

Sedbergh & District **LOOKAROUND**

December 2019

Issue 383

Donation £1

Happy Christmas and a very prosperous 2020 to everyone in Sedbergh and District.

Well, we've now produced a full year of Lookaround, and hopefully have kept it true to its original spirit

and purpose. Please let us know your opinions, what we need to maintain, and what we need to change.

Thank you to all who continue to support us!

Ed.

Sedbergh Christmas Late Night Opening

• Wednesday 4th December 2019

6.00 - 8 p.m.

Father Christmas

Cumbria Gaita Band - Sedbergh Town Band - Dentdale Choir -

Flower Festival

Craft Market in St Andrews Church & Sedbergh School Library

• Tickets to see Father Christmas are on sale in
the Information & Book Centre.

Late Night Opening is organised by Sedbergh & District Chamber of Trade & Business

CLOSING DATE: 15th of every month for everything

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

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

**4th Dec Bellringers
11th Dec T.B.A.
18th Dec T.B.A.**



**8th Jan T.B.A.
15th Jan T.B.A
22nd Jan Wild Life
29th Jan T.B.A**



**Groups who would like to run a Coffee Morning
please call Pat Allen on 015396 21545**

Advertising in Lookaround

For advertisers key points to note are as follows :-

- ◊ We will print an advert supplied by you, or we can design one for you.
- ◊ If you supply the advert please give it to us as a MS Publisher file, an MS Word file or a jpeg. We will print adverts supplied as pdfs but the quality may suffer,
- ◊ 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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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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20-55-41

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Single Column 2.56" x 1"	= £7.50
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Single Column 2.56" x 3"	=£12.50
Single Column 2.56" x 4"	=£15.00
Double Column 5.2" x 2"	=£15.00
Double Column 5.2" x 3"	=£20.00
Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

THE HOLLY AND THE IVY AND OTHER CHRISTMAS PLANTS

Myles Ripley

The holly and the ivy,
When they are both full grown
Of all the trees that are in the wood
The holly bears the crown....The holly bears a blossom
As white as lily flower....The holly bears a berry
As red as any blood....The holly bears a prickle
As sharp as any thorn;.....The holly bears a bark

As bitter as any gall; The religious Christmas imagery is entirely clear but what of the Botany (and what happened to any further mention of the Ivy in the carol?)? The Holly tree is an evergreen with hundreds of species, and probably thousands of varieties, which bears its berries (if you are lucky) right up till Christmas, which makes it suitable for interior decoration. The glossy and elaborately curved leaves are not only a gift for making decorative arrangements but represent an advanced evolutionary adaption to survival in winter. The thick cuticle (the part that makes it look so shiny) prevents water loss from the leaves when water is relatively scarce due to being frozen or just viscous at low temperatures. In a season when food is scarce the prickles reduce the amount lost to grazers. Earlier in the year small white flowers (to attract pollinators) precede the berry development. The religious significance of blood, crown of thorns and perhaps a bitter bark is clear – (I have found no confirmation of this, nor am prepared to make the tea!).

Most of the symbolism of Christmas predates Christianity by several centuries. The Celts had a Holly King and an Oak King who were twins who took it in turns to rule the year with the Holly King coming to the end of his reign after the Winter solstice (Des 21st). For the Romans Holly was used to honour Saturn, god of agriculture, during Saturnalia, another festival of the Winter solstice. The Druids believed that Holly's pointed leaves provided protection against evil spirits.

Ivy isn't mentioned in the lyrics of the carol after the first line but is another evergreen surviving in the "desert" when it climbs up walls. Naturally it is a ground hugging species, sometimes used by gardeners as ground cover to

"Excellence through endeavour"

Sedbergh Town Band
present their
**ANNUAL
CHRISTMAS
CONCERT**
with
Father Christmas

7:30pm
Tuesday 3rd December
St Andrew's Church, Sedbergh
Admission £6 Under 16 £3

Sedbergh Town Band is a Registered Charity Number 1086817

suppress weeds. Once it starts climbing however, it leaves the moisture behind and needs a thick cuticle and woody stem surrounding the xylem to keep its upper foliage supplied with sufficient water. Judging by the activity of insects around my ivy covered wall whenever there is a warm day, even in late autumn, the inconspicuous flowers retain their desirability by scent. The berries are retained well into winter to disperse their seeds, to say nothing of increasing their decorative usage by Christmas florists. Ivy has strong links to the God Bacchus who was undoubtedly involved in Saturnalia.

Mistletoe is associated with Christmas. It is a hemi parasite of many species which sends roots out

to penetrate the tissues of its host, drawing nutrients from both its phloem and xylem. However, it also has actively photosynthesising leaves which also provided nutrients; hence HEMI-parasite. There are several species, though most sold in the UK is from the American species, (*Phoradendron flavescens*). The Druids greatly valued the Oak derived Mistletoe as they believed it gave life and fertility, protected against poison and acted as an aphrodisiac. It is associated with the Goddess Frigga, the goddess of love. Her son Baldur could not be killed by anything on earth until Loki realised that Mistletoe did not grow on the earth so could be used to fashion a dart to kill him with. Understandably with this list of properties, kissing under it is likely to have great effects – so much so that it has to be burnt on Twelfth Night, lest all those couples who have kissed under it are coupled for ever.

Christmas trees have a variety of botanical sources but are mainly firs. This is another xerophytic plant whose evergreen property means that they are exposed to a lack of water in winter. Most A level biologists will be very familiar with its anatomy as a textbook example of a xerophytic leaf. Even their stems are covered in these thick cuticled, low surface area to volume leaves/needles. Even after all these adaptions, most centrally heated houses are a bridge too far for the trees and our carpets become covered in dried out pine needles. You can buy trees with intact roots and keep them watered but their survival rate if planted out after Twelfth Night is low. You can keep your green soul alive by recycling



wish you a merry & melodious Christmas & a happy & harmonious new year

Concert "To Drive the Cold Winter Away." Dent, Dec. 6 7.30pm (tickets ready for collection at Smithy Cottage, Farfield.)

Workshops to learn Folk Carols and seasonal songs Dec. 1 at Farfield, Dec. 7 & 8 in Dent, and Dec. 14 Unitarian school room.

Singing Settle Carlisle, Ribblehead, Appleby and Settle: Dec. 15 (Learn songs on Dec. 14) singing on train, in stations and round fire in pubs.

Scottish/Slovenia singing weekend Jan. 25/26 2020 (Burns & Preseren)

Singing train from Dent to Slovenia via London, Paris and Munich with Interrail: May 19 2020 Plus local workshops to learn songs in advance.

Harmonija - Sedbergh/Slovenia singing festival - June 26-28 2020

www.lakelandvoice.co.uk



them however. Many layers of pagan tradition are embedded in the history of a Christmas tree some of which have been replaced by Christian stories. St Boniface cut down a local Oak tree worshipped by his pagan potential congregation but in its place grew a fir tree to represent Christianity to his newly converted parishioners. The tradition of erecting and decorating a Christmas tree seems to be earliest documented in the 16th century in Germany (Alsace). This custom seems to have remained largely German until the early 19th Century when it began to spread via the nobility to other royal courts. Unsurprisingly with Britain's royal family uniting with the house of Hanover, the custom came to Britain and in 1832 Queen Victoria writes of her delight as a 13 year old with the two Christmas trees on display in the drawing room. In days of yore, the erection and decoration of the tree was confined to Christmas Eve involving the whole family. In turn it was removed on the day after Twelfth Night (at the risk of bad luck). Unfortunately retail "necessity" sees Christmas decorations as early as September!

POPPY APPEAL 2019.

Nick Cross - Sedbergh

Poppy Appeal Organiser

Once again Sedbergh, Dent, Garsdale, and all points east and west have risen to the challenge of Poppy Appeal. Over the two weeks that the appeal has been running we have raised just short of £8,000 on the first count. It is estimated that once other pledges, wreaths, forgotten tins and the usual straggle of money roll in we should not end up far short of £11,000 which, as we never cease to remark, for remarkable it is, shows the high regard in which Poppy Appeal is held locally; 2020 will, we hope, be another bumper year.

There has been one little cloud that has wafted across what has been an otherwise radiant scene; there have been some complaints that collecting tins and Poppies were removed on the Saturday before Remembrance Sunday. This was done for logistical reasons and not to interfere with those who customarily pass on the other side of the street to avoid the collector or choose not to buy their Poppy at one of the many shops and establishments where these might be bought over the fortnight, preferring to wait until the last moment to buy their Poppy. To these people the organisers are truly sorry, but we do have certain deadlines to meet.

As always, we wish to thank everyone who contributed to the Appeal and to those tireless souls who braved the elements to bring the poppies to you and finally to all involved with the count, the real unsung heroes.

NEWS FROM THE PEWS IN THE PARISH OF DENT WITH COWGILL.

Revd. Christine Brown

Congregations in both churches remain steady; the difference is that being part of the Christian Community without a full-time Vicar, everybody is given tasks to do. Isn't this what being a Christian means? Using everyone's talents to the full?

There are big plans ahead for both churches, faculties and fund raising continue to be sought after before the improvements can begin, but with the determination of the congregations they will achieve what they plan to do. The congregation may be getting older, but the determination of the people in Dent and Cowgill remains strong. Both churches are important

to the whole communities, they are bursting when being used for special occasions such as weddings, funerals and baptisms, along with the seasonal services such as Easter, Harvest, Remembrance and Christmas. The day to day running costs and Diocesan Share take a great deal of funding with so few giving to the churches on a regular basis; yet being in the Yorkshire Dales National Park does mean that restrictions on the use of Solar Panels on the extensive roof and such prevent us from playing our part in cutting down the use of fossil fuels.

We have had two wonderful weddings in Dent and another in Cowgill this year. The churches were filled with smiles, flowers three

Sedbergh School Advent Service
5.00pm Sunday 8th December 2019
School Chapel

beautiful brides and handsome grooms, along with many local people who always turn up to see a village wedding.

Baptisms are always a very special occasion, a time when we welcome a new member to the Christian Family, God's own Family, we pray that they return to worship with us as the years go by; their parents and god-parents too; they are always made most welcome.

Sadly we have lost too many good friends this year, friends that have worshipped in the churches for lifetimes, but we are sure that they are now continuing to worship in their heavenly home.

Christmas isn't that far away, and we will have the churches ringing with carols, supported by our wonderful Dentdale Choir and fabulous organist Roger Bush. Everyone throughout the dale comes and joins the throngs of voices to welcome Jesus Christ once again, although Christians understand that He is always with us everyday, not just at Christmas; but the spreading of the Good News each year reminds people that there is more to Christmas than presents and kisses underneath the mistletoe.

We wish you all a peaceful time preparing for Christmas, which doesn't need to be expensive, what it does need is the love Christ came to bring, the love of family and friends.

OVEN READY
TURKEYS
For Christmas
015396
25255



NEWS FROM THE PEWS



*Susan Sharrocks
Tony Reed Screen
Churchwardens*

The sound of eight half-muffled bells set the tone for the 10.30am service on Remembrance Sunday. Outside rows of red, white and purple poppies planted in the green grass from the lychgate to the north door combined with the colours of autumn leaves fallen from the trees made a stunning pathway on a bright and sunny, but cold day.

In readiness for this special service many hands had combined to sweep, dust, polish and tidy the church the week before. Other willing hands had set up the exhibition theme for this year's Remembrance, "Coming Home".

Red poppies decorated the pew ends and formed the centerpieces of large floral arrangements at the altar, in the Lady Chapel and at the font. Single poppies were scattered along the north and south windowsills.

As always the pews in St Andrew's were filled with townsfolk young and old. We sang such stirring hymns as "I Vow to Thee My Country" and stood in silent tribute as Peter Packham together with Keith Wood played 'The Last Post' and "Reveille". The collection from the service has been given to The Royal British Legion to help fund their work with ex-service personnel.



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The church filled up again in the evening for the Sedbergh Town Band Concert in aid of the Royal British Legion. Toe tapping music, with Stuart Manger introducing each piece in his lively and informative style, certainly an annual concert not to be missed.

Dates for your diary:-

1st December - Advent Sunday
6pm Advent Carol Service

22nd December - "Follow the Star"
5pm at Cornerstone Community Church, process to St Andrew's for a living nativity traditional Carol service and refreshments.

24th December- Midnight Communion Service 11pm

25th December - Christmas Family Communion 10.30am

29th December -United Service 10.30am

A note to all of you who support the popular Wednesday Coffee Mornings. The last one for this year will be on 18th December and the first in the New Year will be on 22nd January. We send our good wishes to you all for Christmas and the New Year.

WAITING

Joan Abbott

'T was the night before Christmas
And all through the house
The voice of a child
Rang out with a shout

For Santa was coming
He'd soon be around
Delivering presents
To all whom he found

"I'm not going to bed
I'm watching for him
I'll see if he's real
And not just a whim"

His mother watched quietly
Smiling a while
Her son had a questioning
Suspicious mind

"Ok little fella
If that's how you feel
We'll watch out together
And see if he's real"

The two sat together
All cuddled up close
Till his eyelids just fluttered
Then silently closed

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The mother just sat there
And looked at his face
Her tough little boy
Was now full of grace

She saw in his innocence
Life waiting there
A man in the making
Without any cares

She knew that eventually
Her child would be gone
But memories like these
Would still linger on

When he awoke
In his warm little room
A path from the doorway
With glitter was strewn

It led to his bed
Where a sack was set down
And presents o'er flowed it
Scattered around

By his pillow a note
With a pompom in red
Said " I hope you don't mind
But I put you to bed""

Your mother was tired
She'd fallen asleep
You'd patiently waited
So we needed to creep.

"The boy saw the glitter
And followed it down
Right to the armchair
All scattered around

Then back to the fireplace
And into the hearth
Yes Santa was real
But he'd had to depart

He'd had lots to do
Other children to see
But this little boy
He'd just filled with glee

SEDBERGH & DISTRICT HISTORY SOCIETY

WEDNESDAY 11th DECEMBER

Some areas have stone circles, some
like the Howgills do not

Tom Clare: An illustrated talk on stone
circles and their locations.

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

WEDNESDAY 15th JANUARY

Icehouses and the
international trade in ice

Rob David: An illustrated talk on the
icehouses of Cumbria and the
international trade in ice in the nineteenth
century.

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

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

Members £1 ~ Non-Members £2

www.sedberghhistory.org

For further information please contact
Richard Cann, 015396 20771.

In the event of very bad weather,
please phone before you set out.

DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

Over recent months we have continued to gather on the fourth Sunday evening of a month to have supper together and fellowship.

We celebrated the feast of Tabernacles and built a cardboard shelter in the garden before a meal and devotions together.

On Halloween we had a party for all the 'trick and treaters' out and about and served hot chocolate, and hot dogs along with squash and cakes.

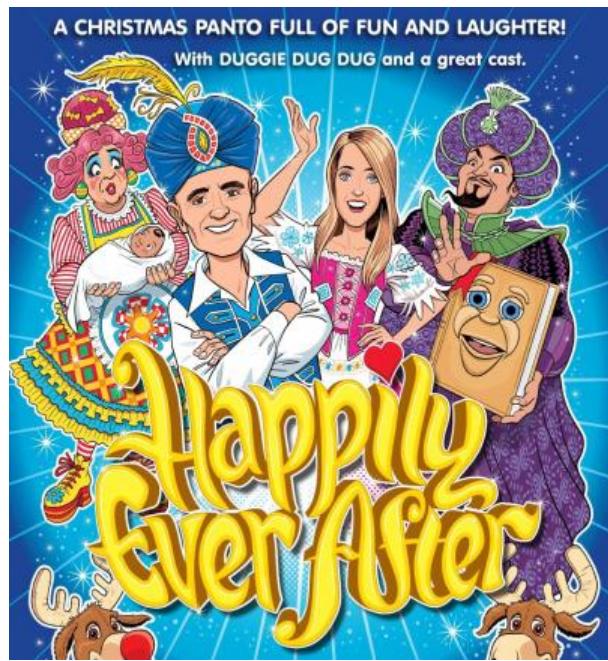
On we go towards the New Year trusting God and sharing His love. Everything we do, the Sunday

evenings, the special feasts and events are always open to everyone.

We are already praying into and planning the annual festival for next August, the way the dates are, although it is the 1st weekend in Aug it starts on Fri July 31st!

And, through the generosity of people who love God and want to help, everything DDCF is free. Sometimes there are tubs for donations but mostly free and certainly no pressure to donate.

So, come and join us, you will be made very welcome. Thanks everyone.



A hilarious adventure in Pantoland to find the lost heart of Christmas before disaster strikes!

With lots of panto characters, lots of puppets and a nativity too!

Small charge for refreshments.

Brought to you by the Western Dales Mission Community

FRIDAY 13TH
DECEMBER
6PM
FREE ENTRY

WHAT IS FASCIA?

Yvonne Cervetti

The bouncing ease of a gazelle, the flexible strength of a panther, and the bendy elasticity of bamboo – all qualities of the body's connective tissue, called fascia.

It is not surprising that most of you will have no idea what the word 'Fascia' means when pertaining to the body. Wikipedia lists fascia boards of a building, dashboard of a car, a removable mobile phone housing, a sash worn by Roman Catholic clerics even a US database but it does also list it as a 'layer of connective tissue in the body'. It is in fact a whole body wide network of collagenous fibres that permeates and connects every part of us, including our muscles, bones and organs. It gives form and structure to our bodies, is a huge sensory organ and is essential to every move we make!

Although as early as 1899, Andrew Still, founder of Osteopathy urged fascia to be given the same respect as the brain stating that 'the soul of man with all the streams of pure living water seems to dwell within the fascia of his body', it wasn't until 2007 that clinicians and scientists came together at the first Fascial Research Congress (see www.fasciaresearch.com).

Manual therapists have been releasing fascia for decades but as research progressed it became clear that fascia is also the tissue of movement playing a significant role in transmitting force throughout the body and therefore critical for flexibility, elasticity and superior performance.

C BERRY WINDOW CLEANING SERVICES



The great news is that it is never too late to train your fascia and the benefits are huge: muscles work more efficiently, recovery time after heavy exercise shortens, movement, coordination & athletic performance improves, posture and body shape are more resilient and youthful! (Robert Schleip, co-founder of Fascial Fitness)

Whilst Fascial Fitness, is common training in Germany & Austria it is slowly gaining momentum in the UK. I was lucky to complete my training in Dublin 3 years ago and have been using the principles in my treatments and Healthy-Steps classes ever since, but only offering more dedicated Fascial Fitness classes in 2019.

In FunKi Fascia ('Fun' because it is, Ki means energy, which we use lots of!) I combine the principles of Fascial Fitness with my love of dance and encourage you to 'move to your groove'.

See my advert on page 27 for regular times and venues.

Workshops dates coming soon.

SEDBERGH *artisan* MARKET

THE BEST **craft** AND **food** LOCAL **producers** CAN MAKE!

SATURDAY 14 DEC on MAIN STREET, 9.30-3
... thanks for your support this year, see you in 2020

EMBODIED MIND – MINDFUL BODY

Andi Chapple

I'm offering this short course in the New Year with two aims. The first is to show people some simple, relaxing, gentle yet powerful exercises, based on movements from t'ai chi, to help get things going again after the holidays set up for the spring. The second is to suggest some basic experiments in awareness to help get people's minds more connected with their bodies – the same sort of ground covered in mindfulness or meditation. For me, the good thing about t'ai chi and related arts is that they cover both those aims at once.

People talk about 'the mind-body problem' and usually mean (as The Smiths sang a while ago), "Does the body rule the mind or does the mind rule the body? I dunno".

The problem is when we think of them as separate. When I practise I seem to find that I can be aware of my whole body as fully as I am of my thoughts and that those thoughts are

affected, moment to moment, by the state of my body.

I have been an instructor member of the T'ai Chi Union for Great Britain since 2011. I hope these classes will be fun, interesting and useful and that you will leave in a better frame of mind – and body! – than you arrived. They are suitable for young and old and the exercises can mostly be adapted for people with movement difficulties. I hope to create a safe space for exploration which will support people through the occasional uncertainties that learning something new can bring.

We start on Friday 10 January at 7pm in the Cornerstone church hall on New Street, I'm asking £7 a session or £50 for the whole 8 weeks. Do get in touch on andi@freakout.biz or 07891 908025 to let me know you're interested or suggest a tweak to the start time.

Have a look at www.freakout.biz/taiji for a bit more information.

And see the advert on page 18.

太極拳

SEDBERGH BOWLING CLUB

Linda Killops

We have had a very successful year of bowling with good weather to play most of our fixtures and competitions. We had entered a second team in the Kendal and District league. We also had two teams in the Westmorland Senior league and one in the Rural league. We played in Victoria's floodlit league.

We hosted the 41st Open pairs in May when we provided refreshments raising funds for the club. We also hosted Division 5 merit playoffs in September. Everyone enjoys these events and we see some excellent bowling.

Our coffee morning was well attended in St Andrews church raising £245. Many thanks to Tony and Ann Reed-Screen for help and guidance and to all who contributed.

Our supper was again at the Golf Club. 30 members and friends enjoyed delicious food and good company. Many thanks to Ruth, David and staff for their hospitality.

One of our members, Peter Craven, was celebrating his 90th birthday. He received gifts and cards and a cake with candles and a policeman decoration (he was a policeman in Sedbergh).

The green has now closed for treatment. We open again in March. The AGM will be in February as advertised in Lookaround. Agendas will be distributed prior.



PRIDE

Sandra Gold-Wood

Last month we left the young lovers, Miles and Louise, wondering if their feelings would survive the years of university. While PE teacher, Mr. Woodville, was hoping that Miles would be his ticket back in to the world of top class football.

Ray Woodville, teacher, and Dave Gordon, football scout, stood on the side lines and watched as Charter Comprehensive won easily over the best school team the County could field. The Charter team was good but Miles was in a class of his own.

'Good God Ray, you were right, the boy is dynamite, I'm very glad you called me.'

'I thought you'd be interested.'



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'Interested is a bit of understatement, he's even better than you were. Is his father here? I'd like to get him a trial with one of the big clubs. Do you know how old he is?'

'He's 17', Mr. Woodville sighed inwardly, as he remembered the thrill of his days as a top-flight player, I don't know anything about his family. No wait, he's only got his Mum.'

Meanwhile, Miles was enjoying the admiration of his fellow team members and looking forward to being alone with Louise later.

Everyone was cheering, the County Cup was Charter Comprehensive's for the first time in the school's history. The Headmaster was beside himself with pride and the team were

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lined up on the stage with all the school assembled below. Speeches were made, the cup was held aloft and joy abounded. It had been a great day for the school.

Outside the school gates Dave Gordon, the football scout, waited in his top-of-the-range BMW. Miles was walking across the playground Louise at his side, and Mr. Woodville close behind. The school students were running around shouting, 'We won the cup, we won the cup.'

'Miles, called Mr. Woodville, have you got a minute? I'd like to introduce you to a friend of mine, Dave Gordon.' Dave Gordon slipped out of his car.

'Hello, young man, I'm a football scout and I'm here to tell you that I am very impressed with your abilities'. Miles politely held out his hand and Dave Gordon shook it vigorously, 'I wondered if I might have a word with your parents. I believe you've got what it takes to be a professional player.'

'Err' well, thank you, sir. My mother will be home tomorrow, so you could come in the afternoon, as that will give me time to explain what it's about.'

'Good, thanks son, I'll be there about three tomorrow then, ok.'

Miles agreed and, then, he and Louise hurried away to celebrate in their own way. Later up in Louise's room Miles was thinking about his brother, Charles, and wondering how his mother would take his exciting news. Louise too was thinking and felt instinctively that this could take Miles away from her and, so, she made a firm decision that she would do nothing to stand in his way. Looking down at Louise, Miles noticed that her eyes held tears even though her smile was shining up at him. He kissed her gently.

His mother's reaction to the try out for football was a bit of a surprise. Miles had been worried that it would bring back all the bad memories for her. But the meeting went well and

Mrs. Saunders said that it was up to Miles, as it was his life and he should choose.

Three months after Miles had chosen his path, Louise Taylor sat at her kitchen table holding a letter in her trembling hands. Gritting her teeth, she ripped it to bits, it was as if all the anger and frustration she felt had found its way into her fingers.

'What are you doing love?'

'Nothing'.

Her mother didn't believe that for one moment and so she picked up the paper, to see what had upset her daughter so much. Mrs. Taylor slipped her arm around her daughter's shoulder. 'Never mind there are plenty of other universities'. As she spoke she smoothed out the paper, 'No, wait a minute, look, look

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Louise, it's not a rejected offer, they are offering you a place.'

'Oh, Mum, you don't understand.'

'What is it I don't understand Louise? It's a place at Winchester and I thought that was exactly what you wanted.'

Louise left her bemused mother staring after her as she ran up the stairs, slamming her bedroom door with all the pain of her breaking heart. A while later Mrs. Taylor carried two cups of tea up the stairs and knocked at the bedroom door. She sat down on the bed where Louise was lying and asked her what was wrong.

'Oh Mum, I'm such a fool, I've ruined everything, my life is over.'

'Darling, don't be silly, it can't be that bad, I mean it's not as if you are pregnant.'

As soon as the words had left her lips, Mrs. Taylor knew the answer, 'Oh, I see, that's it.'

Louise nodded and poured out all her sorrow with her tears and her words, 'I'm so sorry Mum, I don't know what I'm going to do?'

Mrs. Taylor held her daughter until her tears subsided and then tucked her into her bed. During the week

Louise and her mother visited their Doctor who fixed up a scan and worked out a due date. Mrs. Taylor thought she should tell Miles. Louise refused it as was the last thing she wanted was his pity.

A mere seven months had passed by and Miles was pinching himself as he stood in the kitchen of his very own flat. The trials and training had gone so well that he now played for Spurs reserve team. Only yesterday, he had signed a five-year contract with the club and, best of all, in six weeks, he would be playing with the main team. He studied himself in the mirror, he was tanned and fit. He'd been interviewed on TV, photographed for magazines, and he'd signed a sponsorship deal for

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after shave. Designers were falling over themselves to give him suits and clothes just so they could say he wore them. Life was great, he laughed out loud.

Briefly, Louise crossed his mind, he used to text her but lately he hadn't bothered as she seemed to have cooled, anyway, and he guessed she was at Uni. What did he care as there were plenty of girls to choose from?

Mr. Saunders was flicking through the sports channels in his flat in Barcelona when he was suddenly struck by what was on his TV screen. At first he thought he was mistaken and moved closer to the screen but there was no mistake. He listened as the TV newsman talked to his son. Yes, his son. He just had to tell

someone. He picked up the 'phone but there was no one he could call. He packed a bag and called a taxi.

Mr. Saunders landed at Heathrow around 3pm. Outside the busy airport he engaged a taxi and went straight to the Spurs ground. He told the receptionist who he was and was surprised to find her less than impressed. Eventually, he did as she asked and left a note for Miles. It crossed his mind to ring his ex-wife. He assumed she lived at the same place.

'Hello.'

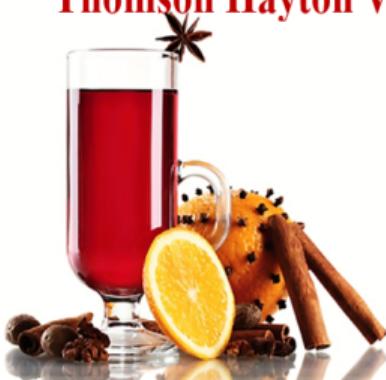
'Janet, is that you.'

'Who's speaking please.'

'Don't be silly - it's me Jeffery.'

'Oh, and what do you want.'

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'I want to see Miles of course, just get the boy to ring me, I'll be staying at the Royal Oak, I'll give you the number. Have you got a pen.'

'I would tell you what you can do but I'm too much of a lady', said Mrs. Saunders as she replaced the receiver. What a cheek that man had. She knew only too well why he had 'phoned as he wanted to bathe in the glory of his son's achievement. Not while I breathe, she thought. Later she decided she should tell Miles, as the man was the boy's father after all.

Jake was busy planning a welcome home party for Miles. He'd phoned round the old school football team and other friends. Everyone was pleased to have the opportunity of meeting up with Miles again. As he

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started writing a list of the girls to ring he thought of Louise. He knew Miles and Louise had drifted apart and he wondered if the spark might rekindle if they met up again.

On his way home Jake stopped off to see Louise. He hadn't seen her in months. Mrs. Taylor answered the door and greeted him cheerfully. He asked if Louise was at home and then waited on the door step while Mrs. Taylor went inside. When she returned she told him Louise was not feeling well.

'Oh, I'm sorry about that, would you please give her this invitation which is to a party that I'm giving for Miles Saunders at the weekend.'

'Thanks Jake, I'll pass it on.'

As Jake walked away he couldn't help feeling there was something wrong, as he'd never been kept on the door step by Louise's mother before, as she wasn't that kind of person. He looked back at the house

and thought he caught sight of Louise at an upstairs window.

'Oh! Louise it's no good, you know as you can't hide away, and very soon you'll have a baby, what are you going to do stay in for the rest of your life. Why not go to this party?'

'Oh! Mum, I can't, just look at me.' Mrs. Taylor hugged her daughter. Miles read the letter from his father. He couldn't believe the audacity of the man. It was addressed, 'my dear son', and asked if he would like to meet up for a chat. 'My dear son', spat Miles, he knew what his father was up to and he was having none of it. The man had bullied him and his mother and then, selfishly, left so he wouldn't have to face people who asked about

Charles. He could go to hell. He tore the letter up and binned it.

Saturday night came and everyone waiting at Jake's house for Miles to arrive. Mrs. Saunders and the new man in her life proudly stood close to the door. Jake greeted everyone as they came in, he checked his watch, Miles was late. Suddenly there was a commotion outside and Jake knew he'd arrived.

Miles walked in with a girl on each arm, everyone clapped and cheered and he lapped it up, posing for photographs with all his old school friends. He didn't even ask after Louise. As the evening wore on Jake found himself sitting with Tina Bailey and he asked her if Louise was feeling better, he was quite unprepared for the answer.



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'Better, well I expect she will be once she's had it.'

'Had it, what are you talking about?'

'Don't you know? Louise has got less than six weeks to go before she brings another little soul into this cold hard world, and she was the smart one.'

'Who's the father?'

'I can't believe you asked me that.'

Jake watched as her eyes scanned the room till they found Miles. 'I won't point as it would be rude.' Jake hid his shock and changed the subject. His mind, however, was busy trying to understand. Miles hadn't said a word. Later, he would sort Miles out and asked him why he hadn't mentioned Louise's condition. Miles

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said he had no idea what Jake was on about.

'Oh come on Miles, Tina told me and, if she knows, everyone knows.'

'You've lost me Jake.'

'Ok, Louise is pregnant.'

Miles felt as if the world had stopped turning. Anger rose as he realized she'd kept it from him. Then it came to him it wasn't his, of course, that was it. He looked Jake straight in the eyes and shrugged 'So what, it's not mine.'

Jake looked at Miles as if for the first time.

'Not yours? She's only got six weeks to go, you have to go and see her. What must she been going through?'

'Why should I care, it's nothing to do with me and, besides, I have got my career to think of and I can't saddle myself with a wife and kid. Anyway, why are you making such a fuss?'

**SEASONS GREETINGS
FROM SEDBERGH
COMMUNITY SWIFTS**



Miles went to walk away but Jake grabbed his shoulder and spun him round, hitting him squarely on the jaw. Miles lashed out and, in a moment, they were scrambling over the floor. Mrs. Saunders ran over and shouted for them to stop. They quickly came to their senses and stood up but neither made eye contact with the other. They went their separate ways. Miles with his mother and Jake with his school friends. The party was over.

Louise gave birth to a little boy on the same day that Miles made his début for Spurs first team, adding to his kudos by scoring twice.

Jake presented Louise with a bunch of red roses and smiled with her at the tiny baby boy in her arms.

The End.

I hope you have enjoyed the story, back next year with a new one. Merry Christmas.

ART SOCIETY

Jenifer Alison

Light through the Trees

Linda Hollingshead gave a very inspiring demonstration at our Friday meeting on November 8th.

While she painted a very striking acrylic interpretation of 'Light through the Trees', Linda's running commentary was interspersed with many very useful technical points. There was a strong emphasis on colour, tone and composition. Linda's motto is 'Paint and Let your Heart Sing'. This comes through in her very presence. Linda finds joy in developing styles and techniques to express the beauty in nature. As she says herself, her approach 'dances' between realism and abstraction. It became clear during the Saturday workshop that Linda loves to help other artists to develop their own creative styles. She worked tirelessly

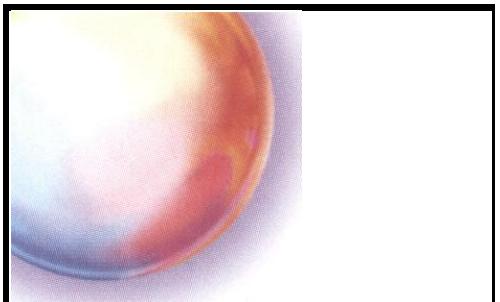




all day, giving individual support and encouragement – not a mean feat as there were 14 participants. We all painted using photographs and sketches we had brought with us, using our preferred media. The general atmosphere was one of enjoyment and in some cases excitement as we enhanced our own styles of painting. The accompanying pictures show Linda discussing our work with us. She told us at the end of the day that she had thoroughly enjoyed working with such an enthusiastic and competent group. Many thanks to you, Linda!

Painting Day: November 30th 2019

On this painting day we shall have the opportunity to experiment with ways of creating Christmas Cards. This is a development from Gill Impey's session with Barbon Art Society which was a great success.



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Participants are also welcome to work on their own projects if they wish.

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 or Tel:
01524 241254

Margaret Copestake:
margaretcopestake@gmail.com or
Tel: 015396 21842

A message for the Portrait Group

There is an error in the date for February on members' cards: the group is meeting on Thursday 13th February 2020 and not Sunday 16th

February! If you are interested in being part of the Portrait group, contact Hilary Moore:

rwmhm@yahoo.com or tel: 015396 20352

If you would like to join the Society, please contact Mike Morrison: - 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; tel. 01539 824666, or Gill Impey: - gillimpey@hotmail.co.uk; tel. 01539 726640

Information about us, including next year's programme, can be found on our website:
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LAKELAND VOICE

David Burbidge

We're all ready for another cracking season of festive singing and folk carols - with our annual weekend in Dent December 6-8 with concerts, workshops, pub singing and walks, Kendal carols Dec. 14, and then all aboard the Settle Carlisle railway December 15 singing on the trains, in the stations and pubs in Ribblehead, Appleby and Settle.

Our community choirs in Kendal and Bentham are stuck into learning our programme of festive songs - but you will be most welcome to join us at our many events over weekends in November and December - or every Tuesday and Wednesday after the new year. As well as being famous for the warm welcome our choirs offers to new singers, we have some fabulous optional outings: an evening singing in a candlelit cave, rousing pub singing sessions, spectacular singing in Westminster Abbey and the Slovenian embassy in London, and star lit walks through the winter

landscape singing at the doors of cottages cradled in the dale,...and more often than not, round the fires of the warm-hearted folk who live here.

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

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

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

Do get in touch via our website www.lakelandvoice.co.uk



SEDBERGH ORCHESTRA CONCERT

Angela Weir

With the wind blowing hard outside the Parish Church it seemed appropriate that the Sedbergh Orchestra began its concert on 14th November with The Hebrides Overture, otherwise known as Fingal's Cave. Mendelssohn wonderfully evokes the wild west coast of Scotland with crashing waves and stormy winds blowing through his music, and the orchestra, under the baton of its newly appointed conductor, Roland Fudge, did full justice to this familiar and popular piece of music.

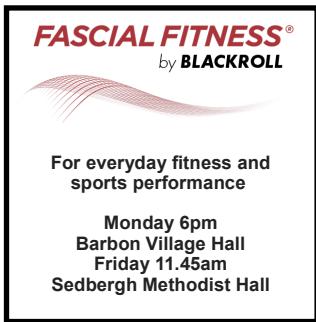
This was followed by Handel's Concerto for Chamber Organ: a curious piece, as it seemed more a solo work for the organ, with occasional participation from the orchestra. It appears that Handel sometimes performed this, and other pieces like it, during the intervals in his operas, which must have

infuriated his players who would surely have wanted a break! Roger Bush was the excellent soloist.

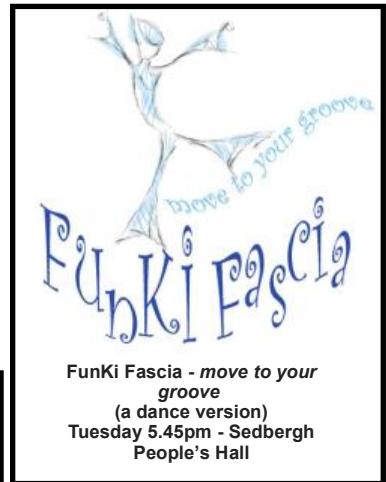
The performance ended with Gounod's First Symphony. Before it began Roland asked if anyone in the audience knew it: apparently nobody did. "Good," he said, "then you won't notice any mistakes!" It was an attractive and lively piece, so much so that it almost had Roland dancing on the podium, full of bright tunes, and it is surprising that it isn't better known. To my untutored ear the orchestra played pretty much all the right notes in pretty much the right places! All in all, a splendid way to spend a wild evening.

Sedbergh is fortunate to have so many talented musicians, but they are always looking for new recruits. If you play an instrument why not contact Donald and Shirley Smith on 015396 21196 or by email: yanterthera@gmail.com in time to begin rehearsals for the next concert on 5th March.

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SEDBERGH TOWN BAND

Keith Wood

Were you there? At our Remembrance Sunday Evening Concert? If you were then you've got to admit that we were fabulous. From Aces High to Colonel Bogey to Highland Cathedral. Brass Band music at its best, in fact any music at its best.

If you were not in the audience, then please note that there was nothing on the telly that could possibly challenge this and sadly you missed out.

Our annual Christmas spectacular will be on Tuesday 3 December. So don't miss out again. We will be presenting some new and challenging stuff including 'Fairy Tale of New York' and 'Driving home for Christmas'. The learner band will be playing. That old inebrate Father Christmas is almost bound to turn up (with his dozy fairy). So if you've got any, then bring your kids along. There will be a happy and convivial half time for pies, presents, laughs and crack.

Good old Sedbergh!



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TIM'S COLUMN

Tim Farron

I enjoy a coffee morning at the best of times. Everyone tends to be very friendly and there is cake. What more could you ask for?

But when I can combine a coffee morning with canvassing as I did the other morning in Sedbergh, well life doesn't get much better does it? Thank you so much all of you that I met there I had a great time.

I don't have as much to report as I would like as Parliament has been dissolved for the General Election. Since that time, more or less every spare minute I have had has been spent out knocking on people's doors. If I haven't got to yours yet I'm really sorry but you are most definitely on my list. The problem is I enjoy chatting to the people who open their doors to me. My team complain that I am so much slower than them when we all go out door knocking but I wouldn't have it any other way.

But I did try to fit in as much work as possible in Parliament during the weeks leading up to the dissolution.

I managed to get a meeting with the Justice Minister Chris Philp to

discuss the possibility of bringing a courtroom back to the area. Travelling to Barrow for court appearances takes a stupid amount of time for police and solicitors to say nothing of people accused and witnesses. This is a real concern when we learned that Cumbria has the third fastest growing crime rate in the country. So I was pleased when he agreed some of my suggestions were a possibility, but everything is now on hold pending the outcome of the General Election.

The Queen's Speech was a bit of a waste of everyone's time but I tried to try and get some use out of it by putting the case again for a radiotherapy unit at the hospital in Kendal. I told those MPs who bothered to turn up the heart breaking story of Liz who was diagnosed with skin cancer and had turned down the radiotherapy treatment the doctors had recommended as she couldn't face the long journeys down to Preston. The Health Minister clearly

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does have a bit of a heart as he agreed to meet with me to discuss the issue so possibly some good came out of it.

Finally, I was really pleased to learn that after much pressure, from me and I am sure lots of you, Barclays had backed down on their plan to stop allowing their customers to take money out at the Post Office. Clearly community pressure really does work. It was bad enough that they closed their branches in places like Sedbergh but to start removing the services they provide through the Post Office was unforgiveable. I lost count of the number of times I wrote to their Chief Executive in the weeks after their announcement.

Anyway. December the 12th is election day. Whichever way you vote please, please do go and vote, whatever the weather and however dark it is. You don't want to wake up on December the 13th with a result you didn't want, regretting that you didn't do something to stop it.

Whatever the result I hope you have a great Christmas and are looking forward to a great 2020.

Thanks for your support, Tim

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SEDBERGH PARISH COUNCIL

Janey Hassam

This report covers items from the Parish Council meeting held on the 14th November 2019. The next monthly meeting will be held on Thursday 5th December 2019 at 7.30pm, and then 9th January 2020 at 7.30pm. The meetings will be held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Millthrop Bridge

Members are aware of the huge concern in regard to the situation at Millthrop Bridge and the adverse impact this is having on residents in the area. Chair of Dent Parish Council – Juliet Hoggar, also attended to discuss – as the bridge is

a vital link into Dent and beyond. Whilst it is acknowledged that work is being undertaken to allow the bridge to open to light traffic, there remains concerns over use of Barbon (hazardous roads in winter) and an ongoing concern for residents when the bridge is closed for formal rebuilding, which is estimated as Spring 2020. Members wished to advise residents that it will continue to do all that it can to pursue regular updates from CCC Highways over the rebuilding work in the coming months.

Police Matters

Members are also extremely concerned with the level of rural thefts seen in the local area over the past few weeks. Also acknowledging the recent theft from a shop on the



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Main Street – urging all residents to be vigilant and to report any suspicious activity directly to 101.

Marketing/PR for Sedbergh

Members have sought additional information in regard to the proposed Marketing/PR Strategy and will await further details prior to any financial contribution.

Other Matters

Various other matters were discussed: including the current Casual Vacancy on the Parish Council, updates from the Amenities committee, including the planting of 10 trees at the playing field, Planning and the Finance Committees, including a draft Budget for 2020/2021. Along with a revised Vision for Sedbergh, written on behalf of the Sedbergh Economic

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Partnership, for comment by Members, the approval of a £400 grant to the Chamber of Trade toward Late Night Opening. Finally, ongoing projects were discussed, including Jubilee fountain and Maryfell paddock area, where there was a notion to have some goal posts, as well as a proposed maintenance plan for the Tennis Courts at Guldrey.

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.

Wishing everyone a Merry Christmas and a Happy New Year

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, with agendas and minutes available online at www.sedbergh.org.uk

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GARSDALE PARISH COUNCIL Aggravation Harassment

Philip Johns

The unofficial bit: many times, in my reports and articles, I have berated South Lakeland District Council over their money grasping antics, and, in particular, their extortionate demands for money to inspect private water supplies. Garsdale Parish Council has always maintained that private water means exactly that, private water. SLDC should have no right to dictate to local residents how to extract, store and maintain their water supplies. Properties in Garsdale have been there for over 500 years, and with no mains water, residents have extracted water from becks, streams and rivers for five centuries for their own personal use. It is the residents' decision how they use that water, drink it straight, boil it first or bottled, it is the residents' choice and they should not be dictated to by some pen pusher at SLDC, whose opinion is different, as they have decided to follow an EU directive, which says that all private water supplies should be risk-assessed in the interest of the residents' health. But, surprise, surprise, in 500 years, our private water supplies have not killed anyone. SLDC, obviously, are looking at the money they can fleece from the residents if they adopted this directive. They have decided that they will charge residents £500 to do a risk assessment on the water supplies, even though the residents do not benefit one iota from them. It is cash straight into SLDC's coffers.

However, a further, very disturbing development occurred last week.

A lot of the properties in Garsdale are isolated with no close neighbours, and unknown visitors are looked at with concern. With the recent spate of previously rare rural crimes committed around Garsdale and Sedbergh, nerves are understandably a little frayed. So, imagine the consternation and disquiet one resident experienced last week to find a total stranger standing in her hallway. This particular property is high up the hillside and she sees no passers-by. When challenged, this stranger claimed she was from SLDC to inspect the water supply. She had no appointment and no invitation to enter the house. The resident asked her to leave the premises immediately but the stranger said she would return with a warrant. To the Council's knowledge, only Customs and Excise and the police have right of entry to private property and SLDC would have to go through the courts to obtain a warrant.

The resident has officially complained about this person's behaviour and was promised a formal reply within three days.

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COUNCILLOR'S CORNER

Suzie Pye

With the weather turning cold, wet, and wintry over the coming weeks and months, I thought it might be useful to share the following:

Potholes:

Road surfaces often suffer at this time of year as a result of wet and freezing weather, and potholes start to appear. Not everyone realises, but Cumbria Highways (Cumbria County Council) rely on members of the public to report these faults either online at cumbria.gov.uk or via the Highways Hotline on 0300 303 2992. Once reported, the work will be assessed and added to their current work schedule.

So if you notice a new or existing pothole, please do let them know. You can also report empty or missing grit bins in the same way.

Of course, I am always happy to report faults if you prefer (I am well practised!) just let me know!

Cold to Cosy Homes:

At SLDC we are supporting a free project to help residents struggling with cold and draughty houses and help cut heating costs.

Launched recently by Cumbria Action for Sustainability (CAFoS), this new service offers free advice, energy-saving equipment and other practical help to householders.

Its advisors visit homes and ensure that energy saving measures are in place to reduce energy use and costs. Residents can save money on their energy bills through simple measures like LED light bulbs, draught exclusion and radiator reflectors – all offered free of charge through the scheme.

The eligibility criteria for the scheme is really broad and I am keen for people to realise that, if they have health problems, are on any sort of benefits, or have a relatively low income, they will probably qualify for this help. This includes anyone claiming Child Benefit – that's most people with children! A quick phone call to CAFoS on 01768 210276 is all it takes to find out and to get things moving. Or visit www.cosyhomes.org.uk

As always, feel free to contact me with any issues you may have suzie.pye@southlakeland.gov.uk

07584 528 462

I wish you all a very Merry Christmas and a Happy New Year!



AUTUMN'S RHYTHM

Joan Abbott 2011

Wet and windy, wild and drizzly
Spitting past our streaming windows
Wild, bent branches struggling,
straining
Holding on another year

Leaves ripped off before they've
reddened
Stealing Autumn's pretty palette
Leave us something to look out for
Colours bright before the snow

People rushing, hats held tightly
Collars up and buttons fastened
To the school gates quickly dashing
Get inside no time to play

It's the time to do the housework
Leave the garden and the mowing
Stay inside and keep on working
Leave outside the cold grey day

Down the windows rain runs quickly
Distorting views of cold, wet streets
Shut it out; don't think about it
Snug inside your cosy room

Listen to the wailing wind sound
Haunting in its passing calling
Makes us think of ghostly happenings
Let some music cheer the day

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Rush them home and dash inside
Nice hot drink and chocolate biscuit
Prepare tea and wait a while

The rain stops and clouds part gently
Spreading out in long drawn lines
Sun appearing, settling slowly
Giving out it's warming glow

Then we see tomorrow's promise
Brighter, better, finer day
We forget today's wet wind set
See instead the sunset's rays



"WHAT3WORDS"

Rosie Dixon

"what3words" is a very accurate way of pinpointing a location, the country being divided into 3 metre squares. Many of us live in communities with no street names, we rely on using postcodes to find us. However, as the owners know at Bainsbank, the LA6 2NG postcode usually sends couriers intended for Middleton House down to them. If we needed an emergency service, that misdirection would cost valuable time. So, when what3words contacted me yesterday, this seemed to me to be the perfect answer to our scattered locations and would be extremely valuable if an incident occurred on the fells or alongside a river/beck.

It is free and very quick to download on to a smartphone. It is amazing to think that there are enough 3 word combinations to cover all the 3m squares in the UK. For example, two of many for Middleton House are 'encourage.reactng.sheds' and 'swerves.widest.timed' and for the bus shelter at the top of School Lane 'customers.underline.departure' which I think is, coincidentally, quite appropriate. For those of you with businesses and holiday lets these 3 word addresses could be added to your business cards and websites.

In case you're interested, there's a number of ways that Parish Councils and the general public can use the system for free. Would love to get

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your extra thoughts, but a few ideas
might be as follows:

- Reporting the exact location of crimes/incidents to the Emergency Services and local authorities in your area (Cumbria Police and Cumbria Fire and Rescue are all set up to accept a 3-word address on a 999 call)
- Listing a 3-word address on signs and websites to help people find local points of interest and attractions
- Encourage people to use 3-word addresses to help guests find self-catering/ holiday cottages (eg sending them out on Airbnb / Tripadvisor bookings etc)

We've put together loads of resources to help explain what3words to people on our website <https://what3words.com/about-us/>

Using what3words: Cumbria Police and Cumbria Fire and Rescue are now using what3words. This means if you get into an accident and are having trouble describing where you are (if you're out walking, for example), you can use the app to tell them your exact location. what3words has labelled every 3m x 3m square in the world with an address made of

three random words from the dictionary. For example, the 3 word address of Nelson's Column in Trafalgar Square is this.fantastic.notes All you need to do is download the free what3words app. You'll be able to see and share the 3-word address of your current location and also to find out the 3-word address of your home (by typing in your address and selecting the square containing your front door). If you're renting your property on Airbnb or any other accommodation sites, you can also use it to make sure guests don't get lost by just sending them the 3-word address of the front door/property entrance (especially if your postcode goes to the wrong place!). Visit what3words.com or download the app to find out more.

Let me know how you get on!

Please do drop me a note or give me a call if you have any questions or need more info! My number is 07542786989.

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SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Why not try our Christmas Quiz this month? What do you know about these amazing birds? And what do you know about swifts in Sedbergh? The prize will be one of our attractive swift mugs, designed especially for us, featuring the Sedbergh skyline.

Submit your answers to the email address below by 10th January. In the event of a tie, the first one drawn out of a hat will win.

1. Although they may appear similar, swifts are completely unrelated to swallows and martins (Hirundine family). To what family of birds are swifts most closely related?

2. How many broods does the Common Swift have in a year?

3. What is the Latin name for the Common Swift that comes to this country?

4. How many swift bricks have been installed in the gym extension of the People's Hall?

5. How many swift boxes have been put up on buildings in Main Street?



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6. This year, how many chicks were successfully raised by the swifts in the boxes at Settlebeck School?

We send very best wishes for the festive season to all our readers while we are thinking of our swifts enjoying the warmth of Africa.

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



OCTOBER WEATHER

Brian Wright

Yet another dampish month with a total of 3.75inches (95mm) of precipitation. Rainfall was fairly well scattered with only a 4 day long dry spell. It was still fairly mild with all maximum temperatures reaching the 50sF (10+C) with a high of 58.5F (13.8C). We actually had minimums below freezing on a couple of nights with a low of 29.1F (-1C). Wind chill took a couple more nights below zero. With pressure on the low side it resulted in a breezy month with a maximum gust recorded as 20.6mph (33.15 kph)

The mild weather meant we had still more wasps to contend with. We have killed dozen indoors. How they

get through an apparently closed window I have yet to find out. I shall have to deal with the nest during the winter.

After saying I hadn't seen any geese fly through, two skeins of about 60 in each went through on the next 2 days!! Our winter thrushes have been arriving in dribs and drabs but the flocks have been largely fieldfares. Leaves are falling dramatically with every gust of wind.

Most of the locals have let their tups go. Mine go next month. My sheep have enjoyed eating windfall apples. They have eaten far more than me this year!

Rare visitor to the garden has been a goldcrest.

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DECEMBER FAMILY MUSINGS

Sarah E Woof

My dear old mum always wore her red checked coat on bonfire night saying it was like wearing a blanket. She always said that winter was truly here once Nov 5th had passed, sometimes it came a day early hence the very warm coat! We would wander to church bridge to see the bonfire down near the river, it's cargo reaching above the parapet of the bridge as its flames licked higher and higher and sparks and stars burst forth into the darkness. We stood around chatting to friends and probably took our turn to que in the back of someone's farm trailer to buy a hot dog. Then the fireworks to watch before wending our way homeward, us likely shivering and mum warm as toast.

I see in a magazine that one can now purchase a 'huggy blanket' - the idea being, you feel the need for a hug and wrap this blanket around you and you feel as if someone is hugging you.?? Give me a real breathing person to hug please, preferable to a piece of material however well presented.

December...Advent. This year I am following an activity book called "Wild Advent" which includes things to do in the dark, when it is cold, with others and on your own and hoping to involve the rest of the family in this. So if you see me (us) peaking at frosty patterns or tracing icy cobwebs or doing anything unusual don't ring for help but come and join in- then again doing unusual things is my byword so it won't seem at all different will it!

Just yesterday a friend told me snow is expected at the weekend,



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that being the W/E after bonfire night, that was something else I remember from my past, snow often came soon after 5th Nov. Anyway on asking where the snow was forecast I was told 'north pole'. I replied that if I wake to snow on Saturday I will know I have relocated in the night!

Christmas – cosy, contented, family orientated.... really? For many I know that will be only partly true because of loved ones who are no longer with us this festive time. My prayer is that as we miss them, we are reminded of how much they loved us and then of some of the amusing things they were part of. Then we step out to create new memories as we celebrate the coming of unconditional love to the world. Merry Christmas everyone!



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JANUARY FAMILY MUSINGS

Sarah E Woof

Happy New Year to all! I do so appreciate the lovely comments about this column, I enjoy my "writing", be it for this monthly column or the group I go to, short stories or the novel I am writing. It is at times 'an escape' at others it is like a warm hug from the past, or it stretches my mind to find new ways to describe someone or something. I want my writings to leave my readers feeling happy, sometimes a little sad but never cross unless at some injustice I portray.

How did Family Musings start? Back in early 2000 's a lady called Joan Stockdale wrote a column in Lookaround and my mum kept saying that I should write one. I did and the then editors accepted it, readers enjoyed it and so we carried on. There was a little blip a year or two ago and it was missing from the pages for a few months and only

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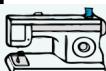
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available to be read in our girl's cafe in Sedbergh. But some readers missed it and complained (thank you folks!) and so Family Musings was reinstated.

So, here we are 2020. How many weeks before we get all the new calendars up and stop writing 2019 on cheques and letters. Yes, I still do both of those, strange isn't it, and I rarely shop on the Internet preferring to see before I buy. I try to support local businesses and am a fan of using cash. Guess some of you think I need to catch up with technology! Possibly so. but when we all moan about a 'cashless society' and the closure of smaller shops, please let's not be part of the cause.

Happy New Year! Celebrate in style, whatever that style may be. F M will be back in February. Thanks folks.



DENTDALE - HEAD TO FOOT

Mike Steele

Unfortunately a short report this month as we had to cancel the November meeting at very short notice, so we are hoping to run Freda Meakin's talk early in 2020.

We 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

SEDBERGH LADIES NFU COFFEE MORNING

Caroline Sandys-Clarke

Our coffee morning on Wednesday 13th November in aid of St John's Hospice, was very well supported, raising £366.40 for the charity. There was a very well stocked cake stall, books, an excellent raffle and the hospice had a stall selling Christmas cards and puddings. We were pleased to welcome Tim Farron MP, who stayed for quite a while enjoying a cup of coffee and a chat. Thanks to all who came along and helped us raise this magnificent amount.

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

Various expeditions took place during the half term break. The runners trained in the Alps including running down the Aiguille Percee. Rugby players took part in courses and were in Dubai. The sailors were busy sailing on Loch Ness. There was a classics trip to Italy included the Vatican and other Roman sites, Pompei and Herculaneum.

The School Fireworks took place on 5th November on a cold but still and clear night - helped by hot chocolate.

The School held its moving Remembrance Service on a brilliant morning on the Cloisters. They also assembled at the Cloisters in the rain for two minutes' silence on Monday

11th November. Each House held its own Remembrance Service as well.

The Easter and Summer courses are open for booking now.

An article by Richard Negus about his visit to the School shoot and the hard work put in to keep it going by the pupils appears in the Shooting Times

Jasper de la Riviere was born on 23rd October.

The Eco squad visited North West Waste Management to learn how our waste is dealt with

2Lt M Jackson, Duke of Lancaster's Regiment, spoke to Cressbrook House at the Prep School on the subject How and Why Do We Remember? Myles Ripley spoke to Beale House about cardiopulmonary resuscitation



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The "Operations" Department of the Bursary (cleaning, catering, ground staff etc.) has moved into the old Baclays Bank building

Robertson House have acquired Huffy, a pygmy goat.

Music and Drama - The Scholars Concert held on the afternoon of 10th November starred 17 performers. The four performances of Oliver! will have taken place by the time this is published

Hockey - The Girls are Country Championships at U14, U16 and U19

Bo Madden (aged 14) has been included in the Girls' U16 England squad. Chess Cooke is included in the U19 superhockey squad

Equestrian - OS Storm Straker (14-16) won the Open Novice Section at Burgham International Horse Trials

Shooting - OS Angus Strudwick (16-18) won gold in the air rifle team match at the Junior International at Bisley

Running - OS Andrew Murray (89-94) completed the Bob Graham Round (55 miles and 42 Lake District Peaks)

Two Prep school boys, Barker and Dodgson, qualified for the U13

Cumbria Trials at the South Lakeland District Cartmel Cross Country Trials

Cricket - Last year's cricket captain George Hill was named Academy Player of the Year by Yorkshire. Year 13 pupil Matthew Revis, this year's (ie 2019-20) captain played for Yorkshire's first team against Kent at the beginning of this term.

Netball - The Girls are U14, U16 and U19 County Netball Champions looking forward to the Regionals in January.

Rugby - Half term started with an exciting match against Blackrock College from Dublin. Blackrock were winning by 3 points until the very last minutes of the games when Sedbergh scored a try and won 26-23 to great excitement. They have played Blackrock four times before since 1952, drawn two, lost one and won one (1982). They won handsomely against Lancaster RGS on 9th November. Current pupil Oli Melville was named in the 40 man England U18 development squad for the October half term training camp. Carwyn Tuipolotu, age 17 has been chosen for the Welsh U20 squad.

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The Prep School held a Rugby Festival on 13th November involving 26 teams and 11 schools

Forthcoming Events

The Advent Carol service is at 5pm on Sunday 8th December and everyone is very welcome. This is sung by the choir with congregational participation and is in effect a "pre-run" of the official School Carol Service which only has room for parents.

Term ends after the official Carol Service (parents only) at 3pm on 12th December

The Lent term begins on Sunday 5th January at 7 pm

Half term begins on Friday 14th February and lasts till 23rd February

The Rawthey Run is on 23rd January but no date has yet been set at the time of writing for the Morgan Run



SETTLEBECK – “A NIGHT TO REMEMBER”

Myles Ripley

I have just returned from Settlebeck's celebration of the arts entitled "A Night to Remember" which blended memories from the Remembrance weekend with the hall decorated in the 1940s and a medley of music and drama from those times. (I can't not mention the poems that were fastened to the church fence which caught so many peoples' attention during the week of Remembrance).

I was greeted with a cream tea (those who know me will know that that is bound to make any evening a success!). The hall had a fascinating collection of art pieces based round individual memories of people in the district who had been affected by the war with a big mural of red poppies at the rear. We were entertained by various musical ensembles with singing, instrumentals and, particularly unique, a "Last Post" played on euphonium as part of the finale to the evening. The main drama piece was "The 39 Steps" played by a particularly confident cast – the Scottish accent of the farmer was notable, as was the strength of the

Robert Powell

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characterisation of Richard Hannay himself. Climbing out of windows, crossing bridges, clambering along the outside of a train – all pulled off by simple stagecraft but particularly effectively.

Settlebeck is our very own school and it may be small but, as the deputy Head said at the end, it out performs its size by a long way. Congratulations to all who were involved.

BOXES OF HOPE CUMBRIA

Pam Dent

Thank you to everyone who supported this year's appeal in any way. By the time you read this, 162 shoe-boxes from Sedbergh and district, along with thousands of others from across South Lakes, will have arrived in Romania to be given to some of the country's poorest children in good time for Christmas. Same time, same place next year?

Happy Christmas! Craciun fericit!

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SEDBERGH W.I. REPORT

Moira Folks

'The Ladykillers': not a job description of Sedbergh WI members but definitely something a dozen of them enjoyed watching at the Theatre by the Lake in Keswick on October 19th. It was a very funny play in this version by Graham Lineham, enhanced by an excellent set which, together with a much-appreciated lunch before it at Cocklakes Farm Shop, made for an extremely enjoyable outing: a big thank-you to Ellen for arranging it! Ellen has also organised a visit by a member of the Theatre by the Lake team to speak at one of our meetings in 2020, so we're looking forward to that.

On October 10th, a few members of the group attended a meeting of the Cumbria-Westmorland WI Federation at Selside to hear Marcia Reed-Fotheringham, the new High Sheriff of Cumbria – a charismatic London-born black American woman from New York! – speaking about her fascinating past career and her new role in Cumbria. She was an impressive speaker.

Congratulations to our Quiz Team of Sandra Gold-Wood, Den

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Chambers, Pam Drower and Stefanie Downes who won the local WI Federation Quiz Cup, beating teams from miles around, at the White Hart Social Club in early November.

The WI year turns full circle in November when we hold our Annual Meeting. Valerie's secretary's report reminded us of the many interesting speakers and trips we have enjoyed in the past year. After four years in office, Sue Kernahan resigned as President on November 13th and Ellen Morrison bravely stepped up to take her place, to the gratitude of all! Valerie Welti was confirmed as Secretary and Sandra Kemp as Treasurer. Ellen remains as Programme Secretary and Moira

Folks is again responsible for organising the book club and writing Lookaround reports. Sue Kernahan deals with the WI membership communications system while Sandra Gold-Wood continues as a much-valued committee member. Elizabeth Saunders now brings her talents to the committee, which will also be joined in January by Angela Dixon when her WI membership is transferred to Sedbergh WI from her previous WI in Surrey. We are delighted to have her with us.

The book club met at Pam's home at Farfield the next day, enjoying her lovely view of the Howgills once again. Pam's home is a far cry from the 'Home' described by Amanda

Berriman in her novel of that name, the subject of our discussion. Written in the voice of 4-year-old Jesika, abandoned by her Polish father along with her mother and sick baby brother Toby and forced to live below the poverty line in dangerous accommodation in London, we see the world as Jesika sees it with confused understanding of adult vocabulary (this causes us some amusement when 'radiator' for example is transcribed as 'rainy-hater' by little Jesika!). This childish vocabulary was annoying to some at first but it was so well sustained that we were completely hooked by the involving storyline and Jesika's developing identity, her fears and bravery: the average score given was just under 8/10. Pam's cakes were delicious – especially the Italian one she had told us the day before seemed to be a disaster! Thank you, Pam!

There will be no meeting in the People's Hall in December as we will be enjoying our Christmas Dinner at Thorns Hall instead. The next meeting in the People's Hall committee room will be on Wednesday 8th January at 7.30pm when we will be holding an upcycling craft workshop using old socks and tee-shirts: please bring some along with very sharp scissors to cut them into strips! Alternatively, come with some upcycling ideas of your own! It promises to be an entertaining social occasion.



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DENTDALE W.I.

Thelma Belfield

November is the month when we hold our Annual General Meeting to elect a new committee and president for the coming year. This meeting is very focussed on business matters and so we do not have an external speaker at the meeting. We do however have social time and this year our programme organiser Jackie Fisher had planned a Quiz based on 'film titles' which we all are looking forward to once business is completed.

In true November spirit, as we made our way to the meeting, the weather was cold and damp, thankfully not as wet as some areas in the East Midlands where serious flooding had occurred.

Sales from our monthly mini market have diminished considerably over the autumn period and it had been decided that a relaunch was necessary and many of us had responded in true WI style. The sales table was laden with many different items. Marion, who is one of our very talented crafters had made beautifully decorated Christmas tree baubles, unique designs and very much less

expensive than in the shops. An opportunity to do some serious Christmas gift shopping.

Our evening began with a short presentation from Scott Thornley in his role as a member of the Dent Run committee. Scott had come along to ask us once again to give support to the annual Run by helping to provide the teas given to all the runners taking part. The funds raised from the event are donated to Dent School.

Year on year with central funding being reduced, local fund raising provides a much appreciated addition of the budget and ensures the local school continues to flourish. As always we agreed unanimously to support the event and assured Scott of our help.

Institute matters were dealt with next and Kate our treasurer reported on our recent charity family quiz night which had raised £175 to be donated to North West Air Ambulance and the Rawthey Project. The amount raised was much lower than we had hoped and it was agreed that we would add to it by doing the Smarties Tube Challenge again. This involves all of us being given a full tube of Smarties (eating the Smarties - that's the hard

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bit) and returning the tube three months hence, filled with coins. Proceeds from our mini market stall will also be donated to the charity fund over the same period.

Jackie confirmed that our Christmas party lunch at The Pheasant in Casterton was all organised and asked for volunteer car drivers on the day.

The final item up for discussion was to have been about Climate Change. Dorte-Lis had recently attended a Federation event and wanted to share her thoughts and some ideas about what we could do individually and as a group, to help make a difference to the rapidly increasing threat to our planet. Sadly Dorte-Lis had been unable to be with

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due to illness so this will be revisited early in the new year.

The formal process of the AGM began with a warm welcome to Mrs Emma Richardson who was to act as our independent teller for the election process. Annual reports were presented from the treasurer, the committee and Chris Taylor, our representative on the Dent Memorial hall committee, also gave her report. The final report was from our president Sue Owen who thanked individual members for their hard work through the year, not only on the committee but to all of our members who individually work and support within our membership to help maintain the true philosophy of the Institute. Gill Newport gave a very

heartfelt vote of thanks to the committee.

Reports all completed, proposed and adopted as necessary it was time to elect the committee for the coming year. Emma carried out her duties as teller very efficiently and the outcome was, that as there were no new nominations the existing members of the committee would remain and Sue Owen was re-elected as President.

All business finished it was time to relax, have a cup of tea and some delicious cake (the coffee cake was to die for, we do have some fantastic cake bakers in our group) and have a go at the Quiz. It was great fun, and for a WI meeting I had never known the room be so quiet whilst we all racked our brains for the answers.

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Despite the misgivings of many of us feeling we knew very little about films, once we started memory kicked in and the answers came. Team Sue, Rita and Anne were the winners with 37 correct answers out of a possible 50. It was Rita's night as she had also won the yearly Competition Cup. Congratulations to Rita. Raffle prize winners were Barbara and Anne.

It may have been an intensive business focussed meeting but it is all part and parcel of keeping our organisation fulfilling its purpose to provide friendship, education and social opportunities for women. As always we give a warm welcome to visitors and new members.

B4RN FOR MARTHWAITE AND HOWGILL

Martin Stockdale

Great news for at least one part of the area: the Howgill project is now complete! Due to the tremendous efforts of Mike and Stef, and the support of all the landowners and residents in the area, every property in Howgill either has a B4RN connection now or can take a connection whenever they want to.

The Howgill volunteer team is now standing down and going back to their normal lives. If you live in Howgill and want a connection, please visit the B4RN website and select "Get B4RN" to be guided through the process.

In Marthwaite, things are getting close to finished as well. In the last month the connection through to Sedbergh has been completed. This not only allows the connection of people in the south of Marthwaite, it also ensures a much more resilient service for the whole of B4RN-land by providing a second link across the Lune.

As I write this, Brigflatts connections are being finished, and hopefully by the time you read this the only piece of work outstanding will be to connect 6 properties at High Oaks where the digging needs to be carried out by road work contractors.

If you're a Marthwaite resident and you want a B4RN connection but haven't already got one, please make sure you've registered your requirement (b4rn.org.uk/postcode-checker/) and arranged your house kit installation. Please feel free to contact me (b4ws@gmx.co.uk) for more advice.

B4RN FOR SEDBERGH TOWN

Douglas Thomson

B4RN's broadband service is coming to Sedbergh Town. A rather bold statement but after, some months and many meetings, the town as a whole is being put forward for inclusion in the Government's Gigabit Voucher Scheme. If the bid is successful, the amount of investment needed by B4RN for the project to go ahead in the town, will be considerably reduced.

B4RN's service for the area around Sedbergh is a 'no brainer' as the BT service in some locations hardly allowed the sending of emails and any video streaming was impossible. In parts of the town BT's service is currently adequate for household use

but the upload speed makes it poor for businesses. Also, the future is not rosy for broadband speeds which will be reduced with greater use of the system by video and film streaming organisations, Sky and the so called 'internet of things'. B4RN's hyper fast service will be unaffected by these innovations and will provide a very fast upload speed that is much needed to retain and attract businesses in the town.

Now more than ever is the time to contact me douglas@ddathomson.co.uk if you would like B4RN service in your property. Without volunteers to assist with this project parts of the town may miss out on this opportunity.

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FUNDED ELECTRIC VEHICLE CHARGE POINTS

Sedbergh Environmental Network

Cumbria Action for Sustainability and Charge My Street would love to hear from venues that could host a charge point for electric vehicles (EVs). Using government grants, they want to find two hundred sites across northern England.

The chargers that will be installed are 22 kW 'fast charge' points – not the fastest, but still pretty good. Community buildings, private businesses with a forecourt, rural hotels in a village and housing association areas are all examples of places that might fit the bill. In fact, there's potential for any car-parking space where the owner is happy for the public to park an electric vehicle, for at least part of the time, even if just overnight. It would help people whose houses don't have parking, as you can't run a charging cable across the pavement or street.

The host might use the charger for their own staff or customers' vehicles during the day, and then make it available for the public out of hours.

All booking, charging and billing will be organised through apps to be developed as part of the project.

The project, which is still at an early stage, is being managed by Charge My Street; go to chargemystreet.co.uk to register your interest online now and one of the project team will get back to you to discuss eligibility. Tell them we sent you.

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WDB BUS TIMETABLE CHANGE

Jock Cairns, Chair, WDB

Following a recent review of our services, some Western Dales Bus timetables will be changing from 16th December to help us keep to time more easily. The main differences will be as follows:

Saturday's S1 Kendal Connect from Dent Station, Dent and Sedbergh:

- Four return journeys each day from Sedbergh and three from Dent
- New timings
- Final return journey to Dent station will run during Summer Time only

Tuesday's S3 Hawes Hopper from Dent and Sedbergh and Garsdale:

- The service will run all winter

- Last return journey from Hawes will terminate in Sedbergh.

- New timings

Friday's S4 Kirkby Stephen Connect from Dent and Sedbergh:

- Last return journey from Brough and Kirkby Stephen will terminate in Sedbergh.

- New timings

Thursday's S5 Kirkby Stephen Shopper to Kendal is unchanged.

For full details of the new timetables please see the versions printed at the back of this edition of Lookaround. Printed copies are available at the Sedbergh Information Centre, on the buses and on our website at www.westerndalesbus.co.uk.

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Winter timetable starts 16th December

New timings on

S1 Kendal Shuttle – Saturdays

S3 Hawes Hopper – Tuesdays

S4 Kirkby Stephen Connect – Fridays

See article on this page and timetables at the back of this edition (pages 93 & 94) for more details

Printed timetables on the buses, from Sedbergh Information Centre and at <http://www.westerndalesbus.co.uk>

DALESMAN VETERANS' OFFER

Michael Garnett

We are proud to build on last year when we accommodated and fed 7 homeless veterans/dependents over the Christmas period. This year we have allocated all of our rooms, plus 2 kind donors have donated their holiday cottages to increase capacity. Working alongside a number of military charities, we are identifying veterans nationwide.

In total we anticipate that we will accommodate over 20 homeless, disadvantaged and vulnerable veterans over the Christmas period. The veterans will arrive at lunch time on Christmas Eve, be introduced to each other and have a warm, hearty Sedbergh supper. All of them will

have a small bar tab and they will be encouraged to enjoy a warm Sedbergh welcome.

My (Mike) family will cook a full Christmas lunch for them at 1500hrs in the Dalesman Country Inn on Christmas Day and we are inviting local residents and businesses to donate Christmas presents, especially for the children. The group will take part in the hunt meet on Boxing Day before receiving a Dalesman Christmas hamper and driven back home.



New Years Eve at the Dalesman

We have a five course taster menu that has been created by our chefs having been given the proposition of using as many local ingredients as possible

Offering a glass of sparkling on arrival

We ask you to join us with background music from Joseph Kirkbride playing a range of 60's to 90's covers.

We ask an all inclusive price of £45 per head.

Please call and ask for a copy of our menu with booking times from 7pm to 9pm.

Our usual times of serving our other menus are still available which are -

Breakfast and brunch 8am to midday

Lunch and evening menus midday to 7pm

015396 21183 and email info@thedalesman.co.uk

SEDBERGH DEMENTIA ACTION ALLIANCE

Myles Ripley

Many of you may be aware that Sedbergh has a Dementia Action Alliance and we are trying to become a "Dementia Friendly Community". Both of these terms are Alzheimer's Society programmes designed to assist those living with dementia and those who try to assist them. Having just written our annual assessment of our activities I thought I would share them with you in part to see if you want to assist in any of them.

- We attend a number of local events such as the Gala and Christmas Fair where we provide a number of information publications but also act as a signpost to other sources of guidance

- We run a couple of coffee mornings partly to fund raise for Alzheimers but also again to provide information – at one of them our local Alzheimers Support Worker was able to attend and spoke to several people in more depth

- We have produced a local dementia directory signposting various suitable local activities.

- We publish a dementia based article in Lookaround every month to interest people

- We ensure that there is plenty of information at the library, TIC and in St Andrews Church throughout the whole year.

- We attend Cumbria networking meetings quarterly to pick up ideas for future events and activities



New Years Day at the Dalesman

Traditional locally sourced and locally farmed menus cooked all day.

*Come and join us at a table in front of our log fire
Along with music during the day from
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- By the time of publication we will have “blitzed” the Main Street retailers with a small mailshot of resources to assist them if they encounter customers with dementia.
- AND we have offered a Dementia Awareness session on December 3rd for all those retailers – if you would like to come along please contact us on mylesripley@btinternet.com The location will be determined by numbers wanting to come along – it may be my kitchen or the Peoples’ Hall!

For the future, we want to offer more Dementia Awareness sessions especially in all the local schools but they are also available to any group

even if it is just a bunch of interested people or an organised society.

We would like more organisations to sign up to becoming Dementia Friendly – do get in touch with us or just pop along and have a word at the Christmas Fair.

Seasonal Dementia Advice

1/ Put Decorations up slowly - Introduce the Christmas environment slowly. Think about putting decorations up gradually over a few days so it doesn't come as a big change to the person's usual setting. Nae Sporran said: This year I put the tree up on the first of December to brighten the place up and it made 'C' so happy, she especially likes the old wreath she has had for years even if she doesn't recognise it."

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2/ Keep it simple and familiar - Someone with dementia may feel overwhelmed over the Christmas period, so it's best not to overdo it. Keeping the day's activities low key will help your loved one to relax. Sticking to a familiar routine is also a good idea where possible. Having meals at regular times and in familiar surroundings will help to limit any potential confusion.

3/ Get everyone involved - There are many ways to involve people living with dementia at Christmas time – from something as simple as hanging a bauble on the tree to doing a spot of Christmas shopping. The important thing is that they feel included. Soobee said: With Christmas cards, my mum still wanted to send them out, so I got her to write her name on a piece of paper. I then scanned, resized and copied them and printed them out onto computer labels. Mum helped me to stick in a few of the labels so she felt involved, and I wrote the recipients name in at the top and did the envelopes. We did about 25 cards for her that year and she would never have been able to write her name more than once."

4/ Create a quiet room - A large number of guests can be overwhelming, so ask family and friends to spread out their visits over the festive period. If things do get busy, designate one room in your house a 'quiet room' where your loved one can relax without loud noise.

5/ Bring back old memories - Whether it's an old song they used to enjoy or a classic Christmas film, find something fun you can take part in. Making a family photo album or memory box could be a nice way to spend time together. Agzy said: I have created a memory iPad which has nothing but hundreds of photographs of friends, family and places. Using my computer I have



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Friday 17th January 2020

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7.30pm

£3 entry

Raffle & Refreshments



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Clare Thompson 07590115844
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ROYAL BRITISH LEGION

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



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

Membership costs £17.00 - call 20964
email: dmparratt@gmail.com for a form.

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

added names, year dates and place names. It has been a long labour of love but has paid off dividends as I update it regularly with new photos of interest to her."

6/ Be mindful of food - Although many people eat a lot at Christmas, a full plate can be daunting for someone who has difficulties eating. If you're doing the serving, try not to overload your loved one's plate. We've also got lots more general tips to help with eating and drinking on our website.

7/ Be flexible - It's easy to get caught up in Christmas traditions, but your festive season might begin to look different as dementia progresses. It's always worth having a plan B, and be prepared to change your plans if a particular element isn't working. Pinkys said: main advice is to have no expectations. See what happens! The last Christmas my mother in law spent with us, she came down to breakfast on Boxing day all ready packed and dressed in her coat ready to go home! We were surprised....it also took some serious efforts to persuade her to stay at least one more day."

SIGHT ADVICE SOUTH LAKES

Dennis Whicker

The Sedbergh Branch of SASL meets on the third Tuesday of most months at 2pm in the People's Hall where we chat, listen to guests and have a great deal of entertainment. The November meeting was in the Fat Lamb, Ravenstonedale, for the annual Christmas lunch of which there will be a full report in February.

The January meeting will be on Tuesday 21st when we will have the 'Dignity in Dementia' Singing Group attend to explain what Dementia is all about and give a 'Mini Concert'. It should be an exciting time. It should be an exciting time.

All members of the community, who have a sight problem are invited and welcome to attend all meetings. Transport can be arranged for anyone, if required. If anyone feels that they would like to assist for two hours at the meetings, they would be most welcome too.

Please contact Sue Harper on 20613 with any enquires.



SEDBERGH AND DISTRICT HISTORY SOCIETY

Julie Leigh

When there had to be a last minute change of speaker for our 6th November meeting, Ian Tyler stepped into the breach. His presentation on the Royal Air Force was very appropriate since it happened to fall during the annual period of Remembrance. Ian began by debunking the myth that Cumbria, Galloway and North Lancashire had not played a major part in World War 2. In fact, he said, the opposite was the case, since thousands of airmen and technicians (some from abroad) had been trained in the region.

Furthermore, owing to the difficult nature of the terrain many of the

servicemen had died in training accidents. Between 1939 and 1945, 3,243 of their deaths were recorded. The majority of them were of young men ('brave lads'). Ian regretted that there are no memorials to them and only occasional evidence of destroyed aircraft on the ground. Many of the planes came down in mountainous areas, often when a sudden mist had obscured the landscape. This occurrence was a particular problem in the training of bomber pilots whose future sorties could have involved them in having to cope with quick changes in altitude and direction while flying at 100 miles an hour. Other accidents had occurred over the sea and sometimes aircrews were rescued by the RNLI

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2020 CALENDAR

'SEDBERGH IN ACTION'

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and Air Sea Rescue Units. However, rescues were often hampered and delayed by the lack of sophisticated communication.

At the outbreak of war there was only one airfield in Cumbria but 30 others were soon constructed. Ian produced maps, diagrams and photographs of them and identified features such as control towers, maintenance centres, hangers, pill boxes and runways. He also listed the range of different planes which had flown from these northern bases. Other activities in the region were also central to the war effort. For example, Sunderland Flying Boats which were used in the defence of the Western Approaches were built on Windermere and ships and submarines were manufactured in Barrow. Ian also spoke about the very generous amounts of money that many communities had donated towards the costs of the war. For example, the population of Settle had contributed £222,000.

Ian, who was the son of an RAF pilot has researched his subject very thoroughly and certainly kept his audience very interested in his wide ranging and fascinating talk.

SEDBERGH COMMUNITY CHARITY SHOP Recycling and Reusing since 2008

Anita Swarbrick

At the Charity Shop we try and recycle or reuse everything that comes in, here are some examples of what goes on behind the scenes:

Great North Air Ambulance -

The GNAA collect our clothing, bags, belts, shoes, teddy's that we cannot sell. The contents of these bags are then recycled as they are, or if they are past their best, made into rags. They will also take old DVDs and CDs.

Mobile phones -

We collect mobile phones and the Great North Air Ambulance collect these from us too

Woollens -

Our woollens that are not in a condition to sell as items of clothing are saved for the crafters. They are used for ruggaging etc.

Old sheets, blankets and towels -

Any old sheets that are not good enough for their original use are put in the craft stall and can be used as fabric for artists canvases. The blankets can be used for rag ruggaging,

cushion covers, bags etc. The towels that we deem too worn to be used in the home, we put on the pet stall for towelling dogs down after a walk. These go very quickly.

Crafts -

At the Charity shop we have a small craft stall that is filled with everything you can imagine. Thread, zips, craft magazines, wool, material, beads, buttons....you name it and I'm sure we sell it!

Bric a Brac -

The bric a brac, kitchen equipment, jewellery, pictures, toys etc that don't sell and is in good condition we save for collection for another charity. A local person collects the bags from us and takes them to a distribution area. These items are then sent on to

Wolfwood Animal Charity in Lancaster and various other animal charities.

World of Books -

WofB collect all the books that we can't or won't sell. The books are collected in large boxes which are then weighed. We are then paid for the weight in books and the money we receive goes straight back into the community fund.

Bras for a Cause -

The charity shop collects unwanted bras, and one of our volunteers takes them to our local hospital's oncology department. For every tonne of unwanted bras they collect, £1000 will be donated to Breast Cancer Research. The donated bras will then

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.

Do you need help with?

Weekly shopping trips ~ Help with paperwork, Basic IT

Transport for hospital/ doctors appointments

Transport/companionship for your interests and hobbies

Home help

Companionship

If so, call Linda Greensmith on 07919152526
or email lindagreensmith1@aol.com and I will be happy to help

All members of the team are DBS checked, have public carers liability insurance and have completed numerous courses in connection with older adults such as first aid and dementia awareness.

be sent to developing countries in Africa.

Spectacles -

We also collect old spectacles. These are then refurbished and given to the poor and needy in the UK and other countries.

Toiletries -

The toiletries that we cannot use because they have been opened or are out of date by a little way, we collect these and a volunteer takes them to a charity for homeless people. Here they can get advice, take a shower, wash and dry their clothes and get a hot meal. It's at Manna House, Ann Street, Kendal.

Compost -

Any teabags, small bits of paper, fruit cores and skins get taken home by the shop manager to go into her various compost bins.

Plastic -

We recycle our plastic if it can't be used for something else. We strip boxes and containers of their plastic and paper etc and recycle the relevant items.

Bags -

Plastic bags are recycled for use in the shop, we do not charge people for these. Any bags that have holes in are reused as handbag and rucksack stuffing. If we have too many bags, we take some to Ryecrofts, where they can use them for their customers.

Electrics -

We will take electrics that have a CE mark on them and only if they are in a good working condition. We have these PAT tested before they go into the shop for sale.

Duvet and Pillows -

These normally go into landfill, so we have devised a way of recycling them into animal beds. By cutting the duvet into different sized pieces and covering them in fabric we have been donated, we can sell them as beds. Please note though, we have very limited space at the charity shop and would prefer it if you asked when wanting to donate a duvet. This way we won't be stuffed to the ceiling with fluffy bedding and our volunteer sewing group have time to process the animal beds.

Christmas Wrapping Fabric -

We will be selling the normal wrapping paper that we have been donated, but having read that this cannot be recycled, we tried to think of a solution. We are going to make recycled fabric sheets to wrap present with, that can either be reused or donated back to us. We have lots of ribbons and lace etc to tie the parcels up too. Everything to make your Christmas as festive as it can be!

The Charity Shop thanks everyone for their kind donations. With just a little thought we can reuse, recycle most things. RETHINK!

The Charity tries to recycle most things, either to sell, use, or pass on to other charities. We have dramatically reduced the amount of rubbish that goes into our bin and try to think of different ways of using things rather than them going into landfill sites.

In the last three years the Charity has reduced their waste by two thirds.....and we are still trying

SEDBERGH ENVIRONMENTAL NETWORK

Michelle Hartley

On 12th October the Sedbergh Environmental Network had our very first Eco Market and it was a great success! It was wonderful to see so many people concerned about the environment and wanting to do something to help.

Despite a few last minute cancellations for stalls, the Church was packed with great stall holders selling eco products, promoting the preservation of the environment.

We had representatives from the RSPB and Cumbria Wildlife Trust, who both do fabulous work conserving nature reserves near and far. There was also the Lune Rivers Trust who worked with the students of Sedbergh Primary School last year to nurse and release 50 baby eels (elvers) into the Rawthey River.

Cumbria Master Composters, a new organisation (2017), came to explain and promote home composting with a display of worms and composting bins. Cumbria Action for Sustainability came to promote their newest project 'Cold to Cosy

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Homes' aimed at addressing issues of winter warmth and reducing carbon footprints.

We also had our local Charity Shop selling various pre-loved goods (with much more in the shop itself). The volunteers explained the various ways the shop recycles, including collecting used eye glasses; selling excess items to World of Books which has a massive selection of second hand books online; and collects bras for 'Bra Recycling' which uses them to support small businesses in Africa and raise funds for breast cancer research.

The eco product sellers included Victoria March Skincare, beautifully

scented soap and solid shampoo & conditioner bars (also ones for dogs!), all either palm oil free or from sustainably sourced oil. There were also eco soap accessories and all was in plastic free packaging. Thornby Moor Dairy came with delicious cow and goat cheeses made from milk from local farms, keeping food miles low. The farms utilise a low-input/low-output style of farming and the goats are fed on hay from local SSSI's, while the cows are fed grass grown on the farms.

Jitterbugs was there with amazing insect decorations crafted from salvaged, re-purposed and recycled parts. Nothing goes to waste with these creative critters, they are the very definition of up cycling! Ivy

Cottage Baker's delicious breads and biscuits are made using local, organic and natural ingredients. Not only is the company a member of the 'Real Bread Campaign' and 'Sustain', they do demonstrations on how to use old loaves to reduce waste.

With the market being such a great success we are already looking at organising another! If you were unable to come to this market keep an eye out for future events. Or if you would like to get involved in the next market or the Sedbergh Environmental Network contact us at sedberghecomarket@greencobweb.co.uk or visit our Facebook page. Thank you to everyone who helped with the market and to everyone who do what they can for the environment.

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ZERO WASTE SEDBERGH

Suzie Pye

Allow me to stray slightly off topic this month, although still in the spirit of Zero Waste.

The Reverse Advent Calendar

Everyone loves advent calendars! But if you want to try something a little different this year, you can create an advent calendar that you and your children put something into every day instead of taking something out.

And it couldn't be easier: Simply set up a large box, basket, or crate in a corner of your living room or kitchen, and choose an item to add to it each day from December 1st until Christmas Eve. The full box can then be donated to a local Food Bank where the items will be distributed to



local families who need a helping hand this Christmas time.

Choose food items that are non-perishable or that have long dates and do not need refrigerating: tinned food, biscuits, selection boxes, mince pies, Christmas puddings, jars of preserve, toiletries...

The latest set of figures from Kings Food Bank in Kendal shows they are receiving over 100 new referrals every month, and are experiencing an 18% increase in usage year on year. Christmas puts even greater pressure on already struggling families, with many forced to choose between heating their homes and eating.

So please consider taking part in this very easy pre-Christmas activity, and help support this vital local service.

If you need your completed reverse advent calendar delivering to a local Food Bank, let me know and I will be happy to organise collection and delivery on your behalf 0783 3534 710

Merry Christmas!



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FUNDRAISING FOR OVARIAN CANCER

Sarah E Woof

I am looking to have some event or other to support research into Ovarian Cancer and wonder if there are others who would like to help. Perhaps, like us, you are watching a loved friend or relations go through treatment for this, or have in the past or it is more personal.

What would you support or what wouldn't you support? Hubby and I thought of shaving our heads to raise money but, for various reasons, changed our minds. Bungee jumping or sky diving are beyond us, so what do we do?

Last year I put on a 'Fed up Tea' to raise funds for a local organization and a national charity. While it did raise money it wasn't all that well supported, but many thanks to those who did come. So, would an Afternoon Tea for this worthy cause produce better support, or a pub quiz with buffet or an event with bouncy castle and stalls? Please do get in touch with me if you feel a stirring deep inside to get involved or if only with an idea. Thank you.

Sarah - 015396 25212.

Fritz Hrynyk

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ST ANDREWS COFFEE MORNINGS

Anne Reed Screen
The last coffee morning of 2019 will
be Wednesday 18th December 2019.
We will restart on Wednesday
January 8th 2020.

We wish you all a Happy Christmas
and hope to see you all in the New
Year.



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SEDBERGH APPLE DAY

Ann Parratt

Sedbergh Apple Day took place on 26th October and was organised by COGS (Community Orchard Group Sedbergh).

Apple pressing, using the Spiedel Mill and Hydropress took place from 9.30 in the morning outside The People's Hall, and although it was a cold, wet day, and the rugby was on, there was a good turnout.

There were about 140 kg of donated apples, which gave 70 litres of juice for the community. The press takes 40 kg of apples and gives 25 litres of juice every 20 minutes. We pressed for four and a half hours so there was at least 500 kg of apples and we made about 300 litres of juice.

The experts identified some apples as Isaac Newton or Nancy Crow and Bess Pool and we hope to graft from



the owner's trees as these are a rare find. The South Lakeland Orchard Group (SLOG) apple experts were busy all the time, giving advice and identifying apples.

Also in the Hall, English folk music was played throughout the event by Common Ground, adding a lovely atmosphere to all the other activities. Delicious homemade lunches were served, including homemade soup. Cakes, homemade preserves and chutneys were on sale.

With all this going on, there were also children's activities, plants for sale and various organisations giving advice about composting, beekeeping, wildlife and red squirrels.

Next year this family friendly event takes place on 24th October and everyone is welcome, whether they bring apples or not. There will be loads to see and do!



**SEDBERGH SPRING SHOW -
SATURDAY 25TH APRIL 2020**

Marion Wood

Christmas is coming and before you catch your breath it will be the Sedbergh Spring Show on 25th April 2020. Time to use the winter evenings to plan your entries! We have added in some new classes and removed a few of the less popular ones.

The official entry forms will appear in the shops by the beginning of March, but here is a list of classes to get you thinking. The school and preschool classes will be agreed once again separately. We look forward to lots of entries providing a wonderful display of the talent in Sedbergh.

Any queries please ring Margaret Milburn (20610) or Marion Wood (21385)

Class Name	Section Name
A patchwork or quilted item	Handicrafts
A new item from something old (any material)	Handicrafts
A wooden item	Handicrafts
A bag of any medium (not from a kit)	Handicrafts
A cross stitch article (indicate if own design)	Handicrafts
A tapestry (indicate if own design)	Handicrafts
A handmade cushion (max size 40cm)	Handicrafts
An item made from pompoms	Handicrafts
A piece of fused glass	Handicrafts
A handwoven scarf	Handicrafts
A homemade bracelet	Handicrafts
A card made from recycled material	Handicrafts
A Spring Bonnet	Handicrafts

Class Name	Section Name
A soft toy knitted, sewn or crocheted	Handicrafts
A toy made from scrap material	Handicrafts
A dressed doll (the doll may be bought)	Handicrafts
Any craft item not included above	Handicrafts
A hand knitted garment in thicker yarn (double knitting or thicker)	Garments
A hand knitted garment in finer yarn (4 ply or finer)	Garments
A hand knitted scarf, snood or shawl	Garments
A crocheted article or garment	Garments
An apron sewn from material	Garments
A houseplant (not to have been exhibited before and owned for over 12 months)	Flowers and Plants
"Birth of a baby" a dinner table arrangement (W/D 45cm)	Flowers and Plants
"Walk in the Woods" an arrangement in a box (W/D 45cm)	Flowers and Plants
An arrangement in a basket (W/D 45cm)	Flowers and Plants
"Under the Sea" a petite arrangement (W/D/H 25cm)	Flowers and Plants
"A Desert Island" (W/D 60cm)	Flowers and Plants
Four sausage rolls	Home Produce
Fruit pie	Home Produce
Fruit cake	Home Produce
Four fruit scones	Home Produce
Six biscuits of any variety	Home Produce
Four cup cakes	Home Produce
Gingerbread	Home Produce
Lemon drizzle cake	Home Produce
Teabread	Home Produce

Class Name	Section Name
Round shortbread (minimum size 15cm)	Home Produce
Six flapjack pieces	Home Produce
Victoria sandwich (filled with raspberry jam)	Home Produce
Roulade	Home Produce
Pot of raspberry jam	Home Produce
Pot of blackcurrant jam	Home Produce
Pot of Seville orange marmalade	Home Produce
Pot of any other fruit marmalade	Home Produce
Pot of any other jam	Home Produce
Pot of jelly	Home Produce
Pot of lemon curd	Home Produce
Pot of chutney	Home Produce
Bottle of homemade wine	Home Produce
Bottle of flavoured spirit	Home Produce
A white loaf (handmade)	Home Produce
A brown or wholemeal loaf	Home Produce
Painting: Still life	Art
Painting: Portrait	Art
Painting: Landscape	Art
Painting: Mixed Media	Art
A page from your sketch book	Art
Wildlife (size minimum 8x6, maximum 12x10)	Photography
Local View (Cumbria or Yorkshire) (size minimum 8x6, maximum 12x10)	Photography
Spring (size minimum 8x6, maximum 12x10)	Photography
"A Misty Day" (size minimum 8x6, maximum 12x10)	Photography
People and Portraiture (size minimum 8x6, maximum 12x10)	Photography

Class Name	Section Name
People and Portraiture (size minimum 8x6, maximum 12x10)	Photography
Local Event (size minimum 8x6, maximum 12x10)	Photography
Shadows (size minimum 8x6, maximum 12x10)	Photography
A footprint (age 6 and under)	Age 6 and under
Make a headband (age 7-11)	Age 7-11
Rainbow jelly in a glass (age 11 and under)	Age 11 and under
A mug of flowers (age 16 and under)	Age 16 and under
Photograph of a garden bug (maximum 5x7) (age 11 and under)	Age 11 and under
Photograph of hands with a view (maximum 5x7) (age 16 and under)	Age 16 and under

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SAFE FANCY DRESS COSTUMES

South Lakes Citizens Advice

'I'm looking online for fancy dress costumes for my kids. But I'm worried as I've read stories about some costumes not being fire-safe and some children being hurt. What should I look for to keep them safe?'

Unfortunately, you're right. There have been a number of incidents where children's costumes were set alight by accident. Check the costume comes with safety instructions, a CE marking and the manufacturer's name. A CE marking means the product complies with health and safety requirements, and the product has been tested for

flammability. Sometimes a fake CE mark is used. A giveaway is the middle line of 'E', which should be shorter than the other parts.

Make sure you're buying from a reputable online retailer. Find out as much about them as you can, like customer reviews, or ask them directly for safety information. Also check whether the product has ever been recalled before, on the website productrecall.campaign.gov.uk

Talk to your children about how best to stay safe while having fun in fancy dress, like keeping away from candles and open flames. And, if you're in doubt, don't buy the product. You can always contact Citizens Advice consumer helpline on 03454

04 05 06 for further help or to report an issue.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We can give detailed advice over the phone – telephone 03444 111 444. For email see our website: 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.

CHARITY GIRLS JUMBLE SALE FOR MS

Sandra Longlands

On Saturday 12TH October "The Charity Girls" did a Jumble sale for MS Research in the Peoples' Hall with the kind help of others. It went really well and I was able to send a £300 cheque for MS Research. But included in that money was £15 from a Quiz sheet I did – "Over and Out" with lots of help so many thanks.

Many Many thanks for your donations and this comes from MS Research as well.

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A TRIBUTE TO THE LATE JEAN DIXON

Joan Collins

Jean was my friend. Jean was Beamsmoor. In fact, Jean and Beamsmoor was the reason I cam to live in Sedbergh some 30 odd years ago.

We first met when we started our nursing career at the old Westmorland County Hospital in the fifties. We never worked together but somehow became friends and shared a flat in one of the big houses at the top of Beast Banks. Later we went our separate ways and when we married – Jean to live in Sedbergh and me in Kendal – but visited each other regularly. We kept in touch when I moved to live in Maidenhead but when visiting my sister in Keswick always managed to see Jean.

That's when I learned of the project to turn Beamsmoor into a residential home. When my husband died, I had to decide what to do etc. That's when I had a phone call from Jean. Beamsmoor was "up and running" and would I like to come and work with her and I certainly didn't say No.

What a great time we had, great staff and residents alike – especially the Christmas Pantomimes! Then the Holidays – to Canada and USA and many here in the UK. We really enjoyed ourselves.

After Beamsmoor we continued to shop and lunch and visit but always managed to talk about Beamsmoor.

And so, my friend it's a last goodbye – you did me a great favour in coming to live in Sedbergh. But you did warn me that it rains quite often but, Jean, doesn't it rain everywhere?

SEDBERGH INFORMATION AND BOOK CENTRE

Andi Chapple

Okay, so that was 2019. Not one of your normal years ... Thanks are still due to our customers, people who've come in from nearby, or across the ocean to find something out about Sedbergh and the surrounding area, local businesses and organisations, including, of course, the editorial group of Lookaround, who have worked with us in one way or another this year.

I want to say thanks to all the volunteers, without whom the information centre wouldn't be open. Everyone at the centre, except me, is a volunteer, including the board of directors who do a complicated job with great good will, those who staff

the front desk and share their great knowledge and those who do one of the administrative tasks that keep the wheels turning.

If you pop in to see us this month we can offer the 2020 Information Centre calendar with stunning 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, at £4.50 a time. We can also offer Christmas cards in modern and traditional designs which are sold to benefit a wide range of UK charities. We have Sedbergh-themed gifts and a lot of second-hand books.

All the best for Christmas and the New Year to all of you from all of us.

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A YEAR AT THE PEOPLES' HALL

Sandra Gold-Wood. Vice Chair.

Gosh it is a busy place. There have been five fell races and at least three cycling events along with three lovely weddings and several birthday bashes for both young and not so young all of which have used all the facilities the PH has to offer.

There have been two elections and of course there is one more on the Thursday December 12! There was the annual Holiday Club in July a Book Fair in September and a marvellously busy Apple day in October. That is without all the regular activities like PH Worship and the NHS Training days.

All the happy dogs in Cecily Thursday evening training class.



THE PEOPLE'S HALL BURNS NIGHT SAT JAN 25

Piping in a Grand Haggis supper.

Drumming in a few Wee Drams

Dancing Reels & Jigs

With a bit of Ceilidh too

Tickets at £15 per person

Black tie and posh frocks please

Bar, Raffle and even a Quiz

Doors open at 7pm.

Then there is the Art Society, WI's, NFU, the Parish Council meetings along with incidental meetings of other groups. Then there are the many assorted exercise classes and sadly at least 2 funeral teas. Goodness knows how our army of hygiene technicians keep up with it all.

Looking forward into the New Year; The People's Hall invites you to come and enjoy celebrating 'Burns Night'. There will be a Haggis Supper, a Piper, a grand raffle, a quiz and lots of swinging kilts; that of course is optional. Tickets go on sale at the end of Dec and will be available from the Information Centre at £15 per person to included supper.

PEOPLE'S HALL NEWS

*Dr Gina Barney, Hon Secretary/
Treasurer, 20790*

Some, if not all, of the readers of this article may be visiting the Hall on 12 December 2019 to exercise their democratic duty. Whilst you are there have a look round at what has happened to the Hall over the last five or so years. It has been transformed from a wooden hut to a substantial building with new toilets, new changing rooms, committee room, stage and hall curtains, side and main entrances and the addition of the People's Gym and Fitness Centre. We have raised and spent nearly £500.000 doing this. Hopefully you will use our facilities in 2020 for your event.

We are not stopping there. We need a better heating system and better main hall lighting. And it could do with a bit of redecoration. But the

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roof of 1982 leaks. Not a lot but enough to spoil what we might do. We have to replace the roof at a cost of £45,000. We have about £25,000 and need to raise the rest. Perhaps you could help? When the roof is done we can do all the other things. The Hall is 65 in 2021, it would be nice to do all this by then!

COMMUNITY VOLUNTEERS SOUGHT FOR SCRUTINY PANEL

Andy Baines (*Neighbourhood Watch*)

Cumbria Police are looking to recruit volunteers to be part of an external scrutiny panel which will look at the Constabulary's use of

police powers, in particular stop and search and the use of force.

The panel would meet three times a year and would hold the Constabulary to account for any issues identified, helping us improve our use of this important policing approach.

Meeting locations are flexible, according to accessibility and availability of volunteers, but will generally be held early evening.

If you would like to be part of the scrutiny panel please could you forward your details to Inspector Gemma Hannah (gemma.hannah@cumbria.police.uk), including in the response your name, address, age, and contact telephone number

FLICKS IN THE FELLS

Stuart Gray

Just a few quick lines to make everyone aware that Flicks in the Fells continues to march on into the new year with a new programme of films for all you Sedbergh movie lovers. We are now happily settled at St Andrews as our new venue and have shown three films there already, the last being the tension filled wartime drama Das Boot. The church is very atmospheric and unique in its part time role as a cinema and unlike any other cinema you are provided with a cushion as you come in! We also do tea, coffee and biccies, as refreshments, popcorn, sweets and hot water bottles have yet to be sorted! So keep an eye open for our



posters and advertisements for the next film, which will hopefully be on the first Saturday of each month. Come along, meet friends and enjoy a night at the 'flics'

If anyone out there wishes to volunteer to help with Flicks in the Fells we can always use your talents with setting up, running the performance and clearing up afterwards. It's not hard work and any help is always appreciated. See you at the next Flicks in the Fells.

THANKS

Elspeth Griffiths

Sedbergh has enjoyed many events and performances this week so I should like thank the Town Band for the Remembrance Concert in St Andrew's Church on Sunday 10th November. They played so well and Stuart Manger introduced the items.

Next thanks to Settlebeck School for their entertainment, Showcase, on Tuesday 12th. The play and the music, also, the work the students and staff had done on the wars were impressive. The cakes made by the students were delicious and their welcome and help from all were much appreciated.

Finally, on Thursday 14th, there was a fine concert the Sedbergh Orchestra in St Andrew's Church.

So much effort goes into all these events by so many people and we appreciate so much.

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SANDRA W LONGLANDS 60TH BIRTHDAY

Sandra Longlands

On Saturday 26th October I was given a Surprise Party for my 60th at the Peoples' Hall and it was a BIG Surprise and I would like to thank everyone for coming and hope you had a good night. I would also like to say a big thank you for the Donations you kindly gave for the Peoples' Hall and we will be able to get Gift Aid with that so a Big Thanks.

I would like to say a Very Big Thanks to our Rose and Steve for managing to do a big party with all that hard work and keep it a surprise, also a Big Thanks to Michael and Sara for the lovely food and for Martha cooking it. I know some of my friends said they found it difficult to be with me and not say anything and at times had to walk away before it slipped out, so well done.

So with a Huge Thank You to all of you who made my 60th Birthday Surprise a truly brilliant night with lovely people and hope you also had a lovely night eating, dancing to lots of 70s songs – thanks Danny and also Chit Chatting.

Lots of love and best wishes,
Sandra WL XXXX



CRIME UPDATE FOR NOVEMBER 2019

PCSO Kathryn Taylor

As many of you are already aware, there has been an increase in thefts of quad bikes and trial bikes in the local area. With several of these thefts, the thieves have also stolen other items such as tools and fuel. We recommend that any crime prevention methods you can implement to secure your property, the better. This can include things like DNA property marking/marketing schemes, using BSI quality locks and chains, not leaving tools available such as bolt cutters, fitting wheel clamps or alarms and securing all access points. Try to make any property as identifiable and unique as possible. This makes it less appealing to steal and easier to identify. It is also recommended that you take photos and record serial numbers of your property.

Crime prevention methods like the ones mentioned above do not prevent every theft, however the objective is to make it as difficult and time consuming as possible for a thief to access your property. It is also key to report any suspicious activity or vehicles to the Police that you may think are linked to these thefts. You can do this via 101 or there is an online reporting form on www.cumbria.police.uk

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 1st September.

PUBLIC TRANSPORT IN RURAL AREAS

Georgina Devine

Are you interested in being part of a steering group for public transport in Rural Areas? We plan to meet once a month in the Sedbergh area. Contact Georgina Devine on 077898 56371 or 015396 21467 for further details.

While Georgina is based in Sedbergh, she travels through to Hawes and Leyburn on the buses available. She is keen to support good transport links between North Yorkshire and Cumbria.



LAURA'S LOOM

British Wool·British Made

Visit Laura's Loom for beautiful woollen blankets, handwoven scarves, walking socks and more, all made from Yorkshire Dales and Cumbrian wool.



Studio 2A, Farfield Mill, Garsdale Rd,
Sedbergh, LA10 5LW
Open every day 10:30-4:30

www.laurasloom.co.uk

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
Reindeerland
XM4 5HQ

PERSONAL MESSAGES

BROWN

Thank you very much to everyone who has helped in any way following the early and sudden arrival of the twins. Thanks also for the cards and gifts. We have been overwhelmed by the kindness and support we have received from friends and family.

Matthew, Emma, Jackson, Joshua, Hannah and Harrison

HALL - 29th December

Happy 21st Birthday to my beautiful Goddaughter Ashleigh Hall. I'm so very proud of you. Have a wonderful day. Lots of Love, Aunty Sarah

DENNIS WHICKER

Dennis would like to thank most sincerely all family & friends for the fantastic support over the last 14

months with his fight of Cancer which has been 100% successful. The recovery has been slow but every day is a new day. Dennis would also like to thank members of the community that contributed to the collections and gifts that were presented to him on his 'Retirement' from being Editor of Lookaround for over 30 years, especially the box of Wine and gifts from the Audio & Large Print Lookaround Team and the gifts & cheque received at the Spring Show presented by Tony Reed-Screen & Dr Gina Barney on behalf of the community. We had two lovely weeks in Gloucester & Shrewsbury. Thank you also to the new Lookaround Team for taking on and continuing with 'my baby' which was not an easy task to undertake.

A VIEW FROM THE FELLS



THAT'LL TEACH THE LITTLE SO-AND-SO !

Christmas Messages

THE ALLAN FAMILY

Season's Greeting's. Health and Happiness to All. May 2020 be a Good Year.

From The Allan Family

DIANE COWIN

Diane Cowin would like to wish all her Friends and Neighbours a very Merry Christmas and a Happy New Year.

DAWSON

To all my family and friends I send greetings. May the New Year bring you Love, Joy and Peace. God bless you all.

DEVINE

Georgina wishes everybody a Merry Christmas and a Happy New Year for 2020.

GIBSON

Doreen would like to wish all family and friends a Merry Christmas and Happy New Year.

MARY GLADSTONE

Christmas Greetings to everybody and many thanks to all of you who are helping me in my blindness. Your generous support is much appreciated.

HAYGARTH

Brian and Betty wish all family and friends a Merry Christmas and a Happy New Year

JED'S GARDENING SERVICE

would like to thank all his customers.

METCALFE

Rex would like to wish all family and friends Merry Christmas and a Happy New Year.

MITCHELL

Ann would like to wish everyone Merry Christmas and a Happy New Year

POSTLETHWAITE

Peggy would like to wish all my family and friends a Merry Christmas and a Happy New Year.

RAW

Edna would like to wish all friends & neighbours a Happy Christmas & best wishes for the New Year

SKILL

Zander and Elizabeth send everyone a Happy Christmas and best wishes and good health for 2020.

More Messages on next page



Christmas Messages

STEADMAN

Garth wishes his friends and past customers a Very Merry Christmas and a Happy, Healthy and Successful New Year.

=====

TAT

Patricia Tat of Walwyn, Station Rd, Sedbergh wishes all her friends and neighbours in Sedbergh, Garsdale and Dent a very happy and peaceful Christmas with all good wishes for 2020

=====

DENNIS & JACKY WHICKER

Jacky & Dennis Whicker would like to wish all family & friends a Very Merry Christmas & a Peaceful, Healthy & Prosperous New Year.

EDITORIAL

One of my criteria for success for the 'new' Lookaround team was that we would, one day, produce issues of Lookaround of over 100 pages. We achieved that in November with an issue of 104 pages, 12 more than our previous best. And this issue is 100 pages. We still have a way to go to achieve Dennis's regular output of 116 – but it's good to have a target.

Of course this is a 'double' issue, so it's expected to be bigger, but I am especially gratified by the number of new and renewing advertisers in this edition, especially as many of them aren't specifically Christmas adverts. As mentioned last month, our finances are in a relatively good state hence we've been able to do the

Seasons Greetings To You



From All
At
LOOKAROUND

traditional colour edition for Christmas.

On the subject of advertising, and particularly invoicing for advertising, I'd like to apologise to those advertisers who have recently received very late invoices for advertisements placed at various times over the course of the past year. Our system for payment recording and follow up hasn't been as good as it should have been. But we now have a system which should allow us to know where we are with each advert placed, so as of February 2020 we will be issuing invoices where appropriate and receipts where requested.

I am very glad to see that our predecessor, and my mentor, Dennis, is recovering well from recent illness (see his Personal ad on page 78). I was particularly pleased to pictures of his breakfast in Duo on the Facebook forum, a sure sign of a returning healthy appetite. Our best wishes go to him for his continuing recovery, and our thanks go to him for his ongoing support of Lookaround. There wouldn't be anything here without you Dennis!

We are still looking for somebody who can help with the more 'technical' aspects of putting Lookaround together, i.e. compiling each edition using Microsoft Publisher and creating adverts. I'm quite happy to do it for as long as I need to, but if I become unavailable for any reason, then we have no backup. So if you have the skills, or the inclination to acquire the skills, and some time available then do let us know.

Ed Welti

USEFUL TELEPHONE NUMBERS

Age UK South Lakeland

030 300 30003

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

Stricklandgate House every Tuesday

1400 - 1600

01539 795000 or 0845 6060265

Police in any area

101

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

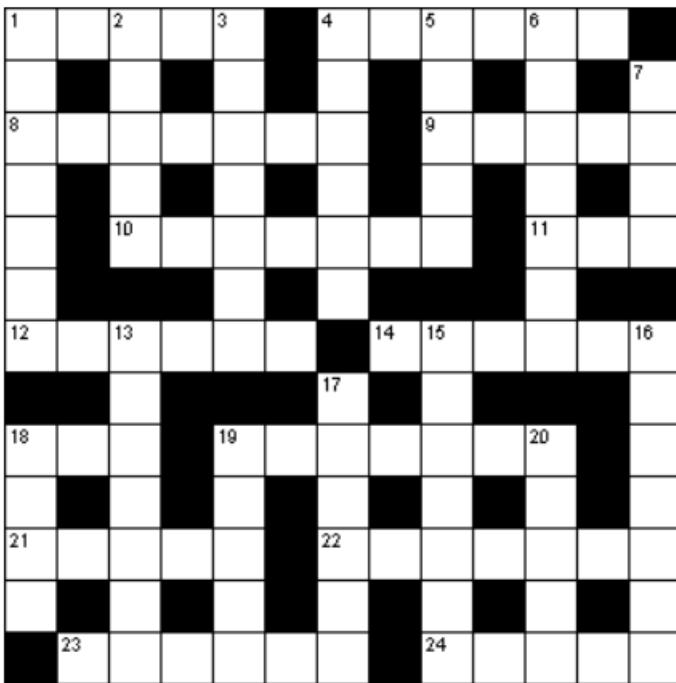
01539 733 333

Yorkshire Dale National Park

0300 456 0030

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

PUZZLE (SOLUTION ON PAGE 87)



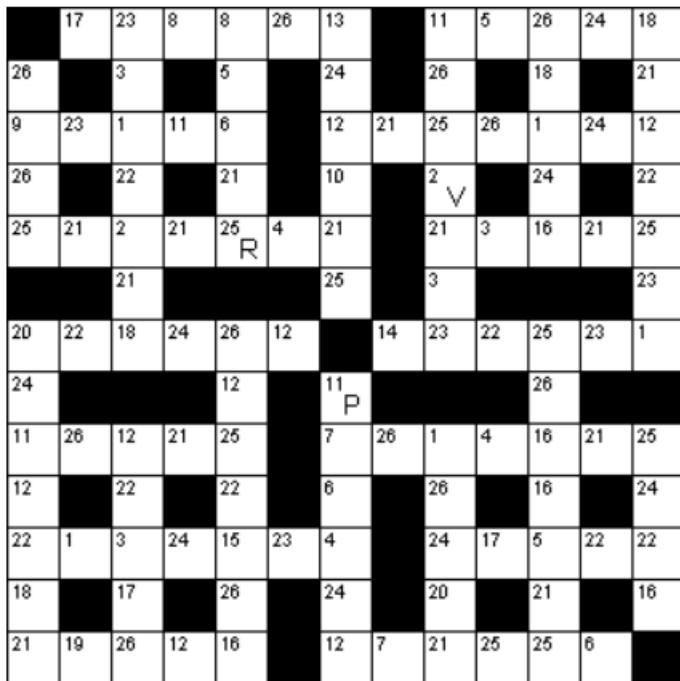
Across

1. Large creature, cow's tail looks healthy (5)
4. Tin primate or starter (6)
8. Shred tempo for syncopated music (7)
9. Find perfection inside Alaska (5)
10. Hawaiian garland, certain relaxation (7)
11. Oddment found in pendant (3)
12. Star gets to discover objective (6)
14. Bravest try to find room in church (6)
18. Snow runner wrapped in buckskin (3)
19. Cop able to rearrange inert medication (7)
21. Young woman is out of order (5)
22. Find strength, request a minaret (7)
23. Uses caper to find a way out (6)
24. Replace initial calories in a dairy product with a dead end aspiration (5)

Down

1. Conflict and declamation result in court order (7)
2. Spiritual being viewed from different angle (5)
3. Building discovered if ice found (7)
4. Confused her cub with infant (6)
5. Lacking experience, twisted a vein (5)
6. Introduce a gift (7)
7. Foreign leader showed the way or ran (4)
13. Spanish affirmative during monsoon produces fruit (7)
15. Turn mere lad into stone (7)
16. Measure limb on sailing ship (7)
17. Has sleep trouble, essentially (6)
18. Box or spring ring leader (4)
19. Previous Australian leader makes dough (5)
20. I love various Mediterranean fruit (5)

PUZZLE (SOLUTION ON PAGE 87)



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

Items for the 'Lookaround' should be emailed to:
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

Many of our advert contracts will expire for the February 2020. We will be emailing you to remind you but please don't forget to renew 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

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellicottage.co.uk	21529
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) 1D; 1T; TVL; CH; DW; P; DR; VB e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB e-mail: ali@interact.co.uk	20360
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB e-mail: Daleslea@outlook.com	21789

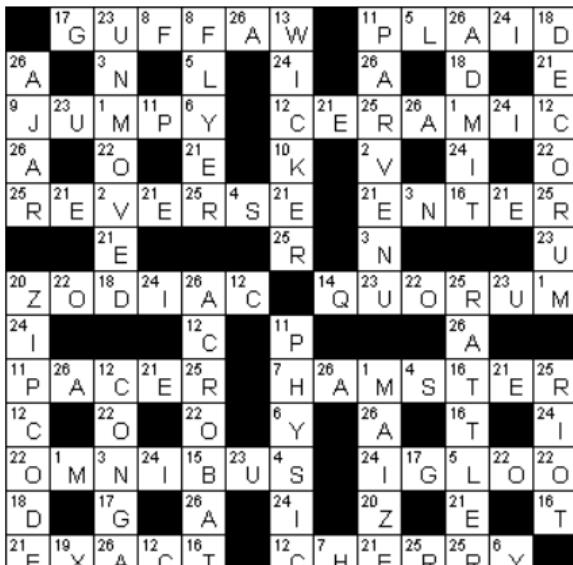
CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi Speight Cottage: Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub e-mail: sam@thecapps.co.uk	34032
Mr E Welti	8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS e-mail: ed_welti@btinternet.com	20770
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Self-Catering Sleeps 6 e-mail: ali@interact.co.uk	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
Ann Newbold	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk	45845

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;; NC = No Children; CW = Children Welcome; TL = Table Licence; DFB = Dairy Free Breakfast

PUZZLE SOLUTIONS



1	M	2	V	3	N	4	S	5	L	6	Y	7	H	8	F	9	J	10	K	11	P	12	C	13	W
14	Q	15	B	16	T	17	G	18	D	19	X	20	Z	21	E	22	O	23	U	24	I	25	R	26	A

Organisation	Updated	Contact	Tel:	015396
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 l'Anson	Sed:	21757	
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com			
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554	
People's Gym	12/19	membership@sedberghgym.club			
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	12/19	Sedberghswimclub@gmail.com			
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	12/19	Mrs Morrison	Sed:	20209	
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.

DIARY OF EVENTS

Dates are held up to 09/12/2020.

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.

DECEMBER 2019

01	1800 Advent Service	StAS
03	WIK Xmas Dinner - NEW DATE (Oct)	GC
03	1000 Grief Share	CCCN
03	1930 Ladies NFU - Life as a community PC (Nov)	PH
03	1930 Xmas Concert - Ingleton Church	
03	1930 Town Band Spectacular (28,5)	StAS
04	1000 Coffee Morning - Bellringers (3)	StAS
04	1800 Sedbergh Late Night Opening (1)	
05	1900 Howgill Firbank WI Xmas Party	TBA
05	1930 Sedbergh Parish Council Meeting (30)	PH
06	Dent Folk Carols Weekend	DMH
06	1400 Dentdale head to foot Jacobs Join (Nov)	DMH
06	1900 Informal Carols - Casterton Church	
06	1930 Lakeland Voice Dent (26)	
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	1530 Xmas Concert - KL Church	
08	1700 Sedbergh School Advert Service (Nov)	SS
10	1400 WIK-TBA (Jul)	PH
10	1930 Domino Drive	FCH
10	1930 Living Christmas Concert - Casterton Church	
11	1915 WID - Christmas Meal	TBA
11	1930 HS - Stone circles (Oct)	StAS
11	1930 WIS - Christmas Dinner	TBA
12	Election day	PH
12	1200 Age UK - Sedbergh Lunch Club	
13	1800 Family Christmas Pantomime (12)	PH
14	Kendal Folk Carols - Kendal Mkt Place (Sep)	
14	Lakeland Voice Kendal Marketplace (26,6)	
14	930 Artisan Market Sedbergh (14)	
14	1900 Five in a Bar Concert (16)	StAS
14	1930 Carol Singing	FCH
15	Settle Carlisle Train Singing Weekend (26,6)	
15	1100 Winter Solstice Meditation (15)	MCD
17	1000 Grief Share	CCCN
17	1930 Ladies NFU Meeting	PH
19	1900 Xmas domino drive	HVH
22	1630 Walking Nativity (22)	CCCN
22	1800 Carol Service (Nov)	StAS
24	2300 Midnight Communion	StAS
25	Christmas Day	
25	1030 Christmas Family Communion	StAS
26	Boxing Day	
29	1030 United Service	StAS
31	New Years Eve at the Dalesman (54)	

JANUARY 2020

01	New Years Day at the Dalesman (55)	
07	Cheng Hsin - workshop with Brendan Lea	TBA
08	1930 WIS Upcycling (45)	PH
09	1930 Sedbergh Parish Council Meeting (30)	PH
10	1900 Embodied Mind - Mindful Body (14,18)	CCCN

14	1930 Domino Drive	FCH
15	1930 HS - Icehouses and the trade in ice (Oct)	StAS
17	1330 Art Society - Mixed Media (Oct)	CCCN
17	1930 Barbon Agricultural Soc Domino drive (57)	BVH
18	1000 Art Society - Painting day (Oct)	CCCN
21	Sight Advice meeting (Nov)	PH
21	1400 Sight Advice Dignity in Dementia (58)	PH
21	1400 SASL Sedbergh Group	PH
22	1930 Cumbria Wildlife - East Greenland	StAS
25	Burns Night Extra with Denis Westmoreland	PH
26	1930 Appleby Hall Trio Volant (Oct)	
29	930 Yoga Brunch at Malabar (69)	

FEBRUARY 2020

05	1930 HS - Markets to supermarkets (Oct)	StAS
07	1930 AS AGM - Photographs for Painting (Oct)	CCCN
08	1000 Art Society - Gum and Ink (Oct)	CCCN
09	1930 Appleby Hall Jamal Aliyev (Cello) (Oct)	
11	1930 Domino Drive	FCH
12	1930 WIS Saxophone and its musi	PH
13	Art Soc Portrait group (23)	CCCN
18	Sight Advice meeting (Nov)	PH
18	1400 SASL Sedbergh Group	PH
19	1930 HS - History of Zreece (Oct)	StAS
22	1930 Domino Drive	FCH
26	1930 Cumbria Wildlife - Smardale and Waitby	StAS

MARCH 2020

01	1930 Appleby Hall Cumbria Film Archive (Oct)	
04	1930 HS - Thorns, Ribblehead (Oct)	StAS
05	Sedbergh Orchestra Concert (27)	tba
07	1000 Art Soc - Watercolour landscapes (Oct)	CCCN
10	1930 Domino Drive	FCH
11	1930 WIS Mutiny on the Bounty and Cumbria	PH
17	Sight Advice meeting (Nov)	PH
17	1400 SASL Sedbergh Group	PH
18	1930 HS - The many worlds of Adam Sedgwick	StAS
21	1900 History Society AGM (Oct)	StAS
22	1930 Appleby Concerts - Sacconi String Quartet	
25	1930 Cumbria Wildlife - Freerange Children	StAS

APRIL 2020

08	1930 WIS Theatre by the lake and beyond	PH
21	Sight Advice meeting (Nov)	PH
21	1400 SASL Sedbergh Group	PH
24	1330 Art Society - Line and Wash (Oct)	CCCN
25	1400 Sedbergh Spring Show (68)	PH

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 A chilly day on the fells

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	1400	Every Thursday	Community Social	Gladstone House
1000	1st and 3rd Tuesday	Grief Share	CCCN	1830	Every Thursday	Swimming Club	SS
1215	Every Tuesday	Over 50's Swimming	SS Baths	1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1330	Every Tuesday	Knit & Natter	GH	1430	Every 2 weeks	Cameo Club	CCCN
1830	Every Tuesday	Cub Scouts	SHQ	1430	1st Thursday	Afternoon Cream Tea	Duo
1830	Every Tuesday	Swimming Club	SS	1930	1st Thursday	Howgill WI	FCH
1900	Every Tuesday	Environmental Group	Red Lion	1200	2nd Thursday	Age UK Lunch Club	Dalesman
1930	Every Tuesday	Bridge Club	WHC	1915	2nd Thursday	Royal British Legion	WHC
1400	2nd Tuesday	Killington WI	PH	1930	2nd Thursday	Sed. Parish Council	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH	0930	Every Friday #	Little People	CCCN
1930	3rd Tuesday	Ladies NFU	PH	1100	Every Friday	Mindfulness Course	MCD
0830	Every Wednesday	Sedbergh Market	JLCP	1800	Every Friday	Cub Scouts	SHQ
1000	Every Wednesday	Coffee Morning	StAS	1930	Every Friday	Scouts & Explorers	SHQ
See Group Page for contact details & Diary Page for Keys				1330	1st Friday	Dentdale Club	DMH
				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 * <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 Saturdays from 21st December 2019 ufn							
Dent Station Connecting Trains (see full timetable next page)							
Dent Station							
Train to Carlisle		1048			1815	1944	19:44
Train to Leeds		1041			1732	1938	19:38
Buses From Dent to Kendal							
Dent Station			1053			1737	1947 S
Dent Village		0820	1108		1505	1752	2002 S
Sedbergh Maryfell		0835	1123	1315	1520	1807	2017 S
Sedbergh Library		0837	1125	1317	1522	1809	2019 S
Sedbergh opp. Morphets		0839	1127	1319	1524		
Killington M6 Bridge		0847	1135	1327	1532		
Oxenholme Station		0857	1145	1337	1542		
Kendal K Village		0902	1150	1342	1547		
Kendal Blackhall Road		0908	1156	1348	1553		
Kendal Morrisons		0913	1201	1353	1558		
Buses From Kendal to Dent							
Kendal Morrisons		0923	1223	1403	1608		
Kendal Blackhall Road		0928	1228	1408	1613		
Kendal K Village		0933	1233	1413	1618		
Oxenholme Station		0938	1238	1418	1623		
Killington M6 Bridge		0948	1248	1428	1633		
Sedbergh opp. Morphets		0956	1256	1436	1641		
Sedbergh Dalesman	0800	0958	1258	1438	1643	1855 S	
Sedbergh Maryfell	..	1000	1300	1440	1645	1857 S	
Dent Village	0815	1015		1455	1700	1912 S	
Dent Station		1030			1715	1927 S	
S = summer time only (British Summer Time)							

BUS SERVICES

Western Dales Bus S3 Dent/Sedbergh Tuesdays Winter 2019. From Tuesday 17th December 2019 ufn				
Buses From Dent to Hawes				
Dent Village		0942	1144	1421
Sedbergh Spar		0958	1200	1437
Sedbergh Dalesman		0959	1201	1438
Sedbergh Maryfell		1001	1203	1440
Farfield Mill entrance		1003	1205	1442
Garsdale Street		1012	1214	1451
Train to Carlisle		1054	1222	1448
Trains to Leeds			1205	
Coal Road (Garsdale Station turning)		1017	1219	1456
Moorcock Inn		1018	1220	1457
Hawes Creamery		1029	1231	1508
Hawes Market Place		1031	1233	1510
Hawes Dales Countryside Museum		1033	1235	1512
Buses From Hawes to Dent				
Hawes Dales Countryside Museum		1043	1320	1522
Hawes Market Place		1045	1322	1524
Hawes Creamery		1047	1324	1526
Moorcock Inn		1058	1335	1537
Coal Road (Garsdale Station turning)		1059	1336	1538
Train to Carlisle		1054		
Trains to Leeds				1559
Garsdale Street		1104	1341	1543
Farfield Mill entrance		1113	1350	1552
Sedbergh Maryfell		1115	1352	1554
Sedbergh Library	0915	1117	1354	1556
Sedbergh opp. Morphets	0916	1118	1355	
Dent Village	0932	1134	1411	
Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Winter 2019. From Fri 20th December 2019 ufn				
Buses From Dent to Kirkby Stephen/Brough				
Dent Village		1017		1454
Sedbergh Spar		1033	1300	1510
Sedbergh Dalesman		1034	1301	1511
Sedbergh Maryfell		1036	1303	1513
Cautley, Cross Keys		1043	1310	1520
Fat Lamb		1050	1317	1527
Kirkby Stephen Station arr		1057	1324	1534
Train to Carlisle		1106		1501
Train to Leeds		1146		1546
Kirkby Stephen Station dep		1106	1324	1534
Kirkby Stephen Town		1111	1329	1539
Kirkby Stephen Co-op		1113	1331	1541
Brough Clock		1121	1339	1549
Buses From Brough/Kirkby Stephen to Dent				
Brough Clock		1131	1349	1559
Kirkby Stephen Co-op		1139	1357	1607
Kirkby Stephen Town		1141	1359	1609
Kirkby Stephen Station arr		1146	1404	1614
Train to Carlisle		1106		1501
Train to Leeds		1146		1546
Kirkby Stephen Station dep		1151	1404	1614
Fat Lamb		1158	1411	1621
Cautley, Cross Keys		1205	1418	1628
Sedbergh Maryfell		1212	1425	1635
Sedbergh Library	0950	1214	1427	1637
Sedbergh opp. Morphets	0951	1215	1428	
Dent Village	1007		1444	

BUS SERVICES

S4/S5 Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green
Thursday Only commencing Thursday 21st 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>	09.34	11.06	15.01
<i>Trains from Carlisle to Leeds</i>	09.20	11.46	14.31
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
 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>	11.06	15.01	17.04
<i>Trains from Carlisle to Leeds</i>	11.46	14.31	15.46
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 For Garsdale times, add 5 minutes			Southbound to Leeds 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 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

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

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

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

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545 375721

Combined plans for Western Dales Mission Community - December 2019						
	Time	1 st	8 th	15 th	22 nd	29 th
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
St. Andrew's, Sedbergh LA10 5BZ	10.30pm	United Service 6pm Advent Carols	HC	HC	FS Carols 6.30pm Town Carol Service	United Service
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service at St. Andrew's or People's Hall	David Crouchley HC	Nora Alderson Sunday Club Celebration 4pm- Messy Church	David Crouchley 6.30pm WDMC Town Carol Service	United service at St Andrew's
People's Hall Sedbergh LA10 5DQ	10.30am	David Crouchley				
St. Mark's, Cautley LA10 5LZ		2.30pm HC	9.30am MP-NC	At Sedbergh	2.30pm Carols	At Cautley Methodist Chapel
Cautley Methodist Chapel LA10 5LY	11am	Brian Park	Sarah Crouchley	David Crouchley	William Allen	Philip Nolan United Service
St. John's, Garsdale LA10	10am	United Service	At Garsdale Low Smithy United Service	At Garsdale Street United Service	Service of the Word	Service of the Word
Garsdale Low Smithy Methodist Chapel LA10 5PF	2pm	At St. John's United Service	Hazel Jackson United Service	At Garsdale Street United Service	Brian Park	Ralph Penny-Larter
Garsdale Street Methodist Chapel LA10 5PQ	6.30pm	At St. John's United Service	At Low Smithy United Service	Pam Dent Carols United Service	June Allen	Martin Dodds
All Saints, Killington LA6 2HA		At Sedbergh	At Sedbergh	At Sedbergh	Nativity & Carols 23 rd at 5pm	At Sedbergh
Holy Trinity Howgill LA10 5JD		At Sedbergh	At Sedbergh	At Sedbergh	Carols 2pm	At Sedbergh
St. John's Firbank LA10 5EF		At Sedbergh	At Sedbergh	At Sedbergh	Carols 23 rd at 7pm	At Sedbergh
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	HC 7pm- Carols	HC United Service
St. John's, Cowgill LA10 5RJ		9am HC	At Dent	2.30pm EP Carols – 19 th	At Dent	At Dent
Dentdale Methodist Chapel LA10 5QJ	2pm	Chris Fawcett	TBC Carols	William Allen	David Crouchley HC	Pam Dent
Dent Foot Methodist Chapel LA10	2pm	David Crouchley	At Dentdale	June Allen	At Dentdale	Philip Nolan
	Wednesday	4 th	11 th	18 th	25 th	
St. Andrew's, Sedbergh LA10 5BZ	11.15am	HC-BCP	HC-BCP	HC-BCP		
HC- Holy Communion (HCx- Extended Communion) SW- Service of the Word FS- Family Service HS- Healing service		Ec- Ecumenical CM- Choral Matins (BCP) P&M- Prayer & Meditation EP- Evening Prayer				

Combined plans for Western Dales Mission Community - January 2020						
St. Andrew's, Sedbergh LA10 5BZ	8am		HC-BCP	HC-BCP	HC-BCP	HC-BCP
St. Andrew's, Sedbergh LA10 5BZ	10.30pm		United Service at Cornerstone or People's Hall	HC	HC	FS
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am		United Service at Cornerstone or People's Hall Philip Nolan	Covenant Service David Crouchley	Circuit Tebbutt 4pm- Messy Church	David Crouchley
People's Hall Sedbergh LA10 5DQ	10.30am		Dick Gorst			
St. Mark's, Cautley LA10 5LZ			2.30pm HCx	9.30am MP-NC	At Sedbergh	2.30pm Prayer & Meditation
Cautley Methodist Chapel LA10 5LY	11am		Brian Park	OA	At Sedbergh	W. Allen
St. John's, Garsdale LA10	10am		United Service HC	At Garsdale Low Smithy United Service	At Garsdale Street United Service	Service of the Word
Garsdale Low Smithy Methodist Chapel LA10 5PF	2pm		At St. John's United Service	United Service Pam Dent	At Garsdale Street United Service	Philip Nolan
Garsdale Street Methodist Chapel LA10 5PQ	6.30pm		At St. John's United Service	At Low Smithy United Service	United Service David Crouchley	Brian Park
All Saints, Killington LA6 2HA	2.00pm		At Sedbergh	At Sedbergh	2.00pm HC	At Sedbergh
Holy Trinity Howgill LA10 5JD	10.30am		At Sedbergh	At Sedbergh	At Killington	At Sedbergh
St. John's Firbank LA10 5EF	10.30am		At Sedbergh	At Sedbergh	At Killington	At Sedbergh
St. Andrew's, Dent LA10 5QL	10.30am		HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ			2.30pm HC	At Dent	2.30pm EP	At Dent
Dentdale Methodist Chapel LA10 5QJ	2pm		June Allen	Sarah Crouchley	Chris Fawcett	David Crouchley
Dent Foot Methodist Chapel LA10	2pm		At Dentdale	At Dentdale	At Dentdale	At Dentdale
	Wednesday	1st	8 th	15 th	22 nd	29 th
St. Andrew's, Sedbergh LA10 5BZ	11.15am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
HC- Holy Communion (HCx- Extended Communion) SW- Service of the Word FS- Family Service HS- Healing service			Ec- Ecumenical CM- Choral Matins (BCP) P&M- Prayer & Meditation 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
for further details

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street

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

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

POLICE

101 or 999

Crimestoppers 0800 555 111

Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

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."

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