatts and Luneside).
- Most of the road crossings are complete.
- Some of the house fibres have been installed, and...
- In Howgill, a significant number of people have a live connection!

We're hoping that considerably more people will be connected during September. So what do you need to do to have a B4RN connection to your house? Firstly, register your interest by visiting the b4rn website and picking 'Get B4RN'. Secondly, arrange to get your house kit installed. Your local coordinator will be able to advise how to do that, or if you're not sure drop us an email on b4sa@gmx.co.uk.

Please don't put this off any longer. While it's possible to get connected to B4RN at any time, it's quicker and easier to do it now while the local volunteers are still working, and we're all looking forwards to packing up and going back to lazing in the sun!



SEDBERGH PRIMARY PROMISE AUCTION

*Gemma Suttle
Sedbergh Primary PTFA*

Our third promise auction takes place on 11th October 2019. We are delighted that once again, Kev Kendal has agreed to be our auctioneer for the evening. We are also indebted to SmartOffice for kindly offering to print catalogues and tickets. Our first auction in 2016 raised £3,450 which was used to build a climbing wall in the playground. Our second auction in 2018 raised £4,650 in support of our Big Build Project. This year, we are again raising money for the project. Matt Towe, Head Teacher, explains more about the Big Build: "Our Big Build Project aims to develop our facilities to support improved learning for children in Early Years Foundation Stage and Key Stage 1. We need to reorganise and refurbish the existing space, including the outdoor environment, so that we can meet the changing needs of the children we teach. We also need to provide essential facilities for both children and adults with additional needs; currently we have no suitable intimate care facilities and access to Elder and Spruce class involves walking down sets of steps. We want to ensure that any child wanting to attend our school is able to do so by changing this."

To date, we have raised £40,000 and hope to raise a total of £60,000. If you are able to donate a promise for the auction, we would be delighted to hear from you. Please email us at ptfa@sedbergh-pri.cumbria.sch.uk or call 015396 20510. Many thanks, and we hope you can join us in October.

SEDBERGH SCHOOL NEWS

Karen BL

At the end of last term Year 10 visited the Battlefields of Belgium.

The holiday courses were well attended and much enjoyed by the hundreds of children – not least at the Green Door as evidenced by the long queue. About 250 children a week attended.

The Netball and Hockey teams had a very successful tour to Australia, 42 girls playing 27 fixtures. Apart from the successful games, they visited Bondi Beach, Sydney Tower, Taronga Zoo, played in the Olympic stadium, went Greenmount Bay surfing, climbed the Harbour Bridge, wen to the Lion King, took part in the NETS charity project, kayaked at Twin Waters, went to the wet and wild Gold coast, explored the Great Barrier Reef, whale spotted on Surfers, tried jet boat extreme and went to Manly Beech. They played one game in torrential rain in a city that only has 25 days of rain in a year.

OS Philip Thomas from Kendal will participate in the gruelling 1200 km Paris-Brest-Paris cycle race in memory of his OS friend Sam Barker

who died of bowel cancer aged 36 last year

Eric and Margaret Major celebrated their diamond wedding this month (August). Eric Major worked for the School as a painter and decorator. Margaret worked in the boarding houses, including as cook in Evans.

Academic - The School is very pleased with its A Level Results proving that the Schools academic standards get better year on year. Claudia Bull of Grayrigg gained A*AAB, Reuben Copley of Backbarrow, winner of the Ten Mile, gained A*A*A*C. Charlie Papworth gained A*A*AA. Five pupils gained straight A*and A grades. Four pupils including twins gained triple distinctions in BTEC.

Music - The School Choir's visit to the USA was much enjoyed, and inter alia they sang in the Old South Church, Boston, St Pat's, Grace Church, and the Harvard Club in NYC, and the National City Christian Church in Washington. A video of two of the concerts (the first one recorded better than the second) can be found on Sedbergh School music twitter. Oh for the Wings of a Dove was particularly worth listening to

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See page 61 for details.

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

Cricket - Tom Aspinall was selected for the North of England team at the Bunbury festival at the beginning of August and scored two 50s. Matthew Revis has been selected to represent MCC Schools at Lord's on 3rd September. George Hill, 1st XI captain, scored 41 n.o. to guide England U19 to victory again India.

Ben Davidson has been selected for Scotland's U19 team. OS Harry Brook got a century off 122 balls, with 11x 4, for Yorkshire. The "Sedbergh School 3rd XI" (pupils, staff and town) won the Westmorland Cricket League 4th Division on 4th August. Home matches are played on the Akay pitch.

Shooting - The School Eight defended their Ashburton Shield won last year at Bisley at the beginning of the holidays, but came third behind RGS Guildford and Gresham's. The Cadet Pair came second. Two pupils,

Freddie and Daisy, were part of the UK Athelings squad representing UK Target Shooting in Canada

Netball - Freya played in the inaugural Humphrey Long Invitational basketball tournament as part of the new England Talent programme

Sailing - The sailors will take part in the 24-hour race at Southport on 14th and 15th September

Rugby - Sixth former Oliver Melville was picked to play for England U18 in South Africa on 9th August

Athletics Four athletes Alex Duckitt, Oskar Tye, Ben Burridge and Fraser Sproul, the largest number the School has had at the ESAA Championships, finished in the top 20 of their events, and all four will be in the same age group next year.

Future Events - Preseason training for Rugby, hockey and netball in the week beginning 27th August. Yr 9 (new pupils) start Tuesday 3rd

September, and the rest of the School on 4th September. Auditions for Oliver! Start on 8th September. There will be an invitational Cross Country Challenge on 14th September at 14.30, including Shrewsbury, St Anselm's, Ermysted GS and George Heriot's.

The Old Sedberghians Weekend is 14th and 15th September. There is an Open Day for Year 12 entry on 21st September

The home 1st XV matches in September are against RGS Newcastle on Saturday 14th September (2.30 pm) and Denstone College on Friday 27th September. In addition, the Old Assassins on Sunday 25th September

Oliver! will be performed in the Brewery Theatre on Tuesday, 26th, Thursday 28th and on Friday 29th November, with a matinee as well as an evening performance.

Half term begins on Friday 18th Oct and ends on 3rd November.

Fritz Hrynyk

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## COMMUNITY DEMENTIA SERVICES

*Cumbria Partnership NHS*

Coping with dementia can be a harrowing time both for the person, who grows scared, confused and frustrated, and their family, who can see the personality they know and love slowly fading away. But even though there is no actual cure for dementia, there is still a lot that can be done to treat it and our award winning teams are at the forefront of care for people with the condition.

Our staff spend time looking beyond the illness to find out who the person is, their likes and dislikes, and then tailor their care accordingly. By using a memory boards or colours to refocus the mind, and encouraging patients to absorb themselves in hobbies, activities and interests we can challenge and stimulate their brain easing distress brought about by their illness.

We support families and carers through this difficult time by offering services both in the community and on specialist wards. If you are concerned about your memory or a family members' memory, you should seek help as soon as possible, usually through your own GP in the first instance who can refer you to our services.

For more information about dementia, please visit:

<http://www.alzheimers.org.uk/site/scripts/documents.php?categoryID=200137>

How to access our services

Where people are concerned about their memory or they are concerned about a family member's memory,

they should seek help as soon as possible. This is usually done via their own GP in the first instance. The local Alzheimer's society often are a good place to seek information at this stage and where a person does not wish to attend their GP, this may provide some useful support.

Referral into our services can be made by a persons GP, Social worker, District Nurse or via the local General Hospital. Where a person lives within a Care home, referral can be made by the care home direct to our service. Referrals are also accepted from other health and mental healthcare services.

Following referral, a member of staff will contact the person to offer an appointment to visit, usually in their own home or place of choice

#### Community Services

Our Older Adult Community Mental Health Teams are made up of a range of skilled professionals including Community Mental Health Nurses; Occupational Therapists; Psychologists; Psychiatrists; Assistant Practitioners and Support workers. These staff work closely with the person and their family in order to assess their needs, the impact of

memory problems, provide advice or treatments to support the person's mental health and well being, aiming to enable the person to manage their dementia/memory problems and continue to lead a fulfilling life at home.

In Carlisle and Allerdale, we also have a Care Home and Education Support Service. This scheme, which has won five national awards, sees trained mental health workers going into care homes to raise awareness of dementia and the specialist knowledge needed to care for sufferers. It started in Carlisle and we now hope to roll it out across the county.

#### Specialist in-patient services

Our specialist wards are assessment units for people with dementia with the most serious needs. People are referred there when they are in crisis, enabling them to be properly assessed by experts and a long-term care plan drawn up. Patients will be assessed and treated before placements can be found for them.

We currently have inpatient sites at the Ramsey Unit in Furness, the Ruskin Unit in Carlisle.

### ROYAL BRITISH LEGION

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

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

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

For more information, visit our website:

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



## KIND CUMBRIA – UPDATE

Lorraine Smyth

Have you seen...our social media campaign for Kind Cumbria and the Cumbria Neighbourliness Network is really growing and posts were seen over 26,000 times on Twitter alone in July!

We have had engagement from all sorts of individuals and organisations across the county from Grange-Over-Sands to Ambleside, Carlisle to Maryport who want to know more, who are sharing their ideas, events and generally feeling very positive about the messages we are posting.

### Forthcoming Themes...

Here is what is coming up...

#### **September** – Macmillan Coffee Morning (Community events)

Celebrating the much loved 'Cup of Tea', getting together with friends and neighbours over a cuppa, and linking in with Macmillan joining the World's biggest coffee morning on the 27th.

#### **October** – National Crime Prevention Month

A great theme for looking out for your neighbours. Tips of how to stay safe, home protection, looking after vehicles, how to watch out for neighbours without being nosy.

#### **November** – World Kindness Day 13th Nov

Linking in with World Kindness Day on the 13th. We want to encourage people to really embrace #KindCumbria and think about some random acts of kindness they could



do. We would love all of our partners to really think about how they could get involved in this one for maximum impact!

### December – Christmas

Christmas is an obvious choice; yet quite a poignant one, as not everyone has a family to be around at Christmas. It's not all about gifts and partying...it's about giving a gift of love and kindness and remembering others, who may be lonely at this time of year.

Let's share this campaign county-wide and encourage everyone to show how neighbourly Cumbria is.

Get your teams involved – particularly marketing/social media managers.

If anyone needs any further information, wants to be involved or tell us about what you're already doing they can contact us via social media or get in touch with

Lorraine Smyth at ACTion with communities in Cumbria on 01228 817224 or email [LorraineSmyth@cumbriaaction.org.uk](mailto:LorraineSmyth@cumbriaaction.org.uk)

Or, Lisa at Acorn Marketing on [lisa@acorn-marketing.co.uk](mailto:lisa@acorn-marketing.co.uk)

**JUMBLE SALE**  
Peoples' Hall  
**2pm on 12th October**

**Jumble to Sandra please on 20885**

**RUN BY THE CHARITY GUILD  
IN AID OF MULTIPLE SCLEROSIS**

## SEDBERGH TOWN BAND

Keith Wood

I'm sure all our readers and supporters will agree that the Town Band is brilliant and a wonderful community resource.

To maintain our excellence, we need to develop and increase the numbers in our learner band. This development band is not just for youngsters. We also have a number of adults who are learning. If you dear reader would like to have a go at a brass instrument, then make contact with anyone of us. That includes me on 015396 21808 or on sangold.kwood@virgin.net. Alternatively, you could just turn up when the learner band meets at 6pm on Wednesdays at the band room between the School Bursary and Powell House.

We would also like to hear from any players out there (lapsed or not) especially cornet or trumpet people, who might consider reskilling in our brass band.

Finally, a few words about 'Songs of Praise' in Queens Gardens. A glorious afternoon filled with our music. Tea, cream and jam scones, the gentle click of bowls on jacks in the background. A happening described to me by John Moore as "A very civilised event" Couldn't have put it better myself John. A great success. Thanks go to everyone.

*After we accidentally truncated the article above in last month's Lookaround we've reprinted it in full here. Apologies to Keith and the Band. Ed.*

## EDITORIAL

Werner Heisenberg, he of Uncertainty Principle fame (!), once wrote that 'an expert is someone who knows most of the worst mistakes that can be made in his subject and how to avoid them'. Well as far as Lookaround goes I'm slowly learning to become an expert—by making all the mistakes. A very long way to go yet though, with many more to be made, I would guess.

You would not believe how many times I checked last month's edition before I sent it to Stramongate. Looking through for something a day later I discovered the formatting was out from page 22 onwards. By which time they had printed it. I wonder if there is some variation of Uncertainty Principle at work here, once all the adverts are right you can't be sure there won't be a mistake in the text, correct the text and you can't be sure about the adverts.

Well, the last episode of 'Envy' and I'm very glad Lydia sorted herself out and is looking forward to a brighter future. I only hope that Evelyn will come up with something else to replace her in the very near future. And give it to us to publish!

I am most encouraged by the 88 pages in this edition, the most we've had since February, which did include, of course, two months worth of post Christmas articles. Many thanks to all our contributors new and old, it is you, and our advertisers, who make Lookaround. It's just up to us to try and put it together without making too many errors. *Ed Welti*

## PERSONAL MESSAGES

### DAVID WOOF

Andrew, Rachel, Helen & family would sincerely like to express their heartfelt thanks to all family, friends & neighbours for their overwhelming support, help & kindness shown to them following the very sad loss of their dad (David).

Thank you to the many who attended his funeral to celebrate his life & who gave so generously in his memory for St Marks Church, Cautley & Sedbergh Medical Practice.

### BETTY DARK

I would like to say thank you to Ann-Marie, Ann and Brian, for being so kind to me during my stay in hospital. I really did enjoy your visits and couldn't have managed without having my laundry being done. I would also like to thank Tony Evans,

for cutting my grass and keeping my garden tidy. I am very lucky to have such good neighbours.

### DEREEN AND JOE

Congratulations Dereen and Joe on your 73<sup>rd</sup> wedding anniversary on September 11<sup>th</sup>. Love and Best Wishes from Ann

### FOR RENT

Waterside Farm, Firbank. Fully equipped static caravan. Sleeps 4. Contact 20616

### FOR SALE

Casio Electric Piano MT-45 with Stand, Manual, Headphones, 2 Casio Music Books. £100 Phone 015396 21745

### FOR SALE

Stairlift for sale in immaculate condition, only used for 1 month. Contact Emma Lewis, 07807206365.



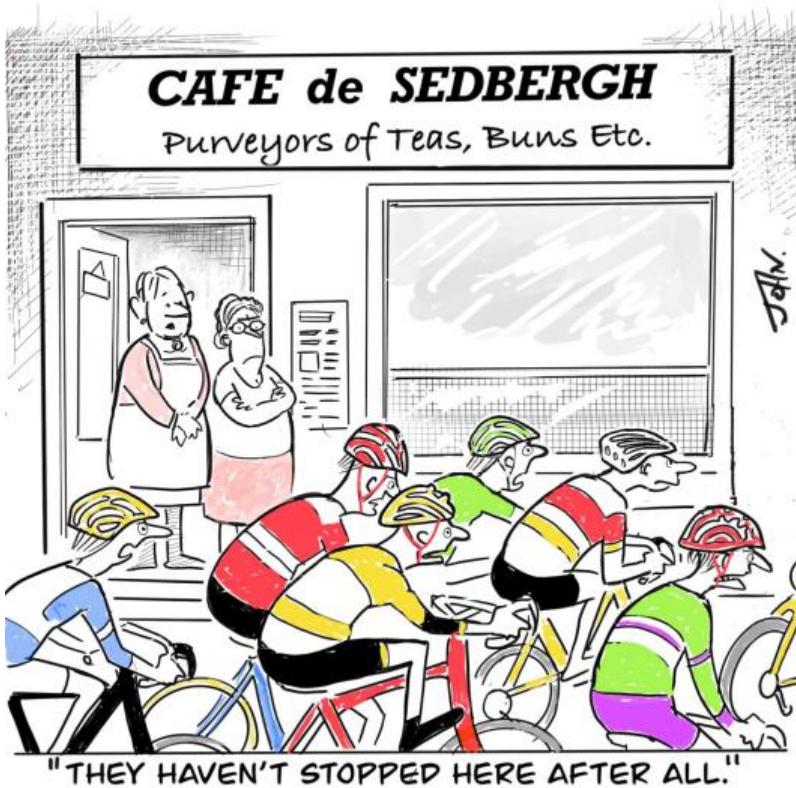
## LOOKAROUND STILL NEEDS YOU!

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

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

**Contact details are on page 4.**

## A VIEW FROM THE FELLS



### PEOPLE'S HALL HIRE RATES

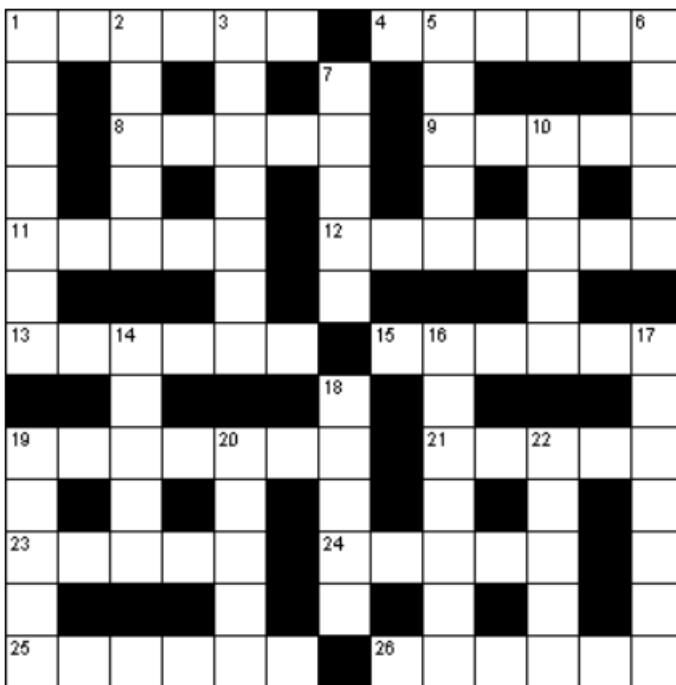
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#### Committee Room

|              |  |        |        |     |        |        |
|--------------|--|--------|--------|-----|--------|--------|
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| Other Hirers |  | £22.50 | £22.50 | £15 | £22.50 | £82.50 |
| Commercial   |  | £30    | £30    | £20 | £30    | £110   |

## PUZZLE (SOLUTION ON PAGE 75)



### **Across**

1. Discover star, zany jungle character (6)
4. Vehicle decay creates vegetable (6)
8. Fruit available in suitable month (5)
9. Brass instrument device located in carnival venue (5)
11. Crane rearranged for part of a shell (5)
12. Brave but sounds like a hollow insect (7)
13. Lowest risk in salsa festival (6)
15. Items thrown overboard produced a flow of water and weapon, initially (6)
19. Show variety, bet a car (7)
21. Secure youth leader, cheap (5)
23. Found neat vehicle answer (5)
24. Decorative illusion? (5)
25. Confused crude with hearty (6)
26. Take for granted confusion amuses (6)

### **Down**

1. Despots in publicity rant session (7)
2. Survived the past in barrel ice (5)
3. Drifting target lower (7)
5. Block found in Roman village (5)
6. Attend to something special? (5)
7. Young prince is part of the deal (5)
10. Thin school head relies on support (5)
14. Replace the head of a furniture item with letter beginning of February for a story (5)
16. Body of written work with no heading finishes and reaches out (7)
17. Perhaps arctic region suitable for dancing around (7)
18. Personnel can be symbolic when carried (5)
19. Sounds like a hoard of money (5)
20. Veteran chaps located farm (5)
22. Large rodent in decoy puzzle (5)

## **LOOKAROUND DETAILS**

### **LOOKAROUND INFORMATION**

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

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

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

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

### **ARTICLES**

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

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

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

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

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

### **CALLING ALL ADVERTISERS**

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

New advertisers are of course always welcome too.

### **PUBLICATION DETAILS**

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

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

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

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

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

### **ADVERTISING**

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

### **PERSONAL MESSAGES**

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

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

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

### **GROUPS AND ORGANISATIONS**

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

### **BUSINESSES**

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

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

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

### **CHILDREN'S BIRTHDAYS**

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

### **COVER PICTURES**

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

### **LOOKAROUND BY POST**

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

### **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*

## PUZZLE SOLUTIONS



### **Joss Lane & Loftus Hill Car Parking Charges**

1 hour = £1.00

4 hours = £4.00

2 hours = £2.00

5 hours = £5.00

3 hours = £3.00

One week = £10.00

Annual Resident Permit, Day = £40

Annual Resident Permit, 24h = £60

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

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

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

\* = Latest Amendments

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



## BED & BREAKFAST

| <b>Proprietor</b>   | <b>Address</b>                                                                                                                                                                                          | <b>Phone (015396)</b> |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| Mrs J Postlethwaite | Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09)<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                 |
| 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                 |
| Mrs A Bramall       | Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11)<br>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, 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 S Capp                                           | Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN<br>Boskins: Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi<br>Speight Cottage: Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub<br><a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a> | 34032 |
| Mr E Welti                                           | 8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT<br>Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS<br><a href="mailto:Ed_welti@btinternet.com">Ed_welti@btinternet.com</a>                                                                                              | 20770 |
| Mrs A Bramall                                        | Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11)<br>Self-Catering Sleeps 6<br><a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>                                                                                                              | 20360 |
| Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04) | Sleeps 4 people; D; T; CH; L; P; NS                                                                                                                                                                                                                            | 21175 |
| Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)    | Sleeps 4 people; D; T; CH; L; P; NS                                                                                                                                                                                                                            | 21175 |

## KEY

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

# DIARY OF EVENTS

Dates are held up to 25/04/2020.

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

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

## SEPTEMBER 2019

|    |                                               |            |
|----|-----------------------------------------------|------------|
| 01 | Moorcock Show (Aug)                           | Mossdale   |
| 02 | 1400 Songs and Poetry Sedbergh Songsters (61) | BVH        |
| 04 | 1000 Coffee Morning - Sedbergh WI (30)        | StAS       |
| 05 | WIHF - Games Evening (35)                     | Howgill    |
| 06 | 1400 DHTF - What Granny Did In The War (39)   | DMH        |
| 07 | 1000 St Andrew's Church Dent Coffee Morning   | StAD       |
| 10 | Tour of Britain stage 4 via Sedbergh (36)     |            |
| 10 | 1400 WIK - Busy Bees and Lemon Grass          | PH         |
| 11 | Medical Centre Closed For Training (Jul)      | MC         |
| 11 | 1000 COGS (14)                                | StAS       |
| 11 | 1915 WID - Morecambe Bay U/water Safari (32)  | DMH        |
| 11 | 1930 WIS - A Little More Art                  | PH         |
| 12 | Westmorland County Show (Jun)                 | Crooklands |
| 12 | 1200 Age UK - Sedbergh Lunch Club (Jun)       | Dalesman   |
| 14 | 900 Over 65s drop in Flu vaccination (49)     | MC         |
| 17 | Sight Advice Meeting (Jul)                    |            |
| 17 | 1800 Swimming Club Starts (17)                | SS         |
| 17 | 1930 Ladies NFU Meeting                       | PH         |
| 19 | 1930 Garsdale Parish Council meeting (Aug)    | GVH        |
| 20 | Climate Catastrophe Week (25)                 |            |
| 21 | Sheep Fest (6,7)                              |            |
| 21 | Sedbergh Artisan Market (21)                  |            |
| 21 | 1000 Space for Stillness                      | MCD        |
| 21 | 1030 MS Coffee And Chat (41)                  | FM         |
| 22 | Sheep Fest (Jul)                              |            |
| 25 | 1930 Cumbria Wildlife Insects & Pollinators   | StAS       |

## OCTOBER 2019

|    |                                                |          |
|----|------------------------------------------------|----------|
| 04 | 1400 Dentdale Head To Foot (Jun)               | DMH      |
| 05 | 1000 St Andrew's Church Dent Coffee Morning    | DMH      |
| 08 | 1400 WIK - Fascinating World of Family History | PH       |
| 09 | 1000 Coffee Morning - Christian Aid (60)       | StAS     |
| 09 | 1915 WID - Jewellery Making with Xmas Theme    | DMH      |
| 09 | 1930 WIS - Women and War                       | PH       |
| 10 | Medical Centre Closed For Training (Jul)       | MC       |
| 10 | 1200 Age UK - Sedbergh Lunch Club (Jun)        | Dalesman |
| 11 | SPS Promise Auction "Big Build" (63)           | SPS      |
| 12 | 1845 Tabernacles DDCF At Rhumes                | Dent     |
| 15 | 1930 Ladies NFU Meeting                        | PH       |
| 19 | Dentdale Choir Concert (45)                    | StJCC    |
| 19 | 1030 MS Coffee And Chat (41)                   | FM       |
| 19 | 1930 Olde Tyme Dance - Roe Valley              | PH       |
| 20 | 1100 Space for Stillness                       | MCD      |
| 23 | 1930 Cumbria Wildlife - Icelandic Volcanicity  | StAS     |
| 26 | 1000 Sedbergh Orchard group Apple Day (11)     | PH       |
| 27 | Clocks Fall Back                               |          |
| 31 | Halloween                                      |          |

## COVER PHOTO A Sheep For Sheepfest

*Ed Welti*

## NOVEMBER 2019

|    |                                              |      |
|----|----------------------------------------------|------|
| 01 | 1400 Dentdale Head To Foot (Jun)             | DMH  |
| 01 | 1900 Domino Drive                            | HVH  |
| 02 | 1000 St Andrew's Church Dent Coffee Morning  | DMH  |
| 12 | 1400 WIK - AGM and Over the Shop Counter     | PH   |
| 13 | Medical Centre Closed For Training (Jul)     | MC   |
| 13 | World Kindness Day (68)                      |      |
| 13 | 1915 WID - AGM                               | DMH  |
| 13 | 1930 WIS - AGM, Jacob's Join & Games         | PH   |
| 14 | 1200 Age UK - Sedbergh Lunch Club            |      |
| 15 | 1930 Middleton Annual Dominoes & Potatoe Pie | BVH  |
| 17 | 1100 Space for Stillness                     | MCD  |
| 19 | 1930 Ladies NFU Meeting                      | PH   |
| 27 | 1930 Cumbria Wildlife - Turtle Doves         | STAS |
| 30 | St Andrew's Day                              |      |

## DECEMBER 2019

|    |                                             |     |
|----|---------------------------------------------|-----|
| 06 | Dent Folk Carols Weekend                    | DMH |
| 06 | 1400 Dentdale Head To Foot (Jun)            | DMH |
| 07 | Dentdale over 60's Christmas luncheon       | DMH |
| 07 | 1000 St Andrew's Church Dent Coffee Morning | DMH |

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

## USEFUL TELEPHONE NUMBERS

### Age UK South Lakeland

030 300 30003

### Electricity in any area

105

### Medical in any area

111

### 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.*

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

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

# BUS SERVICES

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

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

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

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

# BUS SERVICES

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

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

Buses From Hawes to Dent

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

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

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

Buses From Brough/Kirkby Stephen to Dent

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

## BUS SERVICES

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

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

### DENT RAILWAY STATION TIMETABLE

*Valid until 14th December 2019*

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

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

# = Runs 3 minutes later on Friday

~ = From Nottingham

## BUS SERVICES

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

Thurs = Thursday only

Fri = Friday Only

### Lookaround Editorial Team

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

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

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

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

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

*Church Wardens:*

Tony Reed Screen 21081  
& Susan Sharrocks 20754

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

### ROMAN CATHOLIC

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

**Parish Priest Kendal  
Tel: 015397 20063**

### CORNERSTONE COMMUNITY CHURCH

New Street  
Sunday 10.30

**Rev. David Crouchley Tel: 20329**

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

### SOCIETY OF FRIENDS

#### QUAKERS

Brigflatts  
Sunday 10.30

**Tess & Philip Satchell Tel: 20005**

### DENTDALE CHRISTIAN FELLOWSHIP

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

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

### CHURCH OF ENGLAND

Cautley & Garsdale

**Rev. Andy McMullon Tel: 20018**

*Church Wardens:*

Cautley: Judith Bush 20058  
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993  
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952  
& Jean Dixon 20435

Howgill: Helen Hoggarth 20805  
& Pauline Marshall 21651

Killington: Jennifer Thornely 20444  
& John Mather 015242 76333

Dent & Cowgill

**Rev. Andy McMullon Tel: 20018**

**Rev. Christine Brown Tel: 25226**

### METHODIST CHURCH

Dent; Dent Foot;  
Cautley; Garsdale Street;  
Garsdale Low Smithy; Hawes Junction  
**Rev. David Crouchley Tel: 20329**

### SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday  
**Tel: 28151**

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

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal  
Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

| Combined plans for Western Dales Mission Community - September 2019                                                  |                  |                                 |                                       |                                                                                                         |                                     |                                                          |
|----------------------------------------------------------------------------------------------------------------------|------------------|---------------------------------|---------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------|----------------------------------------------------------|
|                                                                                                                      | Time             | 1 <sup>st</sup>                 | 8 <sup>th</sup>                       | 15 <sup>th</sup>                                                                                        | 22 <sup>nd</sup>                    | 29 <sup>th</sup>                                         |
| St. Andrew's, Sedbergh LA10 5BZ                                                                                      | 8am              | Gary Wemyss HC-BCP              | Andy McMullon HC-BCP                  | Gary Wemyss HC-BCP                                                                                      | Andy McMullon HC-BCP                | Gary Wemyss HC-BCP                                       |
| St. Andrew's, Sedbergh LA10 5BZ                                                                                      | 10.30pm          | United Service at People's Hall | Andy McMullon HC (NIV)                | Christine Brown HC                                                                                      | Andy McMullon HC                    | Andy McMullon Harvest Festival FS<br>6pm Choral Evensong |
| Cornerstone Community Church, Sedbergh LA10 5AF                                                                      | 10.30am          | United Service at People's Hall | David Crouchley                       | Sarah Crouchley<br>4pm- Messy Church                                                                    | David Crouchley HC                  | Ralph Penny-Larter Harvest Festival                      |
| People's Hall Sedbergh LA10 5DQ                                                                                      | 10.30am          | Bishop Emma Ineson              |                                       |                                                                                                         |                                     |                                                          |
| St. Mark's, Cautley LA10 5LZ                                                                                         |                  | 2.30pm Judith Bush HCx          | 9.30am Judith Bush MP-NC              | At Sedbergh                                                                                             | At Cautley Methodist Chapel Harvest | United Service 11am Judith Bush                          |
| Cautley Methodist Chapel LA10 5LY                                                                                    | 11am             | Philip Nolan                    | William Allen                         | Brian Park                                                                                              | 2pm Oliver Jackson Harvest Festival | United Service at St. Mark's                             |
| St. John's, Garsdale LA10                                                                                            | 10am             | United Service Judith Bush HCx  | At Low Smithy United Service          | At Garsdale Street United Service                                                                       | Harvest Festival Gary Wemyss        | Bill Mawdsley SW                                         |
| Garsdale Low Smithy Methodist Chapel LA10 5PF                                                                        | 2pm              | At St. John's United Service    | United Service Philip Nolan           | At Garsdale Street United Service                                                                       | At St. John's Harvest Festival      | Brian Park                                               |
| Garsdale Street Methodist Chapel LA10 5PQ                                                                            | 6.30pm           | At St. John's United Service    | At Low Smithy United Service          | United Service 2pm only Colin Harbach Harvest Festival                                                  | At St. John's Harvest Festival      | Own arrangement                                          |
| All Saints, Killington LA6 2HA                                                                                       | 2pm              | At Sedbergh                     | At Firbank                            | At Howgill                                                                                              | Andy McMullon Harvest               | At Sedbergh                                              |
| Holy Trinity Howgill LA10 5JD                                                                                        | 2pm              | At Sedbergh                     | At Firbank                            | Andy McMullon HC                                                                                        | At Killington                       | At Sedbergh                                              |
| St. John's Firbank LA10 5EF                                                                                          | Noon             | At Sedbergh                     | Andy McMullon Baptism                 | At Howgill                                                                                              | At Killington                       | At Sedbergh                                              |
| St. Andrew's, Dent LA10 5QL                                                                                          | 10.30am          | Christine Brown HC              | Christine Brown HC                    | Andy McMullon HC                                                                                        | Christine Brown HC                  | Christine Brown Harvest Festival HC                      |
| St. John's, Cowgill LA10 5RJ                                                                                         |                  | 9am Christine Brown HC          | At Dent                               | 2.30pm EP                                                                                               | At Dent                             | At Dent                                                  |
| Dentdale Methodist Chapel LA10 5QJ                                                                                   | 6.30pm           | June Allen                      | 2pm- David Crouchley Harvest Festival | Pam Dent                                                                                                | Philip Nolan                        | Own arrangement                                          |
| Dent Foot Methodist Chapel LA10                                                                                      | 2pm              | Brian Park                      | At Dentdale                           | Own arrangement                                                                                         | At Dentdale                         | Pam Dent HC                                              |
|                                                                                                                      | <b>Wednesday</b> | <b>4<sup>th</sup></b>           | <b>11<sup>th</sup></b>                | <b>18<sup>th</sup></b>                                                                                  | <b>25<sup>th</sup></b>              |                                                          |
| St. Andrew's, Sedbergh LA10 5BZ                                                                                      | 11.15am          | HC-BCP                          | Andy McMullon HC-BCP                  | Andy McMullon HC-BCP                                                                                    | Andy McMullon HC-BCP                |                                                          |
| HC- Holy Communion (HCx- Extended Communion)<br>SW- Service of the Word<br>FS- Family Service<br>HS- Healing service |                  |                                 |                                       | Ecu- Ecumenical<br>CM- Choral Matins (BCP)<br>MP-NC- Morning Prayer- Northumbrian<br>EP- Evening Prayer |                                     |                                                          |

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

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

### Surgery and Dispensary Opening Hours

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

### Doctors Clinics

Monday – Friday

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

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

### Dent Surgery

**Monday by appointment only**

### Practice Nurses Clinics

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

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

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

### Blood clinic

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

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

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

### Bridging the Gap

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

### Location of Public Defibrillators

72 Main Street

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

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

## **POLICE**

101 or 999

Crimestoppers 0800 555 111

### Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

## **DENTAL SURGERY**

Main Street 20626

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

Monday to Friday 0900 - 1700

## **SEDBERGH LIBRARY** Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

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

Tuesday 0900 - 1900

Saturday 0900 - 1400

## **SEDBERGH & DISTRICT INFORMATION CENTRE**

*for resident & visitor information*

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

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

Tel: 015396 20125/20504

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

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

## **VETERINARY SURGERY**

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 \*

1400 - 1500 \*

Other times by appointment only \*

## **PUBLIC TOILETS**

Main Street, Sedbergh

Main Street, Dent

## **POST OFFICE**

Main Street - Phone 20406

**MARKET DAY** Wednesday

Last Page Update:

March 2019