

Sedbergh & District **LOOKAROUND**

November 2019

Issue 382

Donation £1

First thing, if you're posting to friends or relatives check the Christmas posting dates on page 66.

Otherwise there's a great variety of different articles in this edition. Normally I'd advise that you use the index, or just leaf through, to find items of interest, but this time I would

suggest that you read the first four articles, all have direct relevance to our community.

We've also got six new advertisers in this edition, they are highlighted in the index, but I've run out of room to list them here. Please use them if you can!

Ed Welti



Thursday 28th November
5pm - 7pm

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Mobile: 07464 - 895425

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

6th November: Royal British Legion

13th November: N.F.U.

20th November: Sedbergh Orchard Group

27th November: Garsdale Church

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



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

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editor@sedberghlookaround.org.uk

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07464 895425

Address:

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

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

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B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

BANKING AT THE POST OFFICE

Peter and Gaynor Jackson

Sedbergh has been without a high street bank presence for quite a few years now. To help fill the gap the Post Office stepped in and through agreements with the majority of banks allowed customers to carry out day to day banking like cash and cheque deposits and cash withdrawals. That agreement has just been extended for a further three years with more banks coming on board.

Unfortunately, one of the big players, Barclays, has pulled out at the last minute, meaning that, as from 8th January 2020, customers will no longer have access to their cash at a Post Office. At present, cash deposits and cheque deposits are not affected.

Clearly this will have wide ranging implications for Barclays customers in Sedbergh, Dent, Barbon, etc, where facilities to get cash are limited. The bank claims it is a cost cutting exercise, but given they made £3.5 billion profit last year, the little they pay the PO for helping their customers is but a drop in the ocean.

PO are trying to persuade Barclays to change their minds, impressing



upon them just how much of a major inconvenience to many people, especially those who live in rural communities, this decision really is. Additionally, customers are being asked by PO to sign one of the online petitions that are available, to write to our MP Tim Farron and even go into the local branches in Kirkby Lonsdale or Kendal and complain to the management there. A more drastic move would be to move your



account to a more customer centred bank that would allow you to continue using the PO. If you are considering opening an account, please look at other options, as a Barclays account will limit your opportunities to access your money.

We, at the PO, will continue to support all our customers in the best way we can and will try to answer any questions you may have. If, and when, this decision is reversed, we will let you all know.

Linked to this, is the move by DWP to try and force customers with pensions to cancel their PO card and have their money paid into a bank. The letter they have been sending out is disingenuous, being deliberately designed to be misleading by implying that customers have no choice but to do what they say and close their PO account. **THIS IS NOT THE CASE.** The contract with PO runs until 2022 and you do not have to change until we know exactly what the situation is. If you get one of these letters please either just ignore it or come in and speak to one of the PO staff. This is particularly pertinent if your bank is Barclays, as you will not be able to withdraw your money at the PO. You may also find that you cannot withdraw as much as you previously could using your PO card.

I am sorry to be so gloomy, especially on the run up to Christmas, but Barclays decision will affect many of you in the New Year. If you have any questions at all about cash withdrawals or any other PO related items, we will be more than happy to answer them in Branch.

Xmas Posting Dates are on p. 66.

MILLTHROP BRIDGE CLOSURE

Lookaround editorial

As many will know from word of mouth and social media, the bridge at Millthrop was damaged by a lorry just after two o'clock on the 14th of October. Apparently an overseas driver, unfamiliar with the area, took a wrong turn off the M6 and found themselves heading towards Dent. After turning in the lay-by on the Millthrop side of the river (damaging the parapet of the retaining wall there in doing so) they recrossed the bridge unfortunately colliding with the upstream parapet causing collapse of about eight feet of the structure including part of the bridge arch leaving a precipitous drop into the river.

Highways agency staff attended rapidly and closed the bridge. Close inspection of the footing of the parapet revealed just how narrow it is. It is perhaps a blessing that this occurred by the action of a slow moving vehicle and not when someone was leaning on the parapet admiring the view.

The highways agency released the following statement the following day: "...as a result (of the collision) the

Wednesday 6th November
Royal British Legion

COFFEE
MORNING

St Andrew's Church, Sedbergh
09:30 am - 12 Noon
Come and enjoy a cuppa with friends.
Cakes ~ Biscuits ~ Raffle



road is unsupported on one side and the bridge has been closed to vehicular traffic for safety reasons. A pedestrian walkway has been provided on the opposite side of the bridge to maintain pedestrian access across the bridge.

Cumbria County Council engineers are still assessing the damage to the bridge and identifying the required repairs. At this stage it is not possible to provide a timescale for the repairs, although it is currently expected that the bridge will be closed for months, rather than weeks. The bridge is a listed structure and the identified repairs will need consent from Yorkshire Dales National Park Authority as the planning authority. Consent will also be required from the environment agency for work in the vicinity of the river. Wherever possible Cumbria County Council will endeavour to recover the cost of damage from the drivers insurance company. The diversion route from Sedbergh to Dent whilst the bridge is closed is via the A684, A683 and Barbondale and signing is in the process of being provided on site."

From speaking to the bridge team because the bridge is listed, in a national park and scaffolding and lime mortar used in its repair requires good weather, repairs may be deferred until then.

Thus, for the foreseeable future the only vehicular access (cyclists, equestrians and pedestrians may still use the bridge) in or out of Dentdale from Sedbergh is limited to the narrow, twisty and steep road via Barbon and Gawthrop.

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For small vehicles the very narrow (6'6") road via Holme, Catholes and the golf club or Rash bridge, the narrow twisty Millthrop lane from near Farfield, Sedbergh or Cautley, and finally the very steep, twisty and narrow gated road through Deepdale could also be used. Of course, for those with time or inclination there is always the very narrow, extremely steep, twisty and long Coal road past Dent station or the narrow, twisty, steep and even longer road past Cowgill and up to Newby Head and thence via Hawes or Ingleton!

We can only extend sympathy to those businesses, farmers and anyone with large or wide vehicles needing access in and out of Dentdale and hope that future generations of 'sat-navs' do not encourage goods vehicles to leave roads suitable for them.

LOCAL BUS SERVICES

Tim Farron MP

Over the past decade there have been around 900 bus services cut in the North West, including most recently the 552 service from Arnside to Kendal and the 530 from Cartmel to Kendal via Levens.

While I continue to work with local councillors and campaigners to press the County Council and Stagecoach to explore every possible avenue to reverse the cuts to the 552 and the 530, this is a much wider problem which affects all of our communities.

Having had 40p in every pound of funding cut by the Government, local councils have to make the decision between subsidising bus services and spending money on vital adult social care.

Therefore I'm glad that the transport minister has agreed to meet with me later this month to discuss the urgent need for the Government to restore the funding for bus subsidies.

It would be great to show the minister the level of support for our vital bus services so I'd be grateful if you could sign our petition by signing it online

www.southlakeslibdems.org.uk/bus



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DANGEROUS PARKING

Steve Moore

I write this letter to ask members of the public, who park either side of the entrance to Castlegarth, although it also applies to other road junctions, anywhere, that it is illegal to park within 10 Metres of any road junction. It causes the view of the road to be blocked and could and, eventually, will cause somebody to have an accident. The Castlegarth junction, especially, gives a very poor view of the road towards Cautley. The following wording is from the Road Vehicles (Construction and Use) Regulations of 1986: Obstruction 103. No person in charge of a motor vehicle or trailer shall cause or permit the vehicle to stand on a road so as to cause any unnecessary obstruction of the road and also, from the Highway Code: Rule 243 DO NOT stop or park opposite or within 10 Metres (32 Feet) of a junction, except in an authorised parking space.

Hopefully, people will read this and stop parking close to the junction, but I will monitor it, and if nothing changes the Authorities will have to be involved.

Thanking you all in anticipation of a result.

ROYAL BRITISH LEGION – REMEMBRANCE SERVICE

DM Parratt

The Royal British Legion do hope that you can join us at 10.30 am on Sunday 10th November in St Andrews Church for the Remembrance Service and afterwards at the War Memorial in the Churchyard to remember those who paid the ultimate sacrifice in wars past and re-commit ourselves to peace.

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



REMEMBRANCE 2019.

Nick Cross

Our Commemoration of Remembrance begins this year on Saturday 2nd November with the Dedication of this year's theme, 'Coming Home', in St Andrew's Church.

Visitors will enter by the Lychgate where they will first encounter the Boer War 1899-1902, the first war in what was to become the bloodiest century in British History. Walking down the path between rows of knitted Poppies we pass a representation of World War 1 (1914-1918) with named crosses for all the local dead. Continuing towards the North Porch we come to World War 2 (1939-1945), again with its named crosses. Entering the North Porch, we see the Korean War (1950-1952) which begins a sequence of representations covering many of the theatres of conflict engaging British forces up to and including Afghanistan which are displayed in a semi-circle around the back of the Church. At the heart of the exhibition will be a montage representing 'Home' comprising common household utensils and other familiar objects from the 1940/1950s representative of the middle of the century and with which the returning Servicemen and women from WW2,



PROGRAMME FOR NOVEMBER 2019

**Saturday 9th 10am – 5pm
LEARN TO MEDITATE**

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The Meditation Centre, Dent, Cumbria LA10 5QR
www.meditationcentre.co.uk

Korea and Suez would have found at 'Home'.

For just short of a Century the Royal British Legion has been at the forefront of efforts to help those who have served and their families, and it is only through your donations that continuing this important work is possible.

Visitors will be able to donate towards Poppy Appeal and 'Plant a Poppy' dedicated to a loved one who might have served in any of the Conflicts displayed or has a loved one currently serving. This display will be open throughout the Week of Remembrance and Sedbergh Branch of the British Legion hope that as

many people as possible will visit the display and 'Plant a Poppy'.

On Friday 8th November, Nick Cross will be delivering a talk entitled: 'The Life and Death of Major General A G Wauchope CB, CMG; The High Noon of the British Empire'. Wauchope was an extremely interesting man at a time when 'the sun never set on the British Empire'. The entrance of £5 includes refreshments and all proceeds will go directly to 'Poppy Appeal'.

Sunday, of course, is Remembrance Sunday when we gather to remember all those who gave their lives in the service of this Country.



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THE WHITE POPPY

Nick Cross

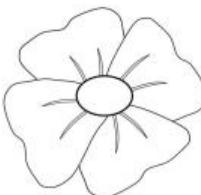
There has, of late, been some debate about the probity of having White Poppies as part of Remembrance.

This debate is one that has been had and I think that, given an ever growing consensus, the White Poppy is perfectly acceptable in 2019.

However, I do feel that it is worth reminding people what the White Poppy represents. Most importantly, the White Poppy does not represent cowardice, (whatever that might mean in a combat situation). The White Poppy is a symbol of Peace and Reconciliation. However, it is much more than that. The White Poppy has come to symbolize the innocent

victims of War, from the eighteen year old who, under constant shelling, broke and was found wandering, in abject terror, behind the trenches in World War 1, and who was 'shot at dawn' and who is now remembered, with white poppies, at the National Arboretum at Alrewas, to the veteran of Afghanistan, alone and troubled, living on the streets today with the dreadful memories that never leave him.

We need to remember why the White Poppy has emerged as such a potent and contentious symbol. It began with one photograph, one image from the Vietnam War which shows a little girl, badly burned, fleeing naked from her village which was destroyed during a napalm attack. This image, probably the most potent of the 20th century, caused



people to consider the innocent who have these conflicts visited upon them.

To give but a few examples: the men, women and children killed during the blitz on London, Coventry, Manchester and elsewhere, surely we should remember them? Consider the horror of the serviceman's wife in Aden who, pushing her infant in a pram, had a hand grenade dropped into it which, in an instant, killed them both; surely we should remember them? Then there are the victims of Guildford, Birmingham, Manchester and Omagh, innocent victims of mindless terrorism; surely we should remember them?

As the Second World War disappears from living memory, soon to be followed

by Korea and Suez and, at a time where the veterans of the early days in Northern Ireland and from the Falklands War are in their dotage, Remembrance must take on a new meaning without losing sight of its origins, otherwise it will simply become meaningless to the rising generations.

And it is to these generations that the White Poppy symbolizes a world free from war, a world where people care for each other and the environment in which we all live. In short, the White Poppy symbolizes Hope.

Carole Curran BACP Counsellor/therapist
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ROYAL BRITISH LEGION PRESIDENT'S REPORT TO THE 2019 AGM

David Parratt

The highlight of the past year was the commemoration of the hundredth anniversary of the end of the Great War. A magnificent installation 'Streams of Remembrance', designed by Barbara Hartley, was mounted in St Andrew's Churchyard when thousands of poppies were laid in memory of the fallen. In the Church were displays illustrating many facets of the War and the poppy heritage.

At a moving opening ceremony poems were read by modern day veterans before individuals visited the installation to place their own poppies

in memory of their family members. The Remembrance Service and Band Concert the following weekend were very well attended and brought a year of Remembrance to a fitting climax.

The Poppy Appeal broke all previous records collecting over £11,500. I am extremely grateful to all those involved in the collection for their help and dedication to this cause.

Throughout the year the Branch has continued to support young and old veterans and has become involved in the Rawthey Project, a local rehabilitation programme for young veterans, the majority of whom are suffering from some form of post-traumatic stress disorder. We had a presence at their major fund raising events, Hells Fells in June and a Ladies Yomp along the Dales Way in July. We are now seeking to find more effective support from the Legion to help further this excellent initiative.

Branch fundraising has continued through coffee mornings and raffles and the Branch now has a healthy reserve which can be drawn upon to make emergency grants for veterans in need. We have had to put money aside for a new Standard to supplement a generous grant from the Community Trust. Authority has been granted for the old Standard to be laid up in St Andrew's which we anticipate will take place in the New Year.

Nick Cross took over from John Douglass as Branch Chairman in the autumn. Subsequently as you will recall John died and Barbara joined him in June. Richard Ellis, and most

Would you like to learn to Meditate with others in a friendly, supportive group?

I am running another introductory course over three sessions. I will teach you meditation techniques that can help you to de-stress, relax and improve focus and concentration.

Weds November 13th

(subsequent dates to be decided at the first session)

6.00-8.00 pm

St Andrew's Church Community Room

The cost is £30 for the three sessions

Please contact Maggie to find out more or to book a place

Tel: 07824831109.

email: maggiescott07@yahoo.co.uk

COUNCILLOR'S CORNER

Ian Mitchell

Millthrop Bridge - at the time of writing the bridge at Millthrop has been closed following a hit from a lorry. This is obviously a huge inconvenience to people who use this road every day to get to work, for the bus companies doing school runs, for businesses and for tourists. I have spoken to County Councillor Nick Cotton and Peter Hoskins at Cumbria County Council; I will work with them to ensure this work gets done as quickly as possible, to keep disruption to a minimum.

Tour of Britain - it was fantastic to have the Tour of Britain come through Sedbergh, towards Dent and down Barbon Dale, the turnout looked great and it was great to see all the school children out watching, along with hundreds of other spectators

Rural Crime - there have been a number of thefts in the area in the last month or so. I welcome the decision of Sedbergh Parish Council to install cameras in Sedbergh; this gives the

recently Dorothy Thomson and David Alban have also joined them at rest. Jane Collison remains almost completely paralysed but has now regained some movement in her left hand and has moved to Preston. On a brighter note Dennis Whicker has made a splendid recovery and is back again as a fully active member of the Committee. Nick Cross has been appointed County Vice Chairman and Myles Ripley County Youth Officer for South Cumbria. The Branch strength is 134 of which 54 are pupils at Sedbergh School. Most recently Elspeth Griffiths has decided to stand down from the Committee after many years of outstanding support to both the Ladies Branch and this Branch. I would like to take this opportunity to thank her for her support in the past and all the members of the Branch Committee for their continued support.



**SEDBERGH LADIES NFU
13 NOVEMBER 2019**

**COFFEE MORNING
IN AID OF
ST JOHN'S HOSPICE**

**IN ST ANDREW'S CHURCH ROOMS
FROM 10 AM to 12 Noon**

**Cake Stall, Raffle
St John's Hospice Produce Stall**

police a possible line of enquiry. Although I believe this is a positive step as a form of deterrent, this will not solve the problem; we need to work more closely as communities with the local police.

At a recent meeting with our PCSO, I asked about a suspicious vehicle which had received '16 shares' on Facebook, I asked if there was any information about this. The PCSO said that, unfortunately, this had not been reported to the police, so there was no information. We need to improve our communication to the police and use the 101 service. I know this can be difficult as I was on hold for nearly 25 minutes the other day before giving up, but there are other ways to report suspicious vehicles or activity, through the online

form or by emailing, at least this way the information gets into the police system.

Dent Parish Council and I have a meeting arranged with the Police and Crime Commissioner, Peter McCall and Superintendent Sarah Jackson. Once we have had this meeting, Inspector Paul Latham is going to come to Dent to speak to the public regarding the issue of rural crime and to talk about the benefits of cameras.

Children's Play Area - I am delighted that, working alongside Dent Parish Council, SLDC and local residents, we have got an agreement to have a fence installed around the play area at Dent. This is needed to prevent dogs fouling where the young children play; many concerned parents had raised this with me and the PC.

Maryfell - it is fantastic to see that the additional parking at Maryfell is now completed, this, of course, will not solve the parking problems, but I'm sure it will help. A great deal of work went into this project from residents, Sedbergh PC, District Councillors and many more, and this is a great indication of what we can get done when we all work together.

We also had fantastic news this month with the arrival of baby Mabel - congratulations to Suzie and John Pye.

I hope to see as many of you as possible in the next month or so as myself and your local Lib Dem team continue our resident's surveys. If for some reason we don't see you, please don't hesitate to contact me if you think there is something I can help you with.

ian.mitchell@southlakeland.gov.uk

SEDBERGH ORCHESTRA

Conductor : Roland Fudge
Leader : Val Snelling

'European Favourites'



Mendelssohn : Overture 'Fingal's Cave'

Handel : Organ Concerto op.4 no.4

Soloist : Roger Bush

Gounod : Symphony no.1

St Andrew's Church Sedbergh

Thursday 14th November

8.00pm (doors open 7.45pm)

Light refreshments will be available

Tickets £8 in advance, £10 on the door
18 and under Free

Tickets from: Orchestra Members,
Sedbergh & District Information Centre 015396
20125

or Sedbergh Pepperpot Club 015396 21196

Website: sedberghorchestra.zenfolio.com

*Any surplus to the Alison Armstrong Pepperpot Fund
supporting the Orchestra and young musicians locally*

a helping hand



To help older people in the community retain their independence in later life by offering a friendly and reliable service.

a helping hand now has a small team of people working in Sedbergh and surrounding areas.

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GARSDALE PARISH COUNCIL

Common Sense Prevails

Philip Johns, clerk to Garsdale Parish Council

Just a short report for this edition as a much overdue holiday beckons. There is some really great news that I can impart, that is that the planning application for a new forestry road entering the A684 near 'The Street' in Garsdale, which would have blighted the dale and disfigure it forever, has been refused. The planner officer, Michelle Clowes, at the Yorkshire Dales National Park, received some 18 letters of complaint, including one from Garsdale Parish Council. She, very wisely, has taken on board most of the concerns raised by the council

and residents and concluded that this was a poorly thought out application and merited immediate refusal. The applicant does have a right of appeal but with such a strong opposition, it is very doubtful that an appeal would be successful. On behalf of the parish council, could I thank YDNP planning, who are often much maligned, that, in this instance, common sense was reached, to the satisfaction and relief of Garsdale residents. Many thanks also go to the many that attended the protest meeting and to those that wrote to YDNP with their concerns. A full summary of the reasons for refusal can be found on YDNP's website, under planning, ref. S/02/105.

By the time of publication of this issue, B4RN should be nearing the finish line on Route 2. The 3 road crossings and the one spur crossing that Garsdale has been waiting 3 months for, have been scheduled for dates in October. Final fibre blowing, splicing and router fitting will take place shortly after. Once everyone, who wants B4RN ultrafast broadband (incredibly, there are a few who have decided to remain with their antiquated suppliers, rather than subscribe to the world's fastest domestic broadband!), could it be time to celebrate this wonderful, life changing, world breaking achievement? Could it be party time?

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www.garsdaleparishcouncil.com



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2019

Wednesday 13th November



SEDBERGH PARISH COUNCIL

Janey Hassam, Clerk to the Council

This report covers items from the Parish Council meeting held on the 10th October 2019. The next monthly meeting will be held on Thursday 14th November 2019 at 7.30pm. The meeting will be held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Marketing/PR for Sedbergh: A presentation was made in regard to future proposals for a Marketing/PR plan. Members will consider a financial contribution to the proposed strategy at their November meeting.

Other Matters: Various other matters were discussed: with an update from the Amenities and Finance Committees, including the planned refurbishment of the Ladies toilets on Main Street, the grant applications submitted in regard to progressing CCTV for the town (awaiting outcome), Late Night Opening, parking at Castlegarth/Thorns Lane and the speed of cars around Maryfell. The investigative works at Jubilee Fountain planned for late October and, finally, the proposed Vision for Sedbergh which

would be discussed at the November meeting.

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'S COLUMN

Tim Farron MP

Well the past month has been a much more productive one than I expected when I sat down to write this column a month ago. It turned out that proroguing Parliament was illegal and so I had a lot more time to quiz ministers on issues. Trust me I took full advantage of it.

Transport has been one of the bigger issues. Stagecoach announced that they are cutting another couple of bus services in South Cumbria with the result that even more people will find it harder to get about and many of us will be forced to use their cars even more.

Sedbergh of all places is aware of the issues surrounding bus closures. You are really lucky to have your community bus service but many places are nowhere near as fortunate. But I don't think we should have to rely on volunteers to provide our public transport. However, Cumbria County Council has had its budget from the Government cut by 40% over the past 10 years. With the result they now have to choose between providing bus services or caring for elderly and disabled people in this area. I have managed to secure a meeting with the Transport Minister to discuss transport in rural areas. Clearly much of the time will be spent explaining to her what it is like living in an area like ours as the Government seems to have no clue.

Climate change is the biggest issue we face today and forcing more people into their cars just makes things worse. I was lucky enough to speak during a debate on the Government's plans for net zero



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Homemade chips	Cheese
Salt 'n Pepper chips	Fried Egg
Halloumi Fries	Halloumi
Onion rings	Coleslaw
Corn on the Cob	

carbon emissions and this was exactly the point I made then.

I hesitate to mention the Brexit issue but I have been keeping the pressure up on the Government to ensure that they don't forget about farmers in their negotiations. I have written here about the impact tariffs will have on our lamb industry but it is not just them. I have had a continual stream of dairy farmers getting in touch to tell me about the problems they will face if things are not sorted out. Many of them feel they risk having their profits completely wiped out. During a parliamentary question session, I asked Michael Gove MP to reassure us that our farmers were going to be protected. I wish I could say that his response reassured me. Sadly it didn't.

However, this pressure clearly does have some effect. Back in July I took a group of our local tourism businesses along to meet the Immigration Minister to highlight to her the problems their businesses

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would face if the Government continued with their plan to introduce a £30,000 minimum salary for people coming to work here from abroad. So it was great to hear another Minister tell me that the plans were "under review" because of the issues we had raised.

And that's just some of the things I have been up to. I've also been questioning ministers on issues ranging from health to mining. To say nothing of taking part in trail runs and getting out on the doorsteps. Busy busy. As ever if you have anything you want to add to the list of issues I am dealing with then please email me at tim@timfarron.co.uk or call us on 01539 723 403.

Thanks for your support

THANK YOU EXTINCTION REBELLION BRECON

Judith Aston

"Just saying it could even make it happen," goes the line in the Kate Bush song, Cloudbusting and it's reverberating through me as I wake up back home after spending six days in London with the Extinction Rebellion. For over 30 years we've been saying we must cut greenhouse gas emissions to prevent global over heating, but just saying it doesn't make it happen. For the last six days we've been protesting for governments to take action on the climate crisis and ecological collapse.

"We'll introduce a law to go carbon neutral in 30 years time" they said, but just saying it won't make it happen. The chants that have rang repeatedly around my ears for the past six days have been, "What do we want? Climate justice. When do we want it? Now," and "Whose streets? Our streets. Whose police? Our police. Whose planet? Our planet. Whose children? Our children." And whenever someone is arrested, "We love you, we love you." Could just saying it even make it happen? For one of these chants, it certainly does and it's about the most powerful part of Extinction Rebellion. Right from the opening ceremony, I realised that something was different here. The atmosphere is charged with energy, respect and love. Focussing on the collapse of nature and the fight for survival our children will be facing, brings raw emotions to the surface, I've seen grown men standing in a crowd, fighting back tears for no

apparent reason, hell I'm even doing it now just thinking about it.

Occasionally it even seeps through to the police standing guard over us for hours on end. With my arm in a steel tube, chained to another soul as the police line edged closer, a procession of figures all dressed in red with white face-paint, slowly, gracefully, arrive, a hushed quiet falls. It's a bit spooky, it's a bit disturbing and for a reason I can't explain, it's very moving.

They position themselves between us and the police, silently facing the officers, their gestures and faces pleading, I watch a female officer chewing her lip and eventually, swiftly wipe a tear away. Then, without a word, the Red Brigade turn and leave. Several hold out their hands to

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WEDNESDAY 6th NOVEMBER

A closer look at Ulverston

David Fellows: An illustrated talk on Ulverston showing the architectural clues to its fascinating past.

7:30 PM - ST. ANDREW'S, SEDBERGH

WEDNESDAY 20th NOVEMBER

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7:30 PM - ST. ANDREW'S, SEDBERGH

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Richard Cann, 015396 20771.

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us as they walk past and looking into their faces I can see where tears had streaked the white paint and I understand. These moments are rippling all around and through the rebellion. As we sat there, Sian and me, locked together, people came up to offer food, chocolate, donuts. Complete strangers were thanking us, hugging us, kissing us. Complete strangers looking out for each other, protecting each other. And in front of us, two silver haired grannies in their 70's lay in a tent on the road, chained into a similar arm tube, and that's where they spent the night, alongside us. Trying to sleep on a London road with the constant threat of arrest is hard. Trying to sleep with a helicopter hovering feet above your head at 3 in the morning is hard. Disrupting people just trying to get to work is hard. Standing your ground with a

tool of the state demanding you move, is hard. But a glimpse of a world where generosity is valued more than greed, where courage brings love and a common desperate purpose brings unity, makes it, just about, worthwhile.

Yes there's dancing and laughter too, spirits have to be maintained in the face of fatigue and fear and grief. This is the last throw of the dice, the last chance to evolve the human race beyond the cul-de-sac of our own stupidity. Do not be deceived by the nay-sayers and down-players, even the ultra conservative International Monetary Fund has said that, "...the risk of catastrophic & irreversible disaster is rising, implying potentially infinite costs of unmitigated climate change, including, in the extreme, human extinction."

The advertisement features a black and white photograph of three large white tipi-style marquees set up in a grassy field. In the background, there are rolling hills and a forested mountain range under a clear sky. The logo 'Marquees & Teepees' is in a stylized script font, with 'KILLINGTON' underneath it. To the left of the text, there is a graphic element consisting of two curved lines forming an 'X' shape. The text 'FRAME MARQUEES & TEEPEES' and 'VENUE COVER FOR ALL OCCASIONS' is in a serif font, followed by 'FURNITURE HIRE & TABLE LINEN' in a bold sans-serif font. Below this, contact information is provided: 'T: 015396 20602', 'W: WWW.MARQUEETEEPEE.CO.UK', and 'E: OFFICE@MARQUEETEEPEE.CO.UK'.

Powerful messages perhaps but it's all just words, stories we tell each other as we shelter in cocoons of 9 to 5 jobs and supermarket shopping. Not until it all falls apart will those words take on their full, terrible meaning. And as for that last chant, "We love you!" you might dismiss it as being hippy, or perhaps a bit too soppy, but whether it's sitting around a family breakfast table or on a wet street in London, yes, just saying it can even make it happen.



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W.I. REPORT FOR HOWGILL AND FIRBANK

Audrey Hoggarth

September: President Sarah Syred welcomed eleven members and one visitor to the above meeting. Sarah is to be our delegate at the annual council meeting on October 22nd.

Our centenary craft entry is looking good thanks to our crafty members coinciding with life and scenery around our valley. The centenary calendar is available which features members from the Lune Valley Group enacting resolutions across the decades.

We have donated to the Denman memorial fund in memory of former member Liz Haultrom.

Our walking group enjoyed the September walk in the Shap and Rosgill area.

Vera Hodgson arranged a games evening with a beetle drive making a lively Social evening, Mary Stainton being the winner. The competition for the most buttons on a postcard was won by Tanya with Pauline second. The evening was brought to a close with a Jacobs join supper.

October: We met at Firbank for the annual general meeting. We were pleased to welcome Karen Hank's federation chairman who was to guide us through the vote for president later in the meeting, also a prospective new member, Grace.

Sarah and Mary joined Casterton WI when Joan Bentley, who is a expert at flower arranging, entertained the audience with a mix of humorous stories and creativity making a enjoyable evening. Sarah is to be delegate at the council meeting later this month. Helen Price is

leading the next walk. We have entered two teams in the quiz at the White Hart Club.

October is the month when we look back at events and achievements over the past year.

The Secretary reported another active and eventful year. The Treasurer produced a healthy balance sheet.

Sarah our President was thanked for her dedication and commitment during her first year in her new role.

Karen led us through the vote for President Sarah was re-elected and agreed to continue along with the present committee in the coming year.

It was then over to Karen who is a very busy lady as federation chairman and President of Ireleth and Askam W.I.

She spoke about her love of horses, her varied careers as head teacher, working with the police at Hawkshead,

and 5 years at Haverigg prison. Pauline thanked Karen for her enthusiastic talk and taking us through the past, present and the future within the federation. The competition for a Autumn arrangements was won by Anne Kendal with Mary Stainton second. Anne and Pauline were presented with the competition cup for gaining most competition points throughout the year. The evening was brought to a close with a game of consequences lifting our spirits.

Do join us at Howgill village Hall on November 7th when the Kirkby Lonsdale handbell ringers will be entertaining us.



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DENTDALE W.I.

Thelma Belfield

Our October meeting started with a completely different format. The main focus of the evening was a Jewellery making workshop with business matters being discussed afterwards. President Sue Owen as always, gave everyone a warm welcome and introduced Jenny Wheeler who was leading the workshop. A second difference to our evening was that we did not sing Jerusalem, a long standing tradition in our group, however all our accompanists were away on holiday, so sadly no Jerusalem.

Jenny began by saying that she was no stranger to Dent WI as previously she had been in partnership with The Kitty Brown Boutique and so had visited us 4 years ago. Since then having decided to semi-retire she remained in the fashion world and began making jewellery including developing workshops and teaching others her skills. She went on to demonstrate her huge range of beads of every colour, shape and size explaining how we could design and make our own bracelet necklace or earrings

using the beads and silver wire and if we liked the piece we had made she and her husband would complete it with silver clasps and chains and we could purchase it. If not, we could simply de-string the beads back into her supply. Everyone set to work eagerly, choosing beads was the hardest part, so many beautiful colours and gradually some very stylish pieces of jewellery took shape. Everyone enjoyed themselves, chatting, comparing ideas, helping find the holes in the very tiny beads (eyesight for some of us not so good these days) and learning something new. Jenny is an excellent tutor relaxed, helpful and encouraging, if you hear about one of her workshops, book yourself on it, you won't be disappointed.

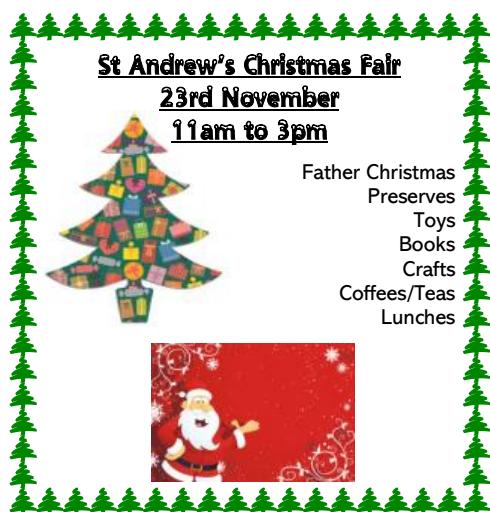
Tea and biscuits were very welcome and whilst Jenny and her husband did the final fixing of clasps we moved onto our business discussion. Final plans for our forthcoming charity fund raising event a Family Quiz night on Friday 25th October. Jean had produced colourful posters and everyone was keen to offer help on the night, preparing supper or selling raffle tickets. Proceeds from the event are to be shared between the Northwest Air Ambulance and Support for the homeless. Social activities were next, this year we are holding our Christmas Party at The Pheasant Inn, at Casterton and menus were available for us to choose from.

The Federation Quiz on 4th November is rapidly coming up and

this year interest was good and we have formed two teams to take part. Maybe, just maybe we will win this time.

Crafts are always an important part of our meetings, and Sue and Kate were congratulated on the completion of a special panel reflecting our W.I. here in Dentdale. Hand worked it showed the Sedgewick Memorial Fountain, the Settle-Carlisle railway complete with steam train, knitting sticks reflecting the history of the Terrible Knitters of Dent and tea and cakes. This, along with other panels produced by WI institutes throughout Cumberland-Westmorland Federation will form a celebratory Centenary Exhibit.

The final item on our agenda was to seek a delegate from our membership to represent the Lune Valley Group at the national AGM in June 2020. This event involves a two day trip to London, an iconic venue the Albert Hall and WI members coming together from all parts of the



country. We may have to draw lots for this privilege.

A different structure to our evening but the spirit of our meetings remained the same. Friendship, social contact, learning opportunities and great teamwork.

The items of jewellery were purchased, Jean and Karen were lucky raffle winners. Rita won the competition with her memorable piece of jewellery a gold locket. Sue reminded us that the next meeting was our AGM and encouraged everyone to try and attend this necessary and important part of our year. At this and every other meeting we hold throughout the year, visitors and new members are always very welcome.

SEDBERGH W.I.

Moira Folks

Sedbergh WI members have been out and about in the past month: four of us visited the impressive Skipton Castle on September 25th on a self-guided tour to find out more about the birthplace of Lady Anne Clifford, the subject of our March meeting and also linked to our summer outing visit to Dalemain. Tagging on to an excellent tour guide who was introducing primary school children to the excitement of castles was a bonus! The tea room provided an enjoyable lunch before we walked around the town and visited the lovely parish church where we saw some Clifford tombs.



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The Borderlines Book Festival in Carlisle caught the attention of some book club members who enjoyed hearing Joanne Harris (author of 'Chocolat'), Ann Cleeves (author of novels on which the popular 'Vera' and 'Shetland' TV series are based) and our own MP, Tim Farron, talking about his recently published memoir, 'A Better Ambition'.

'This is Going to Hurt – The Secret Diaries of a Junior Doctor' was the subject of our book club meeting on October 7th. The author, Adam Kay, is now making his name as a comedian and this book shows us his credentials as a comic writer, as well as his personal reasons for leaving the medical profession. Delving into the diaries he scribbled in rare quiet moments – first as a junior doctor, then in successive stages of his career - Adam Kay recounts anecdotes which show us clearly, often with black humour, the joys, pains, exhaustion (a 97-hour week!) and life-and-death decisions that doctors have to face in their daily life, against a background of NHS cuts, low staffing levels and sometimes a postcode lottery in prescribing the treatment they would like their patients to have. Adam specialised in obstetrics and gynaecology and it's difficult to see how any hospital doctor in any other field could possibly have written an amusing book: at least with 'obs and gynae' you have the possibility of the joy of delivering new life, though the attendant possibilities for tragedy are never far from your mind. (Consequently, we wouldn't recommend it for anyone who is

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squeamish, pregnant or expecting a baby in their family!) However, Adam Kay's aim was not just to amuse the reader: it was much more important than that. It's a wake-up call to the government to put more money into the NHS to increase staffing levels in order to prevent terrible things happening because doctors are too exhausted to make correct decisions or wield a scalpel safely: lorry drivers are better provided for in being given compulsory breaks whereas doctors often have to work back-to-back shifts! So, although some of our group were concerned by Adam Kay's rudeness and perhaps flippancy in recounting the funny side of operations, we agreed that his worries about the NHS come over very forcefully and we should applaud him for that, and also endorse the feeling of some literary critics that this book should be required reading for any politician who is responsible for the NHS. As things stand, this country is losing good doctors who will emigrate to another country where their working conditions are better and their hours are more reasonable, and they feel they can do a better and safer job. Average score given for the

book was 6/10. Valerie's excellent apple cake, made from very local apples, scored much higher: thank you very much, Valerie!

With the Remembrance season approaching, 'Women and War' was an appropriate subject for our meeting on October 9th. Sandra Gold-Wood, well known in Sedbergh for her work for the British Legion, and extremely well known to Sedbergh WI as a member and friend, spoke to us about the changing role of women in war, from the fiery Boadicea (or Boudicca) who led the Ancient Britons against the might of the Romans in her chariot, to the nuns who nursed the wounded in medieval times, and Florence Nightingale who made nursing a respectable profession by improving hygiene and thus saving lives in the Crimean War, as did Mary Jane Seacole, whose hotel there provided medical assistance and morale-boosting care to injured officers. Sandra then reminded us of

the role of women in WW1: tens of thousands were involved in making munitions (the 'canary girls' whose hair and skin turned yellow from the chemicals), in timber operations, and the Queen Alexandra nurses and VAD (Voluntary Aid Detachment) nurses who served near the battlefields and also cared for the wounded in Britain. The suffragettes stopped their protests during the war but were rewarded by getting the vote at the end of it. In WW2, women took over the jobs of conscripted men, becoming bus and train drivers, for example, before they too were conscripted into the Land Army, munitions, the Forces and timber operations, and the Auxiliary Territorial Service, sometimes known as the Women's Army, but they were barred from serving in battle. Women in the Air Transport Auxiliary were able to pilot planes from one airfield to another and women were encouraged 'to join the WRNS and free a man to join the Fleet'. It was from those beginnings that women gradually gained the right to be full members of the armed services, theoretically on a par with men, as they are today. Sandra Kemp thanked Sandra G-W for enlightening us about the role of women in war through the ages in her own inimitable, lively style, and for the many photos and news cuttings which we were able to view after her talk.

Our next meeting, on Wednesday 13th November at 7.30pm in the People's Hall committee room, will be our Annual General Meeting and Jacob's Join, so we hope all our members will be able to join us there.

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

Wendy F-U. & Marion Wood

Let us follow on from last month's poetic ramblings but this time with the concluding lines of the poem: (by Thomas Hood)

"No warmth-no cheerfulness-no
healthful ease-

No comfortable feel in any member-
No shade-no shine-no butterflies-no
bees-

No fruits-no flowers-no leaves--no
birds-"

November! Perhaps next month we
shall manage some Winter
Wordsworth.

Once again we started our meeting with the speaker. Lynne Pritchard had come from Grange to talk to us on "The Fascinating World of Family History". Her talk was most informative, even for those of us who thought that we knew our way around the subject. She gave an excellent explanation on how to access sources to explore family history, interspersed with personal stories about ancestors she had discovered. She explained how important it is to ensure "our library of memories is not lost" but passed on to relatives in the next generation. Lynne concluded by providing us with useful handouts to set us on our way. Sincere thanks were expressed.

After our usual delicious tea and lots of chat we continued with our meeting. Susan, our president, welcomed us, and particularly Barbara Leigh and Louise Atkinson and we look forward to seeing them regularly as members.

October is a very birthdayful month with Susan Raw, Nancy Smith, Dilys Evans and Peggy Robinson all adding an extra number to their quoted age. It was fortunate that none was ending with a "O", as we were already too full to find tummy space for a special cake. This month's winners were -Raffle- Margaret Denton, Competition for a family memento -WFU

Eleven members had attended the funeral service of Shirley Richardson. The flowers in the church were beautiful and the whole service was a fitting tribute to our friend. A few members went to the woodland burial and then to the golf club for refreshments.

Lots of WI events are in the offing. We shall have 3 or 4 teams entered for quiz night at the White Hart, always a happy venue with super chips!

Several members will be going to the Poetry, Prose and Plonk evening at Tebay, and two of our artists to the painting day at Crook.

Next month we all forgather at the People's Hall on Tuesday 12th November at 2-00pm for our AGM. The committee provide refreshments so don't eat much lunch and you may not feel much like tea either. Hard luck husbands!

PRIDE

Sandra Gold-Wood

Last month we left Miles arriving home for half term with his rugby-mad father.

As the car drew closer to the house they noticed a police car parked on the drive.

Miles watched as his father's face grew red with anger and words seemed to explode from his mouth.

'What the hell is going on here?', grumbled Mr. Saunders, as he slammed the car door. I bet it is your mother, she's at that funny age, you know? I bet she's been shop lifting. My God, if she has I won't be able to hold my head up at the Rugby Club. I'll make her pay for this.'

What funny age thought Miles, as his father carried on ranting and, yes, whatever it was, he was quite sure it would be his mother who paid. He could hardly contain the contempt he was feeling towards his father.

Inside the house, his mother sat at the kitchen table, a tissue in her hand and her cheeks damp with tears. Miles went over to her and placed a comforting hand on her shoulder, while his father blustered away at the

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two police officers and shouted at his wife,

'Now what have you been up to, Janet?'

'If you'd like to sit down Mr. Saunders, Sir, we have something to tell you,' explained the police officer.

'I don't need to sit down, it's quite alright officer. I expect the old girl has picked up a few bits she hasn't paid for'. Mr. Saunders took out his wallet, 'I am sure we can sort this out'. 'No, Sir, I think you'd better sit down and listen.' 'Well, if you say so, but I can't see what all the fuss is about?'

The PC took a deep breath and glanced at the WPC conveying his frustration. 'Who is this, Sir?' he asked. 'Oh, him', answered Mr. Saunders waving his hand at Miles, dismissing him as if he were a flying insect; he's my younger son, his brother Charles, plays for the Sharks you know.'

Miles was so embarrassed, by now, that he wished he could fade into the wall paper. He looked across at his mother and saw anger flash in her eyes, something he could not recall ever seeing before. Pushing her chair back noisily his mother stood up,

'Shut up you stupid, stupid man, I've not stolen anything, and if you would just shut up and listen, but listening is completely alien to you, as you have no idea how to do it.'

Miles watched dumb-founded as his mother clutched at the front of his father's shirt and began to hit him in the chest with as much strength as she could muster. He so understood how she felt. He had witnessed so many of the put-downs and insults his mother had endured over the years. She was shouting now and the WPC was gently guiding her out of the kitchen.

'It's Charles, are you listening, it's Charles, you and your rugby, it's your fault, your fault, do you hear me?'

'Do you want to go with your mother, son,' offered the Policeman.

'Right, yes, ok, yes,' answered Miles feeling quite bewildered.

He did not follow the WPC and his mother into the sitting room, instead he remained in earshot just behind the kitchen door. Although he wanted to comfort his mother the need to know what had happened was stronger and, besides, he was relishing his father's discomfort.

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'Now Mr. Saunders if you'd just sit down.' The words were spoken as a command and Miles watched through the door jamb as his father complied.

'Prepare yourself for a shock Mr. Saunders, your son Charles is dead. It seems he suffered a fatal embolism whilst training.'

'Dead', Miles whispered, thinking how can he be dead, he's only 22, people do not die at 22?

His father was standing up again and shouting.

'Dead, don't be ridiculous, man, there must be some kind of mistake. I had dinner with him last night, no, no, no, you've got the wrong man, I suggest you go back and check.' 'I think you'd better go to your wife, now Mr. Saunders, she needs you,' suggested

the PC. 'Needs me, what about my son. It can't be true, Charles wouldn't do a thing like that, what am I going to say at the Rugby Club, and what will I tell them at work? No, this cannot be right, Charles plays for the Sharks, you know.'

But it was true. As Miles listened his father's ranting turned to sobs so he turned away and went to join his mother. She slipped into his arms and sobbed. Miles felt a few tears wet on his own cheek, poor Charles.

The day after the funeral Mr. Saunders packed his bags and left in a taxi without a word. He casually abandoned his wife and younger son, taking up residence abroad. An allowance arrived monthly, but it was not enough for the school fees, so Miles now attended the local comprehensive. It had been hard at first, as he had been teased mercilessly, but he could hold his own in a fight and soon earned his stripes, by standing up to the biggest of the bullies. School life was much better for him after that and, as for his mother, she bloomed. Yes, she had mourned the loss of her first born, but the loss of her husband was a great comfort to her.

The year Miles turned seventeen Mr. Woodville, PE teacher came into his life. Mr. Woodville was football-mad and most PE lessons ended with a football match. Miles had scored a few times in matches and was building a reputation. This had made him popular with the boys and the girls at Charter Comprehensive.

Mr. Woodville was watching from the touch line and he could feel his excitement rising. 'Well done boys,

well done. He congratulated them, in turn, as they filed past into the showers. He was careful not to single Miles out, no, he let the team do that.

Cheering and laughter surrounded Miles and he felt sure he had grown a few inches since the morning.

Outside the school gates Louise Taylor was standing with a bunch of her friends waiting for Miles and his friend, Jake. Jake shouted to the girls asking them if they wanted Miles's autograph. 'No, we know you football types can't read or write,' alleged Louise, her eyes on Miles, her smile inviting. 'We're all going to the Dungeon tonight, Space are playing, Are you going Miles?' 'He's going out with Posh Spice ain't you, Miles?' 'Oh, you're the funny one aren't you Jake. Anyway, we'll be there about 9 pm. Ok.'

The girls walked away while Miles and Jake tried not to watch. 'You going Jake?' asked Miles. 'Yeah, Space are rubbish but there will be loads of girls there, which can't be bad.'

A few weeks later with the end of term on everyone's mind the Charter Comprehensive football team were doing remarkably well. With only two more games before the county final the whole school was buzzing with excitement and the man of the moment was Miles. Mr. Woodville was excited too, not so much about the coming county match more about the fact that he'd arranged for a premier league scout to be there. He felt sure Miles was his way back into the world of football.

A shaft of sunlight fell across the bench where Miles and Louise sat, highlighting their youthful faces.

'You know Miles, I, well I suppose, I love you.' 'What, at last, I thought you'd never say it. You know I love you.' 'Oh Miles, it's just that, well, I don't know what we can do about it.'

'I guess we can make plans'. 'How can we, we're too young? I mean you'll go off to Uni.' 'Give over, Louise, so will you, you're much brighter than I am.'

'Yeah, well I'm glad you realise that.'

They laughed together, both wondering if their future would include the other.

To be continued.....

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DENTDALE - HEAD TO FOOT

Mike Steele

Our 4th October meeting was:

"From gardens to dents and dints and everything in between" with Tony Playfoot. I must admit I did not quite understand what we were to be regaled with, but knowing Tony it would be interesting. It was.

Having arrived here after leaving the Police force, and his 'better half' having got a job at Westmorland General, he decided to 'garden' for the locals. Word soon got around that there was a good gardener and work soon built up into a regular round, but as in all things in Dentdale, it is very much ruled by the weather so there are times of year when it becomes very difficult or in some cases nigh on impossible. At the same time they

had set up a bed and breakfast business which Tony supervised during the day and they both contributed to at other times. So life was busy, but then came a serious motorbike accident and the gardening came to a halt.

In the meantime he had got involved with Sedbergh Brass Band and like all novices began on a cornet, but progressed to instruments requiring more and more lung power until finally he could go no further and ended up playing the Tuba. Apparently diving had been the instigator of this volumetric lung capacity increase compared to us more normal mortals. This in turn, after hearing the pipes played six years ago, propelled him into learning the bagpipes and we have all heard

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his playing at numerous 'do's' in Dentdale. Personally I like the pipes, having Scottish ancestry, but I can understand those who do not!

Being part of the band then led, via a course in deepest Wales, to learn how to repair brass instruments (not before rebelling at the same beans, egg and chip lunch each day), but he came through the other side, set up the repair business and now has customers as far away as Australia on the books. Apparently most modern brass instruments are now made in China and due to the quality of manufacture require frequent removal of 'dents and dints'. Older instruments manufactured by such makers as Boosey & Hawkes do not suffer as much damage and in consequence retain their value. So all this explained his original title and we were treated to a Tuba solo at the end. The pipes remained unblown, but there again it is a small room we meet in!

Our next meeting is on 1st November where Freda Meakin will give us her talk on "What did you do in the war, Granny?" which we are all very much looking forward to, having heard her speak without notes and with great eloquence in the past.

Later in the year we will have our customary Christmas Jacob's Join meeting on December 6th, which I hope will give us strength to undertake the 'Over 60's Dentdale Christmas Lunch' on the 7th!

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



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LADIES N.F.U.

Caroline Sandys-Clarke

On 17th September a large number of Sedbergh NFU members and one or two guests enjoyed an excellent talk from Tony Womacks about The Kendal Mountain Rescue group and his involvement with them. Tony has been with the group for 11 years and is now one of the leaders. Theirs is a wide role as they are also involved with the police and fire service at particular times such as the Grayrigg and Cockle Pickers tragedies. Also during the recent floods. Based in Bushel Road, Kendal there are currently 34 hill going members of the team plus 20 team supporters and 3 dogs. ALL MEMBERS ARE VOLUNTARY and many have full time jobs. The training for a dog takes between 18 months and two years. They are trained with a favourite toy and it is vital that they are 100% quiet amongst stock. As the dogs scent through the air it is very important, when searching for someone, that there are not too many people getting in the way! The team train regularly with twice monthly evening sessions as well as night training, usually a

winter training weekend in Scotland to prepare them for the possibility of rescuing avalanche victims and also swift water rescue training. There are 14 Doctors on the team at the moment and many members are qualified medically so that they can administer to a high level. Victims are always strapped onto the stretchers very securely so that if they vomit the whole stretcher can be turned over! The cost of running the Kendal team is £50,000 per annum plus any funding for major capital items such as vehicles. The latter are highly sophisticated in many cases. If a helicopter is involved in any rescue the government pays these costs, but all the other income is entirely based on fundraising and donations. Team members give talks to schools and groups and Tony said that children are very good at then impressing on their parents the importance of being properly equipped when going out on the fells! Tea and biscuits followed this fascinating talk and we also went to have a look at one of the especially adapted rescue vehicles which Tony had come along in.

A short meeting followed. There is to be a coffee morning on the 13th November in St Andrews Church at 10.am in aid of St John's Hospice where there will be the usual array of delicious baking and a bric a brac stall. It is also hoped that St John's Hospice will be able to bring some Christmas Cards along. Two meeting talks have changed. The October meeting on the 15th will now feature a talk by Jimmy Todd of Todds The Saddlers and Country Store in Kendal. On 3rd December we will welcome Kate Sutton to give us an insight to life as a Community Police Officer. As always visitors are welcome to our meetings at 7.30pm in the committee room of the People's Hall.



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LADIES N.F.U. 2

Caroline Sandys-Clarke

For our meeting on the 15th October we were entertained by Jimmy Todd of Todds the Saddlers of Kendal. Jimmy and his elder brother Gordon learnt their craft from their father who worked for many years for Atkinson's, a sports shop in Kendal where footballs were made and repaired and tennis racquets restrung. When Gordon returned from an apprenticeship in saddlery in London the family took a small shop just off the Market Place in Kendal, from there they moved to All Hallows, from there to Crescent Green, then in 2000 to Mintsfleet where they are now, along with a shop in Elephant Yard.

Much has changed over the years and most harness is now made abroad and quite a lot of it is not even made out of leather. Horses rugs are synthetic and lightweight and there are few people taking up the profession. Jimmy showed us some samples of different weights and types of leather and described many of the processes involved in cutting and stitching. Pigskin is the strongest leather around, but good quality leather is becoming more difficult to get as cattle are not as old and mature as they used to be. All the tools he showed us, are old but still in constant use. Helen Woof thanked Jimmy very much for his wonderful talk. He generously asked for his fee to be donated to The Air Ambulance. Our next meeting is about Ginger Bakers on 19th November, but before that there is our coffee morning on the 13th November to raise funds for St John's Hospice.

FAMILY MUSINGS.

Sarah Woof

Returning from a lovely holiday in Cornwall the first thing we did was light the stove as our house was rather cold, having had it cleaned out the fire roared away and I think hubby was up a few times in the night to keep it in. All worthwhile as a lovely hot house, then Monday was mild outside so we had the door open to cool down.. still a lovely warm house.

Mitts gave us a fright the week before our holiday by going walk-about and not eating, a trip to the vet where she howled all the way in the car and I cried in unison as I thought it might be goodbye time. But thankfully not. She was well looked after by the vet and then by our family and seems happier and hungrier. The chicks are growing and they too were well looked after in our absence, a couple of escapes have led to two exploring the garden before being carried back to the pen.

Our grape vines are producing lots of grapes and they get sweeter each year, this year we have the red ones for first time. I recently bought a book in the charity shop which was written by my friend Joyce about them re locating to Windermere and buying a guest house. That reminded me who it was who told me to plant the vines outside but let them grow inside the greenhouse as they had a vine. To our delight they were on the same coach holiday to Cornwall as us and we had a great catch up. Spending time with the friend I made when I was 8 yrs old and we stayed at the hotel her family owned, now that was fantastic! We talk and laugh and

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share good banter between us. The hotel changed hands after some years and a family from London bought it, Carole and I have kept in touch for 54 years and our friendship is in better shape than the hotel. It was bought some years by a development company who failed to develop it and it is falling down. Such a sad end for such a lovely place where so many families enjoyed holidays where the garden ran onto the beach. Pendower beach, S W Cornwall. A bit of heaven.

So now we are home, and playing with grandchildren yields such fun and laughter, they are the only ones who can tell me what to do and get away with it...mostly anyway!

Once the clocks go back winter seems to be here so I need to get out and walk and do my garden, clean the greenhouses and make things generally tidy outside, the inside can wait for the wet miserable days. A new novel is being born...so writing to the fore again, plenty of experiences to choose from for it, got the main characters just the purpose to sort out... Be purposeful folks it gets stuff done!

SEPTEMBER WEATHER

Brian Wright

Yet another wet month! A total of 8.66 inches (220mm) fell, although we had eight dry days as well. It was also quite breezy with only four days not having a gust into double figures. The maximum gust, I recorded, was 23.7mph (38.1kph). All of these winds, except two, were from the North West quarter. The warmest days were around the equinox with a high of 76F (24.4C). At the same time of the month the lowest temperature was recorded at 34F (1.11C). This was cold enough for a slight ground frost.

The plentiful rain and warm days ensured that there was plenty of grass growth. Many locals took the opportunity to get another cut of silage. I have never seen so many hazel nuts and blackberries as this year. All the nuts were picked one Sunday. The blackberries keep coming though many folk have had some.

After a long gap I actually saw a bat this month. Just two individuals on one night but I have not seen them since. In spite of the rain there have been a few butterflies about. The jackdaws, too many of them, have been helping themselves to apples on the trees. I was so fed up with eating shop eggs I went rash and went to J36 to the minority breeds day and bought myself two pullets to replace the ones lost last summer to the mink. I have increased the barricades in the hope I can keep them safe. The house next door has been ravaged this summer, losing several ducks. The mink was seen coming up out of a drain, apparently!

All the hirundines have flown south. The last few parties of young passed through late in the month. It will be interesting to see if any sparrows or wrens show any interest in the swift boxes during the winter. I haven't seen or heard any geese moving South yet. Yet another summer has passed with sightings of birds of prey. There has obviously been a sparrow hawk around as we have had the feathers of a couple of collared doves killed in the garden. The goldfinch have obviously had a successful nesting season as we have several young at the niger seed recently. We still have a pair of coal tits about but no young it seems. The other tits are plentiful. We have been plagued with wasps. They have nested in the roof, in spite of all my attempts to spray them and block the gaps in the tiles. We have killed many in the house. How they get through the gaps in the windows, I don't know!

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YORKSHIRE DALES DECLares ‘CLIMATE EMERGENCY’

Andrew Fagg YDNP media officer

Members of the Yorkshire Dales National Park Authority have today vowed to take the organisation “well beyond” net zero carbon, as they unanimously voted in favour of declaring a climate emergency.

Members noted that carbon dioxide emissions from the Authority's operations, such as visitor centres and offices, had been reduced by 62% since 2005. They agreed that a further report be brought to the next meeting of the full Authority in December, which would set out a new organisational climate change objective. The vote triggers a three-month process during which a plan of action will be drawn up.

The four main constituent district councils in the National Park – South Lakeland, Eden, Craven and Richmondshire – have also formally declared a climate emergency. Authority Members stressed they were keen to work in partnership with the districts and the County Councils for maximum impact.



YORKSHIRE DALES
National Park

National Park Authority Chairman Carl Lis said: “It’s really pleasing that we’ve been able to report positively on what we’ve done so far get our house in order. Over the past decade we have switched from burning oil to renewable heating technologies at our buildings, and we have more than halved our electricity use. The Authority became a net zero organisation some years ago because of the tree planting and peatland restoration that we’ve funded. But the big message of today is that we will not be resting on our laurels. Cutting carbon emissions generated in the National Park, not just those generated by the Authority, will quite simply be part of the day job.

“We’ve worked in the past on feasibility studies for hydroelectric schemes – and that area is something we could look to reinvigorate. We are lobbying hard for a new system of farm payments that will reward ‘high nature value’ farmers and those who work to slow the flow of rivers through woodland planting or other natural measures. And we’re very keen to work with other local authorities and businesses to achieve

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the ambitious objectives set out in the new Yorkshire Dales National Park Management Plan. "We are all aware that the effects of climate change, such as prolonged unusually hot spells or more intense and frequent out-of-season storms, are impacting on the landscape and communities of the National Park. There is a climate emergency. I look forward to putting together a new plan of action – before Christmas – to take us well beyond 'net zero'."

For more information, please call the Yorkshire Dales National Park Authority's Media Officer Andrew Fagg (Mon, Tues and Fri) on 01969 652374 or Communications Manager Richard Payne on 01969 652394.

SEDBERGH SHEEPFEST – A BAA-RILLIANT SUCCESS!

Heather Thomas

We had an absolutely wonderful Sheepfest weekend and we couldn't have done it without the amazing community around us. On Saturday, we couldn't have asked for better weather and the town was positively buzzing, or should that be baa-ing? Well over 50 unique sheepy creations were out on show for people to find. Rural Links provided a brilliant Field to Fork Roadshow that was enjoyed by young and old. Our increasingly popular Artisan Market was full of shoppers, to the point where some stalls had sold out well before the day ended. It was great to see a variety of

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creatures, great and small, arriving down Main Street to attend the annual pet blessing, too, in St Andrew's Churchyard. Not forgetting the wonderful entertainment provided by Sedbergh Town Band. Farfield Mill reported fantastic visitor numbers over the weekend, also, and were wonderfully accommodating on Sunday when the weather turned against us.

An event like this can only be successful when it has the support of a brilliant committee and the wider community and, so, a huge thank you goes to all of those involved. If you've been inspired by this year's event, we do have space on the committee for a couple of people as some of our current members need to step down due to other obligations.

In no particular order, our heartfelt thanks must go to:

*Each and every business, group and individual who made a sheep for the trail or decorated shop windows

*Sedbergh Playgroup and Sedbergh Primary School for their beautiful bunting

*St Andrews Church for hosting sheep, bunting and crowds of people over the weekend

*Sedbergh Town Band for entertaining us on Saturday morning

*Farfield Mill and all of the staff and artists there

*Western Dales Buses for running the shuttle buses over the weekend

*Wickerfish Art Studio for the wonderful photo board and craft tutorials online

*The Twig Pen People for the children's goodie bags, Sheepfest stickers in windows and on buses, and their candy floss making skills

*Sedbergh CIC for supporting the organisation of the event

*The Sedbergh Community Trust for their generous grant that made it all possible

*Dylan Reynolds Photography and Joanne Withers and Chris Wood for their photography expertise

*Westmorland County Show & Agricultural Society for bringing their Field to Fork Roadshow, Sedbergh Parish Council for allowing use of the car park and to the Black Bull for feeding the volunteer staff

*All of the stall holders across the weekend

*All of the lovely people who joined us over the weekend in Sedbergh and at Farfield Mill

*And, of course, our wonderful Sheepfest Committee, and anyone else who helped in even the smallest way



BURNS NIGHT

Sandra Gold-Wood

Here's something to look forward to after the rigors of the festive season and the New Year celebrations are over and January's dark days are getting on your wick. Don't despair plans are in place to cheer you up. Yes, on January 25 you are all invited to an evening of Scottish reels and English ceilidh dancing. The fun begins at 7 pm on Rabbie's birthday at the People's Hall, where we will be whistling in the 'Haggis' and piping in the 'Wee Drams' or is that the other way round? There will be a delicious Haggis supper and naturally a vegetarian option, plus a pudding or two. It is a black tie do so pick up your dinner suit from the cleaners or the pawn brokers, and ladies it's cocktail or ball frocks please, kilts if you like and a splash of tartan too. Invitations will be on sale at the end of December there will be a bar, a mini quiz and of course a raffle. Look at for posters in the New Year.

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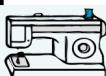
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NATURE NOTES

Ian McPherson

On my tenth birthday I received as a present a book entitled "The Observer's book of Birds". Sixty years on that same book is still on my bookshelf. It changed my life (together with about twenty other Observer's books I acquired in the meantime on subjects ranging from Dogs to Heraldry, Cacti to Music). After receiving the bird book I spent almost every waking moment studying it and closely looking at the pictures of all the different species that it contained. The fun began when I was outdoors and had the thrill of seeing for the first time birds that I had only previously seen as pictures in a book. I remember very clearly the first time I actually saw a Waxwing (feeding on berries from a Berberis bush in my parent's garden), a Raven (soaring high overhead on a Welsh mountain-side), a Red-throated Diver (on a Loch on the Island of Skye) and so on. Naturally over time a first sighting like this happens less often as my total number of birds "ticked" (as birders call the recording process) continued to grow but only earlier this year I saw for the first time a pair of Cattle Egrets with young ones on the Somerset Levels. The thrill of a first sighting is as strong as ever. And, of course, when I was younger there were no Cattle Egrets in this country anyway. A warmer climate does have a few "advantages" when it comes to birds migrating further north from countries in the south! These include Hoopoes, Cranes, Little Egrets and Great White Egrets although you will be lucky to

see the first two species as far north as Sedbergh – for the moment at any rate.

Much as I have always loved birds and birdwatching I am not a “twitcher” i.e. someone who at a moment’s notice will rush off to the other side of the country to see a rare bird whether that is an Aquatic Warbler in Dorset or a Brown Booby in the west country. In fact I recently had published in the “Birdwatch” magazine a letter exactly on this subject part of which I print below:

“Thank heaven to have some common sense at last on the subject of twitching from no less a person than our esteemed Dominic Mitchell [former Editor] in his comment

column in the August issue. Let’s face it, long distance twitching in the present climate (excuse the pun) is completely environmentally unsustainable. And here I must declare an interest. In nearly sixty years of birdwatching I have never yet felt the slightest need to dash from my home in the Yorkshire Dales to either Orkney or Cornwall to see either a White-crowned Sparrow or a Tawny Pipit or what have you. I have however relished the prospect of from time to time seeing something slightly unusual on my own patch, maybe a Kingfisher or a Peregrine Falcon with the only carbon footprint being the cost of my shoe leather and the small amount of electricity involved in

switching on my computer to log my sightings on Bird Track. Surely any birder with any claim to concern over the present climate emergency needs to consider re-evaluating his or her approach and, like Dominic, moderate their need to travel from one end of the country to the other to see a rarity or a scarcity (which may have flown by the time that they arrive).

I confess to taking one birding holiday a year in the UK to see local birds in a part of the country other than my own but this doesn’t feel like twitching – more like sharing another person’s patch for a few days with like-minded company with the intention of enjoying the surrounding countryside just as much as ticking whatever birds (or butterflies or dragonflies or flowers) they might see.

Let’s face it, we have to move with the times. Two hundred years ago

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shooting specimens was fine to assist in their identification etc. One hundred years ago egg-collecting was all the rage. Hopefully no self-respecting birder would ever dream of doing either today."

Things you might do now:

1. Search out a copy of "The Observer's Book of Birds". They are still around. Try our local charity bookshop.
2. If this fires your interest in birds acquire a really up to date book such as the "RSPB Handbook of British Birds".
3. Experience how you feel the first time you see a bird in the wild that you have only previously seen in the pages of a book.
4. Don't forget that we are currently facing a climate emergency and try to keep your carbon footprint as small as possible (think twice before heading off to Orkney just to "tick" a rarity!).

NATURE: STILL THE BEST LIFE SUPPORT?

Peter Brindley, Professor Of Critical Care Medicine, Medical Ethics, And Anesthesiology At The University Of Alberta, Canada.

I recently returned from backpacking through Alaska and Northern British Columbia. My son and I had reconnected during seven days clambering through the mountains. We had been entirely sans internet and fully avec each other. We were gloriously tired, and I beamed with personal and parental pride. However, as soon as we were on our flight home, I slipped into my old ways, and searched for the latest news. I often feel the electronic lure even though current events leave me cold. As I read page after page of despair and anger, it made me question whether I was returning to "civilization" or leaving it.

On this plane ride I had the twin gifts of time and perspective. I could decide to be grateful for my life or despair on behalf of others. It mirrored how I feel during those rare times when I stop and reflect on all of the patients with overdoses, gunshots, injuries from domestic violence, and futile cases I have treated in ICU. I am deeply concerned with my profession's (and my society's) obsession with biomedicine and technology, rather than community and connection. A friend of mine compares this to driving ever faster even though there is an obvious warning light on the dashboard. Regardless, this trip was my metaphorical chance to pull off the highway and look under the hood.

Fritz Hrynyk

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My northern exposure left me even more convinced that emotional connection matters more than electronic connection, pills, or devices.

Nature Deficiency Disorder (NDD) was described in Richard Louv's 2005 book, *Last Child in the Woods*. (2) In brief, just like friendship, nature is the oldest form of "life support". NDD has not been medically sanctioned by the World Health Organization with an ICD-code, even though there are 14,000 other entries. NDD is also not in the psychiatrist's bible, the Diagnostic and Statistical Manual of Mental Disorder: although that has ballooned to 900 pages and 350 disorders. In fact, after 20 years as a doctor I increasingly believe that not everything that matters needs a

medically-endorsed diagnosis, warrants a pill, or benefits from our modern medical industrial complex. People avoid the outdoors because of fear, finances, access, and perceived lack of time. A lack of time spent connecting with nature doesn't need to be medicalised, but sometimes we do need to be reminded that tweets actually originate from birds, and 'facetime' is better without a screen.

Alongside NDD is the 'biophilia hypothesis'; popularised by Edward Wilson in his 1984 book (3). His argument is that humans possess an innate tendency and need to connect with nature. The same is true of connecting with animals, and is why emotional support animals mean so much to so many. It is also why so many families have pets. Regardless,

## Sedbergh Christmas Late Night

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this inbuilt love of nature is why we adore babies, children, and just about any animal with large eyes or small features. In an increasingly urbanised atomised world it will take radical efforts to rebuild empathy and connection. Fortunately, there is hope.

Pet therapy is increasingly popular in hospitals, and more hospitals are building patios and gardens so that staff, and especially long stay patients, can get fresh air and fresh perspectives. Family doctors can even write outdoor exercise prescriptions: "Take two bikes and call me in the morning".(4) Another 'treatment' that could save both lives and cash is not a drug, nor surgery, nor that Monty Python medical machine that goes "Ping!".(5) Instead, it is 'community', and 'social connection'. Data from a Somerset village (the Compassionate Frome Project (6)) suggests that when isolated people are supported by community groups then emergency admissions fall and erstwhile patients (why can't we just call them people) feel better. They come to understand that much of what truly matters is not likely to be found in a modern hospital, even if modern healthcare is a technological marvel.

We are electronically connected and socially disconnected. It's too easy to wholly blame the internet, and so I won't. In fact, the internet may be the symptom as much as the disease. After all, I needed that other technological marvel to book my trip, to write this article, and for you to read it. Social reconnection is difficult, but, then again, so is any intervention

that truly matters. What I read in the paper is depressing: period, full stop. Normally, I scan such stories, give myself a shake and move on. It mirrors what I do after each micro-dose of tragedy at the hospital. In contrast, a week with nothing to do but walk and think helped me slow down and reconnect. It is tough to know where to start, but, I suggest we take a hike.

#### References:

1. <https://www.telegraph.co.uk/travel/travel-truths/the-science-behind-why-people-cry-more-easily-on-planes/2>. [https://en.wikipedia.org/wiki/Nature\\_deficit\\_disorder](https://en.wikipedia.org/wiki/Nature_deficit_disorder)3. [https://en.wikipedia.org/wiki/Biophilia\\_hypothesis](https://en.wikipedia.org/wiki/Biophilia_hypothesis)4. <https://www.nytimes.com/2019/05/10/world/europe/uk-prescription-bikes.html>5. <https://www.youtube.com/watch?v=tKodtNFpzBA6>. <https://www.theguardian.com/commentisfree/2018/feb/21/town-cure-illness-community-frome-somerset-isolation>

Peter Brindley is on twitter  
@docpbg

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## **SEDBERGH COMMUNITY SWIFTS**

*Tanya and Edmund Hoare*

Our swifts are now settled in their main wintering ground in the Congo in Central Africa. In January they often move eastwards towards Mozambique and also further south. But why bother migrating? Why would a small bird put itself through this feat of endurance? It must be that the risks of staying outweigh those of moving on.

Typically migration is driven by the availability of resources such as food, the accessibility of nest sites and safety from predators. For insectivores the great advantage of breeding in the north is the much greater length of daylight, making the

foraging time for insects far greater. In the far north, with its huge abundance of insects, the midnight sun allows for non-stop foraging.

Birds use many techniques to navigate, using cues from the sun, stars and the earth's magnetic field. It appears that this ability may be genetically hard wired in them. While birds perceive the sun and stars through normal vision we still don't know how they perceive the magnetic field. One new theory is based on a recent discovery of magneto-sensitive proteins in the photo receptors in birds' eyes and bills. But this alone is not sufficient to explain navigational achievements; for example, albatrosses fitted equipped with head

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magnets still managed to find their way across the Southern Ocean.

Interestingly, birds' brains are lateralised – each half performs different function. For example, pigeons use only their right nostril in homing, while information about the earth's magnetic field is only interpreted by the right eye in robins.

What determines their migration route? Most migrants return to the same breeding area each year, regardless of conditions encountered en route. Birds look to optimise the route to minimise energy expenditure and reduce hazards. Our UK swifts take the western route to the Congo, through Spain, Gibraltar and western Africa. Some Scandinavian Common Swifts however take a direct route through Italy, crossing the Mediterranean and across the Sahara. Sand martins undertake a 'loop' migration, flying in autumn via the western Mediterranean but returning in spring in a loop via the east. Honey buzzards switch between completely different flyways throughout their lives and still return to the same place to breed next year. Incredibly, for their

winter location, wood warblers were found to return to the same clump of trees in Burkina Faso every year.

For larger migrants such as storks and cranes, young birds learn from travelling in groups with older birds. How birds learn migration routes has important implications for re-introduction schemes, with species like the corncrake needing to hatch at the site where you need them to return to the following spring. Whooping crane need to be imprinted on human foster parents and flown behind microlight aircraft to teach them their routes!

Of course, not all our migrants arrive in summer. Winter visitors such as redwing and fieldfares come from further north to spend winter here. Meanwhile passage migrants such as green sandpipers, a wading bird, use our islands like a service station, stopping for a few weeks to refuel before moving on. And some are partial migrants: our resident starlings stay in winter but starlings that breed in Eastern Europe migrate here forming huge winter flocks.

Nor is it just birds that migrate. Incredibly, for example, fragile



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Monarch butterflies undertake a mammoth annual journey. Every year hundreds of millions of them fly up to 3,000 miles in their annual migration from Canada and the United States to their wintering grounds in Mexico.

Tiny electronic tags are the key that have given us this insight into bird behaviour and the wonders of bird migration. They proved that our common swift remained airborne when not breeding, and may fly four million miles in its lifetime – the equivalent of eight return trips to the moon. And that it can accomplish its spring migration from Africa to the UK in just six days, truly a marvel.

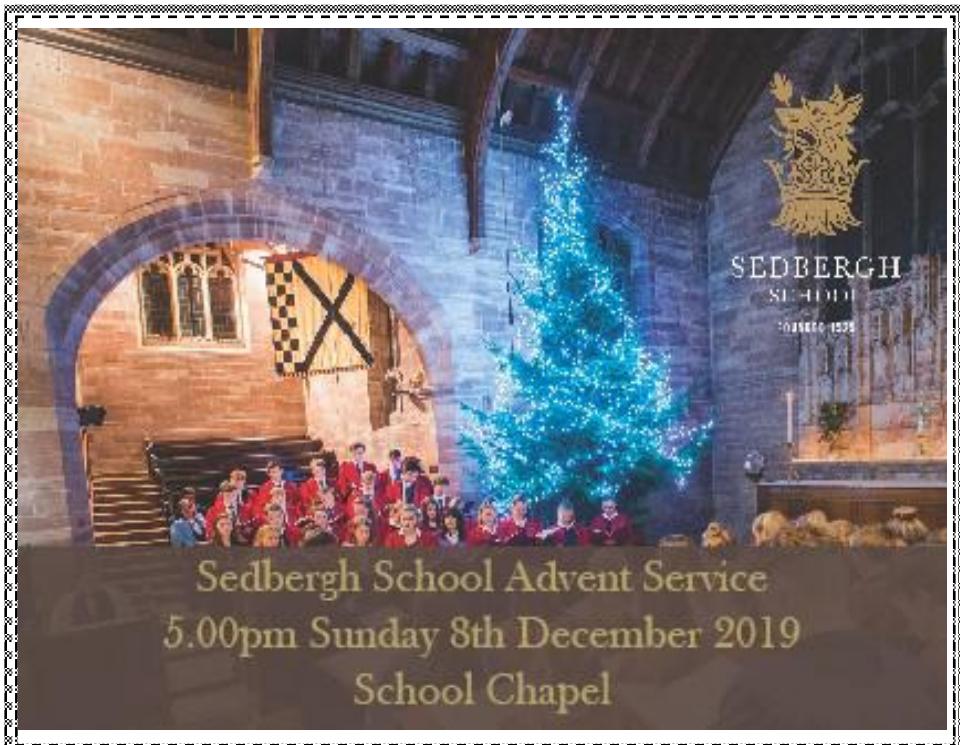
To contact SCS: email [ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043

## A FUTURE FOR INSECTS AND POLLINATORS?

*Myles Ripley*

After the AGM of the Sedbergh Support Group of the Cumbria Wildlife Trust (CWT) the meeting was presented with a fascinating talk on Insects and Pollinators by the current Chief Executive Officer of the CWT.

He started by giving us some of the evidence for the alarming decline in the number of insects while bemoaning the lack of definitive data in this country for many species. This ranged from qualitative observations of the lack of moth “snowstorms”, windscreen splat density to some more quantitative data. One German study over 30 years noted a 76% decline in the biomass of insects caught by repetitive and identical



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trapping. Over 40 years in the UK Butterflies had declined by 46% in abundance but more alarmingly by 76% of those that have very specific habitat requirements. Cumbria still has a good diversity and in some cases good abundance and is a refuge for some species. 23 species of bees and flower visiting wasps have gone extinct in the UK since 1850. This reduction has knock on effects up the food chain and those predators that rely on insects for their diet show signs of decline.

Why has this happened? Along with habitat loss and increasing use of chemicals in our environment, the change in land management is a major factor. Our upland fells are becoming increasingly contaminated by bracken, mat grass and rushes which have replaced the more diverse heather, bilberry and flower sward. The increasing use of slurry due to cattle management has reduced the number of cowpats relied on by some species of insects. Less dead wood is allowed to lie for other decomposers to utilise. Hay meadows have been lost. We use pesticides ( of an increasing toxicity

per dose), especially glyphosate, on an increasing area starting in our own gardens. He noted an interesting statistic that 75% of honey tested contained neonicotinoids. Of course, the elephant in the room, is what is the effect of climate change? For every 1 degree rise, species need to move 100km further North and 100m higher up in altitude.

Why should we worry about any of this? Insects are the largest group of animals of all and many species depend on them – notably Humans who rely on their actions to pollinate their food crops (75% of our food) and dispose of wastes. A Danish supermarket emptied their shelves of all products dependent on insects (notably those pollinated by insects) and ended up with 65% less products on the shelves! A huge amount of our food depends on insects, who in turn are dependent on other insects so as David Attenborough once said “If animals with backbones disappeared, so what? If insects disappeared it would be catastrophic”. They are a fascinating group who add to our quality of life, well being and happiness just by being amazing! He

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## SEDBERGH RED SQUIRREL GROUP

*Karen Hopps*

From naughty Squirrel Nutkin of Beatrix Potter fame to road savvy Tufty Fluffytail, red squirrels are among our best-loved woodland animals and were once a common sight but, for decades, they have been declining in numbers and classified as an endangered species.

At national level, the agreed policy is to

1) promote habitats in which red squirrels can thrive.

2) maintain grey-free buffer zones around populations of reds. Sedbergh is one of those buffer zones, so the aim is to continue monitoring both red and grey squirrels.

It is critical that we know where red squirrels have been spotted, as it helps us to understand more about their range then we can protect them better. Also, it helps us gauge the health and location of our red squirrel populations. Sighting of greys help us to target control to protect the reds from disease and competition for food and habitat.

In the wider national picture what do we do with these sightings?

We, as a local group, along with numerous other squirrel groups, collate all the sightings, red and grey, on to a spread sheet, with place seen, map reference, what colour and, if possible, male or female and, also, if traps are in place and being monitored, if greys.

We then email them to Red Squirrels Northern England, which is a project partnership between the Northern Wildlife Trusts, Forestry

waxed lyrical about the red abdomen of the Bilberry Bee.

What can we do about it? We can all reduce our use of chemicals especially pesticides. We can create a more insect friendly environment starting in our own gardens and by looking after local verges and areas of "empty" ground like our own community does by the book shelter, the corner by Toll Bar and others. David Attenborough (again!) says "Every space must be used". We can try and influence friends, neighbours, local administrators and other land users to adopt some of these practices. The CWT are focussed on many strategies such as peat restoration, restoring upland swards (especially introducing Betony) and creating Hay meadows. They have a current programme "Get Cumbria Buzzing" focussed on restoring verges by changing mowing regimes, planting wild flower plugs or adding wildflower seed, removing any mowed vegetation to reduce the nutrients in the soil to allow this much more insect friendly vegetation to be restored.

Commission, Red Squirrel Survival Trust and Natural England. They are the lead organisation working to protect red squirrels in the northern counties of Northumberland, Cumbria, North Yorkshire, Lancashire, Merseyside, Tyne & Wear and County Durham, where reds can still be found in the wild.

We asked Bonnie the co-ordinator of RSNE, what do you with this information and this is her reply...

"Once the data comes into us, I then upload it on to our Master database in the office. Reporting sightings helps to give us a picture of red squirrel distribution both, locally and more widely across the north of England. We use these records to produce red squirrel range and distribution maps – one example is the additional data we ask for during the annual monitoring period (March – May) where, alongside the actual survey results, all these red squirrel sightings helps to highlight their presence in areas where they may not have been detected on camera during standardised monitoring. Beyond helping us at the Wildlife Trust to demonstrate where red squirrels are in the landscape (this also informs red squirrel conservation efforts) the records are then sent on to local biodiversity centres and ultimately end up on the National Biodiversity Network database. This data is then used to secure funding from various organisations, lobby parliament on changes to legislation and ensure a positive future for our native red squirrel."



So now we all know what happens to our sightings and how important it is to keep reporting squirrels of both colours. Please keep them coming to the email address—

[sedberghredsquirrels100@gmail.com](mailto:sedberghredsquirrels100@gmail.com)

If you wish to join us all membership money is spent on red squirrel conservation here; as one of the last places in England where native red squirrels still exist and they need you now!

Annual membership starts from as little as £10 but please feel free to give more; the more you give, the more we can do!

Please visit our website for more information on how to help.

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

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## NATIONAL PARKS NEED RESURGENCE OF NATURE

*Andrew Fagg, YDNPA*

Natural England leader, Tony Juniper has told the UK National Parks Conference that National Parks need to be distinctively better places for nature. Addressing delegates at the three-day meeting in the Yorkshire Dales, he said the door was open for National Park Authorities to work more closely with Natural England.

These places of tranquillity and beauty have become too tranquil. Thirty years ago there was more bird song, more insects buzzing. A lot is missing from our landscapes; in many cases the wildlife is seriously depleted. We need a resurgence of nature in National Parks. The [proposed new] Environmental Land Management system could be a hugely powerful tool to join the dots.

The post-war industrialisation and intensification of agriculture - done for good reasons at the time - has caused loss of biodiversity.

An example of joint-working is the payment by results agri-environment national pilot taking place in Wensleydale. Natural England is the co-ordinating body for the scheme, with the Yorkshire Dales National Park Authority being the 'delivery body', working with farmers to improve habitat for wading birds and produce more flower-rich hay meadows.

Dr William Bird, a GP who has worked extensively with Natural England, also addressed the conference, explaining that he'd come to promote the most powerful



drug that we have ever known about, and that this drug was being outside in the natural environment, with other people, in the sunshine. Sedentary behaviour is actively destroying the body. We know this is a medical emergency. We've got to connect children to nature in a massive way – and the National Parks can lead on it.

Georgina Umney, a member of the Yorkshire Wildlife Trust, spoke about the impact of climate warming and biodiversity loss on her generation. She spoke of the opportunities for National Park Authorities and other bodies to do more to enable young people to get involved in conservation.

Yorkshire Dales National Park Authority Chairman, Carl Lis, said the conference had given people a "lift" to take action on the big issues raised during the event. He drew attention to the ten tours that had taken place which had given the 100 delegates an opportunity to see the best of the Park and talk to local people and businesses.

## DARK SKIES 2020

Helen Dalton

It is that time of year again and we are now focusing all our attention on Dark Skies 2020 which is planned for the 14th February to the 1st March 2020.

As you are aware we host the Dark Skies Festival each year with our colleagues in various National Parks and Areas of Outstanding Natural Beauty around the country and each year we like to have a different theme.

This year we will focus on selling the benefits of our dark skies – in particular the benefits of ‘darkness’ to humans. The evidence that indoor artificial light at night influences human health is fairly strong, but regardless of whether there is or isn’t a link between disease and light pollution, the National Park is a place where a true sense of tranquillity, remoteness and solitude can be found – and we think we’d all agree we need to experience ‘peace, calm and tranquillity’ from time to time, so it’s not all stargazing - we’ll try to include events that look to benefit mind, body and soul - Perfect for fans of yoga, a dip in a warm hot tub or just sitting back to take time out with a cup of relaxing herbal tea (or even something stronger).

So with this in mind...hopefully it might spark some ideas of how you might get involved – however, big or small – tell us about it and we’ll certainly include it in the programme.

If you would like to offer visitors and the local community the opportunity to discover the thrills, fun and excitement that come with getting

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outside after dark, you could organise an event which simply marvels the beauty of the National Parks’ pristine night skies, from cycling, walking and running to wildlife-watching, photography courses, stargazing parties, movies or quizzes, you could host a talk and presentation, or offer daytime rocket-making workshops, craft and fun activities, or even theme your menu to promote yourselves and get a mention in the overall festival – anything goes!

We also have some great links and contacts with star gazing groups and expert astronomers, so if you would like to put on an event with the help of any of these fantastic ‘Star Makers’ please do not hesitate to let me know and we will be happy to organise something for you. For example a guided walk with an astronomer, a presentation at your venue, an evening under the stars. If this is something that you would be interested in, please could you let me know as soon as possible as they are popular and get booked up very quickly.

If you need more advise or help please do not hesitate to ask and we

# 2020 CALENDAR

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will be more than happy to help or advise you, below is a bit of a guide for you.

#### What you can do:

**Event:** Decide on your event. Our PR people are always looking for interesting idea's to use to promote the festival. If you come up with something different and innovative then it will be more likely to get better press coverage.

Don't forget to upload your event onto our FREE Yorkshire Dales National Park Event listing, the sooner it goes on the more chance you have of being mentioned in our media promotion and to be included in our leaflet.

**Work with other businesses:** This is a great opportunity to work with other businesses linking together, sharing information, knowledge and advertising each others events, or work together to create a joint event.

**Logo:** Use the Dark Skies Logo's whenever you can; this helps to show you are part of a bigger event and spreads the word about the festival which in turn generates more interest.

**Website:** Upload your event details onto the Yorkshire Dales National Park Event listing. Promote your

event on your website and mention its part of our 2 week long Dark Skies festival.

**Social Media:** Promote your event through your social media channels. Use the # on Twitter, create a Facebook event and invite people to come along. (the # is still to be confirmed).

**What the Yorkshire Dales National Park and Nidderdale AONB will do.**

**Website:** We will have a dedicated Dark Skies website and all the events will be listed on here as well as on the Yorkshire Dales National Park event listing. Dark Skies Festival events will be pulled off the Yorkshire Dales website and onto the specific festival site.

**Blog:** We will be posting to the Yorkshire Dales Blog providing information on what is happening during the festival.

**Media coverage:** We have a great PR team and we will be promoting the event through local and national news papers, social media and radio. Joining together with other National Parks makes this a much bigger event and this has lead to extensive press coverage last year.

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**Social Media:** We will promote and support events through our social media channels.

**Event Posters / Flyers:** We will produce a series of event posters and flyers which will go out to Schools, Parish Council and local businesses and will be available to pick up at events.

**Photography:** We have some images of last year's event and of local images in general which are freely available to businesses.

**Contact:** For more information, to tell us about your event or to get access to photography:  
[tourism@yorkshiredales.org.uk](mailto:tourism@yorkshiredales.org.uk) or talk to Helen Dalton: (01969 652368) or Kathryn Storey (01756 751650).

Once you have decided on your event, please don't forget to put it onto our events listing page, as soon as possible, if your event is on before the start of December it will certainly get into the VISITOR GUIDE 2020

Many thanks and we look forward to hearing from you. If you would like to discuss this further, we would be very happy to meet up anytime that suits you.

## **2020 YORKSHIRE DALES PHOTOGRAPHY COMPETITION**

*Mike Appleton YDMT Media Officer*

The Yorkshire Dales through my lens – Photographers invited to capture their best-loved views of the Dales

A new 2020 Yorkshire Dales Photography Competition is being launched this week inviting talented amateur photographers to capture the Yorkshire Dales they love on camera.

With its spectacular landscapes, unique wildlife and vibrant communities, the Yorkshire Dales means something different to everyone. The competition hopes to inspire photographers to encapsulate what it is that makes it special to them.

The competition is being run by The Garden Rooms at Tennants and charity Yorkshire Dales Millennium Trust (YDMT). David Sharrod, Chief Executive at Yorkshire Dales Millennium Trust, said: "Whether you're inspired by the limestone landscapes, wildflower meadows, native birds or rural village life, we're looking for photographs that show the Yorkshire Dales you love."

Photographs from selected finalists will be included in a gallery exhibition at The Garden Rooms at Tennants in



May and June next year. The overall winning entry, as voted for by the public, will receive a prize of photographic vouchers worth £100 and a Yorkshire Dales hamper, and will be included in the Yorkshire Dales Millennium Trust 2021 Calendar. Eleven runners up will be selected by judges for inclusion in the Calendar.

Alison Tennant, Director of The Garden Rooms at Tennants commented: "There are some exceptionally talented amateur photographers in the Yorkshire Dales, and we look forward to seeing the results of their creativity".

The competition will run until Spring 2020. To enter please visit [www.tennantsgardenrooms.com](http://www.tennantsgardenrooms.com) or email [info@tenantsgardenrooms.com](mailto:info@tenantsgardenrooms.com)

## SEDBERGH WANDERERS

### JUNIOR FC

*Janey Hassam Secretary*

Sedbergh Wanderers Junior Football Club would like to say a huge thank you to all that came along to the Snail Race fundraiser held on 28th September 2019. Thanks also to Dean at The White Hart (Club) for being a fab MC and putting a disco on at the end (with no notice!!). And thank you to all the Snail Sponsors, Linda Allan Photography, Sedbergh Mini Market, R S Morphet Ltd, JMP Foodservice, Bowness Beauty, The Haddock Paddock, KW Electricals & The White Hart Sports and Social Club. We made over £700 on the night which will go towards the future of the Junior FC and all the amazing

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young footballers we have – thank you. Big thank you also goes to Sedbergh Medical Practice for their recent support and Sedbergh Community Trust for their recent Grant. Needless to say, we are very proud of the Junior FC and the results being achieved by all our young footballers – they really do us all proud.

Further information about the Club can be found on our Facebook page - Sedbergh Wanderers Junior Football Club.



## SEDBERGH ART SOCIETY

Jenifer Alison and Gillian Impey

Events - Our first workshop of the season (Saturday 28th September) took the form of a 'Painting Day'. This was well attended by an enthusiastic group of artists. Our thanks to all who came!

On Friday 11th October, the first demonstration of the season featured Liam Dickinson, a young artist living and working in Lancashire. Liam has painted throughout his adult life, turning his passion into full time employment. Liam was a finalist in the programme 'Sky Arts Portrait Artist of the Year' in 2017. This success helped to kick-start his career and led to a host of exciting commissions and demonstrations

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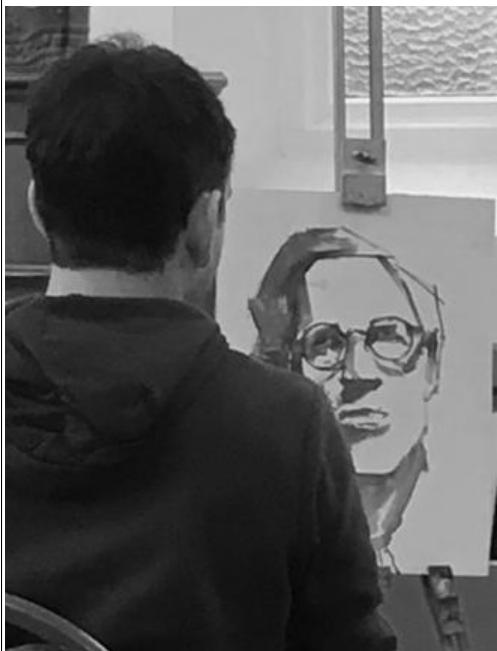
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across the country and beyond. Recently he began an exciting venture: painting live portraits at weddings and events. At weddings he photographs the wedded couple, then paints their portrait during the reception, offering further entertainment and enlightenment for the guests. He enjoys the pressure of live painting. It does him good, he says, to escape the studio now and then and talk to someone other than himself or his dog! It was clear during our time with him that Liam loves to engage with other people and to discuss art.

For this demonstration, Liam was painting a portrait in oils, using as his source a photograph of a gentleman in a Specsavers advertisement! As he worked, he talked us through every stage of his painting. He also expressed his thinking aloud as he went along. This was absolutely



fascinating. He commenced with fairly runny paint using the darkest to begin with, painting the main lines. He then blocked in colours quickly going from dark to mid-tones and then to light. He explained that you rarely see plain white in a portrait and he told us how to check the tone by holding a white toilet roll next to a light spot on the photograph. He mixed white with his colours to lighten them. When the portrait was blocked in, he then used thicker colours to build up the layers. He stated he does paint fairly loose portraits and as he builds them up he decides on the level of tightness needed. Liam painted this particular portrait in less than two hours, explaining that, ideally, he needed another 90 minutes to finish it. For us it was an absorbing time and many would love to watch it all again. The feedback from Liam and members was highly complementary.

Participants wrote: -

- I thought it was a wonderful demo - one of the best we have ever had.
- **WONDERFUL DEMONSTRATION**
- The portrait was brilliantly, skilfully executed. Also, what came through for me was the inner artist in him. His sensitivity and insight shone through, giving this 'Specsavers' model in the photo character and life. Many people said how amazed they were to see the expression in the man's eyes, in the very first strokes of paint.

Liam wrote: -

Thanks so much for having me, it was one of the friendliest/most

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engaging groups I've demonstrated for - thoroughly enjoyed myself and I'm glad the painting was well received.

November 8th and 9th, as mentioned in the last Lookaround, we look forward to the return of Linda Hollingshead. Linda will give a demonstration at the Friday meeting on November 8th from 1.30 – 3.30 pm, and follow this with a Saturday Workshop the next day, 9th November, from 10am – 4pm. The overall title is 'Light in the Trees'. Linda will demonstrate with acrylics, but members will be able to use watercolour instead if they wish on the Saturday.

The Wednesday Afternoon Group is increasing in popularity! They meet in the People's Hall Committee Room. John Conway and Margaret Copestake invite you to come and join them for a couple of sessions and if you like what you see, you can join the group! Contacts:

John Conway:  
[conway44@btinternet.com](mailto:conway44@btinternet.com) or Tel:  
01524 241254

Margaret Copestake:  
[margaretcopestake@gmail.com](mailto:margaretcopestake@gmail.com) or  
Tel: 015396 21842

Another strand of our activities is The Portrait Group. Members meet occasionally through the winter season at the various members' houses. Dates are in the members' programme card.

Contact

Hilary Moore:  
[rwmhm@yahoo.com](mailto:rwmhm@yahoo.com) or Tel: 015396 20352

If you would like to join the Society, please contact Mike Morrison: -  
[mikemorrison422@btinternet.com](mailto:mikemorrison422@btinternet.com) ; tel. 015396 20209 for membership.

If you would like to attend a demonstration or try a workshop to see whether it is for you, contact Jenifer Alison: -  
[jen.alison10@gmail.com](mailto:jen.alison10@gmail.com) ; tel. 01539 824666, or Gill Impey: -  
[gillimpey@hotmail.co.uk](mailto:gillimpey@hotmail.co.uk) ; tel. 01539 726640

Information about us, including next year's programme, can be found on our website:  
[www.sedberghartsociety.org](http://www.sedberghartsociety.org)





## LAKELAND VOICES IN WESTMINSTER ABBEY AND THE SLOVENIAN EMBASSY

*David Burbidge*

Lakeland Voices travelled to London earlier in October, and met up with the Ljubljana Waldorf School parents and teacher's choir who have often been to Sedbergh - most recently over the new year, staying at Oakdene, and joining a caroling evening round the houses in Cowgill, and a dawn singing on top of Winder on New Year's Day.

In London we were invited into Westminster Abbey, where we sang Crossing the Bar, using Tennyson's famous words, at a ceremony organised by the Tennyson Society, and joined by several descendants of this famous English poet. A wreath was laid on Tennyson's tomb as we

sang with a ceremony to mark his death, led by the Cathedral's Canon.

Afterwards we were invited by the Slovenian ambassador, His Excellency Tadej Rupel, to a reception in the nearby Slovenian embassy where we sang more of our Slovenian songs and were joined by Slovenians living in London, some of whom regularly sing with our group here in Sedbergh.

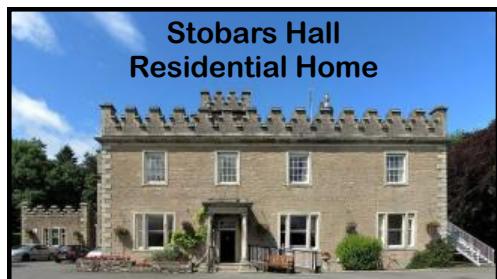
We finished the day with a fabulous evening of singing songs from both Slovenia and the UK in a nearby pub, which we rented for the night, and were joined by many other singers, who have joined us here at our singing events in Sedbergh and Slovenia - including a small ensemble from Wales, and a young couple who came to our Spring Sing Thing in March and taught us new songs from Slovenia. Earlier this year, we joined

the lass's birthday party in Slovenia, and next year we have been invited to sing at her wedding.

For the rest of our trip to London we sang in the British Museum at the Tennyson memorial; ("...and let thy feet in millenniums hence be set in midst of knowledge." Alfred Lord Tennyson) on Millennium Bridge; at the Slovenian language class for Slovenian children growing up in London; and on a visit to the Islington Steiner School where we did a concert for the children, teachers and parents, and were treated to a tour of the school. We also got tickets to see Midsummer Night's Dream at the Globe, where one of the Slovenians commented that they had only understood a quarter of what was said - I was dead impressed, as I only understood about a tenth!

We are now getting ready for a trip to Slovenia singing carols from Slovenia and the UK towards the end of December, as a well as our annual May tour - this year with an extra trans-continental rail trip singing in Oxenholme, London, Paris and the lovely old medieval Black Forest town of Rottweil where Lucia and our daughter, Anika, live. And then the following day, on to Slovenia to sing with our many Slovenian friends in the romantic hilltop churches near our twin town, in the Christmas markets, and along the banks of the river Ljubljanica.

And finally, we are all busy making arrangements for Harmonija, a festival of songs from Slovenia and the UK, over the weekend of June 26-28; with choirs from both countries joining us here in Sedbergh and the



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surrounding area, celebrating 15 years of our network of singing groups centered on the twin towns of Sedbergh and Zreče, both famous for their beautiful landscape, the quality of their singers, and the warmth of their hospitality - with a massed choir event, concerts, street singing for the individual choirs, workshops to learn new songs and choral arrangements, singing walk, picnic...and more. We are delighted that several choirs have already said they will be joining us, and we were able to present the Slovenian Ambassador with an invitation - we very much look forward to welcoming him and his family again to Sedbergh.

Do please get in touch if you would like to help.

## **SEDBERGH ORCHESTRA**

*Donald Smith*

For our next concert on Thursday November 14th in St Andrew's Church, Sedbergh Orchestra will present musical works from three of our best-known European friends.

Handel spent most of his working life in England. Best known for his 'Messiah' and other oratorios and operas, he also wrote organ concertos. Roger Bush, our multi-talented bass player and organist has chosen one from the opus 4 set, published in 1738 and giving plenty of scope for extended solo passages.

A hundred years later Felix Mendelssohn became one of Queen Victoria's favourite composers. Inspired by a visit to Fingal's Cave on

the island of Staffa in 1829 he wrote his Hebrides Overture soon after, and this will be the rousing start to our programme. A critic at the first London performance reported that the work depicts 'the howling of the wind and roaring of the waves'!

The Frenchman Charles Gounod is famous for his 'Ave Maria' and the opera 'Faust', but he also wrote two symphonies, and we will play the first which he wrote in 1855. He later lived in England from 1870 to 1874 and became the first conductor of what is now known as the Royal Choral Society.

Whatever the result of current Brexit negotiations we hope this country will always be open to ideas and visits from our European

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neighbours. Come and hear three fine examples. The concert will be conducted by Roland Fudge, to begin at 8pm and allow us a short rehearsal first. If you get your tickets at the TIC in advance, there is a £2 reduction!

In the New Year we will welcome a guest conductor, Xenophon Kelsey, for a concert on March 5th, on which see more in the February issue.

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##### Sight Advice South Lakes

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##### South Lakes Citizens Advice Bureau

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##### South Lakeland District Council

01539 733 333

##### Yorkshire Dale National Park

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

## SEDBERGH TOWN BAND

*Keith Wood*

Sedbergh, it has to be said, is only a little place but what a place. Which other town of this size could boast a brass band of this quality. On a good day we can turn out thirty plus players, who can produce a sound of such richness and depth it can bring many a tear to a soft hearted eye.

I think that Sedbergh has some 3000 residents, if so then, by my reckoning 1% of the population play a brass instrument in the band. Not bad eh! But just think, dear reader, you could increase that percentage. Just get in touch, please.

We were welcomed with great warmth and appreciation at our bi-annual concert at St Oswald's Church, Thornton in Lonsdale. Would you believe we even got a standing ovation! Brilliant.

Next on our calendar is, of course, Remembrance Sunday, when we invite you to gather in Sedbergh with the Royal British Legion to remember our fallen. A service in St Andrew's at 10.30am will be followed by a gathering at our cenotaph where the band will play before marching round Main Street.

In the evening at 7.30pm in St Andrew's Church, the band will present its annual Remembrance Concert for the Poppy Appeal. The programme contains some wonderful favourites like Aces High, Colonel Bogey and (with our magnificent pipers) Highland Cathedral. Please do join us.



## **SEDBERGH AND DISTRICT COMMUNITY TRUST ANNUAL REPORT FOR 2018 – 2019**

*A J Reed Screen*

The report below, along with the annual financial accounts, was presented and accepted at the Trust's AGM on Oct 14th. Total receipts during this reporting period were £58,179.

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

### **Achievements and Performance**

The two charity shops have continued to thrive. During the year grants totalling £26,259.50, which included an investment of £5,000 in Farfield Mill, were disbursed to seventeen organisations in the community.

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

The Trust actively pursues its third Objective "to identify and bring into being projects which will benefit the community".

The provision of a pump track continues to be investigated. The possible site reported last year did not materialise and although several possible alternatives have been

investigated it has not been possible so far to secure a suitable venue.

Investigations into the provision of short-term social care to support those in crisis situations have continued. Considerable effort has been expended in conjunction with the South Lakeland Housing Authority to acquire some premises for development as affordable housing. In the event a suitable property and a specific role for the Trust could not be identified.

The Trust continues to be involved with the Parish Council and the Chamber of Trade and Business in the production of a Vision for Sedbergh and other initiatives, such as the creation of a dementia friendly society. The Trust has recently become a member of the Sedbergh Economic Forum and continues to support the Town Management Committee.

We continue to maintain close contact with the Community Orchard Group and Sedbergh First Responders.

### **Financial Review including Reserves Policy**

Total receipts during this reporting period were £58,179.

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## GLADSTONE HOUSE

*Janey Hassam*

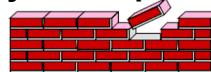
Some time ago, the Sedbergh Wellbeing Group had a desire to increase the use of Gladstone House at Fell Close. With the additional support of Sedbergh School, afternoon teas were commenced. These were very successful and consequently Nick, Sheila, I, and several others, have continued with the teas; they continue to grow from strength to strength. In September we ran an special extended tea for MacMillan, which raised an incredible £241.23 and huge thanks to everyone that attended on the day and donated. Big thanks, of course, go to Sheila Capstick for making the soup and some lovely cakes, to Nick Cross for his hosting skills and to Sedbergh School for their continued donation of delicious cakes. It was great to see the event being such a success and wonderful to see Gladstone House so full, including the guest of honour, Mary Gladstone. I think we ran out of chairs at one point, which is testament to popularity of the teas. Further thanks go to the students from Sedbergh School, who come along to all the teas during term time, making a valuable contribution to all those that attend. Final thanks to Dennis Whicker, too, for donating a lovely picture to be hung at Gladstone House.

For those that do not know already, the afternoon teas started earlier this year and are held fortnightly as part of the Wellbeing Group. The idea was to use this valuable space at Maryfell and Fell Close. Whilst it was initially to

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encourage residents to get together it was not exclusive to the immediate neighbourhood and ALL are very welcome to attend. Currently, the teas are free and are held fortnightly. Due to the success of these, Sheila and Nick have now started running fun bingo sessions on the remaining Thursday afternoons. This costs five pounds for four games, biscuits and all the tea or coffee one can drink. The idea is that any monies raised will go back to the Gladstone House fund and be used for future events. It is hoped, for example, that a Christmas themed afternoon tea will take place in December. So, with Afternoon Teas and now Bingo, it means that there is something happening at Gladstone House every Thursday afternoon 2-4pm. Please do come along and see for yourself what is going on, as everyone is very welcome. Many thanks

## SMART METERS

*Karen Evans*

My gas and electricity deal has come to an end and the energy company has offered me a new contract. However, they're insisting I get a smart meter fitted. I've heard these don't really work and I can't see the benefit. Am I better off looking for a different supplier, or will the new company also force me to have a smart meter?

It's always worth shopping around. Citizens Advice has a tool on its website which shows how well suppliers perform on a range of measures, including customer service, rather than just price.

As regards the smart meter, you certainly don't have to accept one – and in some cases, it's not yet possible to fit one. However, it might mean you're not eligible for all the deals on offer, like cheaper tariffs.

If you do decide to go ahead, your supplier should explain the process beforehand, show you how it works and give you a number to call if anything goes wrong.

Smart meters send daily meter readings to your supplier, meaning they can bill you accurately. This won't automatically save you money, but it can help you keep track of how much energy you're using so you can try to reduce it.

The Citizens Advice consumer helpline (03454 04 05 06) can give advice on smart meter issues.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other

### Royal Mail International Posting Dates for Christmas

| Country         | LRPD   | Country                            | LRPD   |
|-----------------|--------|------------------------------------|--------|
| Africa          | 09-Dec | Ireland                            | 18-Dec |
| Asia            | 09-Dec | Italy                              | 14-Dec |
| Australia       | 12-Dec | Luxembourg                         | 18-Dec |
| Austria         | 16-Dec | Malta                              | 10-Dec |
| Belgium         | 18-Dec | Middle East                        | 09-Dec |
| Canada          | 14-Dec | Netherlands                        | 16-Dec |
| Caribbean       | 09-Dec | New Zealand                        | 12-Dec |
| Central America | 09-Dec | Norway                             | 16-Dec |
| Cyprus          | 10-Dec | Portugal                           | 16-Dec |
| Czech Rep       | 14-Dec | Slovakia                           | 16-Dec |
| Denmark         | 16-Dec | South America                      | 09-Dec |
| Eastern Europe* | 11-Dec | Spain                              | 16-Dec |
| Far East        | 09-Dec | Sweden                             | 14-Dec |
| Finland         | 14-Dec | Switzerland                        | 16-Dec |
| France          | 18-Dec | Turkey                             | 12-Dec |
| Germany         | 16-Dec | USA                                | 14-Dec |
| Greece          | 12-Dec | *Except Poland, Czech and Slovakia |        |
| Iceland         | 16-Dec |                                    |        |

### United Kingdom

|           |        |            |        |
|-----------|--------|------------|--------|
| 2nd Class | 18-Dec | PF 48      | 20-Dec |
| 1st Class | 23-Dec | PF 24 & AM | 23-Dec |
| Sp Del    | 23-Dec |            |        |

### International Economy

|                                                        |        |
|--------------------------------------------------------|--------|
| All Non European Destinations**                        | 05-Oct |
| Middle East Far East***                                | 05-Oct |
| Sth Africa, Hong Kong, Singapore, USA Canada           | 12-Oct |
| Eastern Europe, Greece, Cyprus, Turkey, Malta, Iceland | 02-Nov |
| Western Europe                                         | 16-Nov |

\*\* Except Middle East, Sth Africa, Far East, USA, Canada

\*\*\* Except Hong Kong and Singapore

### HM Forces (BFPO)

|                  |        |
|------------------|--------|
| Operational BFPO | 25-Nov |
| Static BFPO      | 13-Dec |

### Writing to Santa?

Send your letter to the address below and include your name and address so Santa knows where to send his reply. Please post by 7th December so Santa has time to reply.

Santa  
Santa's Grotto  
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problems. We can give detailed advice over the phone – telephone 03444 111 444. For email see our website: [www.southlakescab.org.uk](http://www.southlakescab.org.uk). We have various outlets across South Lakeland if an appointment is required. For Money Advice and for on-going enquiries please call 015394 46464.

## BOXES OF HOPE CUMBRIA

*Pam Dent*

If you are reading this early in the month, there's still time to do a Christmas shoe-box for Romania. Deadline 12th November. Local schools have been involved in the project again this year, so too St. Andrew's and Cornerstone Community Churches, Penny Black (aka the Post Office) and the TIC have once more stepped up to the mark as leaflet and drop-off points. Thanks to you all – and to everyone in our community who continues to support this worthwhile cause. Just imagine the smiles on the faces of all the children who receive the boxes, lightening the dreary lives of them and their families at this special time of year.

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## COLD TO COSY HOMES

*Tina Holt*

Join us for a half-day training session to learn all about the new Cold to Cosy Homes Cumbria Service, and how it can help your clients, service users and people in your community. This free service offers clear advice and practical help, including free draught proofing and energy-saving equipment, LED bulbs, advice on energy tariffs and referrals for other improvements. Book your free place now.

Who can be a Cold to Cosy Champion? Anyone who can share information about the service or refer clients. Here are a few examples:

Frontline workers, who help and care for others through their work, either in people's homes or in the community. Volunteers in your local community who attend events and could help neighbours to find out more. You could also be a champion, just by telling a friend or relative about Cold to Cosy Homes, and helping them to find out more. You don't need to be an energy expert. No prior knowledge is required.

What does a Cold to Cosy Champions do? They will help people to tap into the Cold to Cosy Homes Service in a range of ways, depending on their work or volunteer role. No two champions will help in exactly the same way. Some champions will promote Cold to Cosy Homes in the community, helping to refer people online or by telephone at coffee mornings, flu clinics or other local get-togethers. Some champions will go into homes as part of their job, and may refer or help someone to

self-refer. Some champions will provide even more support by attending the Cold to Cosy Homes visit to reassure and help the client to take in the information and answer questions. Other champions may give talks at local community events to promote the Cold to Cosy Homes Service and tell people how to apply online or by phone. Others may join Cumbria Action for Sustainability staff at community markets and fairs to give out Cold to Cosy Homes. There are many ways to be a Cold to Cosy Champion.

If you have any questions before you book, please contact Tina Holt for more information: 01768 210276 or [tina@cafs.org.uk](mailto:tina@cafs.org.uk).

Cold to Cosy Homes Cumbria is run by Cumbria Action for Sustainability and is funded through the Energy Industry Voluntary Redress Scheme, in partnership with Carlisle City Council, Eden District Council's Warm Homes Eden Scheme, South Lakeland District Council and the Local Energy Advice Partnership (LEAP).

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## HOW DOES DEMENTIA AFFECT YOUR DRIVING?

*Alzheimer's Society*

A diagnosis of dementia is not in itself a reason to stop driving. One in every three people with dementia still drives. What matters, from both a legal and a practical point of view, is whether the person is still able to drive safely.

For experienced motorists, driving may seem to be a largely automatic activity. In fact, driving is a complicated task that involves a combination of complex split-second thought processes as well as sensory (vision, hearing) and manual skills. For many people, it is a highly practised skill they've been doing for many years.

In order to drive safely, a person must use a range of mental abilities including:

- attention and concentration - to focus on, and switch between, multiple different driving tasks while 'reading' the road
- visuospatial skills - to keep to an appropriate speed and distance, and the right road position
- problem-solving skills - to respond to incidents, diversions or obstacles in the road
- judgement and decision-making - for example to interpret and anticipate what other road users are doing
- reaction and processing skills - perhaps to act quickly to avoid an accident.

Driving and dementia: a difficult decision made easier

A safe driver also needs to be patient and calm. Memory loss, which

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is often a major early symptom of dementias such as Alzheimer's disease, does not generally feature strongly here. Different kinds of memory are needed for safe driving - for example remembering a route, how to change gear and what road signs mean. But in a person with dementia, problems with the abilities above tend to affect driving sooner than problems with memory loss.

Dementia can affect all of these skills - this is why it is listed as a medical condition that the licensing agencies need to know about.

As dementia progresses it has greater effects on all these abilities. As a result, everyone with dementia will eventually lose the ability to drive safely.

The time at which this happens will be different for each person, but most drivers with Alzheimer's disease stop within about three years of the first symptoms. This is often in the moderate or middle stage of dementia but, with some types of dementia, common early symptoms mean it might be sooner. Examples of this are visual hallucinations in dementia with Lewy bodies and

impulsive behaviour in frontotemporal dementia. A person with these symptoms will not be able to drive safely.

### Other medical conditions

Many people with dementia have other medical conditions that could also affect their driving. Among the most common in older people are problems with vision and hearing. Head-turning ability - often due to arthritis - may also be reduced. This can make manoeuvres like pulling out into moving traffic particularly difficult. Some older people also have weaker muscles, which can make physical tasks like steering or braking difficult.

A person taking certain types of medication, such as night sedation or some drugs for depression, may also find that their driving ability is affected. For all of these conditions, the doctor will advise on whether the person is safe or needs to notify the authorities.

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## SIGHT ADVICE SOUTH LAKES Sedbergh Group

Dennis J Whicker

There were 15 members at the September Meeting who were all warmly welcomed by the Chairman Dennis who was welcomed back after his treatment for Cancer over the Summer.

Thoughts were with our non-attenders with Connie, Mary, Pauline & Shirley and we hope to see them at future meetings.

After the catch-up by everyone with everyone, David Beare was introduced as our September Speaker. David imparted his experiences as a 'Leader' with helping VIP's (Visually Impaired Persons) while they took their holiday, including walking holidays, in various parts of the world. During their vacation, the holiday makers were given 'Free Days' to do what they wanted but it was never a free day for the Leaders who looked after their VIP's effectively 24 hours a day. After his presentation, there were many interesting questions posed which David answered before he was presented with a Thank You card from the members.

Details were given of the October Speaker of Sarah Woof, a lady with so many fingers in so many pies, we are sure it will be very interesting.

The October Meeting arrived and Dennis welcomed 13 members and thoughts went out to Jenny J, Connie, Shirley & Mary.

The loss of one of our helpers, Winifred Howarth, was announced. Winifred helped for many years with organising, transport and in the kitchen. Our thoughts and prayers go to her family.

The Hot Gossip reigned for quite a while until order was restored and details of the Christmas Lunch at the Fat Lamb was given. This will be at 12:00 on Tuesday 19th November at the Fat Lamb. This always promises to be an entertaining Lunch.

Dennis then welcomed Sarah Woof of Dent to the meeting give to give a resume of her life from being born in Lancashire (and being a Yorkshire Lass) to working in the family shop in Dent and becoming a Carer. However, while at School in St Annes in Windermere, she won a Writing Competition which spurred her on to write which she still does today, including her Family Musings every month in Lookaround.

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Sarah has been married to John for over 38 years and they have three children and five grandchildren who keep her busy as well as the large amount of work she does in the Dent Community.

Sarah finished off by reading some of her penned stories and was thanked with acclaim by those present.

The Sedbergh Group is run by volunteers and there is an Open Invitation to everyone with any form of sight problem. You are most welcome to attend any of the meetings which are always fun, educational and enjoyable and runs from 2 – 4pm on the Third Tuesday September & October then January to May in the People's Hall. November and June involve having a Lunch out at a venue to be arranged. Transport is arranged for those that need it for the meetings. Tea, Coffee & Biscuits is provided at every meeting.

At each Meeting, there is a Speaker on many diverse subjects which are never boring.

If you would like any more information, please contact me or Susan Harper on 20613.



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#### MEALS ON WHEELS

*Colin Cowperthwaite*

Now that we are approaching the winter months, maybe it's an appropriate time for a reminder that our local twice weekly Meals on Wheels service is still very much up and running in and around Sedbergh.

Hot and tasty meals are currently supplied by the cooking staff at Queens Hall, Sedbergh School. Meals are available each Tuesday and Thursday lunchtime, being delivered directly to the door by our small but dedicated team of volunteer drivers. The price of each 2 course meal is just five pounds. This service is available throughout the year, even during school holidays, apart from a short break during the Christmas period.

Meals on Wheels is supported by Cumbria CVS (Council for Voluntary Service), although it is very much a locally self-organised and self-funded service. CVS commented 'We are convinced that the benefits are much wider than people just getting a meal; there is the social contact, gentle checking up that people are OK, etc."

Following a national trend, uptake for Meals on Wheels is unfortunately in gradual decline, as a result of which our number of recipients here in Sedbergh and district is slowly diminishing. We would therefore be delighted to welcome new customers. If you, or anyone you may know who is finding it difficult or uneconomic to make their own meals and would like to take advantage of our service, please do contact Colin Cowperthwaite on 015396 20659 or 07961 925003. If I am not there,

please leave a message and I shall get back to you as soon as possible. There is no long-term commitment to receive meals each time, only on which days suit you best.

## VERY NEARLY CHRISTMAS AT THE INFORMATION CENTRE

*Andi Chapple*

...so it's time to mention some of the things we have in stock that you might be looking for.

First of all is the much-anticipated and much-enjoyed Information Centre calendar, chock full of images from a number of Sedbergh's best photographers who have donated their work. A4, landscape format, one page per month and available with a card mailing envelope if required. Keenly priced at £4.50 each as we managed to get a good deal on printing without compromising the quality.

Second of all (sic) is the Cards for Good Causes, a range of Christmas cards in modern and traditional designs which are sold to benefit a wide range of UK charities. We expect the cards to go on sale on Friday 15th November, but look out for Santa outside the shop – Santa will be out in all weathers once the cards are here.

I hope you will consider our cards and calendars, as well as the charities the card sales do help our income, and the calendars are sold in aid of the Information Centre too. And once you're through the door there are all those shelves of second-hand books to browse as well ...

Best wishes, Andi

## SOME SURPRISING THINGS NOT GENERALLY KNOWN

*Susa Ellis*

In March of this year, Richard, my beloved husband of 45 years died. We had known that the writing was on the wall almost two years before and we were well prepared in practical terms. I am a retired solicitor and knew the basic steps to take. We had updated our wills, most assets were in joint names in any event and we had time to consolidate and simplify things. So I knew it all - or so I thought!

In the event the actual legal administration, obtaining Probate of his will etc was straightforward and I managed fine, but there were a few unsettling and distressing surprises in other areas - traps for the unwary - which I am going to share with you as possible help to those who may be in, or approaching, a similar situation.

"Tell us once!" <https://idp-tell-us-someone-died.dwp.gov.uk>

is a very good system which allows the bereaved to tell all government departments about the death. You are given, with the death certificate, a reference number and a form to complete, online or by post,

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answering certain questions. For example, was the deceased in receipt of a state pension? A UK tax payer? In receipt of benefits? Filling in the answers will, at one fell swoop, give the information to these institutions which will subsequently correspond with you on the details; all good. BUT, one of the questions is "Was the deceased the registered keeper of a vehicle?" - and in small print below - "If you answer "Yes" to this question the road tax on this vehicle will be immediately cancelled.

WHAT?! An affirmative answer here would mean that your family car, which you are relying on in the aftermath, would be technically uninsured as you would be driving without valid road tax. I rang the Tell Us Once team and they confirmed

that all answers were voluntary, so I simply didn't answer this one till I knew what my plans for the car would be and I had mental space to deal with the

DVLA. My kindly local insurance broker simply noted our existing insurance as held by the 'Executor of Richard Ellis' which was me! A trap avoided.

Telling the Bank and Joint Credit Cards: It is not uncommon for people of my generation, particularly those who are retired, to have a joint credit card with separate cards and numbers but the monthly bill is a composite sum, usually paid from joint resources of the couple whose income has perhaps become much more simple and centralised than when both were working. It is a



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simple and convenient way to keep track of your joint spending.

Joint bank accounts are very easy to deal with on the death of one party. You simply submit to the Bank an original copy of the Death Certificate and the account will continue to be operational without interruption by the survivor and eventually the bank will rename the account. It used to be as easy as walking into the bank with ID and the Death certificate, but now the banks make a song and dance about it, requiring appointments to do this simple task and offering all kinds of bereavement services, which may have a point, but are not relevant to the particular task in hand for you, which is the continuity of a working bank account.

BUT what they don't tell you at this appointment, (and it is not something you have asked them to do ) that they will, unbeknown to you , notify your credit card holder , in my case Barclaycard . A letter arrived the next day saying the joint credit card was frozen and could not be used!

Getting wiser, I checked with the Nationwide re the joint credit card and was told they would do the same .I delayed action there till I was ready

So what is the problem with this , you may be asking , why does it matter and cause problems for the spouse left behind .

Firstly, unless the widowed spouse already has a credit card of her own , she will find it very tricky to get one , so all on line activity , paying for catering for a wake , shopping , train travel, buying fuel ,all becomes very difficult . The reason she may find it difficult is because ,however solvent and careful she and her husband have been ,she will not have a credit record . The mortgage is maybe paid off , any borrowing , eg car loan or hire purchase , is likely to have been in her husband 's name and there is no record if she is a good borrower or not .So the computer says no , usually with in 3 minutes of you painfully completing an on line application ! . In my case I had to write a fierce letter to a lender challenging their discriminatory approach , before getting a decent credit card in my own name. Increasing a small credit card limit on an existing card was equally hard , even though I had inherited virtually everything. In the early circumstances of bereavement you shouldn't have to take all this on .

Secondly , and this may not be common to many people , but it was distressing and hard to put right , Richard had put on our joint credit card quite a few small monthly and quarterly subscriptions ,mainly to do with online products eg Apple Cloud storage , antivirus packages newspapers online etc . As soon as the Barclay card was frozen , the computer began pinging relentlessly

with brief screen messages . eg “ your Apple payment has been suspended and your product is no longer operational “your anti virus package is compromised” and no other information ! I had go through a year of Barclay card statements to try and identify what these were .Then, painfully ,as I am no expert , I had to go online into their websites and change the payment instruction to the one small credit card which I already thank fully had in my own name .

#### Conclusions .

As many will be aware , in order to unlock the deceased's personal significant sole assets and cash, the procedure is to obtain a Grant of Probate which is the authority needed for you to access those assets . This

can be expensive and lengthy , particularly as this year there has been a massive backlog of applications at the Probate Office ,with up to 3 months delay .

As a retired solicitor , I am no longer able to give advice , but if I were approaching this period again, I would make sure I had a very active credit card in my own name with a decent credit limit and keep pushing for the limit to be higher . I would make sure that any borrowing was occasionally done in my name to give me a decent credit record and I would make sure that we held a joint savings account with a healthy sum in it to help the survivor tide over the expenses and vicissitudes of those difficult early months.

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## NEWS FROM THE PEWS

*Susan Sharrocks*

*Tony Reed Screen*

*Churchwardens*

On a lovely sunny Saturday morning in September, St Andrew's churchyard was busy with people enjoying the display of sheep made especially for Sheepfest. There was no better time to hold our annual Pets Service.

Two of the beautiful Ghyllas alpacas turned heads and made people smile as they walked along to the churchyard where they joined dogs of all breeds, sizes and temperaments along with their families for the short service of hymns and prayers led by the Vicar Andy. How wonderfully behaved they all were, lots of waggy tails and not a bark heard from our four legged friends.

Not only was there activity outside the church but also inside. The tempting smell of bacon cooking enticed many visitors in to enjoy a late breakfast or early lunch of bacon rolls and mugs of tea. The only downside to cooking bacon on Saturday in the church kitchen is the lingering smell that greets you on Sunday morning!

The beautiful hues of autumn were echoed in the colourful flower arrangements throughout the church as we celebrated Harvest and all good things around us. Many bags full of non-perishable food items were donated and subsequently taken to the Kings Food Bank in Kendal. For the last six years there has been a

collection box for the Kings Food Bank at the back of church. Every week the contents are taken to the collection point before being distributed to those in need in our area. This box reminds me of the magic porridge pot how it keeps filling up. So many kind and generous people here in Sedbergh and environs.

Now the Harvest Festival services have taken place we have another special time looming on the horizon, Christmas. Plans are underway for our Mission Community celebrations.

The lead up to Christmas would not be the same without our Christmas Fair. This year, Saturday 23rd November is the date. There will be the usual variety of stalls. The ever popular preserves, calorific cakes, craft stalls etc and of course, it would not be Christmas without Father Christmas. He will be there with his silky white beard and shiny wellies seated in the best chair we can find for him. As always, there is a welcome on the mat.



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## GARSDALE HARVEST SUPPER

*Mary Airey*

On Friday 20th September, we held our Harvest Supper in Garsdale village hall. After Rev David said Grace, over 60 people enjoyed supper, provided for by local ladies, after which After Dinner Speaker, John Dawson, assisted by his wife Judith, gave us an interesting and amusing talk, illustrated by slides, on life and work at Bleakbank Farm, which has been farmed by the Dawson family for many years. Rev David sent us home with a lovely prayer, and donations amounting to £450 were for St John's Hospice, Lancaster, a charity chosen by John and Judith. Grateful thanks to John and Judith, and to all who helped to make the evening a success.

---

## FOLLOW THE STAR

*Sandra Gold Wood*

On Sunday 22 December at 6.00 pm the Annual Carol Service will be held at St Andrew's Parish Church. The singing of those familiar carols remind us that it is almost time for families to celebrate Christmas and remember the birth of Jesus.

By way of making the occasion even more special the Western Dales Mission Community are arranging a walking Nativity entitled Follow the Star.

Mary and Joseph, the Kings, the Shepherds and no doubt a few Angels will walk from Cornerstone Community Church, New Street to the Parish Church.

Everyone taking part will carry a lantern and those, who wish, can be dressed in the garb of the day. With



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lanterns brightly shining they will process along Main Street to see if there is, on this occasion, any room at the Inn. There will be for some but for Mary and Joseph it will be a stable dwelling in the South Porch at the Parish Church. There Mary and Joseph will settle in just in time for baby Jesus to arrive and for everyone to view. You are all invited to either take part in the procession or watch it, and, afterwards, if you wish to join in the Carol Service.

All you need to join the walk is a lantern, or camping light or similar and you need to be at CCC New Street at 4.30 pm to prepare.





## SWIM LITTLE EELS

*Andrew Fagg YDNP Media Officer*

Children from Sedbergh Primary School went to New Bridge to release young eels, known as 'elvers', into the river Rawthey. An 'eel-lite team' of pupils cared for a tank of elvers for several weeks, while learning about local river ecology and the lifecycle of the critically endangered European Eel.

On 27 June, year 3 and 4 pupils released the elvers into the river. A short film has now been produced so people can remember the moment.

The students also organised a non-school-uniform day, cake stall, badge making and a poster and poetry competition to raise money for eel conservation.

Here is one of the winning poems:

Swim little eels in the  
Big, deep, dark river  
I hope the cold water  
Doesn't make you shiver.  
I'm sure you will  
Grow very strong  
And very long.  
I hope you have a  
Great time in the  
Sedbergh sunshine.



In total £118.25 was raised and pupils chose to donate the money to the Lune Rivers Trust.

Yorkshire Dales National Park Authority project officer Rachael Addison said: "Although we can't monitor the eels we released, it is hoped that the pupils and their families will enjoy looking out for them when they are by the river. The pupils have become extra mindful of how important it is to care for rivers and every creature living in them – and that is just great."

YDNPA Member Champion for the Natural Environment, Ian McPherson, who is a Sedbergh Parish Councillor, added: "It was encouraging to hear eel-lite team members saying they felt more confident about making a positive difference

to the natural world."

The eel project was funded through the Green Futures programme, which aims to develop environmental opportunities for young people across the region and is led by local charity Yorkshire Dales Millennium Trust.

For more information, please call the Yorkshire Dales National Park Authority's Media Officer Andrew Fagg (Mon, Tues and Fri) on 01969 652374 or Communications Manager Richard Payne on 01969 652394.



## **EEL-ITE SUPPORT FROM SEDBERGH PRIMARY SCHOOL**

*Louisa Blundell Community  
Engagement officer Lune Rivers'  
Trust*

Following on from our success raising eels in classrooms last year, we have been working with Yorkshire Dales Young Rangers and Sedbergh Primary school nursing another fifty elver as part of an extensive education program. Many readers will already be aware that the European Eel (*Anguilla Anguilla*) is critically endangered with numbers across Europe at least 90% less than 30 years ago.

A group of year 6 students spearheaded the project giving themselves the very appropriate

name of the 'Eel-lite' team! Part of the funding for the project came from The Yorkshire Dales Millennium Trust, with pupils successfully applying for a grant from the Trust's Green Futures Youth Action Fund. In addition, pupils held competitions and a fund raising cake bake kindly donating over £100 of proceeds to the LRT.

Headteacher Matthew Towe said "Many organisations rightly want to work with schools. Having the eels in the classroom has proved an effective way of engaging the children in nature conservation and more widely in the health of the Rawthey, which flows only a stone's throw away from our school."

The LRT worked with Rachael Addison of YDNP Young Rangers to



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use the plight of the European eels and their journey as a basis for a weekly education programme to years 3 and 4 covering topics including pollution, NFM, riverfly sampling, eel lifecycle and food chains.

The elver thrived at the school (including wonky-tail), growing considerably in size before being released into the Rawthey to continue their journey. Judith Donovan, YDNPA Member Champion for Promoting Understanding said, "Congratulations Sedbergh Primary School for looking after the eels. The enthusiasm with which the Eel-ite Team has carried out its duties shows how keen young people are to learn about the natural environment and care for it."

The eel release in June generated huge local interest with press coverage including BBC Radio Cumbria interviews and Westmorland Gazette articles. It has been a privilege to work with the Eel-ite team and all the pupils and staff at Sedbergh Primary and our huge thanks go to all involved including the school and YDNP.

## THE CHILDREN'S WOOD – GROWING TOGETHER

*Barbara Hartley*

Over the summer a group of people and organisations, have been setting up a project which we are calling the Children's Wood. Just last week we think we have all the pieces of the jigsaw sorted, so we would like to share it with the community.

The project is to have the children of Sedbergh Primary School, as its main focus, its HUB. They will be helped by the newly formed Sedbergh Environmental Network (SEN) with support from the Woodland Trust, The Yorkshire Dales National Park and The Yorkshire Dales Millennium Trust. The aim is to plant small, or not so small areas, of woodland, if possible close to public rights of way and within the school catchment area, so that as the children grow, so do the trees.

This year and for planting this autumn we have just two areas – one quite large area at Birks Farm in Sedbergh and another small area at High Branthwaites in Frostrow. We have 420 trees arriving from the main Woodland Trust trees for schools, and initiative and tree protection coming from the Woodland Trust Cumbrian branch. We also have a grant of £690 from the Millennium Trust to pay for the supply of fencing and gates and support from our local National Park ranger, Paul Wilkinson, and the woodland officer, Geoff Garrett. Most importantly, we have a band of local volunteers under the direction of Peter Apps of SEN ready to dig in the trees. We aim for as



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many children as want to, to help with the tree planting.

Now, that we know we have help, we will be asking local farmers and landowners if they would be willing to lend the children some of their land to plant trees or hedges. It could be land for just one tree or it could be a much larger area. Several farmers have already offered some of their land and we hope that many more will feel able to be part of the project over the coming years.

We also hope that, through the project, the children will find enjoyment in knowing they are part of caring for the environment.



### SEDBERGH SCHOOL NEWS

*Karen Bruce-Lockhart*

The School started the year with 550 pupils, the most it has ever had and the Prep School is at about 180.

The School achieved three categories in the last eight finalists of the Independent School of the Year Awards and won the Community Outreach award. In addition Henry Ackroyd, the boy whose heart stopped on a run about four years ago with consequent brain damage, won the Rising Star award. Despite being told he would never walk or talk again let alone succeed academically, he was back at school in a term, on the rugby field 18 months later, has gained a full Btech and an EPQ qualification in hypoxic brain injury

recovery, and is aiming for the Paris paralympics in 2024.

The Prep School had donated cakes at break to support the world's biggest coffee morning for Macmillan Cancer Support, as did the senior School. They also held a sponsored walk by the whole school, parents and staff to raise funds for Robbie's Rehab

Year 7 at the Prep went to northern France and received a subsequent email from their hotel praising their behaviour.

The Terra Nova school boarders spent the weekend of 21st /22nd September in the School for an adventure weekend.

Living North in September produced a very enthusiastic article about cricket at Sedbergh and the School's culture.

The International Summer School has been accredited by the British Council.

The former Housemaster David Alban, whose diamond wedding I mentioned last month, died on 18th September. His funeral was on 30th September in the Parish Church

Norman Berry (OS and Wilson Runner winner) has published his

new book "The Wilson Run: A Race in Three Centuries 1881-2019)".

The Conservation team have been de-reeding the water in Bruce Loch

The House Masters and Mistresses from the Upper School have been taking Friday services at the Prep. The Prep choirs sang at the Holy Trinity Harvest Festival service.

Colin Firth visited the School when at the Spar with the BBC

The School will publish its targets for reduction in carbon emissions by January 2020, and aims to implement them by 2025, the School's 500th anniversary

Academic - Professor Christopher Hull spoke to the Biology Department on his career in anaesthetics. Two girls presented an Explosions workshop at St Mary's School, Melrose. The Prep School have introduced a new phonetics and reading programme called Read Write Inc in the Early Years and Pre-Prep.

Art - The School's Land Art entry in the OVO Tour of Britain Land Art competition has reached the last eight finalists.

Music - The music department gave 'A Night at the Movies' concert on 10th October.

Cricket - Y13 pupil Matthew Revis joined the squad for Yorkshire CCC (joining OS Harry Brook) against Kent for their game on 16th September, having scored 100 for the second team a week previously against Sussex

Rugby - The 1st XV won against Woodhouse Grove 39-11, and against Denstone 32-7. The 1st XV

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squad had a day's training and fun with the Prep School

Netball - The U14 Girls' team won the District Championship on 24th September. Year 10 pupil Freya was in the England U15 team that won the inaugural Georgia Jones tournament

Running - Fraser Sproul is U17 British Mountain Running Champion and the English Schools Intermediate Fell Running Champion. The Girls' team won the English Schools Fell Running Championship

Hockey - The Prep School were South Lakes winners through to the County Finals. The U18 won all four of their finals in the County Cup. The Girls' U14 are County Champions.

Equestrian - The team had qualifiers at each height at the Equestrian National Schools Arena Eventing qualifier on 28/29 Sept. Alicia qualified for Hickstead (after running with the winning team in the fell championship that morning)

Sailing - The team came 1st and 2nd in the National Royal Navy CCF Regatta in Portsmouth Harbour with the Gunning brothers helming each of the dinghies in testing conditions.

Future Events - Half term ends on Sunday 3rd November at 7pm. The winter timetable comes into effect after half term. The School Fireworks and Bonfire will take place on Tuesday 5th November at approximately 6.40 pm. All welcome! Year 9 scholarship assessments will take place during the week beginning 4th November. 1st XV home matches for the rest of term are against Lancaster RGS on 9th November and Llandovery College on 7th December. The School's production of Oliver! will

be performed in the Brewery Arts Centre on 26th, 27th and 28th November at 7.30 pm (not Wednesday due to sports commitments) with a matinee on the Friday at 2 pm. Tickets can be obtained on [www.breweryarts.co.uk/event/sedbergh-school-oliver](http://www.breweryarts.co.uk/event/sedbergh-school-oliver). They cost £16.50 (U16 £11.50) The Choir will perform the Advent Carol service at 5pm on Sunday 8th December and all are welcome. Term ends after the Carol Service (parents only) which is on 12th December at 3pm

## INDEPENDENT SCHOOLS OF THE YEAR AWARDS 2019

*Mathew Burns*

Community Outreach Award

Sedbergh School has been awarded for their work in the community at the Independent School of the Year awards. Sedbergh were commended for their "impressive programme of multiple activities involving many pupils across the year".

"We are delighted and very proud on behalf of our pupils to receive the Community Outreach award." Said Dan Harrison, Headmaster. "In the last year, we have tripled the number of pupil hours invested in the



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community and quadrupled the number of pupils working on these projects. Everyone benefits from this scheme - our pupils gain satisfaction from their work and learn the importance of contributing to society.” explained Mr Harrison.

Sedbergh School runs numerous community outreach projects throughout the academic year which include local conservation projects within the Yorkshire Dales National Park and every week, 50 pupils

provide voluntary service across a wide range of local services.

In December 2018, the inaugural ‘Sedbergh Gives Back’ campaign began with pupils giving up a full day to work for a chosen charity. Most recently, pupils have started to work with a local charity to help rehabilitated criminals work towards gaining their English and Maths GCSE qualifications.

## GREAT NORTH AIR AMBULANCE

*Dorothy Blair*

Fund raising for G.N.A.A, recently, I held a stall at the Artisan Market where I offered for sale hand knitted items and handmade items, such as scarves, bags and aprons. I am pleased to say that I raised the sum of £172-40 all of which will be forwarded to the Air Ambulance. I do not take any monies out of the proceeds of sale and pay for the stall myself. I shall be holding further stalls at various events at the end of November, and the beginning of December where, again, all the proceeds of sale will be forwarded to the G.N.A.A .

May I thank everyone who purchased items from my stall and those who gave donations. Your help is much appreciated.

### 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.

## PERSONAL MESSAGES

### ELI SCARR

Happy 8<sup>th</sup> birthday Eli Scarr on 10<sup>th</sup> November with lots of love Nannie and Grumps

=====

### DOROTHY THOMSON

Sitting looking at an unbelievable tall stack of sympathy cards for the death of Dorothy I continue to realise what a wonderful place Sedbergh is to live. Thanks to you all for your thoughts and kindness. It helps considerably with getting on with life. Douglas Thomson.

=====

### DAVID ALBAN

Lesley and all the family would like to thank all our friends in Sedbergh for some wonderful cards and letters we have received since David died. It makes life that little bit easier knowing he meant so much to so many of you. Thank you also to all who came to his funeral. Not an easy day but it meant so much to us to be surrounded by friends. Thank you.

=====

### DOBSON

I would just like to thank all my family and friends for all the many cards, gifts and good wishes that I received on my 90th Birthday. With a big thankyou to Janet, Linda & Christine for organising a great birthday weekend. Bill x

=====

### MORNING CLEANER REQUIRED

Are you free 2-3 hours in the mornings and would like to finish work by 10am? Days to suit the successful applicant. Please Contact Carol on 015396 21183 or call in at the Dalesman.

## EDITORIAL

The Lookaround Committee are very pleased to announce that the December Edition will, as usual, be a full colour issue. And, again, following the established Lookaround practice it will be a two month edition covering December and January. Could everybody, therefore, please send articles and adverts as soon as possible so that we have plenty of time to put it all together.

Once that edition is complete we will be celebrating a full year of Lookaround production, with our AGM in January (date t.b.a.). The necessity for a clean break between us and Dennis means that the majority of our advertisers will be up for renewal at that time. Thanks to the support of them Lookaround finances are reasonably healthy and we can continue to publish as usual. However, please remember to renew your advertising, and if you aren't advertising with us at the moment then please do!

After, inevitably, a rather chaotic start we have now quite a clear view of our finances. As part of the chaos we stopped producing invoices as a matter of course, and created them only on request. Now, however, we have some systems in place and are going to resume invoicing for adverts.

A request which came from the survey we ran recently was for more restaurant reviews. So if there are any budding Jay Rayners out there then get writing. We're looking for reviews of pubs, restaurants and cafes outside the LA10 area.

*Ed*

## A VIEW FROM THE FELLS



FOR THE NEXT TWELVE MONTHS OUR TRAINING WILL  
AGAIN BE CONCENTRATED IN SEDBERGH AND  
SURROUNDING AREA.

## LOOKAROUND STILL NEEDS YOU!

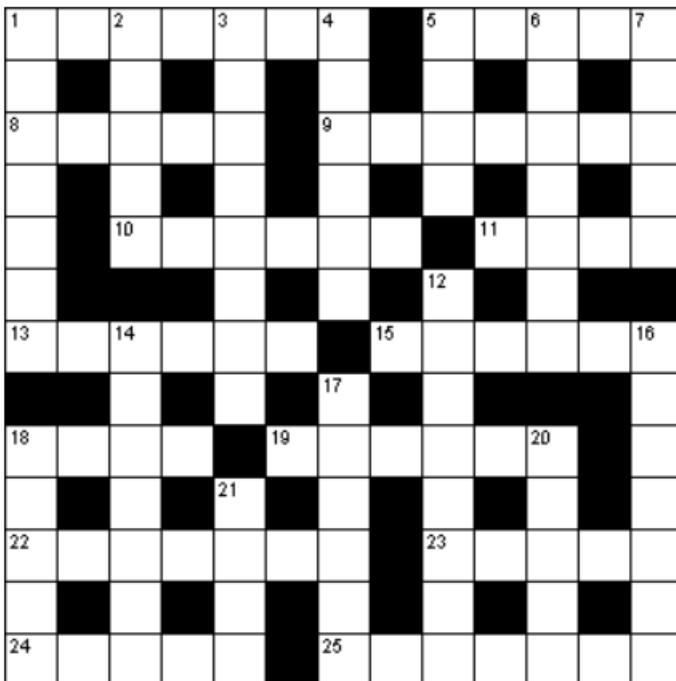
The Lookaround Team need  
help with compiling the  
magazine and designing  
advertisements.

If you can spare some time  
please contact us.

Contact details  
are on page 4.



## PUZZLE (SOLUTION ON PAGE 94)



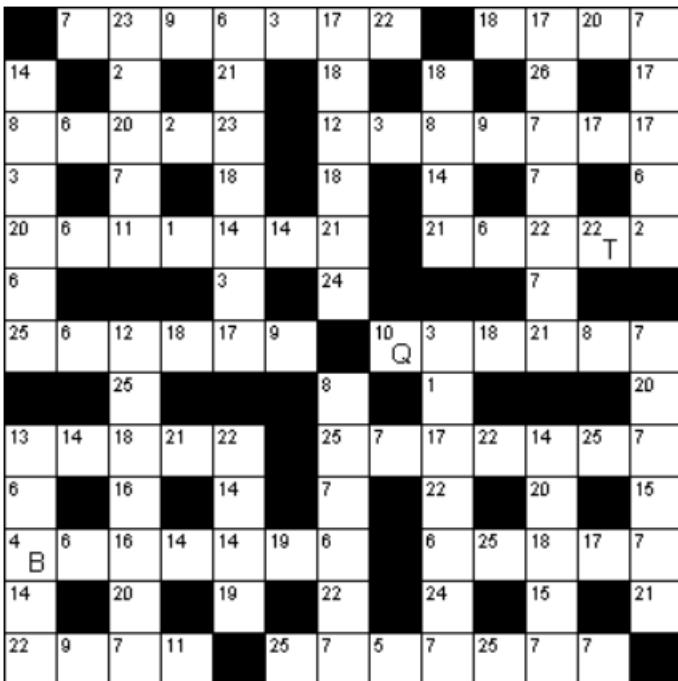
### Across

1. Store part of scarce bee habitat (7)
5. Fundamental meaning in hypo intrigue (5)
8. Neat bicycle antique, essentially (5)
9. Lacking respect in slim pie tyrant (7)
10. Amnesty for equivalent Spanish gentleman (6)
11. Mixed up a bit to catch something (4)
13. Discovered quality in recital entrant (6)
15. Toy stereo found in bed (6)
18. Fiasco deep in computer instruction (4)
19. Struggle with bottle opener replaced by animals with can opener (6)
22. Verify historic period is ordinary (7)
23. Eg our confused villain (5)
24. Australian state in short and two thirds of a number makes sense (5)
25. We ease underwater tangle (7)

### Down

1. Statement sounds like nobility (7)
2. Rearranged inexpensive peach (5)
3. Unwitting confusion, no rating (8)
4. Scribbled it or rewrites it, essentially (6)
5. 16th Greek and 17th Hebrew make music (4)
6. Confusing nice tax is imprecise (7)
7. Sultry starlet finds a date (5)
12. Disorder, this year (8)
14. Fifty Roman snakes climb them (7)
16. Adhered to tussled hair (7)
17. Light touch in car essential (6)
18. Monotonous sound in church anthem (5)
20. This bird landed in 1969 (5)
21. Likelihood of finding fabric in umbrella certain (4)

## PUZZLE (SOLUTION ON PAGE 94)



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

### PEOPLE'S HALL HIRE RATES

#### Main Hall

| Session      | Z   | A   | B   | C      | D   | All day |
|--------------|-----|-----|-----|--------|-----|---------|
| Local Hirers | £10 | £20 | £20 | £15    | £36 | £90     |
| Other Hirers | £15 | £30 | £30 | £22.50 | £54 | £136.50 |
| Commercial   | £20 | £40 | £40 | £30    | £72 | £182    |

#### Committee Room

|              |  |        |        |     |        |        |
|--------------|--|--------|--------|-----|--------|--------|
| Local Hirers |  | £15    | £15    | £10 | £15    | £55    |
| Other Hirers |  | £22.50 | £22.50 | £15 | £22.50 | £82.50 |
| Commercial   |  | £30    | £30    | £20 | £30    | £110   |

## **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*



## 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                 |
| Mr and Mrs McCirie  | Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11)<br>Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB<br>e-mail: <a href="mailto:Daleslea@outlook.com">Daleslea@outlook.com</a>                               | 21789                 |

## 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

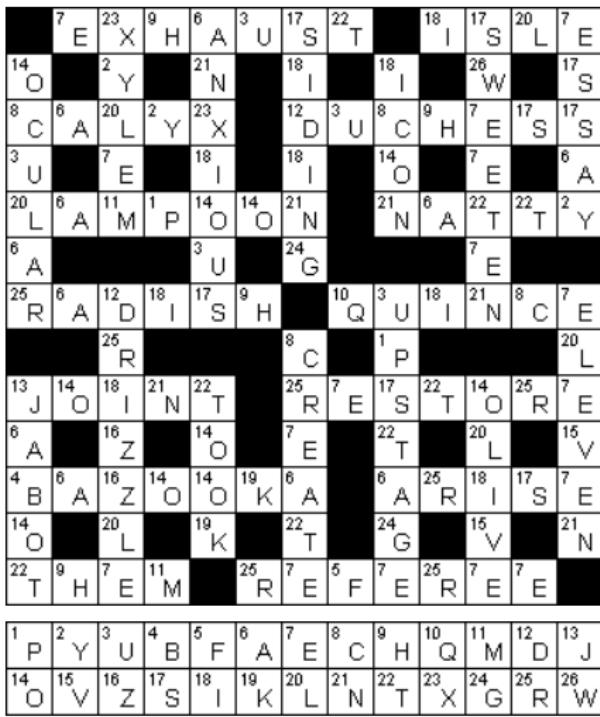
| <b>Organisation</b>                  | <b>Updated</b> | <b>Contact</b>   | <b>Tel:</b>                 | <b>015396</b> |
|--------------------------------------|----------------|------------------|-----------------------------|---------------|
| Age UK South Lakeland                | 07/18          | 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                          | 11/19          | Mr Alison        | 015398                      | 24666         |
| 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 I'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     | 09/19                     | Mr Hopps sedberghredsquirrels100@gmail.com |            |             |
| 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         | 09/19                     | Mr Sykes                                   | 07786      | 384917      |
| 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                     | 09/19                     | Andrea Burden                              | 07811      | 887273      |
| 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.

## PUZZLE SOLUTIONS



# DIARY OF EVENTS

Dates are held up to 11/07/2020.

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.

## NOVEMBER 2019

01 1400 DHTF- What did you do in the war, Granny?

DMH

01 1900 Domino Drive

HVH

02 1000 St Andrew's Church Dent Coffee Morning

DMH

02 1100 Dedication Coming Home Remembrance (9)  
StAS

03 1900 Sedbergh School Half term finishes (Nov)

SS

04 Sedbergh Junior School Open Day

SPS

04 1900 WI Federation Quiz Night (Nov)

WHC

05 Sedbergh Junior School Open Day (Nov)

SPS

05 1000 Grief Share (26)

CCCN

05 1840 Sedbergh School Fireworks - School House (81)

StAS

06 11 Coffee Morning British Legion (99)

StAS

06 1930 HS - A closer look at Ulverston (8)

StAS

07 1930 Howgill Firbank WI Handbell Ringers

HVH

08 Community Trust Grant Deadline (Nov)

08 1330 Sedbergh Art Society Linda Hollingshead (CCCN)

08 1930 High Noon of the British Empire (Nov)

StAS

08 1930 Howgill Firbank WI Domino Drive

HVH

09 1000 Art Society - "Light in the Trees" (Nov)

CCCN

10 1030 Remembrance Service (9)

StAS

10 1930 Appleby Hall Fenella Humphreys solo violin (N)

10 1930 Sedbergh Band Remembrance Day Concert (63)

StAS

11 Settlebeck Drama/Music/Art showcase

SSAT

11 1930 "Night at the Movies" (Nov)

SS

12 Deadline for "Boxes of Hope" (67)

SIC

12 1400 WIK - AGM and Over the Shop Counter

PH

12 1930 Domino Drive

FCH

13 Medical Centre Closed For Training (Jul)

MC

13 World Kindness Day (34)

13 1100 Coffee Morning NFU for St John's Hospice

StAS

13 1800 Introduction to Meditation

StAS

13 1915 WID - AGM

DMH

13 1930 WIS - AGM, Jacob's Join & Games

PH

14 1200 Age UK - Sedbergh Lunch Club

14 1930 Parish Council (16)

PH

14 2000 Sedbergh orchestra concert (62,43)

StAS

15 1930 Middleton Annual Dominoes & Potatoe Pie

BVH

16 1930 Big Quiz Night - Tear Fund (99)

CCCN

17 1100 Space for Stillness

MCD

19 Settlebeck Year 11 Presentation evening

SSAT

19 1000 Grief Share (26)

CCCN

19 1200 Sight Advice - Christmas Dinner (70)

Fat Lamb

19 1930 Ladies NFU Meeting

PH

20 1100 Coffee Morning Sedbergh Orchard Group

StAS

20 1930 HS - Viking Longhouses in Cumbria (8)

StAS

22 1930 Domino Drive

FCH

23 1100 St Andrew's Christmas Fayre (43)

StAS

24 1930 Boy Who Cried Wolf - Rural Highlights Play

DMH

26 "Oliver" by Sedbergh School- Evening

Brewery

27 1100 Coffee Morning Garsdale Churches

StAS

27 1930 Cumbria Wildlife - Turtle Doves

StAS

28 "Oliver" by Sedbergh School- Evening

Brewery

28 1700 Settlebeck Christmas Market (99)

SSAT

|    |                                           |         |
|----|-------------------------------------------|---------|
| 29 | "Oliver" by Sedbergh School- Matinee      | Brewery |
| 29 | 1900 HS - Annual Dinner (Nov)             | GC      |
| 30 | St Andrew's Day                           |         |
| 30 | 1000 Painting Day - Christmas Cards (Nov) | CCCN    |

## DECEMBER 2019

|    |                                               |      |
|----|-----------------------------------------------|------|
| 03 | WIK Xmas Dinner - NEW DATE (Nov)              | GC   |
| 03 | 1000 Grief Share                              | CCCN |
| 03 | 1930 Ladies NFU - Life as a community PC (34) | PH   |
| 04 | 1800 Sedbergh Late Night Opening (51)         |      |
| 05 | 1900 Howgill Firbank WI Xmas Party            | TBA  |
| 06 | Dent Folk Carols Weekend                      | DMH  |
| 06 | 1400 Dentdale head to foot Jacobs Join (32)   | DMH  |
| 07 | Dentdale over 60's Christmas luncheon         | DMH  |
| 07 | 1000 St Andrew's Church Dent Coffee Morning   | DMH  |
| 07 | 1230 Dentdale Over 60s Xmas lunch             | DMH  |
| 08 | Dent Folk Carols Weekend                      | DMH  |
| 08 | 1700 Sedbergh School Advert Service (99)      | SS   |
| 10 | 1400 WIK- TBA (Jul)                           | PH   |
| 10 | 1930 Domino Drive                             | FCH  |
| 11 | 1915 WID - Christmas Meal                     | TBA  |
| 11 | 1930 HS - Stone circles (Nov)                 | SIAS |
| 11 | 1930 WIS - Christmas Dinner                   | TBA  |
| 12 | 1200 Age UK - Sedbergh Lunch Club             |      |
| 13 | 1800 Family Christmas Pantomime               | PH   |
| 14 | Kendal Folk Carols - Kendal Mkt Place (Sep)   |      |
| 14 | 1930 Carol Singing                            | FCH  |
| 15 | Settle Carlisle Train Singing Weekend (Sep)   |      |
| 15 | 1100 Space for Stillness                      | MCD  |
| 17 | 1000 Grief Share                              | CCCN |
| 17 | 1930 Ladies NFU Meeting                       | PH   |
| 19 | 1900 Xmas domino drive                        | HVH  |
| 22 | 1630 Walking Nativity (77)                    | CCCN |
| 22 | 1800 Carol Service (77)                       | SIAS |
| 25 | Christmas Day                                 |      |
| 26 | Boxing Day                                    |      |

## JANUARY 2020

|    |                                                |      |
|----|------------------------------------------------|------|
| 07 | Cheng Hsin - workshop with Brendan Lea         | TBA  |
| 14 | 1930 Domino Drive                              | FCH  |
| 15 | 1930 HS - Icehouses and the trade in ice (Nov) | SIAS |
| 17 | 1330 Art Society - Mixed Media (Nov)           | CCCN |
| 17 | 1930 Barbon Agricultural Soc Domino drive      | BVH  |
| 18 | 1000 Art Society - Painting day (Nov)          | CCCN |
| 21 | Sight Advice meeting (70)                      | PH   |
| 22 | 1930 Cumbria Wildlife - East Greenland         | SIAS |
| 25 | Burns Night Extra with Denis Westmoreland ( PH |      |
| 26 | 1930 Appleby Hall Trio Volant (Nov)            |      |

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

**COVER PHOTO**  
**Streams of Remembrance 2018**  
*Ed Welti*

| 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                                        |
| CWT       | Cumbria Wildlife Trust                  | Dent Heritage Centre, Laning, Dent *                                            |
| DCMH      | Dales Countryside Museum, Hawes         | Farfield Mill, A684 Garsdale Road *<br><i>Free to LA10 Residents on Sundays</i> |
| DCP       | Dent Car Park                           | Friends Quaker Meeting House, Brigflatts                                        |
| DCS       | Dentdale Chapel Schoolroom              | George Fox's Quaker Pulpit, Firbank                                             |
| DHTF      | Dentdale, Head to Foot                  | Golf Club, Catholes, Sedbergh *                                                 |
| DMH       | Dent Memorial Hall                      | Information Centre, 72 Main Street                                              |
| DMC       | Dent Methodist Chapel                   | History Society, Community Office                                               |
| FCH       | Firbank Church Hall                     | Holme Working Farm, Middleton *                                                 |
| FM        | Farfield Mill                           | Holy Trinity Church, Howgill                                                    |
| GC        | Golf Club                               | Jubilee Wood Nature Area, Castlehaw Lane                                        |
| GH        | Gladstone House                         | Langstone Fell, A684 Garsdale Foot                                              |
| GVH       | Garsdale Village Hall                   | Motte & Bailey Castle, Castlehaw Lane                                           |
| HS        | History Society                         | Pepperpot Folly, Busk Lane                                                      |
| HVH       | Howgill Village Hall                    | Picnic Site, Ghyllas, Cautley Road                                              |
| HTH       | Holy Trinity Howgill                    | 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                 |                                                                                 |
| STC       | Sedbergh Tennis Courts                  |                                                                                 |
| 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 Friday 22nd June 2018 ufn R = Request only |       |       |       |       |
|------------------------------------------------------------------------------------------------|-------|-------|-------|-------|
|                                                                                                | Fri   | Fri   | Fri   | Fri   |
| Dent                                                                                           |       | 10.25 |       | 14.25 |
| Sedbergh, Spar                                                                                 |       | 10.39 | 12.44 | 14.39 |
| Sedbergh, Dalesman                                                                             |       | 10.40 | 12.45 | 14.40 |
| Sedbergh, Maryfell                                                                             |       | 10.41 | 12.46 | 14.41 |
| Cautley, Cross Keys                                                                            |       | 10.48 | 12.53 | 14.48 |
| Fat Lamb                                                                                       |       | 10.54 | 12.59 | 14.54 |
| Kirkby Stephen Station arr                                                                     |       | 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                                                                     |       | 11.07 | 13.08 | 15.03 |
| Kirkby Stephen Town                                                                            |       | 11.12 | 13.13 | 15.08 |
| Kirkby Stephen Co-op                                                                           |       | 11.13 | 13.14 | 15.09 |
| Brough, Clock                                                                                  |       | 11.21 | 13.22 | 15.17 |
|                                                                                                |       |       |       |       |
|                                                                                                | Fri   | Fri   | Fri   | Fri   |
| 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 | -     |

Fri = Friday Only

### Lookaround Editorial Team

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

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

**Pam Coren (Clerk) Tel: 22586**  
**Sally Ingham Tel:07939 569559**

### 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: 25418**

Email: christinelucy2014@gmail.com

### 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 - November 2019                                                   |           |                                                                 |                                                                                              |                                   |                                      |
|----------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------|--------------------------------------|
|                                                                                                                      | Time      | 3 <sup>rd</sup>                                                 | 10 <sup>th</sup>                                                                             | 17 <sup>th</sup>                  | 24 <sup>th</sup>                     |
| St. Andrew's, Sedbergh LA10 5BZ                                                                                      | 8am       | HC-BCP                                                          | HC-BCP                                                                                       | HC-BCP                            | HC-BCP                               |
| St. Andrew's, Sedbergh LA10 5BZ                                                                                      | 10.30am   | United Service at Cornerstone Community Church or People's Hall | United Service Andy McMullon and David Crouchley                                             | HC                                | FS                                   |
| Cornerstone Community Church, Sedbergh LA10 5AF                                                                      | 10.30am   | Pam Dent United Service HC                                      | United Service at St. Andrew's                                                               | Tebbutt 4pm- Messy Church         | June Allen                           |
| People's Hall Sedbergh LA10 5DQ                                                                                      | 10.30am   | Bob Dawson                                                      |                                                                                              |                                   |                                      |
| St. Mark's, Cautley LA10 5LZ                                                                                         |           | 2.30pm HCx                                                      | At Sedbergh                                                                                  | At Sedbergh                       | 2.30pm Taize                         |
| Cautley Methodist Chapel LA10 5LY                                                                                    | 11am      | June Allen                                                      | Chris Fawcett                                                                                | Philip Nolan                      | Pam Dent                             |
| St. John's, Garsdale LA10                                                                                            | 10am      | United Service SW                                               | At Low Smithy United Service                                                                 | At Garsdale Street United Service | SW                                   |
| Garsdale Low Smithy Methodist Chapel LA10 5PF                                                                        | 2pm       | At St. John's & Garsdale Street United Service                  | Sarah Crouchley United Service                                                               | At Garsdale Street United Service | William Allen                        |
| Garsdale Street Methodist Chapel LA10 5PQ                                                                            | 6.30pm    | 2pm only Marston Chapel Anniversary                             | At Garsdale Low Smithy United Service 2pm                                                    | David Crouchley United Service HC | Ralph Penny-Larter                   |
| All Saints, Killington LA6 2HA                                                                                       | 2pm       | At Sedbergh                                                     | At Sedbergh                                                                                  | HC                                | At Howgill                           |
| Holy Trinity Howgill LA10 5JD                                                                                        | 2pm       | At Sedbergh                                                     | At Sedbergh                                                                                  | At Killington                     | HC                                   |
| St. John's Firbank LA10 5EF                                                                                          | 2pm       | At Sedbergh                                                     | At Sedbergh                                                                                  | At Killington                     | At Howgill                           |
| St. Andrew's, Dent LA10 5QL                                                                                          | 10.30am   | HC                                                              | HC                                                                                           | HC                                | HC                                   |
| St. John's, Cowgill LA10 5RJ                                                                                         |           | 9am HC                                                          | 2.30pm Remembrance                                                                           | At Dent                           | At Dent                              |
| Dentdale Methodist Chapel LA10 5QJ                                                                                   | 2pm       | Sarah Crouchley                                                 | 10.30am At St. Andrew's United Service                                                       | Martin Dodds                      | 10.30am At St. John's United Service |
| Dent Foot Methodist Chapel LA10                                                                                      | 2pm       | At Dentdale                                                     | Ralph Penny-Larter                                                                           | At Dentdale                       | Brian Park                           |
|                                                                                                                      | Wednesday | 6 <sup>th</sup>                                                 | 13 <sup>th</sup>                                                                             | 20 <sup>th</sup>                  | 27 <sup>th</sup>                     |
| St. Andrew's, Sedbergh LA10 5BZ                                                                                      | 11.15am   | HC-BCP                                                          | HC-BCP                                                                                       | HC-BCP                            | 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>P&M- Prayer & Meditation<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 Defibs 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

Wednesday

Last Page Update:

March 2019