

Sedbergh & District **LOOKAROUND**

August 2019

Issue 379

Donation £1

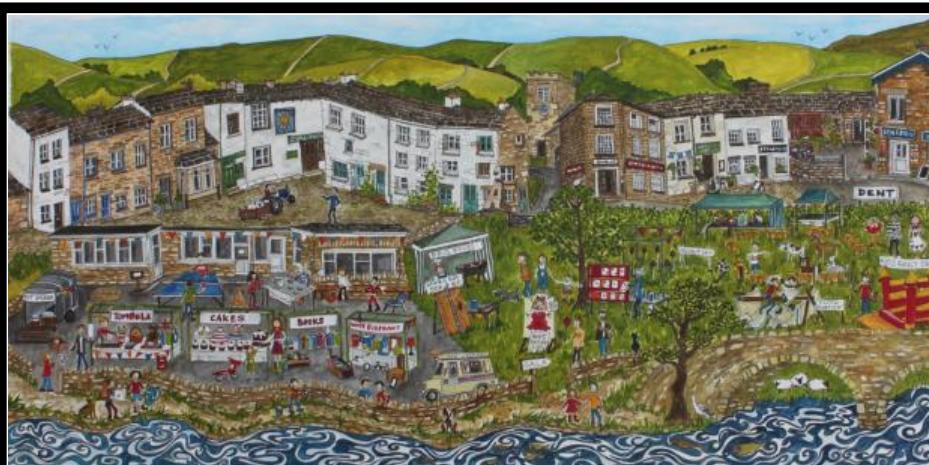
Our new advertiser this month is Pennine Outdoor Fabrics Ltd, based in High Bentham. Welcome and many thanks to them—see their article on page 12.

I've a couple of apologies to make this month. First to Linda Killops at

the Bowling Club—we referred to her as the 'Anon' author of last month's Bowling Club article, of course 'Anon' isn't Linda's name at all!

Secondly we haven't published a Crossword for a while, I've made up for it this month.

Ed.



Dent Gala

Bank Holiday Monday 26th August 12-3pm

Lots of stalls, games for old and young, dog show for all comers,
children's fancy dress.

Most importantly food provided by the W.I.

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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August Birthdays

**No Birthday
Announcements for
August. Send yours
for September now!!**

Weekly Coffee Morning

St Andrews Church

Weds 10 am to 12 noon

7th Aug Allotments Assoc.

14th Aug N.W. Cancer

21st Aug T.B.A.

28th Aug St Andrews Mission

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

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Phone:

07464 895425

Address:

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

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

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20-55-41

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Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

COUNTY CRICKET IN SEDBERGH

Andrew Fagg Media Officer YDNP

Lancashire County Cricket Club played Durham at Sedbergh School last month, causing some angst among loyal supporters who weren't too keen to be playing a home fixture in Yorkshire. Sedbergh may be in Cumbria but I believe most locals, of a certain age at least, are sticking to it being in Yorkshire! Either way, this old West Riding town is definitely not in Lancashire. That didn't stop the club making Sedbergh School its first new 'outground' for more than thirty years, and in doing so making history by bringing the first first-class cricket match to the Yorkshire Dales National Park. Around 2,500 spectators watched each day of the County Championship match. As swifts screeched overhead, and the hospitality van generator hummed, passers-by would ask, 'Which one is Jimmy Anderson?' The unmistakable

bowling action of England's all-time top wicket taker was a fine thing to behold. The fans looked content in the magnificent setting of the school grounds and the Howgill fells, but not every Lancastrian was happy to be playing a home match that was as near to Durham as it was to Old Trafford. "What the bloody hell are we doing playing in Yorkshire?" was the question put to me by one watching club member. Club historian the Rev Malcolm Lorimer, ensconced in the press tent, had a rather different perspective. "We're only just in Yorkshire," he pointed out, "and anyway this is revenge for 1865." That was the year, he said, that Ashton CC of Lancashire, then a very strong club, staged a first class match between Yorkshire and Cambridgeshire. So it was Yorkshire which started this home-match-on-rival-territory business. "It's fantastic for Lancashire to be playing here because it brings cricket closer to

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Evening Prayers

Sunday 4th August

8am Prayer Breakfast

10:45 am "Lark in Ark with Mrs Noah"

CAFÉ ALL DAY. CRAFT WORKSHOPS

6pm Evening Worship

Monday 5th August

8am Prayer Breakfast

FAMILY ACTIVITIES AND CAFÉ

6pm Café church

7pm Andrew and Tina Woof

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members living in the north of the county," said Mr Lorimer. One steward, a Lancashire club member since 1952, was similarly pleased to be in Sedbergh. "It's bringing cricket to the fans. It feels like village cricket. We'll be back next year," he said.

The Director of Cricket at Sedbergh School, Martin Speight, said diplomatically: "We have very close links with Lancashire, Durham and Yorkshire. We're in the middle of all three. This is about showcasing first class cricket. It should inspire some kids to get out there and play the game." And the score? Well, the pitch wasn't 'doing much' for Jimmy and co, and Durham held out for a draw.

SETTLEBECK CRICKET COACHING

Michael Pulford

In June cricketers from Settlebeck School had another visit to Headingley for coaching at the Indoor Centre by Pro Coach Yorkshire. Afterwards they went on a guided tour of the cricket ground. Both the coaching and the tour were greatly enjoyed.

The coaching was funded by the Yorkshire Ridings Society, a group which campaigns for a better understanding of the 'historic' boundaries of Yorkshire. Sedbergh, Dentdale and Garsdale are of course within the West Riding of Yorkshire. The coaching aims to maintain cricket links between the area and its traditional county. In previous years Pro Coach Yorkshire have been to Dent Primary and Sedbergh School, the latter to coach Sedbergh CC Juniors.

SEDBERGH TENNIS CLUB

Martin Lewes

The club has just completed a six-week course of coaching for two junior age groups and adults, and our huge thanks to the coach, Michael Cartmell, who made it such a success.

And that success can be measured, because one of the parents who came along, Becky Gubbins, and Michael, are proposing another six weeks in the autumn, starting 15th September!

There's obviously a bit of a gamble with the weather, but see the Sedbergh Tennis Club Facebook page for details.



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THE ZREČE SCHOOL VISIT TO SEDBERGH IN JUNE 2019

Dave Smith

It is great to see young people from two different countries, with different mother tongues, talking animatedly to each other, then moving along to a different student and talking animatedly to them, then on again to the next and so on until each student had talked to 30 others over an hour and a half period. That was the first of the activities that students from our twin town, Zreče in Slovenia, and from Settlebeck School engaged in, while sat in a circle in the People's Hall on Thursday the 27th June.

During the break they were already swapping email and social media details, and by the end of the day during the BBQ on Settlebeck's sport's field, after each had consumed a substantial amount of Garth's sausages and burgers, they spontaneously came together in two large groups and just talked and laughed until nearly the end of the event. Finally we had the traditional tug-of-war, in which everyone, including the teachers, heaved and strained, and in the latter case probably put their backs out.

During the afternoon they all walked together in groups, along the river and through Akay woods and, as usual, the students from Zreče were knocked out by the Dales scenery in perfect weather, unlike last time when it rained almost constantly. For those of us who have stayed in that area of Slovenia, we much appreciate their beautiful landscapes of forestry, mountains, and steep-sided hills, each with a white church perched on the top, lit up at night like beacons, stretching into the distance. But here the landscape is so markedly different, as is the culture and history of sheep and wool in the Dales.

The Zreče students learn about this heritage and gaze in wonder at field after field of sheep and scattered far away up onto the fells. And during this year's visit they stayed an extra day so that they could walk along the river to Farfield Mill, where they were introduced by the artists and weavers' group, to weaving, textile art, painting and Dimitri's hand-made silver jewellery. They had a tour of the heritage floor, and were aghast at the working conditions of the men, women and children in Victorian times. Then there were drinks and

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cakes in the cafe and it all passed too quickly. We had to get back to Settlebeck for our tour of the school, such a very different educational environment to their own.

All agreed that it was so much better than London here. They always have one day and one night there on the way, by coach, from Slovenia. How satisfying to know that we have so much more to offer than our huge capital city. Their capital, Ljubljana, is a city of only 300,000 people. Here they find the chance to learn about a different culture, to hone their English skills, appreciate the landscape and beauty of our little town and most importantly to find new friends. The same teachers return again and



again in love with the Dales and Sedbergh.

This was their ninth visit to Sedbergh and we intend to return to Zreče next February, our tenth visit, to ski, bathe in their warm spa waters, visit Ljubljana, Postonia (their magnificent caves), Pretjama (their fairy tale castle) and to see our new friends again. By the end of our visit nearly 600 students will have experienced each other's country and culture over the last 15 years.

If you would like to join us, you must live in Sedbergh and District or attend a school in Sedbergh. The cost should be £600 per person for the 7 day trip, but is subsidised by local charities and organisations to the tune of £250. So the cost is actually only £350.

If you are interested write to Dave Smith, Father Haw, Howgill Lane, Sedbergh LA105HE for more details and an application form. Or send an email to dsfatherhaw@hotmail.com.

Finally the town twinning group would like to thank Sedbergh School for putting on such a generous lunch, the Middleton family for making the BBQ such a tasty occasion, Farfield Mill staff and artists for their support and of course Settlebeck students & staff for helping to make the visit such a great success.



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SEDBERGH TOWN TWINNING

Susan Garnett

We have just had the pleasure of hosting Tadej Rupel, the Slovenian Ambassador to the UK, for a flying visit as he travelled north on business. David Burbidge managed to muster some of his Lakeland Voices for our entertainment (and that of the unsuspecting but appreciative customers and staff at the Black Bull!). David has recently returned from a very successful tour of Slovenia (See report in July Lookaround).

The meeting was a good opportunity to report on the late June visit to Sedbergh of 30 Zreče students and their 7 teachers. Over many years we have got to know the

Zreče staff very well indeed and we enjoyed meeting up again. Thanks in part to some superb weather, all their activities and excursions went very well and many new friendships were made between all our young people. It is good to see our community welcoming our Slovenian visitors. Our thanks as ever to Settlebeck and Sedbergh Schools and Howgills Bunk Barn amongst many others including our Town Twinning subscribers whose contributions have gone a long way in furthering our student exchanges. It is hoped a group of Sedbergh students will visit Zreče next February. (Details elsewhere.)

Looking to the future, we hope to take an adult group to Slovenia in late September/early October. This can

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be themed according to participants' special interests eg gourmet/ agriculture/art and crafts/walking/ history etc. etc. Please get in touch with either Garth or myself if you are interested in joining us. Next May 2020 will mark 15 years since our Twinning charter was signed and we would like to celebrate the occasion in style. We travelled to Zreče in May 2015 for our 10th anniversary and hosted a splendid celebration in Sedbergh in return. Several representatives including singers, students and musicians came to visit us on that occasion. As Tadej Rupel retires from his post in July he will be with us again as a lead supporter of all our twinning activities. Should you wish to travel with the Sedbergh delegation around May 27th 2020 then get your name down now! We were splendidly welcomed and entertained last time and Slovenian hospitality is always second to none!

We look forward to hearing from you.

Susan 015396 21138 Garth
015396 21210
msg@wardses.org.uk
garthsteadman@yahoo.com

NEW TOURISM BUSINESS AWARD AT CUMBRIA TOURISM AWARDS 2019

Liza Wallace

Thomson Hayton Winkley Solicitors, Strategic Partners to Cumbria Tourism, were proud sponsors of the Cumbria Tourism 2019 Awards ceremony last night. The event celebrated the very best of the county's vibrant £3billion tourism industry and attracted a record number of entrants. Thomson Hayton Winkley sponsored the New Tourism Business Award. This category celebrated high performing new tourism businesses, trading for at least 6 months and up to 2 years, demonstrating excellent understanding of their market exceeding expectations of their

The Royal British Legion, Sedbergh Branch has arranged a talk on
IRELAND 1919 – 1969



It is 50 years since British Troops were put onto the streets of Northern Ireland. How and why did this situation occur? To understand we need to follow the history of both parts of Ireland from Partition in 1921. How what was seen as temporary became immovably permanent

Friday 9th August at 7.30 pm
In St Andrews Church
An illustrated talk will be given by Nick Cross
Tickets £5 on the door
Refreshments (Tea/Coffee/biscuits)



customers and with clear plans for the future. The finalists were; Dome House Lakes, Bowness-on-Windermere, 1692 Wasdale and The Black Bull, Sedbergh.

The Black Bull was the winner.

"New businesses are an indication of our thriving county. We are delighted to be a strategic partner of Cumbria Tourism and promote this part of the country as the place to be. Thomson Hayton Winkley offers support to a diverse range of tourism businesses across the county, and has guided many businesses through their development. Many congratulations to the Black Bull, Sedbergh for winning the New Tourism Business Award."

Managing Director of Cumbria Tourism, Gill Haigh, says, "Our world-class landscape and cultural heritage is world renowned, proudly matched by world class product. Last year the county's tourism industry contributed a staggering £3billion to the county's economy and supported around 65,000 jobs - that's around 20% of the county's total employment. "Not only that, but the industry also provides an incredible offer for our



visitors – both national and international – and contributes significantly to what makes it an incredible place for us and others to live, work, study and invest in. Last night was a showcase and celebration of not just the best of Cumbria but easily some of the best the nation has to offer.

Our thriving tourism businesses have again showed the sheer range, quality and innovation on offer in the county and this event reinforces the hard work and dedication shown by tourism businesses who deliver world class experiences to millions of visitors day in, day out. We should be tremendously proud of not only our award-winners, but of all of the finalists! Cumbria Tourism and the industry is fortunate to have a wide range of supporters and would particularly like to thank all of its generous sponsors for making the event possible."

Our congratulations to all the winners on the night. The team at Cumbria Tourism Awards also deserve congratulations for putting on such a great event to showcase our great county. Cumbria really is #theplace2be!

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Pennine Outdoor was established in Holmfirth in 1962 and moved, under new ownership, to High Bentham on the edge of the Yorkshire Dales in 2003. It changed ownership again in 2017 and is now called Pennine Outdoor Fabrics Ltd. Throughout this time we have been providing fabric and accessories to thousands of satisfied customers, both corporate and private. We pride ourselves on our fast, friendly service, great value and expert advice.

As our name suggests we specialise in fabrics suitable for outdoor use. We have a wide range of, light, medium and heavyweight

fabrics in a number of different styles such as textured nylon, acrylic canvas, polyurethane coated nylons and polyesters, ripstop nylon and silicone coated nylon. We also stock stretch and thermal fabrics such as fleece, neoprene, softshell and Thinsulate as well as moleskin and tweed.

Some of our fabrics are UV stable - great for garden projects, awnings and outdoor upholstery as well as covering boats, trailers and even aeroplanes!

Whatever your requirements, chances are we have a suitable fabric for your projects whether large or small. You could make your own jackets, trousers or tops with microfleece or softshell as well as water proof and breathable fabric. We

Educational Grants 2019/20

Dent Grammar School Educational Foundation

Students or potential Students under the age of 25 years are invited to apply for a grant in respect of the academic year 2019-2020.

You must have attended Dent C of E Primary School or your parents must presently live, full time, in the Parish of Dent with Cowgill.

Grants are made in respect of study at any School, University or Institution of Further or Higher Education approved for the purpose by the DGS Trustees. The money awarded may go towards, for example: accommodation, equipment, reasonable travel expenses, field courses and placements essential to the course of study. Trustees have the power of final decisions under the rules of the Charity.

The number and size of grants will be decided at the September Committee meeting, when the amount of funds will be confirmed, and grants made available in October 2019.

Applications forms can be downloaded from <http://www.dentdale.com> or directly from the Clerk: Helen Seabridge,
Clerk, Dent Grammar School Educational Foundation,
Rise Hill View, Laning,
Dent, Sedbergh, Cumbria, LA10 5QJ
Email: dgsef1@yahoo.co.uk

Closing date: completed applications to be with the Clerk by **midnight**
Monday 2nd September 2019

NB – applications arriving after this deadline will not be considered.

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Check out our website, <https://www.pennineoutdoor.co.uk> If you do not see what you are looking for we might still be able to help, so please get in touch. Alternatively why not pay us a visit (please note our opening times – it's worth giving us a quick ring before making a special journey). There is a free carpark behind our shop.

Just a short walk down the street is our sister shop – Temptations Craft Boutique. An Aladdin's cave of quilting, sewing, knitting, crochet and crafting supplies They are agents for Brother sewing machines and offer workshops for those wanting to learn or improve their skills. Come and visit us both!

Get creative and enjoy the outdoors!

LOCAL GRANTS TOUCH THE HEART OF RURAL COMMUNITIES

Mike Appleton

Voluntary groups and organisations across the Yorkshire Dales have received funding worth more than £104,000 thanks to a charity's local grants programme. Yorkshire Dales Millennium Trust, based in Clapham, has helped 88 projects through the Roger Stott Community Grant Programme over the last two years. Supported by players of People's Postcode Lottery, the grants of between £250 and £1,500 are available for voluntary organisations and community groups with an annual income of less than £30,000, and can be used to develop both new and existing initiatives. The latest round saw £21,872.72 awarded to 17 projects, taking the total since March 2016 to £104,425.15.

They include equipment and training for Settle Stingrays Swimming Club so they can provide a

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safe swimming environment for young people, £1,300 for Reeth & District Community Transport for low cost transport in Swaledale and support for Skipton Refugee Support Group so they can perform an educational play across three secondary schools in Craven.

Michaela Brennan, YDMT Project Officer, said: "Community and voluntary groups are vital to rural areas like the Yorkshire Dales, building skills and tackling loneliness and social isolation.



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Web: www.gjbainesandson.co.uk

"We are delighted to have supported 88 projects that make this special area of the world a better place to live and to visit. We are fortunate to be supported by players of People's Postcode Lottery who make this possible."

Will Humpington, Climate Change and Environmental Programmes Advisor at People's Postcode Lottery, added: "I'm thrilled that players of People's Postcode Lottery are helping to support voluntary organisations and community groups through YDMT's grants programme.

"These groups have a huge impact on the local people and the area of the Yorkshire Dales, and it's important that they are given the opportunity to deliver valuable projects and initiatives."

Over the last decade YDMT has received more than £2 million thanks to players of People's Postcode Lottery through Postcode Earth Trust, supporting this and many other projects that benefit the people, landscape and wildlife of the Yorkshire Dales. The Roger Stott Community Grant programme was launched in March 2016 in memory of the charity's founding Chairman.

It can cover revenue expenses such as staff costs, rent or training, or be used for capital such as furniture, computers or catering equipment for example. No match-funding is required, so groups can apply for up to 100% of the total project costs.

The next round of applications will be held between 23rd September and 28th October.

DEALING WITH SCAMMERS

About five years ago my father-in-law was the victim of a scam artist who fleeced him out of £5,000. Once he realised, he was devastated and we only got part of the money back. In the last six months he's received numerous calls, letters and texts from what look like other scammers. His memory isn't the best, what can we do?

Unfortunately, falling victim to a scam once can increase exposure to further scams - personal details are sold on to other criminals. Ask your father-in-law's telephone provider if they will block numbers you have identified as suspicious, and register

your father-in-law's number with the Telephone Preference Service.

Tell your father-in-law never to reply to a text from an unfamiliar number, as there can be costly hidden charges. Again, ask his mobile phone provider to block the number. If

he's already been stung, report it to Phone-pay Plus. Scammers often send letters

impersonating legitimate organisations. Advise your father-in-law not to respond unless he's sure it's genuine. He should contact the organisation directly to check – and don't just ring up the number on the letter, as it could be a bogus call centre. Register his name and



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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.

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address with the Mailing Preference Service.

Doorstep scammers commonly target older and more vulnerable people. Tell your father-in-law not to let anyone in unless he's expecting them, and not to feel embarrassed about turning people away. You can check their credentials and make an appointment if appropriate. Once again, make sure to not just use the contact details they provide.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 03444 111 444 for an appointment and help, 015394 46464 for debt and on-going enquiries. Please note the opening hours at Windermere have been reduced, but contact details remain the same.

South Lakes Citizens Advice is a registered charity,

No: 1118656 and company limited by guarantee, No: 6113551.

FRN: 617574

CAUTLEY AND DOWBIGGIN 1000MBPS B4RN NETWORK

Dr Gina Barney, B4RN Cautley Area Lead

The B4RN subscribers got together on 29 July for a BBQ, which was well attended and may become an annual event in the valley. The network extension to take Ghyll Farm and Underbank residents is progressing well with only two short length missing. Assuming the rain holds off the cropping can be done and these two lengths can be laid. We have been delayed a bit by wasps taking up residence inside a reel of 7mm duct.



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NEXT STOP, THE FUTURE.....

Stuart Manger

'Lookaround' tells us much about the activities of the adult population hereabouts, but emerging from behind those adults are the secret ambitions of the go-getting young who feature less on these pages. But we were all once aspirants, and dreamers, so how are the present school-uniformed kids shaping their futures? In this short series, I've talked to just a handful of the Sedbergh young about what they did next. It should surprise: their dreams are big, their achievements considerable.

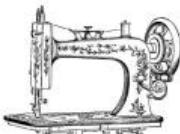
Sam Roper first crossed my path at BOF – Barrel of Fun – the St Andrew's Church Friday night Drama Club run by Judith Bush. Quiet at first, Sam soon realised that not only could he act, but that it was a lot of laughs, and it helped him realise he could try most things, from hilarious one-off improvisations, to formal

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Sheep show 10am

Stick Show 11.00am (enter on the day)

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Children's Sports 2.30pm

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acting with properly learnt scripts for public performance. He was also already a formidable mountain biker and road race cyclist, with dedicated and utterly selfless parents, who kept both Sam and brother Felix on the road in more senses than one to competitions and trials all over UK!

Sam grew up in Garsdale, started at Sedbergh Primary School half way through reception in 2000, came out with 5's in Sats. From there, he made the rarer choice to transition to Queen Katherine School in Kendal, because QKS had this investment in the arts, and their eye-opening Design and Technology department truly impressed him. Starting at QKS in 2007, he became involved with after-school drama classes, and the lunchtime 'Engineering Club'. He got

in with a group of mountain bikers, which further sparked his burning interest in cycling and cycle racing.

13 GCSE's with a couple of A*'s later, Sam drove on to A-levels in Maths, Physics, Product Design, and Chemistry at AS. This lead to A*AB, which surpassed the entry requirements to get onto the Mechanical Engineering course at the enormously prestigious Loughborough University.

In 2015, Sam is in university: 'the amount of work came as quite a shock', he says, but he coped, he got it under control, and hopes to be heading for a fine degree, and in that degree process, he has now chosen to do a year in industry to help figure out exactly what sort of Engineering

he wants to do. This has led to work for an aerodynamics group in north Oxfordshire, called TotalSim, a firm partly responsible for the cycling equipment used by for no less than Team GB at the Olympics! Sam says he learnt a lot, but, more to the point, got to meet the biggest names behind the success of Team GB. Now in his third year of university, Sam aims to finish his degree in June 2020 with a Masters in Mechanical Engineering.

Or what about Emma Hopkins?

From QES - exit with 10 GCSEs, 4 A-levels, as well as cleaner, librarian, guided reader assistant. And all the time, while doing this and at BOF drama group, she's helping to lead her Scout troop while herself moving to Queen's Scout Award,

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The DGSEF is a local charity based in Dent with 3 properties to care for:

2 flats in the original Grammar School building and
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The post requires a few hours per week, depending on requirements of the properties, and carries an honorarium of £300 per annum, paid in March and September.

If you are interested in such a part time post and would like further details and a Job Description, please contact the Clerk at dgsef1@yahoo.co.uk

representing Cumbria at the World Scout Jamboree in Sweden. And so to Duke of Edinburgh's Award Scheme right through from Bronze to Gold levels – and that's the very best you can get. Oh yes, and in between managed to fit in Grade 6 flute, Roof Box Company switchboard operator – and that's before she even got into University of Nottingham to graduate in Archaeology and Geography, Chairing the university Book Club, before moving on to PGCE Teacher training! And now? She's teacher to a Y3 class in a primary school – aha, so the easy jobs first – phew, so not! Emma is a high-octane cheerful, exuberant manager, an organiser, a cheerleader - as we discovered in BOF. Always a smile, always a can-

do outlook, and, more than that, she has the happy knack of making others feel they too can dare, can cope with the unexpected, the bizarre and aspirational.

It thrills me that the kids you say a casual Hi! to on Main St one day turn out to be showstoppers five years later. And it must happen all the time. Just think: the troops of green-clad QES students falling wearily off the daily buses back home with huge school bags, and like so many others in Sedbergh, those bags full of fulfillable dreams and hopes, fired by the energy and ambition to deliver them. Like Emma.

And there really are more like these two, as should appear in later editions of Lookaround.

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PEOPLE'S HALL NEWS

Dr Gina Barney, Hon Secretary

New entry system: It is tricky issuing and tracking entrance and other keys for the Hall and difficult for hirers to pick them up in the restricted time slots. So we have moved into the 21st Century and installed modern digital locks on the front and side doors and a manual lock on the bar. From now on hirers will receive a four (4) digit entry code for the front and side doors, when their hire is confirmed. To operate simply place your palm over the keypad, enter the four digit code and follow by * (star); simple. If you hire the bar you will be given the code for a conventional manual keypad. We hope this helps. Note the codes are time limited to the sessions booked. Many thanks to Keith Wood a new member of our Committee for this.

New chairs: We felt the grey chairs had become shabby with ferules missing and marks. The Hall has splashed out and bought 100 new blue chairs to match our new curtains. These new chairs are lighter and stack better than the grey ones. The comfort level is the same and those sensitive to this can still bring



The photo shows the outside the Hall in 1982: John Martin [left], Chairman of Sedbergh Chamber of Trade, presenting a cheque for £100 to Robert Taylor, (Chairman of People's Hall Management Committee 1980-1993) [right], with Dennis Whicker [centre], who organised a barrel roll.

cushions. Thanks to our two Sandra's (Longlands and Gold Wood) for this.

New roof: The Hall was built in 1956 and was reroofed in 1982. Dennis Whicker raised money doing a barrel roll (see the photo above). The roof is now leaking when the wind and rain are in an unfortunate direction. The leaks appear anywhere

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: dmpparratt@gmail.com for a form.

For more information, visit our website:

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





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and their entry points are not easy to find. The felts and insulation, such as they are, have deteriorated. We could struggle on but the random leaks prevents us from improving the main hall decoration, heating and lighting for fear of damage.

The cost to reroof is about £40k and we have raised half of this and can add some reserve funds. We are seeking other funding. If you want to help please contact a committee member. Thanks to Gina Barney for managing this.

Dates for your diary: Final Modern Sequence Dance: Saturday 19 October 2019 with Roe Valley.

Burn's Night Extra: Saturday 25 January 2020 Burn's Night with Dennis Westmoreland.

LOCAL SEDBERGH COUPLE CELEBRATE THEIR DIAMOND WEDDING ANNIVERSARY.

Julie Markey

Local couple Eric 'Rupert' & Margaret Major are celebrating their Diamond, 60th, wedding anniversary on August 22nd 2019.

Eric has lived in the Sedbergh area all his life. Margaret, like lots of girls of the time, came to Sedbergh from Co. Durham in the 1950's to work in the 'houses' at Sedbergh school. They met in 1956/7 & married in 1959.

Eric & Margaret started their married life living in the Folly until the 'new' houses were built on Fell Close, where they moved to in 1961 & have been ever since.

Eric attended the National & Settlebeck schools & then did an apprenticeship at Ryecrofts in painting & decorating, which set him up in his lifelong trade. After his national service, in the Royal Artillery, he went to work at Woodbridge & Mounsey in Kendal. He stayed there until he became self employed in the early 1970's. People may remember him scooting around in a mini van as he went up to some of the far off farms up in the fells. Also from 1960

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until 1972 he was a retained firemen at the Sedbergh station.

During her working days Margaret worked in Jean & Joe's bakery, the Westmoreland Gazette shop in Kendal, the canteen at the primary school in Sedbergh, as deputy warden at Gladstone house & in most of the houses at Sedbergh school, including cook at Evans. She also found time to be Guider for the girl guides from 1976- 1995, taking the girls to many camps in England, ranging from Northumbria to the Forest of Dean in Gloucestershire. Since retiring Margaret is one of the silent volunteers who call in on the elderly to check they are alright, doing shopping e.t.c. even taking their dogs for walks with their own Westies, Bruce then Penny.

Both have been active members of the local branch of the British Legion. Eric was on the committee for several years in the late 1970's & Margaret was part of the ladies section during the same time. Those in the Fell Close area will see Margaret calling in on the elderly with her Poppy box.

Margaret & Eric have two children Julie & Andrew 'Rupert'. They have five grand children & 2 great grand children with a 3rd due any day. They will be celebrating with close family & friends.

THIRD SECTOR TRENDS IN THE NORTH 2019

We would like you to take part in this 10 year study of the voluntary and community sector which is now running right across the North of England. Whether your organisation or group is big or small, flourishing or struggling financially – or just carrying on more or less as normal – we need to hear from you.

Using the findings, Durham University will build a picture of how organisations and groups work, how they get their resources and how they are planning to work in future.

The research helps to inform national and local government, health organisations and charitable foundations so that they make good decisions on how to invest in the activity of the third sector. The research also helps the third sector itself to show the extent and value of the work it does.

Please support the survey: The survey takes just 20 minutes to complete and you shouldn't need to check up any facts and figures to fill it in. You can complete the survey online on your PC, tablet or phone by clicking this link:

<https://durham.onlinesurveys.ac.uk/third-sector-trends-in-the-north-of-england-2019-live-s-2>

OR just google durham online surveys third sector



The project has generously been supported by Community Foundation serving Tyne & Wear and Northumberland and Power to Change. And tell your friends and colleagues to do the same: by sending them an email with the link to the survey or by drawing attention to the study via twitter using #ThirdSectorTrends

Headline findings will be published in December 2019 and the full results will be freely available from spring 2020.

If you have any questions about the research and/or the questionnaire, please contact Professor Tony Chapman, St Chad's College, Durham University, 18 North Bailey, DURHAM DH1 3RH, or by email: tony.chapman@durham.ac.uk.

POLICE REPORT

Maz Jeffery

Hi all, please see below reported crimes for the month of JUNE.

26/6/19 criminal damage to park bench SEDBERGH

27/6/19 Burglary MILLTHROP

21/6/19 Theft of diesel DENT

18/6/19 Theft of golf clubs

SEDBERGH

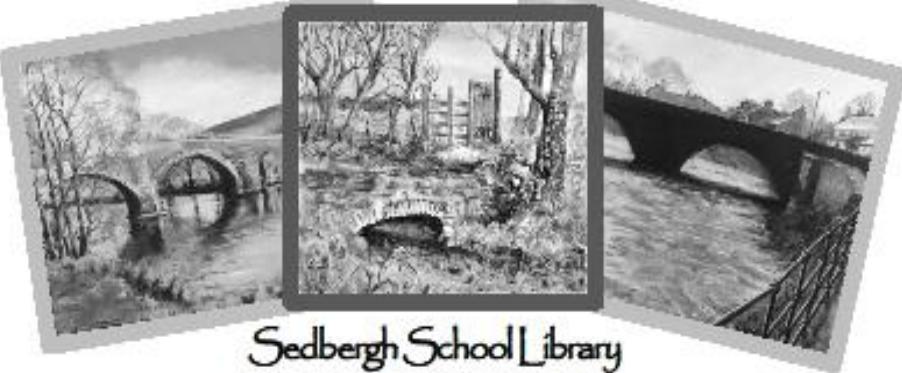
12/6/19 Criminal damage to snares COWGILL

25/6/19 Criminal damage to padlock SEDBERGH

6/6/19 Theft of copper and metal COWGILL

I would also like to inform you that I'm leaving the Police at the end of July. I've been successful in my application to QES in Kirkby Lonsdale – I am very much looking forward to

Sedbergh Art Society Annual Exhibition 2019



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this exciting adventure and new chapter, however, I will miss being your PCSO and the good relationships I have built over the past year with residents, the community and the parish councils. I have thoroughly enjoyed my time and the friendless of you all have welcomed me and made settling in so much easier. At the time of writing, I don't know who will take over from me (although we all know I'm irreplaceable!) so if you have any issues/concerns please ring 101 or email my Sgt 1431 - Suzanne.Scott.ONeill@cumbria.police.uk in the meantime

I would like to wish you all the best for the future, I'll still be local so you'll probably see me riding my bike!



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Tues 6th August & Tues 20th August
10am - 12 mid-day

Cornerstone Community Church

Join us for coffee and a chat

For further information or to arrange a one to one appointment please call the Grief Share number

THE WAY I SEE IT Rural Community Project

Linda Greensmith

The Kendal Windows on Art (KWoA) 'The Way I See It' rural community project is enabling older people in the Sedbergh community and surrounding rural area to share their creative responses to living in a rural community. The responses given will inspire the creation of collaborative artworks with the help of KWoA artists, which will be exhibited in Sedbergh and NWA Jt 36 Auction Centre later this year. More information about the exhibitions will follow in September.

"We'd like to start by inviting local older people to fill in a questionnaire," said Nicki Smith, KWoA community artist. 'It's a short and easy questionnaire as it only has two questions!"

Q1 What is it like living in Sedbergh now, compared to the times of your parents and grandparents? (If you've moved to Sedbergh please tell us what it is like living in Sedbergh now.)

Q2 What do you wish for Sedbergh in the future?

KWoA colleagues Linda Greensmith and Brenda Sykes will be

at the Coffee Morning at St Andrews Church on Wednesday August 14th from 10am if you'd like to join in or find out how your older family members, friends and neighbours or group can participate.

Local charity Kendal Windows on Art(KWoA) is running this community project and it is supported by the Roger Stott Community Fund. For more information about the project or the range of local KWoA community projects, please contact Nicki Smith on 07769 185057 or email her on [windowsonart@btinternet.com](mailto>windowsonart@btinternet.com) or email Linda Greensmith on lindagreensmith1@aol.com or 07919152526

SEDBERGH ALLOTMENT ASSOCIATION

Ann Parratt

The Allotment Association at Birks Lane is holding an open day on Sunday 11th August from 10am until 3pm and members are hoping to show off their beautiful site to both local folk and visitors.

All are very welcome to wander around the site and to chat with plotholders about what and how produce is grown organically.

We look forward to seeing you there!

If the weather is poor the event will be cancelled and a note to this effect will be put on the entrance gate.

don't forget! SAA coffee morning 7th August 10am St Andrews churc



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TIM'S COLUMN

Tim Farron

It's a bit embarrassing to admit how little is going on in Parliament at the moment. The Conservative Party are tied up with their leadership campaign and so effectively the Government has ground to a halt. Thank goodness that little tussle will have resolved itself one way or another by the time you read this. But whoever wins, a couple of days after the result is announced Parliament starts its summer holiday so nothing much will happen there until September.

However, there are upsides to all of this. A big one is that I have been able to get to meet quite a few people. Ministers who seem to have lots of free time or people from our

part of the world who have travelled to London to raise issues in Parliament or back home as I travel around our constituency.

I presented the Health Minister Seema Kennedy with the business case for a radiotherapy unit at the Westmorland General Hospital and she seemed sympathetic to our case. In fact, whilst on that subject I chaired part of a big Parliamentary enquiry into the provision of radiotherapy services in this country. We had the opportunity to quiz a number of senior NHS people on this issue and to be honest I was disappointed by what we heard. I certainly did not get the impression that they were on top of things, particularly in rural areas like ours. Some experts believe that as many as 24,000 people across the country are not getting the treatment they need and I am pretty sure that we have more than our fair share of them here.

Also on health, I led a debate on the crisis we are facing with NHS Dentists in Cumbria. Over half of adults in Cumbria have not been able to see an NHS dentist during the past two years. I hate to think about the state of our teeth. The minister who attended the debate seemed to accept the problem and said that the Government is rolling out a new contract which they hope will start to sort things out.

Given the amount of time I spend in meetings and debates like these it is quite encouraging when something comes from them. Last month I met with a Health Minister to discuss the need for more ambulances in our area. This month I heard from him



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SEDBERGH PARISH COUNCIL

Janey Hassam

This report covers items from the Parish Council meeting held on the 11th July 2019. The next monthly meeting will be held on Thursday 8th August 2019 at 7.30pm. The meeting will be held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Sedbergh School Challenge Week

Members wished to express thanks to Sedbergh School for the various projects completed during annual Challenge Week. Projects had been carried out at various locations, including the play park at Howgill Lane, the bollards along Main Street, Ghylls picnic area, New Bridge picnic area, Loftus Hill and Joss Lane car parks, the Dalesway footpath at Akay, as well as refurbishment of notice boards and cleaning of signs.

Projects: Members were delighted to see the formal opening of the play area at Maryfell, with thanks to all those that attended on the day. It was further noted that investigative works continue in regard to the possibility of returning water to Jubilee Fountain.

Other Matters: Various other matters were discussed: Amenities, Planning and Financial matters,

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including planned improvements to the toilets at Main Street, ongoing negotiations in regard to the informal parking area at Langstone Fell, the lease at Loftus Hill car park and the lease at the Tennis Courts at Guldrey. The SLDC initiative for planting trees throughout the district, where Sedbergh Parish Council would seek trees at the playing field at Howgill Lane to replace those recently felled for safety reasons. Also, the recent CCC Safer Roads consultation for the A684, where members wished to express their opposition of the proposal of traffic lights at Lincoln's Inn Bridge.

Finally noted was that, following confirmation of the Tour of Britain coming to Sedbergh on 10th September 2019, any land art ideas

would be welcomed from the community.

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

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

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

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GARSDALE PARISH COUNCIL Cloth Ears

Phillip Johns

The official bit: As Garsdale Parish Council do not meet until after the publication deadline there is not much to report this month. However, 'The Old Road' leading off from Langstone Fell has been fully resurfaced to a high standard, much to the disbelief of residents who have never seen the road in such good order. No more driving along at snail pace, trying to avoid the potholes which wreak havoc with a car's suspension. There are no signs that 'The Old Road' at Grisedale will be tackled soon. Although there are painted markings on the surface, ominously, the signs declaring 'Temporary Road Surface' have disappeared.

There is some other good news. B4RN is storming through the upper dale, digging in core ducting and spurs to properties. There are a few road crossings still to be completed before fibre can be blown, but these are scheduled for July, so, hopefully, by the time of publication, these may have been finished. Whereas the Route 1 build, from Sedbergh to Garsdale village hall, had to be fully completed before properties could be connected, this is not the case for Route 2, (village hall to The Moorcock), properties can be connected as the fibre blowers progress up the dale.

The next meeting will be on Thursday 19th September, in the village hall at 7.30pm.

Philip Johns, clerk to Garsdale PC,
garsdaleparishcouncil@outlook.com
www.garsdaleparishcouncil.com

The unofficial bit: unfortunately, Cumbria County Council has irked me yet again, will they never learn? Firstly, they put off wall repairs along Clough River for years until the road was in significant danger of collapsing, so when they did finally undertake the repairs, the work needed was far more extensive and expensive than previously thought. Not only did they further delay the repairs for nearly a year, resulting in many thousands of pounds in traffic light and scaffolding hire, they also rescheduled it to start when the nights were drawing in and the river was in full flow. The road was closed for weeks, meaning a huge detour to get to Sedbergh or Hawes. 'A stitch in Time' seems to resonate.

Calling all **PHOTOGRAPHERS!**

Please consider donating images for the Information & Book Centre's 2020 calendar.

We're going to have the theme
'Sedbergh in Action'

Images will need to be landscape format and around 12 x 9 inches at 300 pixels per inch (to be reproduced at A4). Email images, Flickr links etc. to office@sedbergh.org.uk

More info: 015396 20504



So, what do they do now? After nearly 4 years of hiring a Bailey bridge, traffic lights etc. at Middleton, they finally decide to repair the bridge damaged by Storm Desmond. The only problem is that these works are taking place during the height of the tourist season, restricting tourists getting to Kirkby Lonsdale and, in particular, Sedbergh. Not only that, they've managed to coordinate these works to coincide with major road works on the M6, which is deemed the official detour route.

It would seem sensible that these different departments talk to each other so that proper scheduling could be done, minimising the inconvenience to residents and the damage to the tourist trade. However, as clerk to the parish council, I have been instructed to write to CCC and SLDC on many matters appertaining to the dale and the highways. I write in a polite and formal manner, even though I want to scream at them, and always request a response so that I would be able to keep residents informed of any plans for the dale. Guess how many times I've had a reply from these publicly funded, cloth eared bureaucrats? You've guessed it!

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SEDBERGH AND DISTRICT COMMUNITY FUND

Tony Reed-Screen

The Closing Date for Applications for the next round of Awards is Friday 9 August. At their meeting in May the Grants Committee made Awards totalling £4,850 to the following organisations: Sedbergh in Bloom, Western Dales Mission Community, Sedbergh and Dent Football Club, 1st Sedbergh Scout Troop, Sedbergh Chamber of Commerce and Business and Dent Gala Committee.

FAMILY MUSINGS

Sarah Woof

Reunions can be wonderful occasions and one I went to recently truly was. A small group of eight of us who were all at St Anne's School at Windermere at the same time, met at a restaurant in Carlisle for lunch. I was very blest as one of our daughters drove me there and one or two others used the train leaving only a couple to negotiate the roadworks and find a car park. We chatted easily and happily, remembering times and people we have shared our lives with, laughing and yes eating too. One had come down from the north of Scotland so we don't see each other very often but how lovely a time we all had together.

Weddings and funerals can also be times of reunions, people coming together to celebrate a union or a life well lived. Here in our dale we have had quite a number of funerals in recent months and the occasions have provided the opportunity to catch up with the comings and goings of people we seldom see or those we rarely see for very long.

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Friendship is a very precious part of our lives, as someone once said: "Friends are the family we choose ourselves" and for some people close friends and their family become an extension of our own or us of theirs.

A wedding is the coming together of two families and all the wider circle of relatives and sometimes even with the best of people and intentions the path through it all is far from smooth! In our family we are very blest in that we all get along even the "eccentric" one... after all someone has to liven things up a bit from time to time!

Reunions and parting are all part and parcel of life but even as that trips of the tongue we realise the hard fact of the latter can be

heartbreaking. We become close to our loved ones and feel the loss of them deeply and I pay tribute here to an avid fan of this column and one of my dearest friends. She and I met when I was still a teenager and completely ignorant about entertaining little children or changing nappies...I soon learnt and it set me in good stead for having my own family. Hers was the kitchen where I learnt to bake scones and apple pies (though hubby thinks I must have forgotten both things in the ensuing years!).

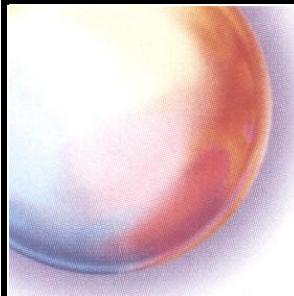
Treasure those you love folks and remember the happy times. God Bless.

JUNE WEATHER

Brian Wright

A mixed month weather-wise for June with some typical sunny days but also some really wet ones too. Rainfall totalled 3.97 inches (100.8mm) with several days recording nearly 0.4inches (10mm). Winds varied from being totally calm to a maximum gust of 20.1mph (32.35kph). For the first month this year there were no sub zero temperatures except just a "frost" with wind chill added at 31.4F (-0.3C) on one night. This is not always the case for June as I remember losing baby rabbits once to sub zero temperatures. With a maximum of 72.1F (22.7C) it was, as to be expected, a relatively warm month.

Although later than was to be expected the swallows duly nested in the kennels and got a clutch of 4 away during the month. Judging by the attendance at the feeding station the sparrows and blue tits have done well raising young this year. Unfortunately so have the crows with numerous young including the black and white ones!! This is bad news for the local birds. As I mentioned in previous notes the collared doves and wood pigeons have not reared any young again. A song thrush has been feeding young down the lane so let's hope they get away. The nest boxes and recorded swift calls have drawn inquisitive swifts to check out the boxes. The calls have obviously done the trick as we do not normally see swifts around our garden. So far this year but the swifts haven't used them but after taking out a wasps' nest last month I emptied the other



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one of leaves which is either sparrows or wren as the latter like to stuff any hole with vegetation. Talking of vegetation the growth with the wet and now the warmth has been phenomenal. Trees and shrubs are luxuriant this year. A few butterflies have been on the wing. "Frenchies", as we called the coloured ones as kids, have been chiefly small tortoiseshells, peacocks, red admiral and the odd comma plus a few whites. I haven't seen any bats again this year. The mink has struck again. My neighbours lost nearly all of their ducks in one afternoon.



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AUGUST GARDENING 2019

Elaine Horne

This month, at roadsides and on the unmown edges of meadows, you might see sporadic plants of the attractive dark wine red, bobble-flowered, 'Great Burnet' (*Sanguisorba officinalis*). This native species is sometimes used in mixed planting and herbaceous borders because its flowers give a light airy texture and interesting dark colour which acts as a good foil for other planting.

Several other species with larger, more showy flowers are also cultivated, and of these the 'Korean Burnet' *Sanguisorba hakusanensis* 'Lilac Squirrel Tails' is my favourite. The ridiculously fluffy, long, arching, pinky-purple flowers are a delight. For something a little more staid, you could try the Japanese species *Sanguisorba tenuifolia* which has several cultivars. *S. tenuifolia* 'Pink Elephant' and 'Alba' (white flowers) are two of the best. They grow to a height of about 4ft and have arching 'bottle brush' flower spikes over clumps of attractive fresh green pinnate leaves. North American species, *S. canadensis* (White Burnet) and *S. menziesii* (Alaskan Burnet) both have upright flower spikes. The former, on 5-6ft stems are white, and the latter on 2-3ft stems are deep maroon and are born over beautiful grey green foliage.

All forms of *Sanguisorba* like a sunny or lightly shaded position and grow best in a soil which holds some moisture (or in a place where it rains a lot!)

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IRELAND 1919 – 69

Nicholas Cross

On August 14th 1969, at the behest of the Government of Northern Ireland, British troops were put onto the streets of Belfast and Londonderry in a peacekeeping exercise known as 'Operation Banner'

The Unionist government of Captain Terence O'Neil (Eton, Oxford and the Irish Guards) had lost control of large scale rioting in both cities. Sectarian violence had broken out in response to heavy handed policing of Catholic Civil Rights marches. Protestant mobs from the Shankill Road in Belfast burned out their Catholic neighbours while the Police,

(the RUC), largely looked on. In turn the Catholic communities desperately sought help and it was for this reason that troops were once again despatched to Ireland following on a long and somewhat ignoble tradition that spanned centuries. Thirty years of 'the Troubles' was the result.

How did the situation arise? To answer this question it is important to travel back in time and look at the reasons for partition in 1921. This begins with the Easter Rising of 1916 and the Revolution of 1919 to 1921, which rapidly transformed itself into the bloody Irish Civil War. The subsequent decades saw the rise of Eamon de Valera first to Prime

Minister and then President of the Republic.

These same decades saw the reinforcement of the Loyalist (Protestant) hegemony over the six northern counties beginning with Sir James Craig and continuing down to Ian Paisley and Arlene Forster today.

To coincide with the 50th anniversary of 'Operation Banner', Nick Cross will be giving a talk on the history that led to the Northern Ireland 'Troubles'. In aid of Sedbergh Branch of the Royal British Legion the talk will be given in St Andrew's Church Rooms on Friday 9th August at 19.30. There is a small admission fee of £5; tea and biscuits will be available during the interval.

SEDBERGH COMMUNITY SWIFTS

Tanya Hoare

Although our swifts at Lowgill usually leave for Africa around 7th – 10th August, this year we have witnessed some swifts breeding much later than usual, which will result in the departure of these swifts and their fledglings being correspondingly delayed.

There are a variety of reasons why this has occurred. In one case one swift of the pair did not return from Africa until late in May, and its mate didn't come back at all. The single swift only managed to attract a new partner in June and they didn't lay eggs until the end of June, meaning that the chicks won't fledge until



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about 60 days later towards the end of August. In another case the eggs were knocked out of the nest, and although they produced a second clutch, this was not until the very end of June. When we view the eggs being knocked out through the cameras it looks accidental, but we cannot know for sure.

At Lowgill we were delighted to have 6 new pairs of swifts, taking up residence in internal nest bricks in our gable and in nest boxes. These swifts are likely to be 3-4 year old mature juveniles pairing for the first time. New pairs do not always breed straightaway but do so when they return to the same nest site the following year. However, four of our new pairings have actually bred this year, but since they only laid their eggs at the beginning of July it could even be September before their chicks fledge.

Swifts often lead to friendly conversations! A couple who were hiking the Dales Way, and staying overnight in Sedbergh, were very interested in the display we were putting up in St Andrew's church as part of Swift Awareness Week. They decided to go and see the nest bricks at the People's Hall, and phoned us later to say that they saw two pairs going into the holes. They enjoyed watching them so much that they went back after dinner, saw another pair going in and out, and rang again to say much this had enhanced their stay in Sedbergh.

July has been busy looking after swift chicks. One was brought to us from Kendal after it had fallen out of a nest site and we were asked to

help. These swifts are likely to be 3-4 year old mature juveniles pairing for the first time. New pairs do not always breed straightaway but do so when they return to the same nest site the following year. However four of our new pairings have actually bred this year, but since they only laid their eggs at the beginning of July it could even be September before their chicks fledge. At Lowgill we had a pair of swifts with only one chick, that we judged to be of the same age, so we put the Kendal chick in with it to be fostered. For the first time ever one of our Lowgill chicks fell out of one of our eaves nest sites, and we fostered that one into a nest that already had 2 chicks, again of the same age. The chick was accepted by the foster parents and now all 3 chicks are doing well. Clutches of 3 chicks are not uncommon and fostering has proved to be a very good way of looking after fallen or

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abandoned chicks. The picture shows the 3 chicks in the nest.

The same week a Kendal vet practice contacted us for help with looking after another chick that had been brought into them after having fallen out of a nest and we were happy to give help and advice.

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

SEDBERGH ENVIRONMENTAL NETWORK

Michelle Hartley

There has been much discussion in the news about the recently declared climate emergency. People are concerned about excessive plastic waste, the need for more sustainable energy sources and the decimation of wildlife populations.

It is not unusual to feel that there are few ways to help the environment when living in a small rural community. It is with this in mind that the Sedbergh Environmental Network is organising our first ever environmental market. We are hoping to bring together a number of environmental organisations and eco businesses to demonstrate the different ways that each of us can do our part, no matter how small.

We are currently looking for organisations and businesses who would be interested in having a stall at the market. Organisations will need to be concerned with helping the environment in some way, such as plant or animal groups, climate, sustainability or waste groups and service providers would need to offer environmentally-friendly services. Food producers should use ingredients that are organic, local or seasonal or have environmental food accreditation. Non-food producers should use materials that are recycled, natural or from sustainable sources. Consideration will also be given to types of packaging and production methods (ie: made using green technology).

If you believe that your organisation or business encompass one or more

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of these qualifications or any other environmental credentials, please contact us at sedberghecomarket@greencobweb.co.uk for more information.

We hope this will be the first of many successful environmental markets, where people can come and learn from those who are already making a difference. A market that will inspire us to make changes that will help protect the environment and create a healthier world for future generations.

SAVING THE PLANET

Roger Moore

We humans may think that we are the most important form of life on earth, but that is far from the truth.

Without plants there would be no life as we know it. For we breathe oxygen and the oxygen in the atmosphere is made by plant life. In sunlight green plants absorb the greenhouse gas carbon dioxide from the atmosphere, converting the carbon into plant tissue and releasing the oxygen for the use of other life forms. No scheme devised by man compares to the efficiency of this

photosynthetic process. The result is the production of timber, food and fibre.

Natural hay meadows are one of the glories of high summer, now much rarer as a result of intensive agriculture. The flowers provide pollen for bees, another declining species. Without bees there would be few insects to pollinate our food crops.

Trees and other green plants act as natural filters, removing pollution, locking up carbon in leaves and trunk. Natural wetlands will help to control flooding as well as cooling the air. Decaying vegetation improves soil quality. Large areas of tropical rainforest have been cleared in recent years for food production but the result is an ecological disaster.

People cause pollution. World population today is nearly four times the figure for a century ago. With more people come more animals, more intensive agriculture and more use of coal and oil. We can't turn back the clock on the population explosion or on the past use of fossil fuels which have in part led to the present global warming crisis. We can think more carefully about our use of the natural environment, plant more trees and generally be more aware of what the future might be like for our children.

Life was much simpler in the past, our present pattern of living is unsustainable.



QUEENS GARDENS

Ann Parratt

Two more events are planned for the holiday season in Queens Gardens.

On Wednesday 21st August we are planning a BBQ starting at 5pm followed by the Town Band playing lots of fun music. Put the date in your diary, and keep an eye out for posters in town for more details. We'll be on the Sedbergh Town events page too.

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

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

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

The fun starts at 2:30pm, so come to the Gardens to have a great, free afternoon. Don't forget, all families are very welcome and the more teddies that come, the better!

Any questions - call Ann on 20964

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ENVY (Fourth instalment of a fictional story)

Evelyn Salter

Last month we left Lydia shouting at her sister;

Don't, don't what Chrissie, I've just about had enough, they only came to see you and you certainly enjoyed it, and how come the press were camped out at the church?

The words came tumbling out like a dam overflowing.

'Never mind the ruddy tea I'm having a brandy' She shouted.

The doorbell rang.

Lydia dashed to the kitchen. She could hear Chrissie's voice greeting someone. Oh no, of course it was Him. She slipped the lock on the back door and rushed out to the garden shed shutting herself inside.

Later, she returned to the house feeling emotionally exhausted and angry at herself. Finally, she gave in

to the sobs that she had managed to subdue throughout the day. After a while she banished her tears, blew her nose and settled on the sofa lost in a haze of self-pity and drifted off to sleep.

When she woke she was stiff and cold and her head ached. It was early morning and to her surprise she had slept all night. She made herself some breakfast. It still felt strange not having to prepare food for her Mum. Rinsing her cereal bowl under the tap she noticed a white envelope propped against the plant on the window sill. It was Chrissie's hand writing. Lydia's hand trembled as she tore back the flap and pulled out the note.

Lydia darling, So sorry, Jeff and I had to rush off, we couldn't find you. Where did you go? Anyhow ring me at the Hotel tonight. We're off to New York tomorrow on an early flight. Look if I upset you I'm sorry. As to the 'Press' I have found that it's always best to give them something or they never leave you alone. You know, Lydia, you ought to take a break, a holiday. Just let me know where you want to go. Or better still come over to New York for Christmas. Just ring the studio and they'll arrange tickets and a car to pick you up. Please call me, remember it's just the two of us now, love you Chrissie. XX

Hotel 0270 137888 asked for my suite on 765 Studio 0270 908907 you know Jess don't you?



Lydia rang the hotel but it was too late as Chrissie had left on the 6 am flight. Now Lydia struggled with a whole new set of guilty feelings sure that she had overreacted, after all Chrissie was the only family she had. The thought of a holiday did appeal, but where could she go alone, she didn't feel that she qualified for Saga just yet? She had just settled down with a cuppa, when she remembered she had to be at the solicitors for 9.30 that morning.

A quick shower and into the navy suit again, this time with a heavy raincoat over the top. Stepping out into the windy street she saw the bus rounding the corner. Lydia jumped on board but, when she checked her

purse, she only had enough money to get her part of the way.

Arriving at the solicitors feeling dishevelled after walking a good mile through the strong wind, she perched on a chair in the chilly waiting room. Half an hour later Mr. Phelps called her into his office. He wished her, good morning, as he rummaged around on his desk for a while and then he looked up, barely able to conceal his surprise.

'Arr, Miss Martin, the Will, you must be Christine Martin's sister is that right?

The smile he presented looked awkward on his face, he was far more accustomed to frowning.

'Yes, she answered cringing as his eyes moved over her, his expression



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making it obvious that he could find no resemblance to link this Miss Martin to the other Miss Martin. Lydia wanted to shout at him: that's right I'm the tall one with the glasses. No talent, no hope that's me.

With a sharp cough Mr. Phelps collected himself. 'Mm, this Will, was made a long time ago Miss Martin, and, well, quite frankly, under the circumstances, I would have thought your mother would have changed it.

'Why is that Mr. Phelps?' Lydia felt resentment rising as something like pity registered on his face.

'Well, as you know there is no capital beyond a small sum in the building society to which you already have access. Tell me something I don't know and let's get on with it,' prayed Lydia.

'Well, you see, I, err', he took a deep breath; 'The house and contents are to be sold and the proceeds to be shared between yourself and your sister. As I say, I am surprised that your mother... I'm sorry Miss Martin, perhaps your sister could help, let you buy her out.'

Unsure if her legs would support her Lydia stood up and moved toward the door. She knew Mr Phelps was speaking but the only thing she could hear was the sound of her heart breaking. She couldn't believe that her mother hadn't thought to change her will. She felt betrayed. It seemed that she had never counted in her mother's eyes, had she just been a house servant and a nurse-maid?

Outside Mr Phelps office Lydia crossed the busy road. Carelessly ignoring hoots from the traffic she made her way to a near-by park.

Sitting down on a bench she watched the ducks swimming and wished she had some bread for them. A memory of feeding them as a child came to mind. It was a pleasant memory and she managed a fleeting smile. A few deep breaths later she read through the copy of the Will again barely able to take it in. She tore the paper into bits and stuffed it into a litter bin. It seemed to Lydia that it represented her life so far, just waste.

Oh Mum, she wailed silently into her tissue what did I mean to you, it was all Chrissie? Beautiful Chrissie, she has everything, and me, what have I got not even a home to call my own. I'm 36 years old, I work on a Super Market checkout, I don't have any prospects, all in all I don't have a life.

Back at the house, Lydia threw her raincoat at the hall stand not caring whether it was hung up or not. In the sitting room the phone was ringing. Lydia stared at it she really didn't want to speak to anyone. She pulled the plug out of the wall socket and in the silence she paced the floor till her legs ached.

Finally, she flopped down into the armchair and turned on the TV. Flicking aimlessly through the channels searching for something inspiring. Shame washed over her as she watched a programme about the street children in South America. Followed by another of those endless make-over programmes. All the same by the time she went to bed she had begun to think in a more positive way.

To be continued.....

SEDBERGH SCHOOL NEWS

Karen BL

The Governors gave Richard Witt (former Development Director of the Foundation) a dinner at Casterton on 21st June to thank him for his sterling work for the School in raising money.

Six girls took part in the Boddy Challenge on 20 June to raise money for charity – An annual challenge created and achieved by OS Imogen Boddy in 2017, consisting of 10 k swim in Windermere, the Windermere marathon (42k) and then a 30-mile bike ride back to Sedbergh.

Seven pupils and six staff took to the skies on 16th June. Their sky dives raised over £4,000 for Winston's Wish, SEED and Alzheimer's Society.

The First Class Cricket match Between Lancashire and Durham has been a great success despite the weather not being quite perfect. Oliver Melville from the School joined Lancashire as 12th man when Anderson was injured.

The term finished with Speeches and Prizegiving on 6th July. The main speeches were given jointly by OS Ben Morison and OS Jack Wood of the FlipFlopI project. This was a project to build a dhow from the plastic and flipflops left on the beaches of East Africa and to sail it down the coast discouraging single use plastic. The Hirst prize for a boy showing exceptional achievement went to a boy whom people may remember had a heart attack when fell running four years ago. He suffered brain damage and was told he was unlikely to walk. He returned to school a term later, played rugby, is a Paralympic pathway athlete, and

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has sat his BTECH exams this year. He received a standing ovation

Over 100 pupils have been working for Gold and Silver Duke of Edinburgh awards.

The apprentices in the School's apprenticeship scheme have included award-winning painters and decorators, qualified electricians and nursery practitioners who are now part of the management team. New apprenticeships include Nursery Educators, Joiners & Carpenters, Chefs, and Grounds and Gardening staff.

Challenge Week

Challenge week this year involved many pupils carrying out physical activities to raise money for charities and the Roger Lupton Scholarship fund. These included running the Howgill tops (32 summits and 29 miles), climbing Snowdon, Scafell and Ben Nevis (unfortunately weather prevented the latter climb and Sheallion substituted), running the three peaks, swimming the high tarns of the Lake District, and swimming biking and running with the help of the new equipment in the Hirst centre all the way to Madrid(11,800 km).

In addition, various projects were achieved – sorting out the Cautley picnic area, clearing Victorian drainage ditches which used to divert runoff to the waterfalls and away from potential flooding areas, repairing footpaths slipping towards the river in Akay Wood and the Dales Way, smartening up street furniture in the town, creating a new bench (see opposite the Hirst Centre), clearing felled wood and restoring dry stone walls.

They created a Trashion parade of clothes (including a bride's dress) made entirely of recycled rubbish, and wrote, produced and performed a musical in three days

Academic

Prep school Yr 7 pupils visited the Upper School science department to extract DNA from strawberries.

The term has been dominated by exams with the Y11 sitting GCSE and Y13 A Level and BTEC exams, while the rest of the school faced internal exams.

Music

Over 300 Year 3-5 children from schools all over Cumbria, Yorkshire and Lancashire joined the Prep School for a Big Sing on 17th June

The final Teatime concert of the year in the Thornely Studio was held on 19th June

The Prep School held an excellent end of term concert with star performance on the piano by Rafael Denis, and a quintet (ie one piano) by five girls.

A number of pupils have been part of the National Youth Choir this year

The School Choir went to the United States at the beginning of the holidays to tour Boston, NYC and

Washington returning on 18th August. At the time of going to press they have sung in the Old South Church Boston and the Harvard Club in NYC
Running

130 pupils, staff and family from the Prep and Senior School took part in the Prep Schppl Epic on 15th June in bad weather. A challenging 6.9 mile run with 1,250 of ascent on Casterton Fell. Eddie Fletcher crossed the line first, and Hailey Fletcher was the first female home.

Hockey

At the Prep School T Newman was selected for the England U15 Performance Centre

Four pupils are through the England Hockey Futures Cup

Athletics

The Prep School welcomed Dent Primary School, Sedbergh Primary, and St Mary's Kirkby Lonsdale for an afternoon of track and field on 9th June

28 athletes were selected from the School to represent Cumbria at the Northern Schools Athletics in Gateshead.

The U16 Girls came 9th in the country at the Nationals at the end of term, a good effort for a school with only 220 girls.

Sedbergh Red Squirrel Group

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sedberghredsquirrels100@gmail.com
www.sedberghredsquirrels.org.uk



Four pupils are attending the ESAA National Track and Field Championships, the largest such event in the world, on 12th July, and were placed in the top 20, all a year younger than their category.

Cricket

Unfortunately, several cricket matches had to be cancelled this term because of rain. The 1st XI won against Grey High (South Africa) on 19th June, and Bolton GS on 22nd June. They were beaten in the final of the National T20, but won the BOWS tournament.

M Wood scored 83 n.o. for Lancashire U12 and 54 n.o. for Greenmount Cricket Club (Snr). Tom Aspinwall scored 92 off 46 balls.

The current Sedbergh captain George Hill has signed his first professional contract with Yorkshire CCC. Next year's captain will be Matty Revis.

OS Becky Glen has gained her 6th cap with the Scottish Women's Cricket team

Netball

Year 9 pupil Freya Noble was selected to play for England Girls' U14 Basketball team in the Copenhagen Invitational Basketball Tournement on 21st June

The girls are District Champions at all ages.

Shooting

Current and former pupils have been selected to represent Great Britain and other International teams at U16, U17, U19, U21 and U25. Year 10 pupil Sarah Rorison was selected for the U16 GB team. Year 9 pupil Rowan Piper has been training with

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the U25 Wales team at Bisley having already shot for the U18 team

Future Events

The Hockey and Netball teams are touring Australia from 19th July to 6th August.

The Bisley Schools Imperial Meeting is from 13th to 17th July, where the School is defending its Ashburton Shield.

There will be a Minor Counties Cricket Match on the School cricket field from Sunday 18th August to Tuesday 20th August: Cumberland v Suffolk.

The International Summer School ends on 17th August. The summer courses in Netball, Cricket, Rugby, Elite Rugby 16, Athletics, Hockey, Pony Camp and Adventure Weekend run between 25th July and 5th August.

The Head of School next year is JJ Kouadio (S) and the Deputy Head is A Duckitt (R)

The Michelmas term begins on Wednesday 4th September with the Yr 9 new pupils arriving on 3rd September.

Old Sedberghian weekend will be 13th -15th September

SEDBERGH PRIMARY PROMISE AUCTION

Gemma Suttle

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

sets of steps. We want to ensure that any child wanting to attend our school is able to do so by changing this."

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

Sedbergh Primary PTFA.

HELLS FELLS

Susan Barnes

The Hells Fells Family Festival celebrated Armed Forces Day in Sedbergh on the weekend of the 28th June 2019. Serving members of the Army (Duke of Lancaster's Regiment & 3 Med Regiment), Royal Marines and the Royal Navy attended the event alongside a strong turnout from our South Lakes community.

Friday saw the arrival of campers travelling from Plymouth and Aberdeenshire. Festivities started with a children's disco which was followed by a number of local live music acts. Saturday started early with teams of 8 pulling a tractor over a 60 metre course. Despite the best efforts of local teams, the competition was won by 3 Med Regt from Preston. Our Obstacle Course and Boulder Wall were very popular with the children whilst the Hells Fells Got Talent competition continued throughout the afternoon. Families enjoyed the great weather with picnics and a delicious range of local and international foods, gin cocktails from the Tipsy Filly in the beautiful Yorkshire Dales surroundings.

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Saturday evening kicked off with Adam Hindson, a former Army Officer performing a Cliff Richard tribute followed by the Parka Monkeys and the fantastic Ska Face from Blackpool (including a 78 year old veteran).

Sunday morning was a sharp start with a 4 mile Fell Race up Holme Fell, won by Brian Pennington of Howgill Harriers in a time of 32.08 minutes.

The Hells Fells raffle was drawn on the Sunday afternoon and the winner of the butchered pig was Sheila Stanley from Sedbergh. The winner of the 'buy a square' Help for Heroes Limited Edition Whisky was Margaret Taylor from Dent.

Event organiser Brian Capstick said "Our Armed Forces are the best in the world. It was a huge pleasure to welcome them to Sedbergh to thank them and their families for their service. I'm sure that they left with the reassurance of our unreserved support, whatever the next 12 months holds for them. We have got to be clear, if they lay down their lives for us or return from conflict with life limiting injuries, we will support them and their families in whatever way possible. We then have to turn those words into action."

Throughout the weekend, refreshments were available from the 'Veterans Village' bar, with all proceeds supporting military charities.



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SONGS OF PRAISE IN QUEENS GARDENS

Friends of Queen's Gardens

On Sunday 7th July at 2.30pm Songs of Praise came to Sedbergh. Not the TV version, but the Sedbergh Town Band version. The event took place in Queen's Gardens where over 70 people sang along to the Band in beautiful surroundings. Luckily the weather was kind and everyone enjoyed delicious cream tea provided by members of various churches and Friends of Queen's Gardens. A huge thank you to Simon Shaw of Lakes Scaffolding who kindly erected the staging in support of this community event, and to Linda Killop from the Bowling Club for letting us use the clubhouse facilities for tea making and preparing the scones. As always Steve Longlands kindly provided the Band with electrics for the sound system (thank you once again Steve!) and finally a big thank you to the

Town Band for great music and to the audience for singing so well.

The next event in Queen's Gardens is a BBQ and music. It will take place on Wednesday 21st August starting with food at 5pm followed by fun music from the Town Band. Everyone is welcome to come to this relaxed evening, just bring something to sit on and a few pennies for the BBQ, salads and bar.

IGNITE YOUTH CLUB Western Dales Mission

Heather Askew

We are a newly formed group who meet in the cornerstone church hall, New Street, Sedbergh every fortnight on a Tuesday evening from 7pm – 9pm. We invite all youngsters aged between 12 – 15 years old to come along and enjoy organised games together.

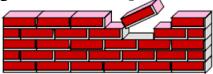
Our Team Leader is Joe Gorst, a young man with a genuine willingness to entertain and create new ideas for our activities. So far, weather permitting, we have been on walks, played rounders and other games on the playing field, indoors we play pool, table tennis and a range of other fun events.

Joe is a local lad who works on the family farm. He is also employed at the butcher's shop on Finkle Street 3 -4 days a week. He has some good friends who come along to help him. (who are required to have the necessary DBS qualifications.) There are also 2 to 3 adults present, church volunteers who can assist in any way, although their main task is preparing and serving food. Bacon butties, hot dogs, and pizza have all been on the menu. After food we end the evening

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with a discussion group, always an interesting time. To date we have 18 names on the register,

Here are a few comments made by the children themselves.

"Good safe place to meet friends"

"Play games, always different range of activities"

"It's all fun, especially when we go outside."

"Joe can be serious as well as Joke around."

"Good grub."

Last December we organised a coach trip to the Flower Bowl at Barton Grange near Garstang. This was a great evening, the youngsters enjoyed ten pin bowling, crazy golf and a variety of other games. Some of the parents came along and went shopping, then on the way home we stopped into Garstang for fish and chips. A great time was had by all.

Currently we are having a break to accommodate holidays, however we look forward to our new session. The start date is Tuesday 3rd September, when we have some new ideas to throw in the mix. Please continue to support us and many thanks to Joe and everyone else involved for all you do.

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NEWS FROM THE PEWS

Susan Sharrocks

Tony Reed Screen

That's the Summer Fair over for another year!

We had a great day, the sun wore his best hat, record numbers enjoyed the culinary delights, Ratty was splattered, coconuts were thrown, raffle prizes won, ducks were hooked and a great sigh of relief was heard at the end of the day. Indeed from our viewpoint a good day was had by all.

During the last few weeks a coach has arrived in Joss Lane car park on Tuesday mornings bringing holidaymakers to the town for an hour and a half. As many visitors aim for the church to have a look around we have had the kettles on ready to offer coffee and tea, an offer that has been much appreciated. The usual Wednesday coffee mornings give the church a real buzz as friends and neighbours meet to catch up with their news and views. Little dogs and grandchildren are also regulars.

Planning for the children's Holiday Club in the People's Hall began months ago and will happen during the first week of the school holidays. Started many years ago it has been a constant happening on the calendar for children from 4 years old to teenage. It would be interesting to find out when the Club started and by whom.

St Andrew's congregation has been pleased to welcome Ben Maunder back from the depths of Lancaster where he has been for the last three years. Our average age has been lowered a little!

Whatever you do, wherever you go this summer may you make some happy memories.

FESTIVAL OF JOY

Sarah E Woof

Over the first weekend of August each year Dentdale Christian Fellowship holds a Festival and every part of it is open to all and is free.

This year we call it the 'Festival of Joy' and invite you to come and celebrate all God has for us especially hope in these days.

We kick off on Fri eve (2nd) with a buffet meal 6.45pm then an eve of Creative Worship. Saturday is Family Fun day ending with a film. Food served all day cafe style. Sunday morning is 'Larking in the Arky with Mrs Noah' - animal costumes/masks welcome! Followed by an afternoon of craft workshops and eve worship to end the day. Monday more activities and cafe then in the eve Rev Andrew Woof (Woofie) and his wife Tina will speak and sing and again there is a meal. Mostly in a large tent at Rhumes.

For more information see the posters, website www.dentdalecf.co.uk or phone 015396 25212.



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DENTDALE W.I.

Thelma Belfield

It was a very full agenda we faced at our July meeting but first we welcomed our speaker for the evening Pam Bolton and also Margaret Hodgins Federation Advisor. As always Sue our President extended the welcome to everyone and we sang Jerusalem accompanied by Catherine at the piano.

Margaret had been our delegate at the June National AGM held this year in Bournemouth and she gave us a full report on the event including highlights of the journey and the successful votes in favour of both Resolutions debated at the conference. Keynote speakers at conference were Maggie Philbin OBE who talked of her work with Teen Tech which offers help to young people get involved with science and engineering. The Right Honorable Lord Bradley in his role as a Trustee of the Prison Reform Trust and in partnership with the WI in Care not Custody coalition gave an update on developments within the last 10 years. Margaret said she had thoroughly enjoyed the conference and recommended all of us to consider being a delegate at future events.

Moving on to other business issues we had reports from our Lune valley group meeting held in May. Several members had attended and enjoyed hearing an interesting and well-illustrated talk on Foods of the world, and a tasty buffet supper provided by our hosts Casterton WI. Entries for the competition at these meetings is always of a very high standard and

this year was no exception with excellent entries from each institute. Casterton the hosts were the worthy winners with a beautifully worked entry reflecting the foods of Australia. Our own entry was on display for members at our meeting to enjoy.

The next report was from our own recent Summer outing to The Yorkshire Lavender Farm when 21 of us set off from the Dale in pouring rain. Not an auspicious start and we were not able to explore Jervaux Abbey as planned when we stopped for coffee en route. However, the weather improved as we reached Terrington. We received a warm welcome and had an excellent lunch before exploring the Farm. The owner gave a very interesting and humorous talk on how the farm began and we learned some fascinating facts about lavender. Purchases of lavender plants and lavender based products were made and we boarded the coach for home, pleased that the weather had not been quite so bad as feared. Sue gave thanks to both Barbara who drove the Dale's bus on the day and also to Jackie who had organised the outing.

The final social item on the agenda was the forthcoming Dining club outing which was planned for 12th July when 13 of us were visiting Ireby Green Farm shop and cafe for lunch and final arrangements for travel were agreed.

Two fund raising events were next, firstly our own institute Mini market which we hold annually with a stall outside the memorial hall in the village when members generously provide home baking, preserves,



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plants and crafts for sale. This year it is being held on 2nd August, so visit our village and get some great home baked, home grown and home crafted goodies.

The second fund raiser is a community event, the annual Dent Gala when we provide Afternoon teas. This year we have been asked to provide the teas throughout the whole event so lots of cakes, scones and tray bakes will be needed and lists were available for us to offer help at the event and of course contributions of food to serve.

Federation business is always part of our agenda and Rita our hard working secretary listed a number of events happening within the next couple of months including the Westmorland Show in September, and talk on Climate Change and a Federation Question time. A final report given by Thelma was the result of the photoshoot for the Federation Centenary Calendar. Each WI group within the Federation had been asked to provide a photograph depicting a successful Resolution passed during the last 100 years. Our group were allocated Equal Pay for Women, a

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resolution passed in the 1940 era and still of course ongoing today. Representatives from each WI had sourced suitable 1940's costume and props and a successful photograph had been taken. Marion our very sporting volunteer to be dressed as a 'Clippie' kindly appeared in full costume including an authentic ticket machine, leather money bag and peaked cap over a very daring blonde wig. Watch out for the sale of this calendar and see if you can identify your friends in the photographs.

Business dealt with, Sue formally introduced Pam Bolton. Pam had travelled widely both in the UK and other parts of the world so as a seasoned traveller her journey from her home in Appleby should have been easy, however she had arrived at the beginning of our evening in a rush having had to negotiate huge farm machinery and a herd of sheep along the narrow lanes on her way to

us. Her subject was Contemporary Rag Rugging and in a very relaxed, humorous and informative manner she shared her knowledge. Proddy and Hooky were maybe words some of us had never heard of but as Pam demonstrated Prodding using a wooden peg, memories of our mothers and grandmothers, came back. Historically, women worked in groups around a huge wooden frame to produce rag rugs. Today when working on a large piece, Pam uses a small frame, working sections and then stitching them together. Hessian, or simply sacking has been used with old clothes cut up and 'prodded'. Recycling in its basic form. Pam then went on to demonstrate hooking, using wool but with a special latch hook to insert into the hessian and pull the wool through and lock it into place. Whilst Pam was very modest about her work it was very clear that she loved it and is very talented. The examples she showed us of her work were stunning. One a simple design of a huge yellow and orange striped cat, then much a more sophisticated ultra-modern Picasso design, a full spectrum of artistic style. Marion gave a warm thank you on behalf of all of us and said she could feel a workshop in Rag Rugging being planned in the not too distant future.

We ended our evening in the usual way with cups of tea and delicious homemade biscuits courtesy of Marjorie. Jean and Wendy were lucky raffle winners and the competition for a homemade craft item was won by Jean, with Kate second and Thelma in third place.

Sue thanked our hostesses for the evening Dorte-lis and Cathy, and reminded everyone of the subject of our August competition 'A DIY Disaster' in no more than 50 words and then wished us all a safe journey home.

As always we welcome new members and visitors at all our meetings, do come and join us.

SEDBERGH WI REPORT

Moira Folks

'Movement is Medicine from Fitness to Health' was the intriguing title for Stuart Wetherell's talk to us on July 10th. Having been assured by Valerie that this was NOT going to be an exercise class (!), a good number of members turned up to find out how we could improve our fitness levels. Stuart, who now manages the People's Gym at the People's Hall on a daily basis, qualified in chemistry but became interested in the human body 'because we are bags of chemicals'! Years ago, he became a gym member to increase his fitness for rock climbing and subsequently took a gym instructor course. Physiotherapy following an injury about 15 years ago really helped him,

so he trained as a sports massage therapist.

Stuart told us that Public Health England actually recommends exercise as a prescription for good health. The brain and eyes are the oldest parts of the body because all other parts are constantly renewing themselves, though at different rates, but you need to stimulate your body to replace itself. Activity is good for neurological conditions as it builds new connections in the brain, sending blood into the brain to keep you healthier. How people move affects the way they look: keeping fit through exercise makes you look younger. Even standing burns calories! Unfortunately, many people nowadays spend much of their time sitting down and 'multi-screening' with phone, TV and computer at the same time. Lack of exercise combined with overeating can lead to obesity, making you more susceptible to osteoporosis ('brittle bone disease'), which is becoming more common in men these days. Your aim should be to do 150 minutes of moderate activity each week. In order to have long life with quality, you need to keep active. Building muscle helps

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you move your body: it is the biggest driver to staying independent. If you are injured or have an operation, rehabilitation through formal exercise is very important and will speed your recovery: using the gym could be just what the doctor ordered! The advantage of exercising in a gym is that you have more space than you might at

home, and a variety of equipment to practise different movements on.

Sandra Gold-Wood (a keen gym-user herself!) thanked Stuart for his timely advice, which we should all take to heart.

Book club members have been transported this month from our warm summer weather to 'Breakup' in



Alaska, the great thaw after a desperately hard winter when grizzly bears come out of hibernation, hungry for any flesh (including human), the snow and ice melt leaving atrocious conditions for travel, and everyone's emotions are on edge. 'Breakup' is the seventh book out of a series of twenty-five (so far!) by

Dana Stabenow, a native Alaskan, about Kate Shugak, a private investigator who shares her author's roots. It's now up to her to solve the mystery of two murders. Stabenow's writing is lively with lots of dialogue and much slapstick in the bar scenes, prompting one of our group to compare it to a cartoon, which some liked but most didn't! Some interest was provided by the distinctive lifestyle of the native Aleut community compared with the incoming white settlers who had taken over their tribal lands. Marks given varied from 2 to 6/10, averaging 5.5: only one member said she would like to try another of Dana Stabenow's books, to see whether they're all written in the same style! We had an enjoyable afternoon discussing it anyway, and thank Ellen for hosting our meeting, and for her mouth-watering cakes!

'Zero Waste Sedbergh' is the title of our next meeting at 7.30pm on Wednesday 14th August in the People's Hall committee room. Suzie Pye will be giving us lots of ideas for reducing our impact on the planet, starting here in Sedbergh. Please come along and find out what you can do to help!

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HOWGILL/FIRBANK W.I.

Audrey Hoggarth

We last met at Howgill Village Hall, President Sarah Syred welcomed thirteen members before singing Jerusalem together.

We would like to thank everyone who supported our coffee morning on June 12th, we had a successful morning raising £200 for W.I. funds.

June 26th brought a hot sunny day for our summer outing, first stop was Windy Hall gardens near Bowness overlooking Windermere, they have a 400-year history. Set in four acres of fell side woodland it is the creation of owners David and Dianne, David

gave us a tour, using his ecological knowledge he identified the many

species of plants flowers, shrubs and trees, their flock of rare multi horned Hebridean sheep made themselves known to us, not forgetting the pond with waterfowl and mandarin ducks. This is a garden where nature leaves a lasting impression on us all.

Next stop was Windermere's jetty museum of boats, steam, and stories, housing some of the oldest surviving boats in the world. Before leaving for home we had time to relax with a boat trip on the lake. Liz Moore was thanked for the efficient organisation, making it an enjoyable day.

Ladies from the Lune valley group have shared their contributing photograph for the centenary

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calendar with us, this represents the 1940's equal pay resolution.

Speaker Joanne Halliwell arrived dressed in cap, apron, and clogs plus mop ready to give us representations of Betsy the scullery maid, a character from Victorian England who gave us some historical comedy stories about life as a servant working in the kitchen and laundry. Joanne has become popular with audiences from Cumbria and Merseyside and gets great joy from playing Betsy. Pauline thanked Joanne for entertaining us.

The competition "this belonged to grandma" was won by Sheelagh with Dilys second. Jacky went home with the raffle prize. A Jacobs join supper brought the meeting to a close.

We meet again on August 1st. with speaker John Falkingham talking about "Burma Revealed". Visitors and new members are welcome, do join us -7.30 at Firbank Church Hall.

HOT WEATHER AND DEMENTIA

Myles Ripley

In a spirit of optimism that we may get a decent spell of hot weather.....??? Here is some advice.....British summers are notoriously unreliable, but if hot weather does occur, here's how to keep a loved one with dementia healthy and safe

While many people welcome the arrival of a heatwave as an excuse to roll up trousers, slap on some suncream and make like we're living in the Med, for the elderly, and particularly those with dementia, it can throw up a range of challenges.

It's why it's so important to be mindful of a loved one with dementia if temperatures rise this summer, particularly if they live on their own and might be isolated.

In fact, Megan Cruise, an advisor from the Alzheimer's Society, explains why people with dementia can be in danger: 'A heatwave can lead to a vicious cycle. People with dementia may forget to drink enough fluids and wear suitable clothing. Dehydration and high body temperatures can lead to greater confusion. As temperatures rise, we are urging relatives, carers and others to check in on people with dementia to make sure they are OK. Stay hydrated by drinking plenty of water, eat regularly to replace salts, dress in cool, light clothes and stay out of the heat.'

Follow these key tips:-

- ◊ Stay out of the midday heat. The hottest time is between 11am to 3pm so encourage people to

- ◊ come inside or ensure they're sitting beneath the shade.
- ◊ Set reminders to have a drink. Try using a talking reminder clock, put up signs around the house or set alarms on digital watches.
- ◊ Place jugs of water and cups in all the main rooms of the house. If they see the jug it will hopefully remind them to drink. If not, leave a message next to it saying 'Take a drink of water.'
- ◊ Dilute water with squash or slices of fruit if they don't like the taste of plain water
- ◊ Serve up cooling food such as ice-cream, chopped melon, or fruit smoothies. Think about whether the person with dementia has any issues with chewing or swallowing when serving up these foods.
- ◊ Limit drinks with caffeine as they can increase dehydration. Plus, too much caffeine can disturb sleep (which isn't ideal if someone with dementia already sleeps less than before).
- ◊ Take cool baths or showers or simply place a wash cloth and some cold water near their seat so they can dab themselves.
- ◊ Invest in an electric fan. They can be bought quite cheaply (you can even get mini fans to fit into handbags) and are an easy way to stay cool.
- ◊ Carry a water bottle when travelling particularly if you're going on a long journey.
- ◊ Keep curtains and blinds shut to stop sunshine increasing the temperature of rooms.
- ◊ Ensure clothing is light and loose as this will keep the person with

dementia cool. Plus, if it's relatively loose (and even adapted for those with less mobility) it will be easier for them to remove or change if needed.

Signs of heat exhaustion and dehydration

If someone with dementia becomes overheated, it means their body is unable to cool themselves quickly enough. Symptoms of heat exhaustion include muscle cramps, weakness, dizziness, headaches, nausea and vomiting. If you spot any of these symptoms, take them straight to hospital.

They may also become dehydrated, which in itself can cause symptoms of confusion which many be assumed to be dementia. If a loved one has suddenly taken a turn for the worse, it's definitely worth thinking above whether they might be dehydrated.

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Karen Evans manager SL Advice

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Strikes - your rights are the same as with other cancellations or delays.

Luggage - If your luggage is delayed, lost or damaged and the airline is at fault, you have the legal right to claim compensation from the airline. But act quickly and check deadlines. If you have insurance that covers luggage, you might be better

off making an insurance claim instead.

Airline goes under - If your flight is ATOL protected it means that you are guaranteed a refund if a company collapses (and a return flight home if you are stranded). If not, but you used a credit card, you could try claiming against your credit card company. Or your travel insurance may cover 'scheduled airline failure'. You can get consumer advice from the Citizens Advice consumer service on 03454 04 05 06

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SIGHT ADVICE

Sue Harper

On Tuesday 18th June 15 of us met once again at the “Fat Lamb”, where, as usual, we enjoyed a delicious lunch. We were lucky with the weather as it was a beautiful summer’s day for a change!

We remarked on how fortunate we are to live in such a beautiful and relatively untroubled part of the work, unlike so many others.

We very much missed our trusty chairman Dennis Whicker and send him our very best wishes.

However, Dennis took the time and trouble to supply us with amusing place cards and quizzes once again which was very much appreciated.

We hope he will be back with us very soon. We now have a break till 17th September when we will receive a talk by David Beare about holidays for blind and partially sighted people.

NORBER VIEW SCOOPS YORKSHIRE DALES PHOTO COMPETITION

Mike Appleton

Too late for this year, but there are many great photographers in Sedbergh and District who contribute regularly to Facebook page Sedbergh in Photos. Consider entering next year? AND Sedbergh still wants photos for the 2020 calendar with a theme of “Sedbergh on the Move” and therefore can’t really just take LANDSCAPE views – perhaps local teams, organisations, trainspotters, birdwatchers etc would like to have a look through your photo albums???

“Congratulations to Stephen Dauris who has won Yorkshire Dales Millennium Trust’s annual photo competition with his stunning image of the Norber Erratics. Judge Ian Rossin, Creative Director at Brass Agency, said the picture was a “calm and gently balanced composition” after deliberating more than 350 entries.

The Dales hold so many varied themes that singling one out was difficult,” he said. “I tried not to over think it and to go with my instincts around which images engaged me the most.



"The winner is a great picture and one that draws you in slowly to explore the story being told here. It is all the more powerful for doing so as you slowly take in the scene and the details. A story of geological time travel - you are right there after the moment when the glaciers melted and revealed their shaping of this unique Dales landscape.

"Your eye-line is low and looking up, as if below all the ice that carved and deposited all this stone is above you pressing down. It fills my imagination with the power of nature that formed this scene so gets my top marks."

Stephen took the winning shot on a day trip to the Dales. He said: "The Yorkshire Dales are a great location whether for hiking, cycling, climbing or photography. I spent a day there visiting Scalebar Force, Ribblehead Viaduct, Twistleton Scar and finally the Erratics where I took this shot. "The light wasn't great as there looked to be a storm approaching which added to the mood of the image. "The backdrop of Ingleborough is in stark contrast to the limestone pavement and the erratic."

Stephen wins a break at one of the three multi-award winning Cottage in the Dales luxury cottages in Wensleydale or Bishopdale for his effort.

Diane Howarth, Director, Cottage in the Dales

www.cottageinthedales.co.uk, added: "Cottage in the Dales have been delighted to support the Yorkshire Dales Millennium Trust photography calendar competition this year and provide the winner with a short break at one of our luxury cottages, to hopefully take even more beautiful photos! "We are amazed that the number of entries has increased dramatically from 200 last year to 350 this year and look forward to showcasing the winning twelve in the YDMT 2020 calendar, which will be in each of our cottages of course for our guests to enjoy, and hopefully buy one too."

Runner up in the competition was Les Fitton's shot 'Mountain Express approaches Ais Gill Summit'.

All money raised will help to support YDMT's work to support the people, landscape and wildlife of the Yorkshire Dales and surrounding areas.



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SEDBERGH ART SOCIETY

Jenifer Alison

Talk by David Hartnup: On Friday 21st June we thoroughly enjoyed a very original talk by David Hartnup from Wray. David is a painter who graduated from the Medway College of Art and Goldsmith's College. He showed us a number of slides depicting work by painters of the Victorian era, including the Pre-Raphaelites. David has researched the extensive correspondence that can be discovered in museums and literature, where artists have confided with each other and with friends and family. This has enabled him to give us the 'inside story' behind many pictures, telling us about the lives of the people in them and the models the artists used in producing their

works. The correspondence also gave an insight into the style, composition and allegorical and symbolic nature of many paintings.

If you visit the website for Lunesdale Arts at www.lunesdalearts.co.uk you can find David's own work. He likes to paint in a variety of ways, but is attracted by the vorticist movement of the years preceding and during the First World War. Vorticist work can seem to me rather harsh and angular, but David's work, I find, is evocative and beautiful and at times ethereal.

The Exhibition: This year's exhibition promises to be, yet again, varied and exciting! Our prime purpose is to celebrate what we have achieved during the year, but you are



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welcome to purchase any pictures which appeal to you. We were visited by 1,200 people last year. There will be a great selection of work in varying media and styles, including locally inspired paintings. In addition to framed pictures there will be mounted work and a good selection of greetings cards. The Sedbergh School Library, situated next to Loftus Hill Car Park, will be temporarily adapted for exhibition purposes. The Library is a very popular venue, which is steeped in history.

On the preview night, 21st August, the exhibition will be opened by Dennis Whicker, who produced and edited the Sedbergh Lookaround for 30 years. As the Lookaround became increasingly popular, he delegated

much of the work to a team of volunteers, but he remains on the committee. The exhibition be open to the public from Thursday 22nd until Monday 26th August inclusive. The doors will be open from 9am – 5pm on those days. We look forward to seeing many of our regular friends and to meeting new ones.

For more information, contact:

Jenifer Alison:

jen.alison10@gmail.com

Tel: 01539 824666 or 07785

964008

Gill Impey:

gillimpey@hotmail.co.uk

Tel: 01539 726640 or 07522

264187

Or visit our website:

www.sedberghartsociety.org

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CAFE CONCERT

Donald Smith

Sedbergh Orchestra July 4th 2019
The People's Hall

Since July 4th celebrates American Independence Day that was the tune the Sedbergh Orchestra opted to play for its Cafe Concert this year. With 'Old Glory' spread out as a backcloth, Sousa's March 'The Stars and Stripes' kicked into action a range of 12 different numbers; the tables were all adorned with mini-flags and the conductor, Roland Fudge, sported a cowboy hat... it was different and it was fun!

Showing the spread of American music in the golden years of 1890-1960 we dipped into different pools. The military themes of Sousa were picked by Kenneth Alford's Colonel Bogey, a British composition (1914) adopted by the US Women's Army Corps. Richard Rodgers' Sound of Music (1959) was reflected by Broadway musicals from Cole Porter and Harry Warren. The genius of George Gershwin shone through his evocation of a Foggy Day in London and through his brilliant opera Porgy and Bess with its memorable tunes and catchy rhythms, completed in 1935 shortly before his untimely death. What Leroy Anderson's Swedish ancestry contributed to his Forgotten Dreams and Blue Tango was not apparent, neither was the influence of American Indian themes on Dvorak as he composed his New World Symphony in 1893; perhaps homesickness for his beloved Bohemia was paramount. The distinctive appeal of Scott Joplin's rags, revived in the 1970s in the film

'The Sting', was marked also by Roger Bush's skilful renditions in the interval.

To all these challenges the orchestra rose splendidly under Roland Fudge's expert guidance, clearly enjoying the playing. We are particularly indebted to our conductor this time as he had had to contend with a broken wrist, but he

coped most skilfully. For him we fielded 15 violinists including a recent recruit from Hawes and including also our American representative, Sara Speicher, to whom we have to bid farewell for a time...and also to our cor anglais player Elizabeth Simms who played the Dvorak Largo for us memorably. We made a presentation to her and to her husband Peter who

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has helped us enormously in recent years, manufacturing tickets, posters and flyers and devising the website that has attracted recent enquiries; they are moving to Somerset and will be much missed.

Meanwhile plans are brewing for our next concert, possibly to include Beethoven's Fifth...it will be different again, so watch this space!

SEDBERGH TOWN BAND

Keith Wood

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

To maintain our excellence, we need to develop and increase the numbers in our learner band. This development band is not just for youngsters. We also have a number of adults who are learning. If you dear reader would like to have a go at a

brass instrument, then make contact with anyone of us. That includes me on 015396 21808 or on sangold.kwood@virgin.net. Alternatively, you could just turn up when the learner band meets at 6pm on Wednesdays at the band room between the School Bursary and Powell House.

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

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



LOOKAROUND STILL NEEDS YOU!

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

If you can spare some time please contact us.

Contact details are on page 4.

EDITORIAL

Many thanks to the local photographers who provide pictures for the cover. If I haven't been sent a photo I often end up looking at 'Sedbergh in Pictures' on Facebook to see if there is anything suitable and everybody I've contacted so far has been more than happy to share their work.

This month's picture is by Dylan Reynolds, and captures lightning during one of the storms at the end of July.

I'm quite a fan of 'Sedbergh in Pictures', its one of the reasons I continue to look at Facebook despite my misgivings about the influence of Social Media. When I'm working away and wondering what the weather is like at home I just look at what's been posted that day and am in touch immediately, and reminded not only of the weather, but of how beautiful the town and surrounding fells are.

Thanks too to the photographers who send us pictures. Just because we haven't used them yet doesn't mean we won't. I always try to match the cover to the month, weatherwise, or some other event pertinent to the community, so it could be a year or more before I use a particular picture.

Glad to hear that the Middleton Hall Bridge should be reopening soon after you read this (Friday 2nd August I heard). I sincerely hope that the fine weather continues throughout the summer (with the occasional rain overnight of course) to help

recompense the businesses on the Middleton road for any losses incurred during its closure. I could launch into a tirade about road closures during the summer season but 'Cloth Ears' (page 29) makes the point far better than I could.

Good to see that we are back up to 84 pages this month. Not quite as good as Dennis's regular total of over 100 pages, but it continues to be my hope that we can achieve this again. Particularly as we're missing a few of our regular contributions this month.

I remain convinced that Lookaround remains one of the best local publications there is in the country, with contributions on a wide range of subjects, freely sent in by members of the community.

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.

BEREAVEMENT

MIRIAM 'MARGARET' MIDDLETON

The family wish to extend heartfelt thanks to everyone for the overwhelming acts of kindness and sympathy shown to them during Margaret's stay in hospital and following her passing. To all who cared for Margaret both at RLI and at home. To Rev'd Christine Brown and Sarah Woof for leading the services, and to all who filled the church to celebrate Margaret's life. To JJ Martin for all the funeral arrangements and Country Catering for a magnificent spread. Generous donations in excess of £1500 will be split between the Great North Air Ambulance and St Andrews

PERSONAL MESSAGES

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

ERIC "RUPERT" & MARGARET MAJOR

Diamond Wedding Anniversary

Thursday 22nd August 2019

Congratulations to a special couple on this great milestone.

All our love, hugs & kisses from your children:- Julie & Andrew.

Grandchildren:-Hayley, Dominique, Sophie, Amber & Adam.

Great grandchildren:-Cayden, Sienna, Freddie & "bump".

Also:- Mike, Jill,, Iain, Eddie, Alan, Tom & Beth

Not forgetting the dogs Chunky, Jack & Nico

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A VIEW FROM THE FELLS



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

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

New advertisers are of course always welcome too.

PUBLICATION DETAILS

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

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

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

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

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

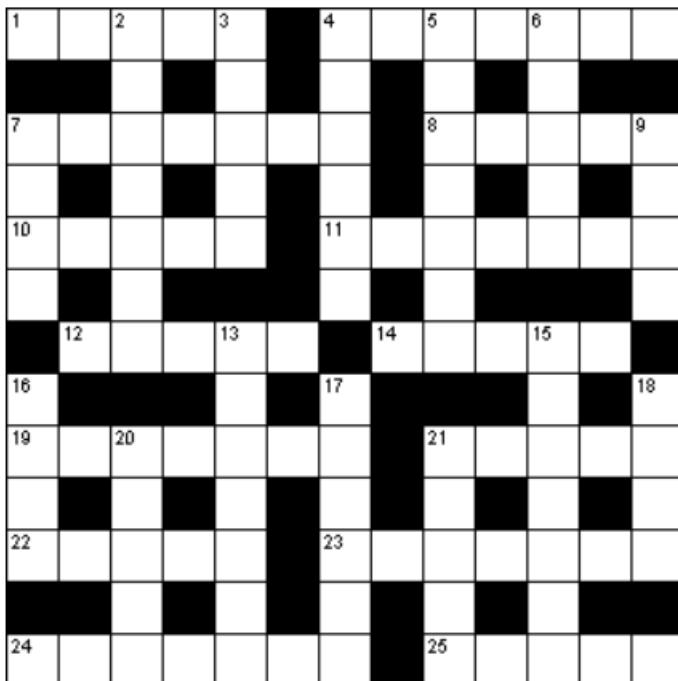
We will post Lookaround to you in the UK at a cost of £2.00 per issue, or anywhere in the world for £6.00.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

PUZZLE (SOLUTION ON PAGE 72)



Across

1. Head with ponytail is dominating (5)
4. All round promotions in short, something to sing about (7)
7. Fight angry dispute for small bird (7)
8. Monotonous sounding insect (5)
10. End of term beers for men (5)
11. Headless fish don't start to intimidate floating voter (7)
12. A most varied number of particles (5)
14. An aspect of character, directed at the audience (5)
19. Fables created when part of a journey is over (7)
21. Something big in spectacular gesture (5)
22. Make a catapult out of a bandage (5)
23. Sheepish puff is violent (7)
24. Tiny Dickensian character, lazily in a bashful manner (7)
25. Is ant confused or something smooth? (5)

Down

2. Evidence of wound allowed to become reddish (7)
3. Threads and tales can both be spun (5)
4. Curve directed, cricketer out (6)
5. Tail-end snakes used for climbing (7)
6. A boxing match, roughly (5)
7. Closely similar but mixed up as me (4)
9. Sounds corny but walls have them too (4)
13. Male matured, coped well (7)
15. Living quarters, insect asleep for now (7)
16. Arrange pals to form a chain (4)
17. Homeless cat, far from the right path (6)
18. Find warmth, sunbathe at noon (4)
20. Sounds like gruesome siblings could tell a story (5)
21. Switched palms, illuminating (5)

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	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	10/18	Dr Ripley	mylesripley@btinternet.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty Team Member	07498	870267
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	
Labour Supporters Group	12/17	Mr Cross	Sed:	22566

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	04/19	Mrs Lidiard	07734	699723
Lunch Club	03/18	Mrs l'Anson	Sed:	21757
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com		
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554
People's Gym	02/19	Mrs Gold-Wood	Sed:	21808
People's Hall	07/19	Tourist Info Centre	Sed:	20125
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Red Squirrel Group - Sedbergh	04/17	Mr Hopps	07870	785322
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Schools	Dent Primary	03/13	School	Dent: 25259
	Dent Primary - Friends of	03/13	School	Dent: 25259
	Sedbergh Primary	01/09	School	Sed: 20510
	Settlebeck	01/09	School	Sed: 20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent: 25317
	Sedbergh School	01/09	School	Sed: 20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Sedbergh United Charities	02/19	Mr Cann	Sed:	20771
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.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	12/13	Mrs Kernahan	Sed:	20733
Yoga	11/16	Mrs Hennedy	Sed:	20899
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

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

PUZZLE SOLUTION



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.



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@drawellcottage.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

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 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 Ed_welti@btinternet.com	20770
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Self-Catering Sleeps 6 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

KEY

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

DIARY OF EVENTS

Dates are held up to 25/04/2020.
 Dates in **BOLD** are start & finish events.
 Numbers in Brackets indicate Advert/Article on a Page.
 Month in Bracket relates to issue that details last appeared.

AUGUST 2019

01	1930	Howgill Firbank WI - Burma Revealed (55)	FCH
02		Dentdale WI minimarket (50)	DMH
02	1800	Festival of Joy creative worship	Rhumes
03	1000	St Andrew's Church Dent Coffee Morning	DMH
03	1000	Festival of Joy family activities (5)	Rhumes
03	1830	Crown Green Bowls taster session	BC
04	1045	Festival of Joy " Larking in the Ark"	Rhumes
05		August Bank Holiday	
05		Sedbergh School Summer Courses (Jul)	SS
05	1900	Festival of Joy Café style church (5)	Rhumes
07		Annual Outing - DHTF	DMH
07	1000	Allotments Assoc Coffee Morning (25)	StAS
08	1200	Age UK - Sedbergh Lunch Club	Dalesman
08	1930	Sedbergh Parish Council meeting (27)	PH
09		Closing date applications to community fund	
09	1930	Ireland 1919-1969 - Nick Cross (34)	StAS
10	1000	Allotments Assoc Coffee Morning (25)	StAS
11	1000	Allotments Assoc Open Morning (25)	Birks
13	1400	WIK - Chat and Craft	PH
14	1000	NW Cancer Research Coffee Morning	StAS
14	1915	WID - Fraud Protection	DMH
14	1930	WIS - Zero Waste Sedbergh	PH
14	1930	Sedbergh WI - Zero Waste (53)	PH
17	800	Barbon Show (17)	Manor Park
17	1000	Dentdale Coffee Morning	DMC
18	1100	Space for Stillness	MCD
20	1930	Ladies NFU Meeting	PH
21	1700	Town Band BBQ and music (48)	QG
22		Sedbergh Art Society Exhibition (61,23)	SSL
24	930	Sedbergh Artisan Market (24)	DMH
24	1000	Table Sale And Soft Play	
26		August Bank Holiday	
26		Sedbergh Art Society Exhibition	SSL
26	1200	Dent Gala (1)	Dent
28		Roots - Green Door Artists	FM
28		Sedbergh Art Exhibition (61,23)	SSL
31	1430	Teddy Bear's Picnic (39)	QG

SEPTEMBER 2019

01		Moorcock Show (40)	Mossdale
06	1400	Dentdale Head To Foot	DMH
07	1000	St Andrew's Church Dent Coffee Morning	StAD
10		Tour of Britain stage 4 via Sedbergh (Jul)	
10	1400	WIK - Busy Bees and Lemon Grass	PH
11		Medical Centre Closed For Training (Jul)	MC
11	1915	WID - Morecambe Bay - Underwater Safari	DMH
11	1930	WIS - A Little More Art	PH
12		Westmorland County Show (Jun)	Crooklands
12	1200	Age UK - Sedbergh Lunch Club (Jun)	Dalesman
17	1930	Ladies NFU Meeting	PH
17		Sight Advice Meeting (Jul)	
19	1930	Garsdale Parish Council meeting (29)	GVH
21		Sheep Fest(52)	

21		Sedbergh Artisan Market (24)	
21	1000	Space for Stillness	MCD
22		Sheep Fest (52)	
25	1930	Cumbria Wildlife - insects and pollinator	StAS

OCTOBER 2019

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

NOVEMBER 2019

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

DECEMBER 2019

06	1400	Dentdale Head To Foot (Jun)	DMH
07		Dentdale over 60's Christmas luncheon	DMH
07	1000	St Andrew's Church Dent Coffee Morning	DMH
10	1400	WIK- TBA (Jul)	PH
11	1915	WID - Christmas Meal	TBA
11	1930	WIS - Christmas Dinner	TBA
12	1200	Age UK - Sedbergh Lunch Club	
13	1800	Family Christmas Pantomime	
15	1100	Space for Stillness	MCD

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
Lightning Over Sedbergh
Dylan Reynolds

Regular Events and Meetings				Regular Events and Meetings			
1000	Every Sunday	Free Entry to Locals	FM	1315	Every Wednesday	Art Society	PH
1600	3rd Sunday	Messy Church	CCCN	1400	Every Wednesday	Age UK IT Support	L
1030	Every Monday	Sedbergh Songsters	GH	1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Monday #	Brownies	CCCN	1730	Every Wednesday #	Beaver Scouts	SHQ
1400	1st Monday	Bridging the Gap	MC	1900	Every Wednesday	Sedbergh Town Band	SSBR
1930	1st Monday	Dent Parish Council	DMH	1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st Monday	People's Hall	PH	1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1900	3rd Monday	Chamber of Trade	PH	1915	2nd Wednesday	Dentdale WI	DMH
1430	Last Monday	Tea & Company	CCCN	1930	2nd Wednesday	Sedbergh WI	PH
0930	Every Tuesday	Drop-in & Relax	MCD	1830	Every Thursday	Swimming Club	SS
1000	1st and 3rd Tuesday	Grief Share	CCCN	1800	Every Wednesday	Yoga for All	SPS
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
1000	Every Wednesday	Yoga for All	HVH	1330	1st Friday	Dentdale Club	DMH
See Group Page for contact details & Diary Page for Keys				1000	Every Saturday	Swimming Club	SS
# = School Term Time Only							

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

BUS SERVICES

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

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

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

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

BUS SERVICES

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

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

Buses From Hawes to Dent

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

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

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

Buses From Brough/Kirkby Stephen to Dent

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

BUS SERVICES

S4/S5 Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green
Thursday Only commencing Thursday 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 Thursday 21st June 2018 ufn R = Request only					
	Thurs	Fri	Fri	Fri	Fri
Dent			10.25		14.25
Sedbergh, Spar			10.39	12.44	14.39
Sedbergh, Dalesman	09.00		10.40	12.45	14.40
Sedbergh, Maryfell	09.02		10.41	12.46	14.41
Cautley, Cross Keys	09.10		10.48	12.53	14.48
Fat Lamb	09.18		10.54	12.59	14.54
Kirkby Stephen Station arr	09.24		11.01	13.06	15.01
<i>Trains from Leeds to Carlisle</i>			11.06	12.35	15.01
<i>Trains from Carlisle to Leeds</i>			11.46	-	15.46
Kirkby Stephen Station dep	09.24		11.07	13.08	15.03
Kirkby Stephen Town	09.29		11.12	13.13	15.08
Kirkby Stephen Co-op	09.30		11.13	13.14	15.09
Brough, Clock			11.21	13.22	15.17
		Fri	Fri	Fri	Thurs
Brough, Clock			11.26	13.27	15.21
Kirkby Stephen Co-op			11.34	13.35	15.30
Kirkby Stephen Town			11.35	13.36	15.33
Kirkby Stephen Station arr			11.40	13.41	15.38
<i>Trains from Leeds to Carlisle</i>			-	-	-
<i>Trains from Carlisle to Leeds</i>			11.46	-	15.46
Kirkby Stephen Station dep			11.47	13.43	15.48
Fat Lamb			11.54	13.50	15.55
Cautley, Cross Keys			12.00	13.56	16.01
Sedbergh, Maryfell			12.07	14.03	16.08
Sedbergh, Library		10.05	12.08	14.04	16.09
Sedbergh, opp. Morphets		10.06	12.09	14.05	16.10
Dent		10.20	-	14.19	-

Thurs = Thursday only

Fri = Friday Only

Lookaround Editorial Team

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

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

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

**Parish Priest Kendal
Tel: 015397 20063**

CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

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

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE CHRISTIAN FELLOWSHIP

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. Andy McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. Andy McMullon Tel: 20018

Rev. Christine Brown Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

Rev. David Crouchley Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545 375721

Combined plans for Western Dales Mission Community - August 2019					
	Time	4 th	11 th	18 th	25 th
St. Andrew's, Sedbergh LA10 5BZ	8am	Andy McMullon HC-BCP	Gary Wemyss HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United Service Andy McMullon HC	Andy McMullon HC & Baptism	Christine Brown HC	Andy McMullon & Judith Bush FS
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service at St. Andrew's	David Crouchley HC	Philip Nolan	David Crouchley
St. Mark's, Cautley LA10 5LZ		2.30pm Andy McMullon HC	9.30am Judith Bush MP-NC	At Sedbergh	2.30pm Judith Bush Taize
Cautley Methodist Chapel LA10 5LY	11am	Pam Dent	Philip Nolan	Brian Park	Special Service David & Lyn Allen
St. John's, Garsdale LA10	10am	Judith Bush HCx	At Low Smithy United Service	At Garsdale Street United Service	Bill Mawdsley SH
Garsdale Low Smithy Methodist Chapel LA10 5PF	2pm	At St. John's United Service	United Service Philip Nolan	At Garsdale Street United Service	Brian Park
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	3pm	Songs of Praise Sankey Hymns with Irene and Andrew			
Garsdale Street Methodist Chapel LA10 5PQ	6.30pm	At St. John's United Service	At Garsdale Low Smithy United Service	United Service Pam Dent HC	At Cautley & Low Smithy
All Saints, Killington LA6 2HA	2pm	At Sedbergh	At Firbank	At Howgill	Andy McMullon HC
Holy Trinity Howgill LA10 5JD	12 noon	At Sedbergh	At Firbank	Andy McMullon Baptism	At Killington
St. John's Firbank LA10 5EF	2pm	At Sedbergh	Judith Bush HCx	At Howgill	At Killington
St. Andrew's, Dent LA10 5QL	10.30am	Christine Brown HC	Christine Brown HC	Andy McMullon HC	Christine Brown HC Ecu
St. John's, Cowgill LA10 5RJ		9.00am Christine Brown HC	At Dent	2.30pm Churchwardens EP	At Dent
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Sarah Crouchley	Anne Petty Songs of Praise	At Dent Foot	United Service at St. Andrew's 10.30am
Dent Foot Methodist Chapel LA10	2pm	Brian Park	At Dentdale	Chapel Anniversary Les Kelsall	At Dentdale
	Wednesday	7 th	14 th	21 st	28 th
St. Andrew's, Sedbergh LA10 5BZ			Andy McMullon HC-BCP		
HC- Holy Communion (HCx- Extended Communion) FS- Family Service P&M- Prayer & Meditation			CM- Choral Matins (BCP) MP-NC- Morning Prayer- Northumbrian 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 Defibs are supplied
on contacting Ambulance Control on 999*

POLICE

101 or 999

Crimestoppers 0800 555 111

Community Officer

Marion Jeffery

Telephone: 101, option 2, ext 45383

Email: marion.jeffery@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:

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