

Sedbergh & District

LOOKAROUND

September 2012

Issue 303

Donation £1

Well, here we are again starting to leave Summer behind with the nights drawing in. Where ever did it go?

Plenty of things to see and do again this month. A continued thank you to all contributors for Advertising and

their articles, especially the Charity Fund Raisers for all the work they do for their own cause. It really does put Sedbergh on the map for the rest of the country.

Dennis & Jacky Whicker

AUDIO & LARGE PRINT LOOKAROUND

COFFEE MORNING

Wednesday 12th September

10am



URC Rooms
Raffle ~ Cakes

Large Print and Audio versions of Lookaround will be available to order

MACMILLANS'S WORLD'S BIGGEST

COFFEE MORNING



10am to 12 noon

Friday 28th September

Dent Methodist Church Schoolroom

Please support Dent's Fund Raising

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In Aid of MacMillan Cancer Support
Ingmire Hall, Sedbergh

Friday 28th September

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Cake Stall ~ Preserves ~ Raffle ~ Open Gardens

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CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788

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

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SEPTEMBER BIRTHDAYS

Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipients this month are:- Amy Hunter who is 9 years old on 23rd September and

Please collect your vouchers from
Sedbergh Office Services
 13 Kings Yard, Main Street,
 Sedbergh
 which can be used in any shop in
Sedbergh & Dent.

Day	Name	Age
9	Holly COWIN	1
10	Harry DAWSON	1
10	Joe DANDY	10
21	Isaac BREWER	7
21	Charlotte GARDNER	5
22	Saul JONES	11
23	Fraser SPROUL	8
23	Amy HUNTER	9
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Nonagenarian		
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See Page 75 for report on pictures



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PERSONAL & SMALL ADS £1

MOORE

I wish to thank everyone for all the lovely cards, gifts and flowers given to me on the occasion of my **90th Birthday**. Also my family for their help and for friends, neighbours, the family and the little ones for coming in and making my birthday such a happy day. Margaret.

=====

POSTLETHWAITE

Congratulations on your **18th Birthday** Emma. Love from Dad, Mum, Angie and Leanne xxxx



=====

POSTLETHWAITE

Happy **18th Birthday** Emma on September 10th. Lots of Love from Great Gran xx

=====

POSTLETHWAITE

Happy **18th Birthday** Emma. Have a great day. Lots of Love from Auntie Linda and Uncle Wayne and cousin Luc y xx

=====

POSTLETHWAITE

Happy **18th Birthday** to a Special Granddaughter Emma on 10th September. Love from Nanna and Grandad (Todd).

POSTLETHWAITE

Happy **18th Birthday** Emma. With Lots of Love from Steven, Michelle, CJ, Sienna, Jody and Pippa xxxxxx

=====

WIDDESS

As we go into retirement, we would like to wish you every blessing for the future and thank all our many friends in Sedbergh. We are very grateful for all the cards and letters we have received and will take with us many happy memories of our 9 years in Sedbergh. It is a wonderful community to be part of and we shall miss you. Tim and Janet.

=====

FOR SALE

King size divan (5') bed. Very good quality. Matching headboard and valance in mid blue material. £150. Double divan bed, (4' 6"). New, still wrapped. Firm mattress, end drawer, dark brown fabric base so no need of a valance, (could buy a matching headboard). £290. Tumble drier. Old but works very well. £15. Tel: 20360.

COFFEE MORNING

Wednesday 5th September

10am

URC Rooms

in aid of
KIDZONE



PERSONAL & SMALL ADS £1

FOR SALE

Pine Single Bed with mattress in good condition. £30. Tel: 21321.

=====

FOR SALE

30 inch Storage Heater. Good condition. £20. Tel: 01539 25419.

=====

WANTED

Local farm lad, school leaver (Thomas Bateman) seeks part-time farm work. Has worked with sheep and beef cattle and has just passed his tractor test. Keen to work and learn more. Tel: 07770-242901 or 01539-824039.

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www.dentvillageheritagecentre.com

Also visit

www.discoverdentdale.co.uk



One Adult Free Entry on production of this advert.

SEDBERGH SWIMMING CLUB

The swimming club held its A.G.M in June when it was reported the club had had a successful year. The sponsored swim raised £770.00 for Asthma UK and the swimmers had an exhausting night swimming as many lengths as possible with some completing over 100 lengths of the pool, well done to all who took part. This year we will probably hold the Rainbow awards after Christmas.

A group of our secondary school age members took the Bronze Medallion Life saving course and all passed, congratulations to them all. We also have two of our young adults planning to take the ASA Swimming Teaching course later this year, good luck to them both. We need young lifesavers and teachers for the club to continue providing this opportunity for Sedbergh children to learn to swim locally. The committee would also welcome help from any parents who are at the pool on a Tuesday or Thursday with their children, to give the teachers more time to teach, please come forward if you can assist in any way.

Do not forget Sedbergh swimming club is not just for our local children, but adults too. We have adult swimming sessions Tuesday and Thursday evenings and Saturday morning open sessions. Non-members are welcome on a pay per session basis. Remember swimming is an excellent way to keep fit when the nights are getting darker.

Details of session times and fees can be found in the advert on P 18.

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015396 20552

COUNCILLOR CORNER

Sedbergh Dental Surgery

As you will all remember, when Spar applied to build an out of town centre retail shop on the former auction mart site, it was contrary to national and local planning advice. However, using part of that site for a Medical Centre was a material planning consideration of significant weight and eventually after a great deal of heartache and soul-searching the joint application was successful. In my adult life we have never had a more divisive issue, not even the cobbles.

One promise offered, which became a condition of the planning consent was that the old Spar Shop in Sedbergh Main Street would continue retail trading for two years. I cannot say this particularly influenced me or my then colleagues on the National Park but it was clear that many, especially traders in the town considered it to be essential.

In my life I have been accused of many things but naivety has not been among them. Having said that, even I was surprised when an application

to vary the condition was being mooted within a fortnight of the new Spar opening. There have been many cogent arguments made against relaxing that condition here in Lookaround and elsewhere. But, because of the nature of the proposed change of use there was also a very strong argument in favour. No one doubts that the present Dental Surgery is totally inadequate. I hope no one doubts the important contribution which Sedbergh Dental Practice has made to the town up to present and hopefully will do for many years to come.

There have been some suggestions as to how a retail use could have been retained for all or part of the former Spar Shop, building upon the aspirations of the Book Town. If these had been pitched against a contrary application which did not involve a highly desirable community facility then they could well have persuaded NPA members not to support this application for a change of use. However, that was a big "if" and was clearly not the case.

I have had three long conversations

CARERS DROP-IN

URC Rooms, Sedbergh

Tuesday 4th September

Tuesday 2nd October

Tuesday 6th November

2 - 4pm

Information ~ Refreshments

Details:- 01539 815970



with the current chairman of the NPA Planning Committee, Harold Brown on the ins and outs of this issue, two before the decisive meeting and one today. It is a fundamental aspect of planning that you consider what is before you on its merits independent of any other potential or hypothetical alternative application. Personally, I would have preferred members to have visited the site and pressed strongly for that, as I know did two public speakers. However, members were presented with an officer recommendation, reluctantly in favour and a parish council reluctantly in favour and so a majority reluctantly took the view that permission should be granted.

It is a matter of record that no one was more unhappy with the original Spar application than me – certainly I bear the scars and perhaps that is one of the reasons why currently I am not one of your district councillors. Having said that I seconded the submission in support of the dentists' application in Sedbergh Parish Council and had I still been a member of the NPA I would have been minded to have supported it there. I am sure the applicants will take on board the concerns of their opponents. Certainly, it is important that the long shop frontage is better used than it has been in the past to create interest in the townscape.

Councillor Kevin Lancaster
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Fellgate, Dowbiggin,
SEDBERGH, LA10 5LS



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COUNCILLORS CORNER

From Cllr Evelyn

After the magnificence of the Olympic Games this summer of sport is not quite over – in Sedbergh at least. At the end of October the town is hosting the international Original Mountain Marathon, formerly the Karrimor International Mountain Marathon. Some 3,000 competitors will be descending on the town on Friday, October 26 before they take to the fells on Saturday morning for a marathon run/walk/climb with an overnight stay in the open before they make it back to Sedbergh on Sunday morning. The organisers are providing sites for camping and motor homes but we are also hoping to

provide beds in private homes to increase the accommodation the town can offer for the night before the race, October 26th. We need double and twin rooms as the competitors are in teams of two. All the competitors are members of the OMM organisation and the arrangement is that hosts will be paid £20 per person - £40 for the two, with breakfast usually not required. I have had a good response to my July *Lookaround* appeal for rooms – we have nearly 50 beds offered so far - but more are needed. The organisers have told me there will be plenty of parking near the start point so any accommodation within a ten mile radius of Sedbergh will be



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Cumbria LA10 5HF tel: 015396 21992
www.thebathhouseshop.com

*terms & conditions apply



suitable. So if you have a spare room available for the night October 26th please leave your details at the Community Office. Competitors will be arriving between 6.30 and 9.30 in the evening on Friday and we hope the shops and cafes will stay open in the evening to cater for the extra trade. There are four separate races for different levels of experience so there will be a staggered start from 8 to 12 noon on Saturday morning from the starting point in a field next to the A683 half a mile to the east of Sedbergh. The organisers will be producing a leaflet on the event which will be available shortly but in the meantime if any readers want more information I will be pleased to fill

them in on what is happening.

From Cllr Nick

I had the great fortune to obtain some tickets for the Olympics in London and was able to share the buzz that quite clearly and palpably existed in the capital for that very special fortnight. There are a kaleidoscope of memories: of the events themselves, the Olympic Park and other venues but the most striking image is of all the volunteers who were always at hand to help out with any questions, directing people to the right exit from train stations, tube stations and in the vicinity of all the venues. Apparently there were 250,000 applicants for the 70,000 'jobs'. I saw them as the glue that

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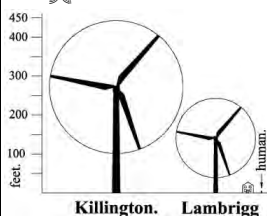
✂ Find out more on our website: www.killingtonwindfarm.co.uk

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Tel: 07880 221275 *or* 01539 728055 *or* 01539 824043



binds, the smiling, friendly people who made a real difference at every moment and in every place.

This concept of volunteering and wanting to make a small but tangible difference may yet be the counterweight to disillusion with big politics. There are innumerable groups, clubs, societies and organisations that can and do make a difference and I know that Ian touches on this more fully in his own article. Perhaps we need to bottle 'essence of Olympics' to remind ourselves how it is possible to alter the image of a whole country or a whole region by such simple things as a few words of help for people who look lost or a random act of kindness when none is expected. People may be surprised but they will be grateful and it will make a difference to the perception visitors have of Sedbergh, Cumbria and the Yorkshire Dales National Park - they are far more likely to make return visits and recommend the place to friends and family if they have been met with a smile and a friendly greeting when out and about. The Olympic Volunteers may have been ambassadors for London and the UK for this extraordinary event but there is no reason why we can't aspire to do the same thing for our own area not just once in a lifetime but whenever the opportunity presents itself.

From Cllr Ian

I've commented in the past about how things on a Council level tend to go relatively quiet in August – both

local government officers and councillors often being away on holiday. The list of "things I have done" this month is therefore relatively small but includes a further meeting of the Dales Integrated Transport Alliance in Sedbergh to continue to plan for the proposed transport hub for the District (not to mention the work being done in Dent to set up a Community Bus), with my Yorkshire Dales hat on a meeting to look at drafting a new YDNP Management Plan to carry us over the next five years, and a meeting with the SLDC Cabinet to take a look at the possibilities of providing more affordable housing through both sustainable self-build and co-housing

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www.thefranklyngroup.com



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projects (a form of housing collective much favoured in Scandinavian countries). I'm pleased to say that as far as the latter was concerned the Cabinet was very supportive and gave its authority for more preliminary work to be done in this area to enable the work to be carried forward.

Having a little more time has allowed me to reflect on how valuable local politics might be in the greater scheme of things and whether or not councillors and politicians in general can really make a difference to the lives of their constituents either on a local or national level. Certainly fewer people these days join political parties and I think it would be right to

say that there is a growing disillusionment with the ability of the present political system to deliver fundamental political change. Certainly it does seem that all the Parties are very good at moving the deck chairs around but not so good at changing the direction of the ship! So these days where does the power really lie and how can that power be exercised most effectively? For myself I notice an increasing ability to mobilise public opinion through the use of the internet and social media and particularly through campaigning organisations and pressure groups such as Avaaz and 38 Degrees. These two organisations organise

massive online petitions which in the last couple of years have made a real difference to decisions being made at a national level eg the Save Our Forests Campaign and the reform of the NHS. Check out their websites at www.avaaz.org and www.38degrees.org.uk if you are not already familiar with what they do and how they operate. On a pressure group level there are, of course, hundreds of charities and organisations out there working on single issue campaigns ranging from environmental charities to ones concerned with social justice both in this country and the Third World. It is tempting to think that this may increasingly be the way forward especially for those who feel strongly

about a particular issue and don't have time to get involved in politics. The reality is more likely to be that when politicians *and* campaigners can share their passion and skills to work together then hopefully we have the best balance to make the world a better place to live in.

Evelyn, Nick and I may be contacted at any time on:

Evelyn Westwood:

email evelyn@markwestwood.co.uk

Tel. 015396 20148

Ian McPherson:

email ianmcperson24@hotmail.com

Tel. 015396 20648

Nick Cotton:

e-mail red.pedal@virgin.net

Tel. 015242 71477

farfieldmill	<p>SEPTEMBER EXHIBITIONS : <i>Check website for dates...</i> 'Above & Beyond' by Chris Rigby & Tracy Levine - a treat for landscape lovers. Stunning exhibition of two Northern painters' work from Scottish islands. 'Fragments Left Behind' by Shelley Rhodes - a m��le of mixed media, finding the unusual in mundane and discarded items to produce pieces of beauty and significance. 'Whale Dreamings' by Sarah Keast - Printing and collagraph techniques combine exploring whales, whaling industry, the sea and navigation.</p>	
	<p style="text-align: center;"> Sat & Sun 8 & 9 Sept Craft Corner, Heritage Displays & Demonstrations. FREE ENTRY to all.</p>	
	<p>Sat & Sun 6 & 7 October: Workshop 'Design & Weave' with Norah Ball (intermediate). Participants MUST be able to bring a warped loom and will produce woven samples and a small panel wall piece or feature insert in a cushion. £85 / £75 concs. Highly experienced & popular tutor, book early to avoid disappointment.</p>	
	<p> Weavers Caf�� open 10-5 daily. Delicious 'All Day Breakfasts', home-made soups, specials, cakes and Sunday Lunches (book ahead). No corkage so bring your own alcohol. Free admission to caf�� only.</p>	
	<p>FARFIELD MILL open daily 10.30-5: £3.50/£3(conc) FREE for 16s & Under FREE PARKING www.farfieldmill.org 015396 21958</p>	
<p>Don't forget... free entry for LA10 residents on Mondays!!</p>		

TIM FARRON MP

Those of you who read the Yorkshire Post may have seen that the Prime Minister is quoted as saying "Work is under way for rural Yorkshire to be made another pilot for the fuel discount, and I hope we will see plans progress swiftly."

The Government has introduced pilot schemes to examine the benefits of reducing fuel prices in rural areas where the use of a car is so essential. Currently the pilots are taking place in the Highlands of Scotland and the Isles of Scilly. People who live there enjoy 5p lower petrol and diesel prices than they did before the scheme was introduced. It seems to me that Cumbria has at least as good a claim to be one of the next areas for the scheme to be piloted as any other part of the country. I worry that politics rather than actual need are starting to play a part in the decision over where to roll the scheme out to next. Indeed given that a recent study I have seen suggests that a price cut of half that being tested would create 180,000 new jobs with no loss in tax revenue to the Chancellor of the Exchequer I cannot see why the Government does not just adopt the scheme and roll it out to the entire country. I am pressing ministers at every opportunity to ensure that Cumbria gets the benefit of the fuel price cut as soon as possible.

On the subject of transport I was worried to learn that Virgin have lost the West Coast train franchise to First Group. I have already had dealings

with this company persuading them, after some effort, to commit to maintaining the through trains from Barrow and Windermere to Manchester Airport and I worry that the price that they have paid to win the franchise from Virgin can only be justified by service reductions. We have already noticed that the franchise agreement allows them to reduce the number of stops that trains make in order to speed up the service. I am planning to meet with the company managers as soon as possible and work with all the MPs with constituents who use the line to ensure that the service remains at least as good as it is currently. As a very regular user myself I will be able to monitor things very closely.

Finally, if by some lucky chance you are reading this on the 30th August please do rush out to say "hello" as my annual constituency tour (the 8th would you believe) visits Sedbergh and Dent this afternoon. If you are reading this after this date and managed to come along then "thank you very much". I always really enjoy this tour around chatting to people to get a picture of the issues that are concerning them and the more people I speak to the better.

As ever if there is anything I can do to help please get in touch by writing to me Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

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Thursday, Friday & Saturday nights open to non residents from 7.pm – *booking essential*

DENT PARISH COUNCIL

Among other things, the August council meeting reviewed progress on the acquisition of land at Beech Hill and discussed the introduction of dog control orders for The Green. Full minutes will shortly be published on the parish council pages of www.dentdale.com as well as being available as a hard copy from the Parish Clerk.

Beech Hill

Further discussion took place about acquiring the land at Beech Hill and opposite the Sun Inn from the county and district councils, and in particular about the present state of both areas. The council wanted to avoid taking on

liabilities that it could not afford, and so it was agreed to press for repairs to be carried out before any transfer of ownership took place. As an interim measure, it was also agreed to ask SLDC for a 12 months licence to manage the flower beds so that the Allotment Association could make some progress with their plans without having to wait for the ownership question to be resolved.

Dog Control Order

South Lakeland District Council is currently consulting parishes over on the imposition of dog control orders on SLDC-owned land. Such orders will make it easier to prosecute dog owners who take their dogs on to

children's play areas, or who allow them to foul other open spaces. SLDC are already proposing to introduce a Dogs Exclusion Order to cover the play area in Dent, but the parish council felt that some form of control should be extended to the whole of The Green. Excluding dogs completely from it would prevent families with dogs from using the seats and picnic bench, so the council decided to ask for a Dogs on Leads Order for the area of The Green outside the play area.

Grass Cutting

The Playing Field committee reported on the unevenness of the grass cutting on the playing field. The reduced frequency of cuts, together with the very wet weather, may have contributed to the problem, but the council felt that this did not wholly explain the current state of affairs, and the matter is being taken up with the contractor.

School Governor

The council had received notice of Bob Pontefract's resignation as its nominated representative on the governing body of Dent Primary School. The council is grateful to Bob for the contribution he has made to the school during his term of office, and has appointed Ken Smith to serve as his successor for the next four years.

Library Link

The numbers visiting the new Library Link in the Reading Room continue to grow and an average of 100 people having been using it each week since it opened. In addition to

grants from outside bodies and from the parish council, and hard work by the Reading Room committee members, donations from a number of local people and organisations – including Dent Music and Beer Festival, Sedbergh and District Community Trust and a number of individuals – have all contributed to the project's success.

Next Meeting

The next meeting will be held at 7.30pm on September 3rd in the Sedgwick Room and, as usual, members of the public can raise any matter that concerns them in the public forum around 8pm.

Jock Cairns, Chair

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Tuesday 18th September
 Wednesday 17th October
 Thursday 15th November
 No closure in December
 Tuesday 15th January 2013



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HARRIER NEWS

It is sometimes difficult to explain the appeal of putting one foot in front of the other, over and over again, at a speed which sometimes leaves one out of breath, sweating and in need of a rest. But in late July and August Howgill Harrier members continued to do just that, for fun, for a challenge, and as a way of making up for all the time spent sitting down and watching the Olympics...

Belated results confirm that Rob

came 3rd in the Endmoor 10k road race, and that it is worth keeping a close eye on him in the future as he continues to improve both on and off road. In the same race Jack O came 13th, Adele 36th, Jenna 53rd and Terry 54th overall, with technically higher positions in specific categories.

Carl continued his fine form by completing the Wasdale race in less than 4 hours and securing second place in the process. Sam, Rob and Sean came 5th and 17th and 27th in the Blisco Dash, followed by Jim finishing 48th and 6th MV50.

At Ingleton, Sam, Pat, Sean, Alan, Jim, Jenn and Angela completed the 7 mile 'dash' up Ingleborough and back, with Sam first for Howgill in a closely-fought 11th place. In the Juniors Annie was first U10 girl and third overall, whilst Jack O came 5th in the U18 category. The following day, Simon came home 105th out of nearly 250 runners at the James Herriot trail race near Leyburn.

The Kentmere Horseshoe rewarded Rob again with a strong finish in 19th place out of nearly 200 runners, while at Ambleside Sports Carl came third

SEDBERGH SWIMMING CLUB

Swimming starts

Tuesday 18th September

Tuesday Lessons	6.30 - 8.00pm
Adult Swim	8.00 - 8.30pm
Thursday Lessons	6.30 - 7.30pm
Open Swim	7.30 - 8.00pm
Adults Only	8.00 - 8.30pm
Saturday Open Swim	10.00 - 11.00am

Membership Adults £18.00 per year

Juniors £10.00 per year

Session Fee Adults £2.00

Tuesday Adults £1.50

Juniors £1.00

Non-members pay double session fee

Lesson Fees £20.00 per term

in the 9 mile Rydal Round. Annabel finished in a highly credible 8th girl in the U14 category: a close race when only 2 seconds separated her from 6th position. Full results still to be confirmed.

In the Borrowdale (and English Championship) race we took 5th and 83rd place in the form of Carl and Rob, but two other members had an arguably tougher challenge marshalling the checkpoint on top of Great Gable!

Howgill members also competed in the second running of the Howtown race in the Lakes. Carl romped home first in just over 2 hours, with Rob, Sean and Jim behind in 20th, 47th and 53rd.

The club also hosted the Weasdale Horseshoe race from Newbiggin-on-Lune, which involved nearly 400 men and women competing in an English Championship counter here in the Howgills. This was a good test for club organization and timing systems, and well supported by several other local groups too.

And finally, by the time you read this three club members (Jon, Dick and Dan) will have attempted the Bob Graham Round at the end of August. Put simply, this challenge is a prescribed tour of 42 Lakeland peaks and 70-odd miles, to be completed in less than 24 hours. Watch this space to find out if they succeeded.

John Hosker

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Sedbergh Birds 2012

My Lookaround article last year described how climate change was having an impact on UK wildlife, in particular causing early breeding of the migrant pied flycatchers in the Sedbergh area. This year, I have a confession to make - in the case of the pied flycatchers I was completely wrong! The nesting and hatching dates for the birds this year were one week later than 'normal,' making them at least two weeks later than last year. As usual, nature is full of surprises!

Ringling the birds last year was done on 9th June and by then most of the broods had fledged leaving only two complete nests of young birds about to fledge. This year we delayed until 11th June when the young from four nests were just grown enough to ring (24 of them), but the young from two of the boxes (12) were far too small.

Nuthatches took up residence in another box, trying hard to 'cement' all the cracks in the woodwork and successfully rearing 5 young. One of the three woodlands in the project has had a lot of disturbance from felling, the only pied flycatcher nest there failing after the eggs were hatched, probably because the parents deserted, were injured or had insufficient food. In all of the woods, cuckoos were heard and/or seen, adding to what seems to be a healthy number in the Sedbergh area.

So, the conclusion from the results is that we just do not know what is

going on. There must be many factors which control the breeding time of migrants, especially the weather - in their winter habitat, on the journey to the UK or when they arrive here, the latter possibly affecting the timing of their food source. The data collected by a small project like this in Sedbergh is important as part of the national data sent to the BTO (British Trust for Ornithology) so that they can determine patterns and trends across the UK.

The trend for other birds throughout the Sedbergh area seems to be showing an abundance of youngsters, from rooks to wrens, many of them providing endless

Quay Change
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Third Thursday of the month

9pm start, two sets
11pm finish

September 20th



FREE EVENT

entertainment whilst eating the wide choice of bird food we buy.

Surprise visitors to my feeders this year have been a very pretty pair of stock doves. They lack the white patches of the larger wood pigeon but have a beautiful, iridescent collar and dark eyes which, together with their rather shy and humble demeanour, make them welcome additions to my 'bird family.' Not quite so welcome are the sparrow hawks (feeding almost entirely off smaller birds), dozens of jackdaws which have bred in the barns this year and large populations of chaffinches and sparrows, the latter showing no sign of the national decline.

There have been increasing reports

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of linnets on feeders but I wonder if these are a case of mistaken identity since linnets are not thought of as garden birds and are usually found in open country, especially near gorse. However the similar redpolls, (like small sparrows dipped in raspberry jam, males with a black chin but no grey head), have learnt to enjoy the expensive and comparatively new niger seed and will flock to feeders along with goldfinches and siskins.

Please let me know if you have experienced any unusual or interesting bird happenings this year. In 2013 I shall need help with the nesting box project so maybe you would enjoy participating in our own Sedbergh Springwatch - flexible hours, no experience required, training provided and many rewards! Happy Birdwatching.

Jackie Foott 015396 25453

HEALTHWATCH

Dear Resident

With big changes happening in health and social care services Cumbria County Council is asking people to have their say on how local people's views should be taken into account.

A consultation launched on 24 July at www.cumbria.gov.uk which asks for views on how Cumbria's Local Healthwatch should be set up. Local Healthwatch is a new organisation that will act as a 'consumer champion', making sure decision makers understand the views and experiences of people who use health and social care services.

Local Healthwatch organisations will be created across England as a result of the government's Health and Social Care Act 2012 and they have to be in place by April 2013.

It's up to the council to set it up, but once up and running it will be

completely independent.

Local Healthwatch will:

- help provide information and advice to people across Cumbria about health and social care services;
- direct people to services (so they understand the choice of care available); and
- involve people in improving and shaping the services on which they rely.

Much of how Local Healthwatch will work has been set down in law, but government has also said it wants local areas to make some of their own choices so the new organisation meets the needs of local people. The council has some ideas but it needs to hear from local people. It is particularly interested in:

- What works at the moment (and what could be improved) in terms of provision of information, advice and support about health and social care services;
- Whether the council's "vision" for Local Healthwatch is right; and
- What would make people want to get actively involved with Local Healthwatch.

The consultation is available online at www.cumbria.gov.uk and hardcopy consultation documents are available from Cumbria's libraries and Local Links. You can also request a consultation document by calling 01228 606060.

For further information about Local Healthwatch contact:

Sue Stevenson, Strategic Policy Adviser e-mail:

sue.stevenson@cumbria.gov.uk



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HAPPY 40th BIRTHDAY



STEPHEN
23rd September

SEDBERGH SQUASH CLUB
 Sedbergh Squash Club now has four qualified coaches. They will be running junior sessions at the courts on Thursday starting on 13 September. Again due to generous funding and the coaches volunteering their time the sessions will be free.

There will be beginners and improvers session at 5.30 to 6.30pm and one for those with a reasonable playing ability from 6.30 to 7.30pm. Both sessions will run during the autumn and spring school terms.

For the beginners and improvers session children need to be at least 6-7 years old and be able to hold and swing a racket. Older beginners will play in a separate group during these sessions.

For the 6.30 to 7.30pm sessions children should be able to play a rally. Again children will be in groups according to ability.

The squash courts are in Winder Drive, Sedbergh. On arrival at the courts just ring the bell and someone will let you in.

All equipment for these sessions can be supplied by the club and no

special clothing is required. Children should arrive in outdoor shoes and bring with them trainers that do not leave a mark on wooden floors.

Although Squash is not yet an Olympic sport why not encourage your children to take up the Olympic challenge. The sessions are run mainly for fun but with the opportunity to master another skill. The sessions fit well with any child doing a Duke of Edinburgh award.

Douglas Thomson

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HOWGILL WI

We met at Firbank Church Hall on August 2nd. President Mary Silva opened the meeting by welcoming twelve members and a prospective new member Anna.

Members are interested in forthcoming events - Dentdale W.I.'s Open Meeting with the Kirkby Lonsdale Handbell Ringers. The Beaded Workshop and Crochet Workshops and the Dabble Days.

Mary attended the Group Co-ordinator's Cream Tea in July to discuss the way forward for Group Meetings.

A warm welcome was given to our speaker Susan Garnett who gave a talk backed up with some excellent slides relating to a trip she took with friend Chris Mounsey. Both keen horse riders they arrived in the Corbieres region of Southern France an area of fascinating history and beauty.

Getting to know the two horses they had hired came first before the next days trekking. Seven hours and 30 kilometres each day over rugged

mountainous terrain and steep hillside was a challenge but they coped well. They had comfort stops during the day. The horses were cared for at night and groomed at the end of the week.

Jackie Hooley thanked Susan for a fascinating and sometimes amusing talk we all enjoyed.

The competition for a Horse Brass was won by Mary Stainton with Bridget Postlethwaite second. Raffle winner was Jackie Hooley. The social half hour to name the books/films from anagrams was won by Jackie. Refreshments were served bringing the meeting to a close.

We meet on September 6th at Howgill Village Hall when Simon Wilson will be telling us all about Taxidermy. Visitors welcome.

A. H.

KILLINGTON WI

The Afternoon WI for the entire district

The summer holidays were fun, wet but fun! Summer holidays are over and Autumn Term has started. Back

to school, back to Uni, and back to WI.

Our summer outing to various wonders of northern Cumbria seems a long time ago. We visited Lanercost Priory, as well as the parish church in Brampton and enjoyed the visual feast of glorious stained- glass windows by Edward Burne-Jones at both venues. (Actually, I'd never heard of him but everybody else seemed to know him as a person of artistic renown, so I just kept quiet!). After a strengthening lunch of soup and sandwiches we continued on our way to Naworth Castle to be greeted by its charming and enthusiastic owner, Philip Howard. The tour of the castle, not generally open to the public, took us back through generations of this famous family. It really made me wish that I had paid more attention to my history lessons in school! I am usually a "gardens" person but this house, for a family

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home it still is, had so much of interest that the time went all too quickly. We ate our tea in the grand dining hall under the watchful eye of the Howard ancestors before hitting the high road home (or the M6 anyway). Susan's arrangements had, as usual, worked out perfectly. Merci beaucoup! Or as my brother would say, "mercy buttercups".

Our July meeting was happily whiled away at our Tea Party at Shirley's home. Once upon a time this event was called a Garden Party but since the day we all wore fancy hats the weather has not favoured us with clement conditions, hence it is now a tea party! Thank you Shirley for your hospitality.

August –cold and dank and wet, brings more rain than any yet. (*Flanders & Swann*). So we at Killington take a break and gird up our loins for the year ahead.



Malcolm Sedgwick

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Our September meeting, with loins already girded, will be on Tuesday 11th September at 2-00pm, in the People's Hall. The talk is entitled, "A Literary Tour of Sedbergh", and our guide (a Blue Badge Guide, no less!) will be Rob Willan. I am intrigued to find out more and have been assured that, on this occasion, **no walking is involved**. We will journey in our imagination.

PS. Don't let your students venture from home without a copy of our Killington WI down to earth cook book and jokes. Nip along to our Tourist Information Centre or Abracadabra Flower Shop and buy OUR FAVOURITE RECIPES, AND A LITTLE BIT MORE. It will be worth the £5 to know that they are feeding themselves properly and keeping smiling.

Wendy Fraser-Urquhart

SEDBERGH WI

The August meeting was a lively affair with the committee room as crammed as it could be. Squeezed in along with regular members were 4 visitors, 2 potential members

including newcomer to the area Dianna, who has just moved to Garsdale with her family from Manchester. Everyone was elbow to elbow around the long table with a small chopping board, a cheese grater and some tiny cup cake cases in front of them. What for you may well ask. Well, we were about to try our hands at making marzipan fruits guided by the expertise of Shelia Capstick. The evening was full of mirth and merriment and everyone made miniature bananas, strawberries, apricots, apples, pears and lemons. The marzipan Shelia brought along for us had even been flavoured with the taste of the fruit it represented. Marvellous.

Dorothy Gerrard was one of this month's birthday girls along with Marjorie Fishwick and Margaret Copestake. There was a letter of congratulations from the Federation thanking Sedbergh WI for it's beautiful flower display representing Tree Tops in Africa a remarkable contribution to the Diamond Jubilee Flower Festival at Kendal Parish Church in June.

The walking group finally made it to Winstar after 3 postponements because of bad weather. Anne Petyt leads the next outing which is a 6 mile walk starting at Thwaite in Swaledale.

The book group has just read 'The Great Gatsby' by F. Scott Fitzgerald, this scored between 2 and 7 on the readability chart and was generally considered an enjoyable read and a book to recommend.

Another activity which took place in August was a 'crafty afternoon' of jewellery making under the guidance of Wendy Cook from Dent. Ten members, plus one granddaughter, greatly enjoyed the afternoon.

On Monday September 24 the

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Annual Golf Challenge, which is organised in memory of the late Pauline Mather who was the instigator of this annual event. WI golfers from around Cumbria will compete for the trophy which bears her name. The event will be held at Kirkby Lonsdale Golf Club and nine teams have already booked to play. Members are invited to donate a raffle prize for this event, to be brought along to next month's meeting.

The next meeting will be held in the Peoples Hall committee room 7.30pm Sept 12 when the speaker will be Carole Marsden from Shap, who will be talking us about 'Mum's Junk'.

Sandra Gold-Wood

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DENTDALE WI

High summer and our Open Meeting. There was an air of excitement in the hall from the beginning as the Kirkby Lonsdale Hand Bell Ringers had arrived early and set up the bells on their own special tables which were draped with red coverings showing the logo KLB. The ringers all wore a uniform and it

all looked very professional as in deed it was. The Kirkby Lonsdale Bell Ringers have been in existence for forty years, although obviously, there have been changes in personnell!!

They gave us a superb evening's entertainment and we enjoyed the arrangements for bells of familiar and not so familiar pieces. About half way through the evening we were given a chance to try out our bell ringing skills too, as the group had enough bells or clangers tuned to various notes allowing us to play the tune of the nursery rhyme Twinkle, Twinkle. It was good fun, but we were all happy to sit back and to leave the second half of the programme to the official bell ringers.

We had been joined by visitors from other institutes and people from Dent, and we followed the entertainment with a Jacob's Join supper. The food table was simply groaning with goodies in true WI style.

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Thelma Bellfield had produced a quiz to test the brain cells while we were munching away. It really was a very enjoyable evening.

The business meeting gave us a few dates for the diary as we heard that the Dining Club 's next venue for lunch would be Castle Inn, Hornby on Monday 17th September and the Annual Council meeting is to be Saturday 20th October at the Castle Green Hotel, Kendal.

The Mini Market held on Saturday 28th July had been very successful and raised over £200 for funds. Members had made items of craft or baked and the sales table set up on the paved area outside Dent school was well filled and we were soon selling to enthusiastic campers and visitors. Dentedale WI are again baking and serving afternoon tea at the Dent Gala.

Now looking forward to the autumn programme possibly in Indian summer weather?

Anne Harrison will talk about Denman College on September 12th.

Pat Allen

RELAXED MOVEMENT

I had two weeks away this summer, training with different teachers. The first was in Malvern with Peter Ralston, a very accomplished American martial artist, with whom I was privileged to study “Effortless Power” for a week. One of Ralston’s key principles is to be relaxed, to the point, as he says, where the mind considers it to be ridiculous. The idea is to give up control of the muscles and allow the centre of the body to move the arms and legs. One of the exercises he recommends is the “rag doll exercise” where the arms and legs are simply tossed around using the centre of the body (a little below the navel). Try it and see which movements are possible with the arms and legs completely relaxed – then try some more habitual movements and feel if the body is tensing unnecessarily. As I write this, am I moving the pen across the page

without unnecessary force, could my posture be more relaxed?

The other side of the coin is that the body must be correctly aligned in order to promote relaxation. This is easiest to check while sitting or standing. When standing, the pelvis should hang between the feet, the spine should be upright, with the head balanced on top, like a ball on a stick. If, for example we lean backwards, the body must brace itself so that we do not fall over – leading to unnecessary tension.

The second training week was Wild Goose Qigong in Aberystwyth my teacher Raymond Towers . This is the health practice I teach in Sedbergh and Barbon, so it was very useful to have a week, where I could do some teaching under the watchful eye of the master. In my own practice I was making it a priority to do the movements in as relaxed a fashion as possible. Having spent the previous week attempting to push, pull or bring my partner to the floor effortlessly, it was very interesting to apply the increased feeling of relaxation to the Wild Goose movements, which are intended to be soft, flowing and easy.

My Wild Goose class in Sedbergh will celebrate its fifth anniversary this September. The emphasis for the autumn term will be relaxed movement. If you are interested in this, do get in touch for more information (my phone number is 015396 20972) or just turn up at a class. The start date is Monday 24th September and the class will run for ten Mondays, 10 to 11.30 in the URC Hall.
June Parker

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DENTDALE

OVER-60's COMMITTEE

The Dentdale Over-60's Committee met on 17th April 2012 to discuss future plans in the light of feedback received from the letter sent out on 1st March 2012 to all permanent Dentdale residents who are over 60. This letter had explained that unless we could recruit more new and/or enthusiastic people onto the Committee we should not be able to continue to function.

1) Feedback from letter sent out on 1st March 2012

As many as a dozen people had contacted Committee members and expressed a willingness to help from time to time on a voluntary basis, offers for which we are most grateful and we will get back to those people who volunteered occasional help during 2012 as and when the need arises. At this stage, however, there were few offers of help to be Committee officers and/or members.

2) Decision about the future on 17th April 2012

It was considered problematic for any organisation like the Over-60's to function without a properly constituted, dedicated, energetic and hard-working committee, especially as several members of the present Committee will be standing down at the end of 2012. However, it was decided on 17th April 2012 that the 'Friday Club' would be taken over by Age UK, but to be held on a monthly basis, and that the Christmas Lunch would still take place on 8th December 2012 as originally planned.

**Paul
Hoggarth**



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3) Activities during 2012 planned by 25th May 2012

a. Friday Club to draw to a close, but Age UK will set up a monthly meeting – starting in July and called the 'Dentdale Club' - for a period of one year with planned speakers and activities.

b. We shall be holding a Christmas Lunch on 8 December 2012, to which all permanent Dentdale residents aged over 60 will receive a formal invitation.

4) Future Developments

Whilst continuing to support the events already planned, we hope to arrange future social events, either locally or further afield, and look forward to the continuing support from friends and residents alike

The present Committee would welcome any interested volunteers and new ideas!

DMV

QUAKER WEEK

During Quaker Week (28th September to 7th October) those of us who meet at Brigflatts Quaker Meeting will try to share our beliefs, convictions and practices with local people, and would also like to hear about their beliefs and their journeys. We have arranged two sessions, one entitled 'Exploring Stillness' with Liz Weller on Tuesday October 2nd at 10.30 a.m., and the other entitled 'Why I am a Quaker' with Peter Leeming on Wednesday October 3rd at 7.00 p.m. Both meetings will commence with refreshments, and all are welcome.

EXPLORING STILLNESS

Liz Weller, a busy mum and trained teacher, knows only too well the value and importance of finding moments of 'stillness' in her life. She has found this through meditating regularly over the last 14 years as well as regularly attending Brigflatts Quaker Meeting with her family.

Over time the benefits and potential of this 'stillness', beyond being a very valuable pause in life's busyness, have become more apparent.

Liz will talk about her experiences of meditation and Meeting for Worship, the value these times have on the rest of her life, as well as the challenges and struggles within this too. There will be an opportunity for people to share their own experiences as well as a short period of 'stillness.'

WHY I AM A QUAKER

Peter Leeming was brought up as an Anglican but he joined the Quakers whilst he was a student and

has remained a member for over 60 years. Before beginning his career as a teacher, he served for nearly two years on Quaker assistance programmes for refugees in Germany and Austria.

Peter was attracted to Quakerism because of its style of worship, based on silence and because of the absence of creeds. He was also inspired by the way Quakers have always insisted that deep religious worship will lead to a desire to improve social conditions and to work for peace.

Peter will introduce the session with an account of his experiences and then open the meeting to others who may wish to speak. *Jennifer Levitt*

H & M

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BOOKWORM

What I have been reading this month :

'One moment one morning ' by Sarah Rayner (fiction)

One February morning a man dies suddenly on the 7.44am Brighton to London train. he leaves behind a wife and 2 young children. This novel follows the week that unfolds in the lives of three people in particular coping with the effects of this tragedy : Karen the widow, Anna a friend and Lou a commuter on the train. It is a humanely written story dealing with the complexities of grief and its effect on relationships. A random event like this could happen to anyone.

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'Writing Britain - Wastelands to Wonderlands ' by Christina Hardyment (non fiction)

This is the companion book to the exhibition of the same name at the British Library. It draws upon writers and poets over the years whose work has been influenced by landscape in Britain as diverse as wild places, industrial towns, London and the seaside. The book is beautifully and aptly illustrated and covers Clare, the Brontes, Austen, Dickens, Chaucer, Wordsworth in addition to some more recent eg Hughes and Sinclair. It is strong on breadth not depth and as a reference rather than analytical.

RM Bookworm

Multiple Sclerosis



Bric-a-brac
Raffle
Refreshments

Games
Toys
Books

9:30 am

Saturday 6th October

People's Hall

Tables £8

*To Book a Table or make
donations of goods*

Please Tel:

Sandra on 07815 069394

FRIENDS OF FARFIELD

The *Make It @ Farfield* workshops being sponsored by Friends of Farfield are proving to be a big hit and our summer craft club for kids was very popular, with children learning how to make all sorts of crafty items from gods eyes to pom-pom animals as well as creating their own flocks of fancy sheep. They all

had a go at weaving on a loom and we even taught them to thread a needle and sew a bit of cross-stitch (can you remember doing cross-stitch samplers when you were at school?!) Each week we filled in a huge collage showing the processes involved in turning raw wool into blankets which is what, once upon a time, made Farfield Mill famous. We still have the looms and we're still weaving blankets — if you visit us at the weekend you can see it all happening.

For those of you over the age of 16, we start September with an offering a bit different to the usual art and craft sessions. On Thursday September 13th we will be holding a Poetry workshop run by Angela Monkman-Brushett, a regular attendee at the knit and natter club on Tuesday afternoons and a former English teacher. Taking inspiration from the Mill's long history in textiles and its place in the community, Angela will be helping you weave your thoughts and words into poetry. You need to book in advance for this workshop (call Farfield Mill on 21958). Come and spend a joyful afternoon exploring the Mill's history and writing something about it.

On Saturday September 22nd local artist Lesley Hennedy will be spending the morning showing you how to make felt, fashioning it into pictures and small craft items such as beads. Lesley has been involved with art and design education for many years and first learned to make felt

about 8 years ago. Come and learn the tricks of the trade from your very own local expert! Places are filling up fast so be sure to book yours now! (21958).

Our future workshops include weaving on a hula hoop, learning the art of devore, weaving on a table loom, spinning with a wheel, making your own cards, and weaving your own bookmark. We look forward to seeing you at the Mill!

Laura Rosenzweig



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CARING FOR YOUR HISTORIC BUILDING

This year the popular annual day school 'Caring for Your Historic Building' will be held in Dent on Saturday 13 October 2012. It will take place at the Dent Memorial Hall from 9.30am to 5.00pm.

The event, organised by the National Park Authority, is aimed at homeowners, occupiers, building managers as well as anyone who just wishes to learn more about the architecture of the area or old buildings in general. Illustrated talks by leading specialists will cover the characteristics of the historic buildings in the area and how they have developed over the years, how

they perform and how they are best cared for. A guided walk through Dent will point out many of the architectural and historic features of this outstanding conservation area. Further presentations will discuss design/repair/maintenance and energy sustainability issues as well as bats and building works and provide very useful advice and information for anyone owning, living in or working with old buildings. Participants will also have the opportunity to interact with the speakers and have their specific problems or questions regarding old buildings discussed as part of the programme and there will be practical demonstrations showing how



Caring for Your Historic Building

Event for owners and occupiers of historic buildings (and anyone else who is interested!)

**Saturday 13 October 2012
Memorial Hall, Dent**

- Bats & Historic Structures
- The Buildings of Dentdale
- Dent Conservation Area Walk
 - Interactive Session
- Outdoors Practical Demonstrations

For information or to book a place contact:
Building Conservation Officer, Yorkshire Dales
National Park Authority, Yoredale, Bainbridge,
Leyburn, North Yorkshire, DL8 3EL

Email or phone:
herinfo@yorkshiredales.org.uk or
01969 652354

traditional lime mortars and plasters should be prepared and applied as well as the innovative Limecrete – an eco-friendly alternative to cement.

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CANNON HOUSE

On 5th March, Richard, Amy & James Grace (2) took over the keys to Cannon House – and finally moved in on 6th July. At the time of going to press, all major work, mess and noise should be complete (with a lot more to finish off inside, over time). They would like to thank neighbours on Back Lane and The Folly for their patience, help and a very warm welcome to Sedbergh.

Amy and Richard moved from Woodbury, near Exeter, back to the South Lakes, where Amy grew up. Richard is originally from Devon and is a Graphic Designer, and Amy works part-time at Sedbergh School, in Marketing & Media. James' main skills include scribbling, singing along

to Incy Wincy Spider and calling "BOYS!" out of the bay windows to the town's football team when they are training!

"While we've been busy renovating the house, we've had lots of people ask us about our plans. The house has been converted back into one home now. We removed the partition wall that had, since 1957, split the house into two flats. Originally known as The Swettenham Arms, an inn, the property took its name Cannon House because of the two cannons left outside by Bonnie Prince Charlie's men on their retreat during the Jacobite Rebellion. The house was built circa 1670. But all of the deeds to the house were lost before we bought it, so if anyone has old



photographs, or records that mention the property's history, we would very much appreciate a copy. Our aim has been to restore as much of the original character as possible – stripping it of as many 1970s brown, orange and avocado tiles as possible – and to make the fabric of the building safe and watertight. We'd like to thank Treadwell Flooring and PC Plastering for their help in getting us settled in, too!"

COMMUNITY DEVELOPMENT CENTRE

Adult Education News from Sedbergh CDC

September is here again and it is time to look for an Adult Education course to see you through the dark evenings. Elsewhere in this issue you will find a full list of our courses in Sedbergh and Kirkby Lonsdale but I would like to point out a few highlights here.

Firstly, thanks to some additional funding from Cumbria CC, we have a small range of courses aimed at helping small business and their employees. These courses are free or heavily subsidised so are excellent value, and they are all run by experts in the subject so you will find the content extremely useful. **A Guide to Working for Yourself** will be ideal if you are self-employed, or thinking of starting a business. **Using IT for Your Small Business** will help if you are not very sure about how to get the most out of your computer.

Marketing Your Business Using Social Media looks at how you can exploit Facebook, Twitter and other sites to promote your business.

As always you can join us to learn about computing and digital photography. We even have new laptop and desktop computers at Sedbergh CDC. In language classes we have new **Spanish, French & German Beginner** classes and we have persuaded Laurence Luckham to restart her very popular **French Conversation** class in Kirkby Lonsdale. We also have our usual

Italian classes. Other highlights include making **Greenwood Stick Chairs**, learning **Ballroom Dancing** and **Indian Head Massage**, so we hope there is something for everyone!

Finally if you need a **Maths or English GCSE** we have courses based at Queen Katherine School, Kendal. These are **FREE** to all adults over 19, or 16-18 year olds not in education or training. A great opportunity to gain a vital qualification.

Come along to the URC Rooms from 9am till noon on Wednesday 12th September where you can find out more information and enrol into any of the courses.

Also see Page 78 and 79 of this issue of *Lookaround*.

You can find more information on our website at www.sedberghcdc.org.uk, or ring us on 015396 21031. We look forward to hearing from you!

Chris Wood, Sedbergh CDC

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SEDBERGH BADMINTON CLUB

We would like to thank all our club members from last season and look forward to seeing you all again for the start of the new season.

Last September our first team went up a division in the Westmorland League and had a very successful season, finishing fourth overall (but only two points behind the second place winners!). We also fielded a second team, mainly made up of new members, giving them their first taste of league badminton, which we hope they enjoyed. We are hoping to have two teams again this season. The club is always looking for new members, so whether you fancy coming along to play for fun or to join a team and play competitively, you

would be most welcome. We would be pleased to see any new faces - any age and standard welcome. Club night takes place every Monday (September - April, term time only) at Sedbergh School Sports Hall - 7:15pm -9:15pm for adults and 7:15pm until 8:15pm for children. The first club night of the new season will be Monday 10 September, and our AGM will be held on Monday 17 September at 8.30pm. Please contact either David Wheatley (21321) or Olive Hunter for further information.

ROYAL BRITISH LEGION ROSES

In 1995 the Royal British Legion planted a number of "Remembrance" roses in the garden at the bottom of Joss Lane. This was to commemorate the 50th Anniversary of the end of World War II. Last Autumn it was decided that some of these bushes had passed their "Bloom By date" and they were removed.

Earlier this year the Royal British Legion obtained some "Peace" roses as replacements and these were planted by the "Sedbergh in Bloom" team. On the night of 4/5 August several of these bushes "disappeared".

It is not known whether this was outright theft or vandalism but I hope the perpetrator or perpetrators have it on their conscience for years to come that they have desecrated the message of thanks given to all those who served in the two World Wars and other conflicts so that we may live in peace and freedom.

South Lakes Complementary Therapy Clinic

We are holding a taster day to raise awareness of our complementary therapy clinic that is held on 2 Saturdays every month at the Westmorland General Hospital, Kendal.

Our taster day is on Saturday 13th October

For a minimum donation of £10 for 30 minutes or £20 for an hour, why not try one of the following therapies:

Reflexology; Massage; Hot Stone Massage; Aromatherapy; Indian Head Massage; Cranial-Sacral Therapy; The Bowen Technique & Reiki

Sessions are available from 10am to 2:30pm. Advance booking is essential.

Please contact Hazel on 015396 25374 for an appointment.

All monies raised support the South Lakes Complementary Therapy Clinic which is held in the main, for people with Multiple Sclerosis or Parkinson's Disease and their Carers



Informal evenings
with music and a short talk
first Sunday of each month
Commencing 7 October, 7pm at
Duo Café, Bar & Bistro

Light refreshments free of charge.
Further items available to purchase.
in association with

Carnforth Free Methodist Church

**SEDBERGH PRIMARY SCHOOL
PTFA**

Many parents and community volunteers come into school and help in lessons, on trips and in fundraising activities. The Primary School really appreciates the assistance provided and would like to extend this further if possible to ensure that more parents and 'friends' of the school feel able to approach the school if they wish to be involved on a voluntary basis.

Many schools have active Parent/Teacher/Friends Associations which are able to benefit schools in a variety of ways, mainly by organising fundraising activities and community events.

Interest has been expressed by some parents and teachers in setting up a formal association to help fundraise as well as to improve the community spirit of our school.

An initial 'exploratory' meeting will be held on Wednesday 19th September, 2012 at 7.30pm. The purpose of this informal meeting will be to gauge the strength of support for such an association, discuss any ideas, decide on an agreeable way forward and to form a committee if

appropriate.
Everyone is welcome.

Linda Allan

**SEDBERGH SCHOOL
CHORAL SOCIETY**

The new season begins on Monday, 10th September. We meet in Thornley Studio, Sedbergh School (not Powell Hall) at 6.25pm.

Everyone who enjoys singing is very welcome, and do bring along any friends. It will cost a bit more this year because the hiring of the books has gone up a lot. Do come and join us.

This year we are singing the "Rutter Gloria" and parts from the "Messiah" We are only giving one performance this year which will be in Kendal Parish Church on 8th December. However, there may be Transport laid on from Sedbergh for anyone who wishes to attend. Further details will be given nearer the time.

Please note the first rehearsal begins at 6.10pm. If you need any further information, please contact Mrs. Lesley Alban at The Old Vicarage, behind Sedbergh Primary School, or telephone her on Sedbergh 20233.

FLU VACCINATIONS

Sedbergh Medical Practice will be running flu clinics on the following dates, if you are under 65 and in an 'at risk group' you will receive a letter inviting you to have the vaccination. If you are over 65 you are automatically eligible and you will NOT receive a letter.

Saturday 6th October 9am - 11am
Saturday 13th October 9am - 11am
Saturday 20th October 9am - 11am

Dent clinic at the Methodist Church Hall – Monday 15th October – Please ring the surgery for an appointment.

Pregnant women and children must ring the surgery to make an appointment, please do NOT attend the Saturday clinics.

*Sedbergh Medical Practice
Tel: 01539 718191*

KIRKBY LONSDALE FLU CLINICS

For patients of the Lunsdale Surgery, Kirkby Lonsdale and West View Surgery, Hornby, the following dates for vaccination Clinics will apply.

Tuesday 9th October

9.30am to 12.30pm

Kirkby Lonsdale Institute

Friday 12th October

9.30am – 12.00pm Hornby Institute

Wednesday 24th October

9.30am – 12.30pm

Kirkby Lonsdale Institute

These clinics are for patients who are over 65 year old (or who will be 65 before 31/3/2013) or who fall into a priority group entitled to free vaccination.

The priority groups are:

Asthma, Diabetes, COPD, Chronic Heart disease, Chronic Kidney disease, Chronic Liver disease, Immunocompromised, anyone undergoing Chemotherapy, Chronic neurological conditions (e.g. Stroke, multiple sclerosis), Registered carers & Pregnant women.

Healthy people under 65 years old do not need to be vaccinated.

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CRAFTWORKSHOP

Many thanks for the support we have received since setting up this venture, involving local craftspeople in Sedbergh. Unfortunately, due to circumstances beyond our control, we are no longer based in the Sedbergh Café. However, we are currently on the Sedbergh market each Wednesday.

Look out for advertising in October when we will be running a coffee and craft day in the URC rooms, and we will also be taking a table at various craft events. We are planning to run workshops in batik, jewellery and felt during the winter months.

Linda Hopkins

KILLINGTON WIND FARM

Dear Sir,
Gigantic Windfarm proposed by Bank Renewables of Co. Durham.

A WARNING to the parishioners of Killington, Sedbergh, Firbank and the Huttons and to ALL using Exit 37 of the M.6 Motorway and Killington Reservoir.

Many people have received a copy of a promotional brochure by the wind-farm developer Banks Renewables. It is dressed up as a 'news letter' called 'Keeping you in the Know'. From this YOU may well have been given the FALSE impression that the wind-farm Banks propose to be sited at the head of Killington Reservoir, near Exit 37 on

the M6 Motorway, has already been approved by SLDC.

IT HAS NOT. Indeed the APPLICATION has NOT YET BEEN SUBMITTED. THERE IS STILL TIME TO OPPOSE what would be a MONSTROSITY at one of the most important GATEWAYS not only to the LAKE DISTRICT, but to SEDBERGH, the HOWGILLS, the (as yet un-spoilt) LUNE VALLEY and the YORKSHIRE DALES, from all of which it would be highly visible. This is NOT the advertisement our part of Cumbria either wants or needs.

Further more, the public need to be aware that this promotional brochure IS NOT WHAT IT IS SUPPOSED TO BE.

THANK YOU.



NAOMI FELL

After 25 years working in the South Lakes area, I am leaving Hayton Winkley Solicitors and moving to a new law firm.

I will **not** be retiring (contrary to some reports) but in fact moving to another law firm in Lancashire, starting in September.

It's been a pleasure to work for some wonderful clients and with some great colleagues and contacts. I just want to take this opportunity to thank you all for your support.

I am very much looking forward to releasing further details over the coming weeks.

All the best,
Naomi Fell

As agreed by Banks with the community liaison group of Old Hutton, the purpose of this 'news-letter' is to keep the parishioners of Old Hutton and surrounding parishes informed on the progress of the Armistead Construction and for no other purpose. The news-letter should not be used for the promotion of the ongoing wind-farm on the Armistead site, or for any proposed wind-farm or for wind energy in general. This agreement is confirmed in the minutes of the Old Hutton liaison group of April 12 2012. Banks have again shown that their word cannot be trusted.

To quote from the liaison group minutes, under Item 5. 'Views of

Local Residents', para. 2. "*BD and SCr. (two Old Hutton liaison group members) asked that future newsletters (i.e. Keeping you in the Know) stick to technical updates. BG (the Banks representative) explained that the first newsletter aimed to 'tell the story' of Armistead, but future newsletters would be more focused on wind-farm construction.*" Clearly they are not.

As is clearly demonstrated by Banks' latest 'Keeping you in the Know' this 'news letter' is being primarily used by Banks to promote their development of wind-farms in South Lakeland as well as wind-energy in general, rather than keeping local residents informed of what is

HARRISON DRURY SOLICITORS TO GO FROM STRENGTH TO STRENGTH

On September 10, we'll welcome a new senior member to our commercial property team in Preston and Garstang.

Our team can advise on all aspects of commercial property transactions including property buying and selling, land acquisitions, leases and

tenancy agreements. We also have experience of advising offshore companies on property matters, as well as acting on business sales and acquisitions.

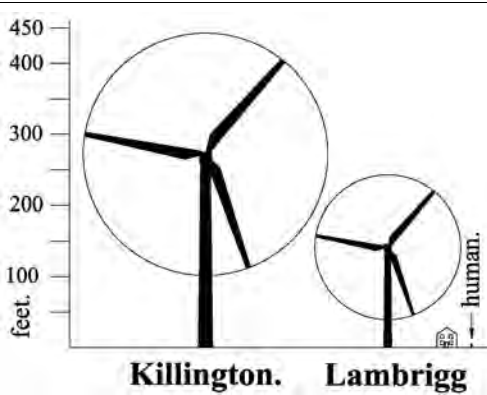
Our new arrival hails from South Lakes, having worked in the area for over 25 years and has a strong reputation in this region.

Please log onto our website on September 10 for further details.

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happening at the Armistead site. The so called 'news-letter', is even entitled BANKS Renewables development with care- Armistead & Killington Wind Farm Projects Community Update- as if both projects were ongoing, which of course they are NOT (in the case of Killington). Rather than sticking to the progress of the ongoing 'wind-farm construction' near Old Hutton, this 'news-letter' blatantly promotes not only wind energy in general and the proposal for a wind-farm at the head of Killington Reservoir, but contains a lot of propaganda about Banks' Community Fund being used for the promotion of the Killington development.

The public also need to be warned, on the subject of Bank's Community Fund and their verbal promises of ongoing funding for local communities. These are not everything that they might appear to be ! For a start the public needs to be aware that sums made available through this fund are as nothing compared with the profits that Banks stand to make from the 'subsidies'

carefully hidden within OUR ELECTRICITY BILLS. BE WARNED

NB. Be sure to object as soon as the application is submitted, which may be soon. Not difficult. A simple objection (e-mail or letter) addressed to the Planning Officer of SLDC is all that is required. I understand that a local action group called STAK has been set up: for more information see website www.killingtonwindfarm.co.uk or ring 01539 824043.

Respectfully yours,

*Anthony Fitzherbert
Resident of Old Hutton*

KILLINGTON WIND FARM

Dear Editor

Rational look at wind farms

Can we take a rational look at the discussion about wind farms? Creating an income for the landowners, whether they are charities, the church or farmers, is NOT a justification for wind farms.

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This is turning the argument topsy-turvy. The ONLY justification is whether wind farms are an effective and economic way of producing electricity for the nation, bearing in mind the destruction they impose on the landscape.

And let us also get real about the paltry amount of electricity produced at great cost by a wind farm such as Killington. "Every little bit counts" achieves just that – a very very little bit, and at immense expense – to the landscape, and to our pockets (in huge additional subsidies).

It would take 286 Killingtons (1,430 turbines), covering 154 square miles, to replace a modest sized power

station producing 1GW (half the size of Heysham). And even then we'd still need power stations for back up when they can't generate. Other countries have not managed to reduce the number of conventional power stations by having wind farms. Germany, a country with one of the largest number of wind turbines in Europe, is planning to build over 20 new coal-fired power stations.

So if the economic and scientific justification for a wind farm is so dubious - and the impact on the landscape so great - why build them at all?

Landowners should question the morality of sacrificing OUR landscape

for such meagre and costly returns.
Yours sincerely *Edmund. M. Hoare*

KILLINGTON WIND FARM

I'm pleased to introduce myself as your local contact for Banks Renewables. You will have seen my face in our leaflets and I may already have met you at our public exhibition or subsequent meeting. As you will be aware, we are proposing to build a new wind farm on land between the A684 Sedbergh Road and Junction 37 of the M6.

The announcement of our proposals has naturally prompted a passionate debate around this individual scheme but it's also highlighted a lot of the pervading 'received wisdom' about

the efficiency or otherwise of onshore wind farms, not least through articles by Stephen Hinchliffe and Peter Sugden that appeared last month in this publication.

On one point we can agree – wind energy on its own will indeed not fill the UK's energy gap, but the fact is that no-one has ever said that it will.

What the UK needs to maintain the continuity of supply that we've all enjoyed during our lifetime is an 'energy mix' that will, for the foreseeable future, encompass coal, gas, nuclear and renewable sources such as wave, solar and onshore and offshore wind.

It's an indisputable fact that, as supplies of fossil fuels begin to

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dwindle over the next few decades, a far higher percentage of the energy that we use is going to have to be generated from renewable sources.

Industry figures show that around ten per cent of the UK's energy is now renewably generated, but this figure has to rise, and rise quickly, if we're going to meet Government targets set for the year 2020.

Add to this the facts that the UK is already a net energy importer, and that we bring in most of our imports from somewhat unstable markets, such as Russia and the Middle East, and the need to reinforce our domestic energy supplies becomes even more pressing.

Carefully designed and sensibly-sited onshore wind farms, such as we believe the Killington scheme to be, are viewed by the Government as the cheapest form of renewable energy generation, and are central to achieving the twin goals of increasing the amount of energy that is produced in the UK by renewable means and continuing to reduce the amount of carbon dioxide that we produce as a nation.

As energy and climate change secretary Ed Davey said recently: "Built in the right places, and with the associated benefits for local communities, onshore wind has a crucial role to play."

An independent IPSOS Mori poll of 1,000 adults across the UK carried out in 2011 also found significant public support for them, with 82% of those surveyed saying they were in favour of wind energy, and 73% of them saying they'd be happy to support plans for a new wind farm in their area.

These national figures are reflected on a local level too. An independent study carried out by RBA Research in 2002 found that support for the Lambrigg Wind Farm was very high. Three quarters (74%) of local residents supported it, only 8% were opposed and one in five local residents (18%) had no opinion either way. Furthermore, of those residents

who said they opposed the Lambrigg Wind Farm when they first heard about it, only one in four (26%) remain opposed now.

It is often difficult to make a positive case for onshore wind farms without having a range of 'myths' that have grown up in recent years about them, myths which, when you look at the facts, really don't stack up at all.

Take, for example, the Government subsidies that are made available to the industry. Despite what I would imagine most readers have heard, the simple fact is that development companies such as Banks do not receive one single penny of subsidy for building the projects that we undertake.

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The monies that are made available through the Renewables Obligation scheme are given to the power supply companies in the form of tax incentives for choosing to supply electricity that is generated from renewable sources, rather than by using fossil fuels, as a measure to help tackle carbon emissions-related climate change.

Looking at costs from a more holistic point of view, onshore wind farms are far more cost-effective to build than their offshore equivalents, and wave or solar power schemes are also far more costly if you want to try to generate the same amount of power as a wind farm provides.

Perhaps the most regular accusation is the supposed inefficiency of wind turbines. Their energy output is of course variable, but no energy technology works at full capacity all of the time, and according to figures from the Sustainable Development Commission, an average wind turbine in the UK will produce useful power for between 70 and 85 per cent of the year. Every unit of electricity produced by a turbine is one less unit that needs to be produced by burning fossil fuels. Just one turbine at Killington would produce enough power for 1,900 homes and prevent 4,600 tonnes of CO2 year being released into the

atmosphere by a conventional power station. If Peter Sugden's tractor can match this feat then I suggest he gets it connected to the National Grid ASAP!

The energy challenges we're all now facing mean we have to look at the bigger picture if we are to avoid leaving future generations battling for increasingly expensive and scarce fossil fuels to meet their power consumption needs.

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a far lower environmental impact than conventional technologies.

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Once the debate is based on facts like these, the strong case for onshore wind becomes a great deal less obscured.

Barry Grimes

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So congratulations to all those involved in reminding us that Inspired

thoughts and dreams leading to innovative and creative planning can produce a result so emphatically applauded as the best ever staging of the Olympics. For the Organisers and Athletes their sheer hard work and commitment over many previous years paid dividends all round as the world enjoyed the uplifting spectacle playing daily.

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SEDBERGH GALA

What's happening to Sedbergh Gala Group?

Back in 1962, Ted Morphet instigated the Sedbergh Gala.* In 2011, the Sedbergh Gala committee changed hands. It went from the locals, who knew everyone and had grown up in the community into the hands of new-comers to the community.

The Chair was taken by John Davis. Kate Seymour became the Treasurer and Ali Bramall took on the Secretary's role.

To create last year's Bonfire Night, the Children's' Party and this year's Gala, they were supported by long-term committee members Helen Joel, Linda Winn, Rachel Cowperthwaite, Sandra Longlands, Donna Gardner and Margie McVoy.

Some more new blood came in with Fenella Davis, Donna Gardner, Melanie Missenden, Nichola and Mike Packham, Haley Smallshaw and one of the senior teaching staff from Sedbergh School.

So it's fair to say that with all those changes, the Gala Group has been looking not only at how it does what it does, but what it does and why?

We realised that until we'd joined the Committee, none of us knew that the purpose of the Gala was to raise funds for distribution in ways that will benefit the community – through providing bursaries to young people as well as putting on two other annual events. Given this, it was a natural step to look into becoming a charity, so as to maximise the Gala Group's

effect in the community.

John, Kate and Nicola are working on furthering the process for the Gala Group becoming a Charity. In order to achieve this status, the purpose will be to run these events with the objective of offering financial support to other organisations or individuals which have a focus on young people.

In the last two years, bursaries have been awarded to:

- Emma Packham, who attends the Hammond School for Dance
- The Swimming Club
- Emma Hopkins for a trip to a scouting jamboree
- Scott Lowther for a computer
- Becky Lowther

We are confident that the Gala Group will be given Charitable status. This means that donations and income will be worth more and consequently there will be more bursaries available for young people in Sedbergh, who's needs fit the categories of :

1. the advancement of education
2. the advancement of arts, culture, heritage or science
3. the advancement of citizenship or community development
4. the advancement of amateur sport
5. the relief of those in need, by reason of youth.

As a result of talking about our purpose and how to bring it about, we've been looking at the Gala Group's identity and the way it gets its message out. The large sign that gets erected in the field opposite Close's garage has a very out-dated tent logo

and there've been various designs on headed paper over the years. It's now time for the Gala to take a new identity and create a brand that is suitable for 2012 and beyond. In a reflection of categories 1-3 above, the committee have set up a competition to create Sedbergh Gala's new logo.

The Design Competition

Purpose

To design a logo for the Gala Group

Eligibility

The competition is open to anyone in year 11 or under (from September 2012), who lives in, or goes to school in the Sedbergh area.

Judging process

- Entries will need to be submitted to www.sedberghgala.com by December 3rd
- The best three will be judged by Mr Steven Bramall, Director of ICT, Kirkbie Kendal School
- The best three entries will be put to the committee on 10th December. The identities of the designers will not be disclosed. The winner be the entrant whose design gets the most votes on the night.
- The winner will be notified by

December 14th

- The new logo will be used from January 2013
- All rights in the winning design logo will pass to the Sedbergh Gala Group following completion of the competition.

Prize

- £50 cash
- Your design could be used on stationary, banners, marketing material and internet from 2013 onwards.

The design criteria

The logo needs to express :

- the Gala Group's charitable status
- its focus on young people
- its role in putting on major fundraising events for the community
- that it is a Sedbergh charity, for the Sedbergh and district community

It needs to be

- memorable and easily recognisable
- use a maximum of three colours
- easily printable without using large amounts of colour ink cartridge.
- scalable without losing impact – it can be submitted as a bitmap but must be able to be converted to a vector graphic
- can be printed in black and white and photocopied without loss of impact
- in a well defined format, so that it is suitable for car stickers or tee shirts

* (Two years were cancelled due to bad weather, so the 50th Gala will be 2014)

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PECKHAM OUTDOORS

at Sedbergh School

A group of 12 children from Peckham stayed at Sedbergh School for five days, for the Peckham Outdoors project organised by Imogen Schofield and run with the help of Philippa Prall, David Hendrickse, Bendrigg Lodge and eight Sedbergh School mentors.

The children, aged 10 and 11, all live in Peckham and are members of Westminster House Youth Club, which was established by Westminster School in 1888. The club celebrates its 125th anniversary next year and presented Sedbergh School with a silver plate to commemorate their visit.

The five-day activity break was organised because Immy, Head of School 2011-12 was so inspired by the Youth Club on her visit earlier in the academic year. A team of eight mentors looked after the children, with the help of Mrs Prall. They stayed in Winder House and all of the costs were covered by money raised by Immy, donations from the OS Club and waterproofs supplied from Bendrigg Lodge.

Katie Worthington, Director of Westminster House Youth Club, said: "The youth club is there to provide purposeful activities; it's not just about keeping kids off the streets. It's about doing something that leads somewhere, such as D of E or other



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accredited schemes. In the daytime, we work with primary school children at risk of exclusion and in the long summer holidays, we keep kids occupied and out of trouble. We're so grateful for the opportunity to come here – without it, these young people wouldn't have the opportunity to try activities like ghyll scrambling. We've been well fed, very comfortable and well looked after. This is all happening because of Immy's vision. The mentors have been so fantastic – I've hardly had to do anything, which makes a change."

Osazee Welch, 10, said: "I really like it. It goes much darker than Peckham at night and there's lots of space to play. I got to deal with my fear of heights, too, at Go Ape. I loved it – and the ghyll scrambling was really different to anything I've done before."

Zoe Reilly-Mason, 10, said: "The mentors are really nice, and funny – and the boys are really playful with us, even though they're older than us. I'll remember them when I leave and hope I can see them again. I'd really like to come back."

Mrs Prall explained how astonishing she had found the bond between the Sedbergh sixth form mentors and the children.

"The stakes were quite high. On the first day, these young children were letting the mentors, who they barely knew, fit them up with ropes at Go Ape. They put their lives in the hands of these teenagers – it was quite touching. Immy's vision was that the Westminster House children and the

Sedbergh School mentors would get equal amounts out of the experience – and it is clear that they have."

Many of the children who came had only been out of London on other occasions because of visits and activities organised by the Youth Club. None of them had been to this area before though. Courtney Ross, 10, was eager to chat how much she had enjoyed the break from South East London – but how being touch meant something different for her here.

She said: "It's so different here. I don't have a choice about living in Peckham – I was born there and that's my life. I'd like to move but I can't, for now. When a shooting happens, I don't go out for 4 or 5 days. When I go out on the streets, I always have to be careful about how I look at people who might be standing on the corner. You never know what they might be carrying. You have to think about what you say, what you do. And you have to be tough. I don't think people living in Sedbergh would have those fears – even if something



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bad happened once, it wouldn't become a part of every day life. I'm not allowed out on the streets at night, and so the Youth Club gives me somewhere to go, to get out. The good thing about living in Peckham, though, is that everyone knows each other. I was born there, my sister was born there – people in the shops know your face. People will help you. Here, being tough meant something else. The ghyll scrambling was really steep – and you get really cold, and hurt your hands and feet, but I was one of the fastest to go up the waterfall. And we got a treat bag, certificate, got to play Sardines and I loved the mentors. I'd really like to come back."

Zoe Reilly-Mason, 10, was full of what sort of things the children can do at the Youth Club – from playing Pool or football, to trying basketball in a wheelchair, and going on theatre visits. The school also offers a Homework Club.

Charity Schofield, Immy's sister, is going into the Upper Sixth of Robertson House in September. She said: "What these young children are used to is really the opposite end to the scale of what we've grown up with, and I think that's what really inspired my sister Immy, who visited the Youth Club and wanted to organise this for the children. She was really amazed at what Katie and Wayne do with so many children."

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There are 200 in the youth club. I've been invited to go and work there for two weeks this Summer. I want to work in Social Care and this is going to be an amazing opportunity for me – especially because it means I get to see this group of children again."

The Sedbergh School mentors were:
Charity Schofield, Angus Strachan, Charlie Wells, Sarah Taylor, Alice Kerr, Charlie Porter, Robin Shelcock and OS Chris Downham.

The children arrived last Thursday night, after a nightmare journey, with four children sick on the way. They soon recovered on arrival though, and enjoyed playing in Akay Woods.

Activities included: Go Ape in Grizedale, swimming in Sedbergh School swimming pool, watching the Olympics Opening Ceremony, canoeing on Lake Windermere, a beach BBQ, team games such as Sardines and a scramble up Stickle Ghyll – with four making it right to the top.

A successful, enjoyable week was had by all. Despite organising it and fundraising for it, Imogen Schofield wasn't able to take part in the activity because she had to fly to the USA, to attend a wilderness canoeing course before starting at University of North Carolina on her Morehead-Cain Scholarship.

Amy Grace

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YDNP PHOTOGRAPHS

Fantastic photos of views and wildlife are pouring in for a free competition being run by the Yorkshire Dales National Park Authority (YDNPA).

And there is still plenty of time for other amateur and professional photographers to get their thinking caps on and chose a potentially prize-winning image.

The competition – called ‘Your Yorkshire Dales National Park: a snapshot’ – will run until November 9 and the photos can be of any subject in the categories wildlife and habitats, people and places, fun and adventure, and farming, tourism and other employment. They must have

been taken within the National Park boundary and they can be supported by a brief written summary of the photographer’s thoughts on what the area should offer for residents and visitors alike in years to come.

Kate Green, the YDNPA’s Communications Manager, said: “We wanted to find out what people think are the most important qualities of the National Park and we’ve had a great response so far.

“The images we’ve received have ranged from photos of wildlife to some stunning views of the beautiful landscape of the National Park and hopefully, during the summer holidays, we will receive more entries as people get out and about.”

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The images can capture either positive or negative aspects of the photographer's favourite things in the National Park. For example, if you enjoy far-reaching views, you could submit a snapshot of a sweeping landscape, or you could send in an image of something that is obstructing the view and you think is an issue that needs addressing.

There will be both an adult and an under-18s overall winner and they will be announced on November 23.

Each will win:

- a prized spot in the Your Yorkshire Dales National Park photo exhibition at the Dales Countryside Museum in Hawes in February
- a framed copy of their image for them to keep
- their picture featured in The Visitor 2013 – the official guide to the Yorkshire Dales National Park that is read by more than 200,000

people

- a backpack filled with delicious local produce to help keep them fuelled up for their next photo expedition.

The top five photos (including the overall winners) will be turned into a postcard that will be sold at the National Park Centres and will be featured on the Authority website at www.yorkshiredales.org.uk.

The top 20 photos (including the overall winners) will also appear in a new National Park Management Plan to be published in 2013. The Plan will outline the long-term vision for the National Park and set out the specific things that will be done over the next five years.

More information about the competition – including how to enter – is available on the National Park Authority website at www.yorkshiredales.org.uk/your.



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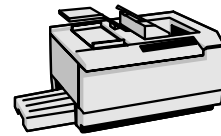
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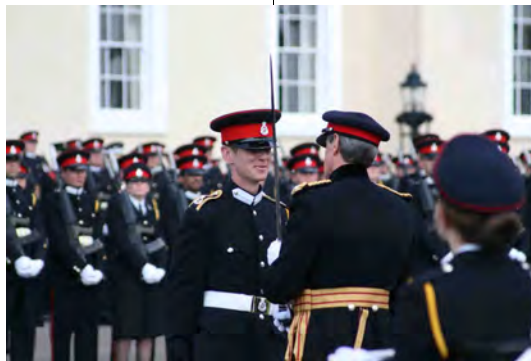
Toby Foster, 24, former Head of Sedbergh School and Winder House boy (2001 – 2006), received 'The Sword of Honour' in the 169th Sovereign's Parade at Sandhurst on 10th August 2012. The Sword is awarded to the Officer Cadet considered by the Commandant to be the best of the course – Senior Under Officer Toby Foster.

During his time at Sedbergh, Toby was active in the CCF and in Debating. In 2006, he came fifth in the Wilson Run and in the same year, he took part in an expedition to Iceland's best-known mountains, Hekla (1450m) and

Hvannadalshnukur (2119m). The CCF contingent commander's report of Foster's final year stated: "Toby foster was promoted from Cadet Sergeant Major to Under Officer, a rank which has not been awarded since 1957 at Sedbergh. His contribution to the VVF has been exemplary and we wish him every success in his future career, hopefully in the Armed Services.

Of his time at Sedbergh, Toby says: "As the staff who taught me and my peer group will know, I have been Army Barmy from a very young age. The fact that I spent four years living in Episkopi Garrison Cyprus only exacerbated that. I therefore arrived

at Sedbergh with a fairly strong idea of what I wanted to be upon finishing my education. To have achieved my ambition and to have won the Sword of Honour is a very special feeling. For those considering the Armed Forces, Sedbergh School is the ideal environment to be brought up in. The rigours of day-to-day life at the school, the setting and the school community based on the House system, teaches pupils to temper excellence with humility in every respect. I was very lucky in that my first Housemaster, Mr Peter Knowles, was also head of the CCF when I started and so when my ambition was noticed, he did a great deal to set me on the correct course. I followed this into the senior school, where I



joined the CCF Army Section. Here my experiences turned my immature dreaming into a serious career choice. The specific experience of the School's Staff Instructor (SSI) Mr John Jones was invaluable."

Toby's mother, Judith, said: "John Chard and Gonville Bromhead may have been Toby's heroes, however the firm and gentle guidance of Peter and Pam Knowles, and the strict no nonsense approach of John Jones brought him down to earth. Just as well really, as wading waist high through a trench of thick mud, being

'encouraged' by SNCOs using words that can hardly be described as delicate, is not glamorous. Indeed, the 'Cautley, Calf and Winder' tough training, both emotional and physical, has been vital to Toby in coping with the rigours of Sandhurst. So too has learning the importance of trust and respect. Sedbergh taught him that these have to be earned, and work both ways.

"Sitting high in the stands, watching Toby escort the Sovereign's representative on this occasion, General Sir Richard Shirreff, we saw someone in his element. There could have been no prouder people on the parade square than the Foster family when it was announced that the winner of the Sword of Honour was Toby

Foster."

Toby has also worked as a teacher in Quebec, completed the Canadian ski marathon, climbed Mount Kilimanjaro, taken part in numerous Nordic ski expeditions in Norway, and trekked to Annapurna. His climb of Kilimanjaro and trek to Annapurna helped to raise £140,000 for Childcare International. Toby was commissioned into the TA in 2010, serving with Tayforth UOTC and C Sqn QOY, and is to be commissioned into The Rifles.

Amy Grace

NATIONAL CHILDREN'S ORCHESTRA

in Sedbergh

For the second year running, the NCO triumphantly finished their week in Sedbergh School with the August 17th Friday night concert in Powell Hall. This time, it was the enthusiastic massed ranks of their 11-13 yr olds strutting their stuff.

The programme centred round kinds of rhythmic complexity: first in some rousing Armenian Dances, and lastly in some Venezuelan spice. Between these two, they faced a real test in the mighty orchestral showpiece of Tchaikovsky's 'Romeo and Juliet' overture. Every department of the orchestra is minutely examined, and

not in some dull, routine busking, but in real virtuoso writing that demands considerable courage, competence and stamina, and they had to show all those characteristics because the very slow tempi at the start of the Tchaikovsky would have tried them to the limit.

The brass players alone – particularly the horn section - deserve medals for the power they generated, with a tightness of ensemble throughout the programme. All the strings, including double basses that dwarfed their players, have non-stop hectic scurrying to do as well as delivering tragic and soaring melodies. Those small fingers never faltered or seemed to be flustered.

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This Team Leaves It Clean

Some nice discipline from the woodwind, the odd suspicion of intonation problems, but nothing to worry about. There was nimble hand and eye co-ordination and fiendish counting in the percussion areas.

This whole venture is a salutary reminder to the nation that there is staggering talent to be explored if the means, opportunity, volunteer and professional skill and above all political will are brought to bear. All in all this concert showed this orchestra is in prime form as they set out on their late summer tour and we'd love to see them back next year.

Of course, we have our own highly successful Youth Orchestra in South Lakes – the Westmorland Youth Orchestra which has feeder groups for young players and the full orchestra for the more experienced which meets on a Friday evening in term time. www.wyo.org.uk is the web address, and more info can be had from me on 015396-20108

Stuart Manger

SEPTEMBER GARDENING

It has been so damp and dreary this summer that my summer bedding plants (Pelargoniums, grown from cuttings) barely burst into bloom before the rain came down and finished off the flowers. Some of the earlier bedding plants – the Violas and Pansies, *Mimulus* and Daisies which provided colour at the beginning of the “Summer” are looking tousled and leggy and can be replaced by a selection of things which will last through the Autumn

and into the winter.

At this time of year *Cyclamen* are often available for sale as bedding plants. These look bright and cheerful and will provide a splash of colour amongst other things, but they are actually more closely related to the indoor, pot plant type of *Cyclamen*, than the hardy outdoor type, and will survive only a short time in our cold, wet climate before they succumb to rot and the leaves and flowers droop and wither away. Winter flowering Violas and Primulas are much more reliable and hardy, but even these can go off a bit in the colder months, so I like to include a few colourful foliage plants in my window boxes. Suitable things include variegated Thymes ‘Silver Queen’ and ‘Doone Valley’; yellow or cream variegated *Euonymus* (‘Blondie’ and ‘Emerald Gaiety’ are both good bright cultivars); evergreen, red berried *Gaultheria procumbens* (Wintergreen) and green, tawny or yellow leaved forms of Heather – *Erica* and *Calluna*. Dwarf conifers can also be useful, although these need to be carefully chosen if they are to be part of a permanent planting. The term “Dwarf” is sometimes used for cultivars which will easily and quickly grow to a height or spread of 3-4 ft, and can ultimately reach 10 to 12 ft high or wide. If you are a conifer, and your parent is a Giant Redwood then anything under 30ft is probably considered to be very runty indeed. Not good for the window box though.

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FAMILY MUSINGS

Our holiday with the young people at Soul Survivor on Stafford show ground was amazing, yes we worked, yes it rained but only a bit, yes we were kept awake late at night, why do young folk decide to talk loudly from about 1am? We really enjoyed the experience and God richly blessed us. Yes, the music was loud at times, the teaching brilliant and the power of the Holy Spirit awesome. Some of the young folk we knew, some we just met then but we came home feeling much younger for being in their company, roll on next year! I am, as you may gather, a bit of a sentimentalist at heart and thought it very sweet that one boy-friend and girl-friend slept cuddling each others Teddy Bears, hubby just groaned. Ellie, the Youth Leader was just fantastic, nothing fazes her and she came to SS from a month in Kenya, and she wasn't on holiday! Some of the young folk are coming to us in Sept to share their experiences, get in touch if you are interested and come along.

Son gained his Applied Theology

Degree with a 2;1, very good indeed, the 'cap and gown' ceremony is down in Malvern in the autumn and perhaps I could go to hold the baby?! Said baby, or "young-un" is due this month, excitement is mounting among Granny & Grandad to be, and Aunties to be, and Uncles and of course Great-Grandma Woof to-be who already has 7 great-grandchildren though this will be the first with her surname.

What will the month bring besides the baby? Lovely weather to enjoy the garden perhaps, more beautiful sunset skys, work but I hope not many more 1.15am homecomings!

The girls continue at the cafe and outside catering and enjoy their day-offs to do other things. Tripp, younger daughters little dog, is also doing well, I looked after her while they went to a wedding, we had a good day. When she came before I put her in my dog crate at night so we knew where she was and what she could chew, don't think it went down to well in certain quarters but at least they let me have her again!

A friend who is staying is outside

blowing Bubbles into the sunshine, I used to love playing with Bubbles did you? I also love Cornwall and close friends are down there now, can I please be allowed to be envious.. Enjoy your games and pets and take care.

Sarah



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DENTDALE CHOIR

new term welcome to members old and new!

On Tuesday September 11th at 7:30 p.m., in the Memorial Hall, Dent, we start our new term with a new conductor.

Linda Fawcett has passed on the musical baton to Anastasia Micklethwaite. Linda has been a wonderful leader and we will miss her. She really has had the patience of a saint (!) and enabled us to punch above our weight, putting on performances of challenging works such as Fauré's Requiem and The Armed Man by Karl Jenkins, but also more relaxed programmes of folk songs and, this year, excerpts from The Marriage of Figaro.

Our new conductor, Yorkshire-born Anastasia Micklethwaite, is a music

director, teacher, flautist, contralto and conductor. She has lived and worked in the UK and toured extensively as a soloist, chorister and orchestral musician, performing at many of the world's leading concert halls. Anastasia maintains an active performing and teaching career specialising in flute and voice whilst working in schools. She has recently moved from St George's School, Windsor Castle to take up the position of Director of Music at Sedbergh Junior School. We can't quite believe that she has agreed to take us on!

We are always pleased to welcome new members and hope that you can come along and give it a go. No experience is necessary, you don't have to be able to read music and there are no auditions! It really is fun and not as scary as people might think another bonus is that many of us go to the pub afterwards. If you are uncertain about having a go please do e-mail cathsugden@btinternet.com or give her a call on (015396) 25303.

Jenny Pilgrim



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St ANDREW'S CHURCH, DENT

Three events in a fortnight well worth reporting!

The church bells newly re hung peeled out across Dent at 8.12 precisely on Friday 27th July in keeping with bells from all over Great Britain to mark the start of the Olympic Games. Radio Cumbria was present to record the bells and played them on air during the day. What is remarkable, is that our team of enthusiastic bell ringers have only been together for just over the year and most starting as beginners.

Dent Parish Church is a Grade One listed building requiring continuous repairs and fund raising to allow it to play its part in the future. It is open everyday of the year and it has welcomed visitors from all parts of the globe. The visitor's book holds some fascinating comments. This time, the ancient heating system urgently needs an upgrade!

Sheila Dibnah, wife of the famous steeplejack Fred Dibnah, offered her services for the cause of church heating in an evening talk about her life with Fred. Sheila is a polished

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performer, and she gave us an interesting talk with many humorous anecdotes bringing to life Fred's later years. Very dear to Sheila's heart, is the opening of a Heritage Centre in Bolton in the house and yard where Fred spent so much of his time with his beloved steam engines. Bolton town centre now has an eight foot high statue in the town centre to honour Fred!

On the evening before the closing of the Olympic Games, Roger Bush, St Andrew's organist, gave an evening recital (again for the cause of new heating) in his words "of joyous music for the organ". It was a wide ranging programme from the atmospheric Arabesque No 1 in E by Debussy to the closing Grand Chorus in D major by Alexandre Guilmant. How about this for an interesting comment, Roger used the same sheet music for the Grand Chorus used by Rev Hayden Vicar of Dent 1891 to 1909. We are lucky to have such a dedicated and talented organist, and it was a truly theatrical performance, quite in keeping with the mood of the nation as we celebrate our Olympic

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achievements. Roger even managed to bury *Chariots of Fire* in a medley of film music too. Roger played on both his own digital organ and the St Andrew's pipe organ which was recently inspected by the Cumbrian Society of Organists.

They were very impressed by it, one of them remarking that he considered it to be the finest village organ in England! So, we thank all those who came and supported us, especially the many from Sedbergh and even two in the audience for the organ recital from Manchester!

Pat Allen (churchwarden)

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MARIE CURIE

A big thank you to all who supported our Blooming Great Jubilee Tea Party on 15th July at Ghyllas, We had wonderful help on the day, delicious cakes, scones and biscuits were produced and very generous raffle prizes donated by local businesses. Despite the torrential showers for the first hour and a half, many people came and supported us. The sun came out in time for the Alpaca Derby and the crowds cheers for their chosen alpaca almost rivalled those

in the Olympic Stadium! We raised £670 for MARIE CURIE CANCER CARE which is a wonderful result and will provide over 33 hours of nursing care for patients in their own homes.

Caroline Sandy-Clark

OLYMPIC TORCH

The Olympic Torch comes to The Cross Keys.

Alan & Chris and staff at the Cross Keys were delighted when Sir Chris Bonnington arrived along with his Olympic torch on 25th July.

Sir Chris and a party from Berghaus – the outdoor clothing people – were walking the Howgills as part of the annual Sir Chris Bonnington walk. Bacon butties and pots of tea were the order of the day before the walk started.



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NEWS FROM THE PEWS



The children will be preparing for their return to school, the summer holidays now behind us for another year. Chameleons and BoF will start again on their regular Friday after school slot in the church room with Judith and Vic. A new intake of children will join Chameleons and the eleven-year-old Chameleons will join BoF as the older members have left. We wish the leavers all the very best for the future. They will be missed as they have been with us since the formation of the two groups; indeed, they are the ones who decided on the name "BoF" (Barrel of Fun). From my observations they were a great group of youngsters to work with. Always pleased to see each other, keen to communicate and work together. They were generous with their concern for others, sharing their ideas and their tuck shop goodies! They were as their group name suggests,

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full of fun.

The church visitors book has been filling up through the summer with names of people from around the country and abroad visiting for a variety of reasons. How generous are their comments on the church some thanking us for keeping it open some commenting on it being a haven of tranquility one saying it has "the best garden we have seen". Testament indeed to the many hands who work both inside and outside keeping all in pristine condition.

I realize I have been here for quite a while when I see young people marry in St Andrew's that only a seemingly short while ago were in primary school. I am thinking of Stephen Denton married to Fran on a super sunny Saturday in August.

On Sunday 19th August, nine weeks old Tyson Scott slept peacefully throughout his christening service just stretching his little arms as Vic held him for the baptism. We should have put his name down to learn to ring church bells when he is older as we are getting a little short on numbers to ring these days.

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Sighs of relief went around as we realized that the Rev Vic Hopkins and his wife Linda are not going to move away after all. During the interregnum continuity is so helpful to the life of the church and parish and to have Vic on board has been and will be invaluable.

Both Tony and I are delighted to report that so far all is running smoothly thanks to lots of attention to detail provided by different people keeping us on track both with the process of the day-to-day business of your parish church, selecting a new vicar and our move into the Carlisle Diocese.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

Daphne Jackson
MSc (Ost) DO
Registered Osteopath
BUPA Provider

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Killington LA10 5EP

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NEW STREET

Dear Editor

On the 30th July I found the following note on my windscreen:

Dear Driver

On the advice of the local police, I am writing to point out that this vehicle SM08 JUH has been parked on this road all day without permission.

It has caused a serious obstruction, delaying the departure of two removal

vans by about 3 hours, which is likely to incur additional costs to the customers of the removal firm. Also much inconvenience to other residents in the street.

The vans contained essential medical equipment needed at the delivery destination for a vulnerable adult.

If you wish to offer some compensation for the trouble caused, please leave your contact details and a covering letter by the side door of the Methodist Church, who will ensure it is passed on to appropriate person.

Please do not park in this road again – it's private. This corner position causes obstructions for all service vehicles.

Thank you

This is my formal reply to 'anonymous':

Firstly, after speaking with Denis – retired Police Person, it appears that you are correct – indeed 'New Road' is a private road, although there are no visible signs indicating this. Regardless – you have my very humble apologies for not having an 'insight' to this knowledge as I am relatively new to the area.

I refute the fact that my car was 'causing a serious obstruction'. My car was parked tight to the curb and not on the corner.

I too am classes as a vulnerable adult – also add 'senior' or 'elder' to this description .I also have a lung infection which makes breathing difficult for me especially in weather as on that day (very wet and windy).

Usually I walk to work, but on the

morning of the 'offence' I had driven from Selby, firstly to Harrogate to visit my son in hospital, and then on to Sedbergh. My car was loaded with donations for the Community Shop hence my decision to drive straight to work.

After finishing work I totally forgot that I had driven to work, indeed it was approximately 8pm when I realised my memory lapse.

Your note seriously affected my blood pressure which, incidentally is also giving my GP cause for concern.

You ask for compensation – the only compensation here is the fact that the note thankfully didn't have a detrimental effect on my health.

You asked for my details – these are as follows: Ms Shirley Jackson, 1 Fell Close, Sedbergh, Cumbria, LA10 5AP. Telephone number can be obtained via the Editor.

You asked for the above details to be left by the side door of the Methodist Church where they could be passed on to the appropriate person – May we have your details?

With the greatest respect can I suggest that as you're obviously a person concerned for 'others', that your time could be better utilised performing some sort of voluntary work. Why not join our voluntary team in the Community Charity Shop. We really are a very friendly bunch of folk, busy making money to the benefit of the Community.

Please give pause for thought before committing 'pen to paper' in the future.

Once again my humble apologies,

(through ignorance) for unintentionally committing a parking offence. In the future I will desist from such practices unless I am loading or unloading for business purposes when I would hope a little 'charity' would be forthcoming.

Yours Sincerely

Ms Shirley Jackson – Proud and Privileged to live, work and practice 'community participation' in the beautiful town of Sedbergh

MIDDLETON LANDSCAPES



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OLYMPIC BELLS

A big thank-you to everyone who joined the 'Bell Ringing for the Olympics' event at Cowgill Church on this sunny morning. What a selection of cow bells, bicycle bells, hand bells, tin cans we had. And Rita did a sterling job ringing the church bell for those THREE long minutes! Thanks also to Tony, Graham, Cath, Margaret and Rose for supplying us with a hearty bacon butty breakfast to start the day.

Elsewhere in Dentdale, the six bells at St Andrew's were rung live on Radio Cumbria and Dent should be featured on BBC North West this evening.

Heather Fraser

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**WATERSIDE FARM
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After an horrendous weather forecast, (and one or two sleepless nights) Saturday August 4th dawned bright and sunny, and we had a wonderful morning raising over £700 for Hospice at Home and Make a Wish.

Grateful and heartfelt thanks to all who supported us and for all the generous donations.

Thank you also to the stall-holders, the kitchen staff and all who helped in any way. It couldn't have happened without you all.

William, Mary & Family

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72 MAIN STREET

Halfway at 72

Over £40,000 has now been raised to purchase 72 Main Street, Sedbergh – the building that houses the Community Office and Tourist Information Office. This is excellent progress particularly as a good amount has been donated by individuals in our area. Donations have varied widely in amount and have included some exceptionally generous ones.

Raising the remaining amount is still a hill (should that be fell?) to climb. Applications for grant aid continue to be made even though in these credit-crunch times it is hard to achieve a grant award from an application. However, any success however small adds to our total raised.

The Community Office and the Tourist Information Office are for the benefit of all in the area and it would now be lovely to see a huge list of donors from the six parishes of Dent, Firbank, Garsdale, Killington, Middleton and Sedbergh. Such a list would really cement the community feel to the building. Can we encourage all to find that leaflet that has been delivered to your house and make a donation. Large donations are great but what is really wanted is a wide and large range of donors. Please give whatever you can afford and if you are a taxpayer please sign the gift aid part of the form as that increases your donation by 25%.

*Graham Hooley, Mark Westwood,
Hilary Hodge, David Collier and
Douglas Thomson*

CHRISTIAN AID

in Sedbergh and District.

At our AGM, we received the heartening news of the year's financial giving in our area which goes to the work of the society around the world. In brief it is as follows:

- October 2011 Coffee morning £340.84
 - December Carol Service £94.60
 - March 2012 Coffee morning £254.40
 - May 2012 Christian Aid Week £4,658.86
- Grand Total £5,348.70

The Christian Aid Week total was made up from the following activities:

- 'Shop' in the URC rooms £1,502.11
- House to House collections £2,853.40
- Dent Coffee Morning £168.80
- Annual Service Church Collection £134.55

This represents a truly brilliant effort by all our supporters and friends and shows what a great hearted community we live in. Well done all involved and many thanks from the committee.

I realise as I write this that by the time it gets to press that what has passed for summer will be drawing to a close and that autumn will be upon us so it won't be long before we will be looking forward to welcoming everybody to a warming cuppa at the Coffee Morning on Wednesday 10th October in the Sedbergh URC rooms.

On behalf of the Committee.

Rev. Anne Pitt

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MacMILLAN CANCER SUPPORT

The evening of Cookery and Flower Demonstration held at Barbon Village Hall on 6th July 2012 was a great success. It was an enjoyable evening which was very well supported by local people. Nela Geuer prepared a delicious 3 course dinner and Joan Bentley produced some stunning floral arrangements.

All the food and floral arrangements were raffled at the end of the evening. Over £800 was raised and the committee would like to thank everyone who supported the event.

*Ann Bannister on behalf of
Sedbergh, Dent and Kirkby Lonsdale
Macmillan Cancer Support*

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CARERS SUPPORT DROP-IN

The monthly Carers Support Group is changing! For the next 3 months it will meet in the URC Hall on 1st Tuesday of every month, ie Sept 4th, Oct 2nd & Nov 6th, 2-4pm as a Drop-In. This is open to all with an interest in caring for a relative or friend including those people who think "It's my job/my role/I am looking after my spouse/child it is what I do".

There will be information regarding caring and help and support available inc Carers Assessments, Contingency Planning and events for Carers. Home made refreshments and a copious supply of tea and coffee along with a warm welcome awaits you. Pop in for 10 minutes or stay two hours, share your concerns and ask your questions.

For further information please contact SLC Office on 01539 815970. See you there!

Sarah Woolf

RAINBOW TRUST

Back in April, Ian Cousins and Malcolm Sayner said that they would like to raise money for the Rainbow Trust, a very important Charity which gives support to families of children



receiving medical attention.

On 20th May, Malcolm and Ian ran the Manchester 10k Race. There were 35,000 runners with Malcolm finishing 4,612th in 48 mins 50 secs and Ian 9,221st in 53 mins 43 secs.

The following week, they tackled the Edinburgh Marathon on 27th May when 23,000 runners took part. Malcolm completed it in 5hrs 6mins arriving 6,596th. Ian came in at 7,349th in 5hrs 31mins. Both very creditable.

On 10th July, Ian and Malcolm presented a cheque to the Trust for £1,370 but since then, other sponsors have taken it to well over £1,400. Ian and Malcolm wish to thank everyone for their generous sponsorship and support.

NORTH WEST

CANCER RESEARCH FUND

The Local Committee sincerely thank all who helped in any way to raise £343.95 at the recent Coffee Morning.

As I passed through Bangor on holiday last month it was good to see a large NWCRF banner on the University buildings. Research is also going on at Lancaster and Liverpool Universities.

*Marjorie Fishwick
Sec. Sedbergh Committee*

SCOTTISH DANCING

The Scottish Dance Class due to begin in September will now begin in January 2013. Further information will be given when known.

Cindy Clarke

DIVORCE CARE

Are you struggling with the pain of separation or divorce? Are you in a place of loneliness, depression, anger and isolation? These are the normal symptoms of the emotional pain of family breakdown?

Perhaps your friends and family around want to help you, but don't know how to. Are you struggling to come to terms with your situation? We know it seems such a long hard road to recovery!

We are a small and friendly group in Carnforth run by two churches coming together with a heart for families who have gone through the hurt and pain of separation or divorce. Single people from the breakup of long term partnerships are also welcome. The group is run by those who have experienced divorce and have found healing and hope. You don't have to be a Christian to come, and will find the resources and company helpful in both a practical and emotional way.

This is also an opportunity for the whole family to seek help with the DC4K and the extension for Teens DC4T course running alongside at the same venue.

Come and try the taster Divorce Care Taster Evening on Monday 17th September 7pm-8:30pm at the Salvation Army, Preston Street, Carnforth LA5 9BY.

Contact us to show an interest, request a leaflet, or just to find out more information on our group: www.divorcecare.org or www.DC4K.org or email cfdivorcecare@live.co.uk or phone Sue 01524 730642

SEDBERGH & DISTRICT COMMUNITY OFFICE

Joss Lane and Loftus Hill car parking permits will have run out on 31 August. The Office is selling the new ones, which are the same price – £35 for a day permit, £52 for a 24-hour one (which you will need if you park overnight in the car parks a lot, for example if you live on Main Street). We are open Monday to Friday, 10 am to 4 pm, but closed on Thursdays from 1 pm.

The Community Office has a stock of questionnaires for the District Council's consultation on 'Clean Streets', which includes proposed measures to do with dog and human mess. Do please come in and pick one up – as a dog owner I know there is a huge range of opinions about when it's right to have your dog on a lead, when (if ever) you don't have to pick up after it, and so on, so it's important that Councillors and Council officers appreciate that there is a range of opinions and that people are interested in their proposals.

We are still keen to hear from anyone who would be interested in a few hours' volunteering in the office every week or fortnight; it's interesting work and if you want to find a job and you're looking to spruce up your CV with some recent office and customer service experience we could be right for you. Please drop in for a chat.

Best wishes,

Andi Chapple

EDITORS NOTES

I have received a couple of anonymous complaints from readers with respect to putting Doris Foster in the July issue of *Lookaround* as being 102 years of age when it appears that she Passed Away in August 2011. The *Lookaround* is put together in good faith and errors will occur but at the end of the day, if nobody tells me about the situation, I cannot really be responsible for some of the errors. Without passing the buck, at the time when Doris did Pass Away, I was in the middle of the Cancer treatment that I was receiving. Would anyone like to have swapped places with me **AND** get the *Lookaround* out?

Having said that, I do apologise to the relatives and friends of Doris for the information appearing.

I have also made another error as I had promised the Art Society that their Photograph would be on the Outer Cover, which I had forgotten. Sincerest apologies to the Society and its members and I promise to include it next year.

Dennis J Whicker

CANTICUM

On Sunday 19th August a capacity audience in Sedbergh Parish Church was privileged to hear the distinguished London-based chamber choir Canticum under their Music Director and Conductor Mark Forkgen in a concert entitled *Best of British Choral Classics*. Their 2012 Lakeland Tour, arranged by Michael Alban, one

of their number born and bred in Sedbergh, has taken them to Ambleside, Kendal and Sedbergh and all the proceeds from the concerts are to be donated to the three Mountain Rescue teams at Ambleside, Kendal and Kirkby Stephen – charities very appropriate to our area. A visit to the choir's website www.canticum.org.uk will reveal the very special range and success of the choir's activities.

The first half of the programme was devoted to Sacred Music and the second to Secular. All the items were well-chosen and reflected the genius of the composers, as well as the musicality and outstanding skill of the choir. Mark Forkgen's introduction to each item showed us what to listen for and helped our appreciation. *Best of British Choral Classics* it certainly was: old favourites were beautifully and sensitively sung and the less familiar – *The blue bird* (Stanford) and *My spirit sang all day* (Finzi) in particular – were electrifying.

Let's hope Canticum returns to Sedbergh soon!

Richard Thomas

ROSEMERE CANCER

On Sunday 19th August, John Airey walked the Cross Bay Walk from Arnside to Grange, a total of about 9 miles. John was sponsored with proceeds going to the Rosemere Cancer Foundation where he raised a total of £367 for which he and they are very grateful.

DENT FOOTBALL CLUB

Dent Football Club, Karen Troughton and the Under 8s would like to say a great big thank you to BDS Fuels who have very kindly sponsored the new Under 8s football kit – our little players will now be playing in the traditional Dent colours of yellow and green and will now truly be part of the club.

The Football Club will be having an Open Day at the Dent Club Gym on Saturday 8th September from 2 till 4. Everyone welcome to come for a look around to see how the Team are performing.

SEDBERGH BRITISH SCHOOL TRUST

The Trustees will meet on Wednesday 19th September 2012 to consider Grant Applications from suitably qualified persons who have attended local authority schools in Sedbergh and Dent, and who seek financial assistance to further their education or for vocational training. Applications should be in writing and addressed to:

The Honorary Secretary of the Trust,
6 Guldrey Fold, Sedbergh LA10 5DY
and should be made without delay.

Mrs Jean Cope, Hon. Secretary

DENTDALE CHRISTIAN FELLOWSHIP

Don't be put of coming by the mention of God, we do share some amazing times together and have just celebrated our 2nd Anniversary. In

July we had an open sharing time and in Aug hope to hear Mr Kelly France. In Sept an extra eve will be filled with some young people about their time at the Christian Camp "Soul Survivor" at Stafford, and some not-so-young will share too! We meet at "Rhumes" Dent on 4th Sunday eve of every month and all are welcome to come and praise God with us. Supper to follow.

J & SE Woof (25212)

CAFÉ CHURCH

Café Church will be held on the first Sunday evening of each month, from 7pm, commencing on 7 October 2012 at Duo Café, Bar & Bistro. These will be informal evenings, including a short talk and some quality music, hosted by a group of local Christians associated with Carnforth Free Methodist Church. The aim is to offer encouragement, hope and support to the community, and everyone is welcome.

Details also now appear on the Religious Services Page.

For more information contact Andy and Tina Woof on 01524 730259.

DENT GALA

As I am writing this before the above event takes place, I cannot yet report on the day but wanted to take the opportunity to say THANK YOU to all in the local community and area who are supporting it so very well! Full report will be in October Lookaround.

Sarah E Woof (Chair)

SETTLEBECK SCHOOL

Summer Activities

July 31st and Aug 2nd brought us not only two half decent days that must have slipped unnoticed past the Weather Gods' print

preview stage, but also....

The inaugural Settlebeck Summer Activity days!

The school proudly hosted two free taster days for Year 4 and 5 students to find out a bit about our 'outstanding school' where 'opportunities beyond the formal curriculum are impressive' (Ofsted 2011).

Julie Calvert and Chair of Governors Helen Wilberforce co-ordinated a team of volunteers from the school to provide various stimulating activities for students from Hawes, Old Hutton, Dent and Sedbergh Primary Schools.

After students had made their own name badges the batik master class was presented by Shelley Whittle, Jane Connor, Karen Hopps, Lisa and Katie Woof. Each student produced a beautifully crafted original work of art using techniques and equipment they had not tried before; the results were

stunning studies based on images of butterflies and scarab beetles.

The visiting students then participated in catering activities supervised by Julie Calvert, Julia McDonald, Linda Gardner, Heather Parr and Julie Metcalfe.

Orienteering (supervised by Andy Trull and Kate Thexton assisted by Katie Woof) then gave the students the chance to explore the grounds and buildings further while they

learned to read maps and follow clues – after which they were more than ready for the tasty, nutritious, attractively presented lunch of pizza, sandwiches, rolls, salad, fruit salad, flapjack and buns which they had

prepared earlier! This very professional looking feast disappeared rapidly!

Students then had a go at cake decorating with Karen Grant (formerly Davies) with students assembling and decorating a cake box to take their creations home in.

The days ended with a presentation to parents; all the feedback on the activities was very positive – big thanks to all the volunteers who made

it so stimulating, creative and enjoyable, and above all, empowered the students to actually **do it themselves** ! This, of course, is what Settlebeck does well – so it just goes to

show with abject apologies to a national DIY chain...'everything we do at Settlebeck School helps you say: 'I did that!'

For more info on Settlebeck School click on www.settlebeck.org

Kate Thexton



COMMUNITY OFFICER REPORT

On Friday 19th July a summer end of term BBQ was held at the cricket Pavilion on the Settlebeck playing fields. This was organized by myself and the Monkey House Café youth club as a diversionary activity on the last day of the school term. The BBQ was again supported greatly by local business' who supplied all the food so many thanks to Steadmans Butchers, Powells, JMP foods and Sedbergh Spar this was greatly appreciated and I would like to pass on my thanks to them. The event also received funding from the Police Chief Constables fund which enabled us to have the Astral circus to put on a show and also teach the children circus skills. The Fire Service supported the event and provided the climbing wall which was enjoyed by all. We would like to thank Colin and Kirsten Wilson for supplying the BBQ and doing all the cooking and Emma, Matthew, Ben, David and Paulyne who supported the event and helped on the night, also Phil Gardiner for providing the bouncy castle. Over 100 local youths and parents

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attended making the afternoon a great success and hopefully enjoyed by all.

To suggest future community priorities please feel free to attend my monthly drop ins or please feel free to contact me on 101 or email me on karen.dakin@cumbria.police.uk. Or alternatively you can speak to me during my regular drop in surgery at Sedbergh Library on the 3rd Saturday of each month between 10:30 and 12:00 and Dent stores on the first Tuesday of each month from 12:00-13:00.

I would be pleased to meet you all to discuss any issues or simply for a chat. *CSO 5206 Karen Dakin*

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also: fine bead jewellery · repairs · restringing
haberdashery & tool sharpening

99 Main Street, Sedbergh

(01539) 621489 · info@chairworkshop.co.uk

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0740 (C)	0817	M - F	564	KLC	0825	0858	M - F	564	KLC
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1007 (C, H)	1049	M - S	564	KLC	1055 (C)	1128	M - S	564	KLC
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	KLC	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	KLC
1310 (C)	1347	M - S	564	KLC	1425 (H)	1500 (L)	Sat	564A	KLC
1545	1620	M - S	564	KLC	1610 (C)	1640	M - F	564	W
1827 (C)	1904	M - S	564	KLC	1625 (C)	1658	M - S	564	KLC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0858	0932	M - F	564	KLC	0705	0740	M - F	564	KLC
1128	1202	M - S	564	KLC	0940	1007	M - S	564	KLC
1443	1505	M - S	564	KLC	1235	1310	M - S	564	KLC
1658	1732	M - S	564	KLC	1510	1545	M - S	564	KLC
1800		M - S	564	KLC	1800	1827	M - S	564	KLC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent Station					Dent Station to Sedbergh				
0825	0855	Sat	564A	KLC	1000 Dent	1015 (L)	Wed	564B	W
1000	1030	Sun	564A	KLC	1020	1050 (L)	Sat	564A	KLC
1330	1345 Dent	Wed	564B	W	1155	1225 (L)	Sun	564A	KLC
1400	1430	Sun	564A	KLC	1515	1545 (L)	Sun	564A	KLC
1500	1530	Sat	564A	KLC	1620	1650 (L)	Sat	564A	KLC
1600	1630	Sun	564A	KLC	1740	1810 (L)	Sat	564A	KLC
1650	1720	Sat	564A	KLC	1630	1700 (L)	Sun	564A	KLC
1715	1745	Sun	564A	KLC	1900	1930 (L)	Sun	564A	KLC
1840	1910	Sat	564A	KLC	1930	2000 (L)	Sat	564A	KLC
Dent to Dent Station					Dent Station to Dent				
0950	1005	Sat	564A	KLC	0910	0925	Sat	564A	KLC
1100	1115	Sun	564A	KLC	1045	1100	Sun	564A	KLC
1135	1150	Sun	564A	KLC	1120	1135	Sun	564A	KLC
1605	1620	Sat	564A	KLC	1545	1600	Sat	564A	KLC
1830	1845	Sun	564A	KLC	1800	1815	Sun	564A	KLC
Last Update: June 2012									
L = Sedbergh Library									
C = Via Kendal College					H = Via Westmorland General Hospital				
W = Woof's of Sedbergh					KLC = Kirkby Lonsdale Coach Hire				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
All times from Sedbergh are from and to Thorns Bank unless stated (L)					For Comprehensive up-to-date information ring :- Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)				

Adult Education Courses Autumn 2012 - Spring 2013

Code	Subject	Tutor	Wks	Day	Start	Times	A	B	C	Town
FREE GCSEs										
2054KEN	FREE GCSE English	Dean Birtwistle	31	Tue	18/09/2012	19:00-21:00		Free		Kendal
2055KEN	FREE GCSE Maths	Jo Jones	31	Wed	19/09/2012	19:00-21:00		Free		Kendal
Work & Business										
2084SED	A Guide to Working for Yourself	Jerry Bennett	10	Wed	03/10/2012	19:00-21:00	£20.00	£20.00	£20.00	Sedbergh
2081KBL	A Free Guide to Effective Small Business IT	Adrian Luckham	1	Mon	22/10/2012	19:00-21:00		Free		K'Lonsdale
2080SED	A Free Guide to Effective Small Business IT	Adrian Luckham	1	Mon	15/10/2012	19:00-21:00		Free		Sedbergh
2078KBL	Using IT for Your Small Business	Adrian Luckham	6	Mon	05/11/2012	19:00-21:00	£20.00	£20.00	£20.00	K'Lonsdale
2090SED	Marketing Your Business Using Social Media	Justin Grammer	5	Wed	07/11/2012	19:00-21:00	£20.00	£20.00	£20.00	Sedbergh
2079KBL	Using IT & Internet to Market Your Business	Adrian Luckham	6	Mon	07/01/2013	19:00-21:00	£20.00	£20.00	£20.00	K'Lonsdale
Computing & Photography										
2076KBL	Keeping Yourself & Your PC Safe & Secure	Adrian Luckham	1	Mon	17/09/2012	13:00-15:30	£5.00	£5.00	£5.00	K'Lonsdale
2077KBL	Download Useful Free Software To Your PC	Adrian Luckham	1	Mon	01/10/2012	19:15-21:15	£8.00	£7.00	£4.00	K'Lonsdale
2031KBL	Intro to Using a Computer, Kirkby Lonsdale	Adrian Luckham	11	Mon	24/09/2012	10:00-12:30	£83.00	£66.00	£42.00	K'Lonsdale
2032KBL	Developing your Computer Skills	Adrian Luckham	11	Mon	24/09/2012	13:00-15:30	£83.00	£66.00	£42.00	K'Lonsdale
2062SED	Wednesday Afternoon Computing	Chris Wood	10	Wed	03/10/2012	13:30-15:30	£60.00	£48.00	£30.00	Sedbergh
2091SED	Get to Grips with Facebook & Twitter	Elizabeth Laidlaw	5	Tue	25/09/2012	14:00-16:00	£31.00	£27.00	£16.00	
2036SED	How to Buy and Sell on eBay	Chris Wood	1	Sat	10/11/2012	10:00-15:00	£25.00	£22.00	£13.00	Sedbergh
2083KBL	How to Buy and Sell on eBay	Chris Wood	2	Thu	14/03/2013	18:45-21:15	£25.00	£22.00	£13.00	K'Lonsdale
2082KBL	MS Excel - Develop Your Skills	Chris Wood	6	Mon	21/01/2013	19:00-21:00	£37.00	£32.00	£18.00	K'Lonsdale
2037SED	Understand Your Digital Camera	Chris Wood	8	Tue	02/10/2012	19:00-21:00	£48.00	£39.00	£24.00	Sedbergh
The Great Outdoors										
2040OUT	Lowland Navigation	Tim Deighton	1	Sat	27/10/2012	10:00-17:00	£38.00	£31.00	£19.00	Dent
2041OUT	Upland Navigation	Tim Deighton	1	Sat	24/11/2012	10:00-17:00	£38.00	£31.00	£19.00	Dent
Art & Craft										
2044SED	Reflections in Water (Mixed Media)	Frances Winder	1	Sat	27/10/2012	10:00-16:00	£28.00	£23.00	£14.00	Sedbergh
2045SED	Gesso and Mixed Media	Frances Winder	1	Sat	08/12/2012	10:00-16:00	£28.00	£23.00	£14.00	Sedbergh
2046SED	Gouache and Oil Pastel	Frances Winder	1	Sat	16/03/2013	10:00-16:00	£28.00	£23.00	£14.00	Sedbergh
2047SED	Experimenting with Inks	Frances Winder	1	Sat	11/05/2013	10:00-16:00	£28.00	£23.00	£14.00	Sedbergh
2050SED	Festive Felt!	Gill Ferguson	1	Sat	01/12/2012	10:00-16:00	£28.00	£23.00	£14.00	Sedbergh
2063SED	Greenwood Stick Chairs	Mark Bamford	10	Wed	03/10/2012	19:00-21:00	£80.00	£68.00	£50.00	Sedbergh

2086KBL	Life Drawing	Samuel Dalby	10	Tue	25/09/2012	19:00-21:00	£90.00	£78.00	£60.00	K'Lonsdale
2075SED	Working with Soft Pastel	Tricia Lyon	10	Tue	25/09/2012	09:45-12:15	£75.00	£60.00	£38.00	Sedbergh
2010KBL	Water, Paper, Paint and Inspirations	Janette Phillips	10	Thu	27/09/2012	13:15-15:45	£75.00	£60.00	£38.00	K'Lonsdale
Languages & Literature										
2001SED	Creative Writing	Janni Howker	12	Fri	21/09/2012	13:30-15:30	£72.00	£58.00	£36.00	Sedbergh
2004SED	German Beginners, Sedbergh	Nela Geuer	12	Mon	24/09/2012	19:00-21:00	£72.00	£58.00	£36.00	Sedbergh
2027SED	Spanish Beginners, Sedbergh	Pilar Valera	11	Mon	24/09/2012	10:15-12:15	£66.00	£53.00	£33.00	Sedbergh
2014KBL	Spanish Beginner Plus, Kirkby Lonsdale	Louise Muir	12	Mon	24/09/2012	19:00-21:00	£72.00	£58.00	£36.00	K'Lonsdale
2016SED	Italian Improvers, Sedbergh	Catherine Bond	12	Thu	20/09/2012	10:15-12:15	£72.00	£58.00	£36.00	Sedbergh
2008SED	Italian Continuing, Tuesday Morning	George Handley	10	Tue	25/09/2012	10:15-12:15	£60.00	£48.00	£30.00	Sedbergh
2009SED	Italian Continuing, Wednesday Morning	George Handley	10	Wed	26/09/2012	10:15-12:15	£60.00	£48.00	£30.00	Sedbergh
2022KBL	Italian Continuing, Kirkby Lonsdale	Ian Platt	10	Thu	27/09/2012	19:00-21:00	£60.00	£48.00	£30.00	K'Lonsdale
2026KBL	French Beginners, Kirkby Lonsdale	Andrew Spiby	10	Mon	01/10/2012	19:00-20:30	£45.00	£36.00	£23.00	K'Lonsdale
2025KBL	French Conversation, Kirkby Lonsdale	Laurence Luckham	10	Mon	01/10/2012	19:00-20:30	£45.00	£36.00	£23.00	K'Lonsdale
Dance, Health & Exercise										
2085SED	Strictly Ballroom & Latin FREE TASTER	J & B Douglass	1	Mon	24/09/2012	19:00-21:00		Free		Sedbergh
2095SED	Strictly Ballroom & Latin!	J & B Douglass	10	Mon	01/10/2012	19:00-21:00	£60.00	£48.00	£30.00	Sedbergh
2087SED	Indian Head Massage	Mel Missenden	6	Mon	05/11/2012	19:00-21:00	£37.00	£32.00	£18.00	Sedbergh
2201SED	Pilates & Stability Ball (Early)	Teresa Hill	6	Mon	17/09/2012	16:30-17:30	£38.00	£38.00	£38.00	Sedbergh
2202SED	Pilates & Stability Ball	Teresa Hill	6	Mon	17/09/2012	16:30-17:30	£38.00	£38.00	£38.00	Sedbergh
2007SED	Yoga - Evening Yoga in Sedbergh	Fran Fryer	12	Thu	13/09/2012	18:00-19:30	£54.00	£44.00	£27.00	Sedbergh
2070KBL	Moving, Dancing, Relaxing FREE TASTER	Melanie Brierley	1	Fri	28/09/2012	10:30-12:00		Free		K'Lonsdale
2071KBL	Moving, Dancing and Relaxing	Melanie Brierley	10	Fri	05/10/2012	10:30-12:00	£45.00	£36.00	£23.00	K'Lonsdale

Sedbergh CDC

015396 21031

email: admin@sedberghcdc.org.uk

www.sedberghcdc.org.uk

Part of Cumbria Adult Education

More courses in Kendal! See our website

A: Full Fee, B: Over 60, C: Benefit (Evidence required)

A £2 Centre Fee is payable on your first course after August 2012

Please see our website or contact us for full course information.

Our colour brochure is available in shops, libraries & other public places.

September Information & Enrolment Sessions

Wednesday 12th, Sedbergh Market, 10am - 1pm

Thursday 13th, Kirkby Lonsdale Institute, 11am - 2pm

Organisation	Update	Contact	Tel:	015396
Allotments Association (Dent)	08/09	Mr Smith	Dent:	25688
Allotments Association (Sedbergh)	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society (S & D)	09/08	Mrs Leigh	Sed:	20794
Badminton (Sedbergh)	10/08	Mr Wheatley	07816	437500
Beekeepers Association (S & D)	01/09	Mrs Whitton	015242	72004
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)	01/09	Mr Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club (S&D)	01/09	Mr Hinson	Sed:	20118
Caving Club (Kendal)	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/10	Mr Chapple	Sed:	22045
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	01/09	Mr Beck	Sed:	20336
Cricket Club (Dent)	01/09	Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)	01/09	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	09/10	Mrs Sugden	Dent:	25303
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent School (Friends of)	01/09	Mr Hartley	Dent:	25317
Dog Training (Sedbergh)	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/08	Mrs O'Neill	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders (Dent)	01/09	Mrs Pilgrim	Dent:	25589
Football Club (Dent)	01/09	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	06/09	Mr Kirby	Sed:	21214
Gala Group	04/10	Mrs Usher	07837	978626
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Garsdale Ladies Group	09/08	Mrs Ramsbottom	Sed:	21013
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions (Dent)	01/09	Mrs Woof	Dent:	25275
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	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Schoolroom	01/09	Mrs Stainton	Sed:	20665
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050

Kent Lune Trefoil Guild	01/09	Mrs Mitchell	Sed:	21144
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	01/09	Mrs Escholme	Sed:	20376
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Methodist Church Hall	01/09	Mrs Jackson	Sed:	20530
Over 60's (Dent)	02/09	Mrs Burrow	Dent:	25203
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council (Dent)	07/12	Mr Stephenson	Sed:	21487
Parish Council (Garsdale)	01/09	Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	10/08	Mr Robertshaw	01539	730597
People's Hall	01/09	SOS	Sed:	20788
Pepperpot Club (Sedbergh)	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground (Sedbergh)	10/09	Mrs Rice	Sed:	22100
Playgroup (Sedbergh)	01/09	Mrs Gunning	Sed:	20226
Playing Field (Sedbergh)	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group (Sedbergh)	02/09	Mrs Foott	Dent:	25453
Residents Association (S & D)	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	01/09	Mrs Storey	Sed:	21593
Sight Advice South Lakeland	01/09	Mr Axford	Sed:	21019
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Slimming Club	01/09	Mrs Uttley	01539	722568
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Toy Library	11/09	Mrs Osborne	015242	61029
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	02/11	Mrs Smith	Dent:	25688
Women's Institute (Howgill)	01/09	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute (Sedbergh)	12/10	Mrs Ramsden	Sed:	20828
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	12/09	Mrs Wilson	Sed:	20238
Young Kidz	01/09	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	08/12	Ms Gardner	Sed:	20570

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect,
please supply details to the Lookaround Office

PLACES OF INTEREST TO VISIT IN THE AREA

- Bruce Loch, Busk Lane
 - Cautley Spout, A683 towards Kirkby Stephen
 - Community Office, 72 Main Street
 - Cumbria Wildlife Trust, Community Office
 - Dent Heritage Centre, Laning, Dent *
 - Farfield Mill, A684 Garsdale Road *
 - Friends Quaker Meeting House, Brigflatts.
 - George Fox's Quaker Pulpit, Firbank
 - History Society, Community Office
 - Holme Working Farm, Middleton *
 - Jubilee Wood, Castlehaw Lane
 - Langstone Fell, A684 Garsdale Foot
 - Methodist Church, New Street
 - Queen's Gardens, Station Road
 - St. Andrew's Church, Dent
 - St. Andrew's Church, Main Street, Sedbergh
 - St. Gregory's Church, Vale of Lune
 - St. John's Church, Cowgill
 - St. John's Church, Garsdale
 - St. Mark's Church, Cautley
 - Sedbergh Embroidery, StAS
 - United Reformed Church, Main Street
 - Information Centre, 72 Main Street
 - Winder Fell, above Sedbergh
- * = Entry Fee Applicable

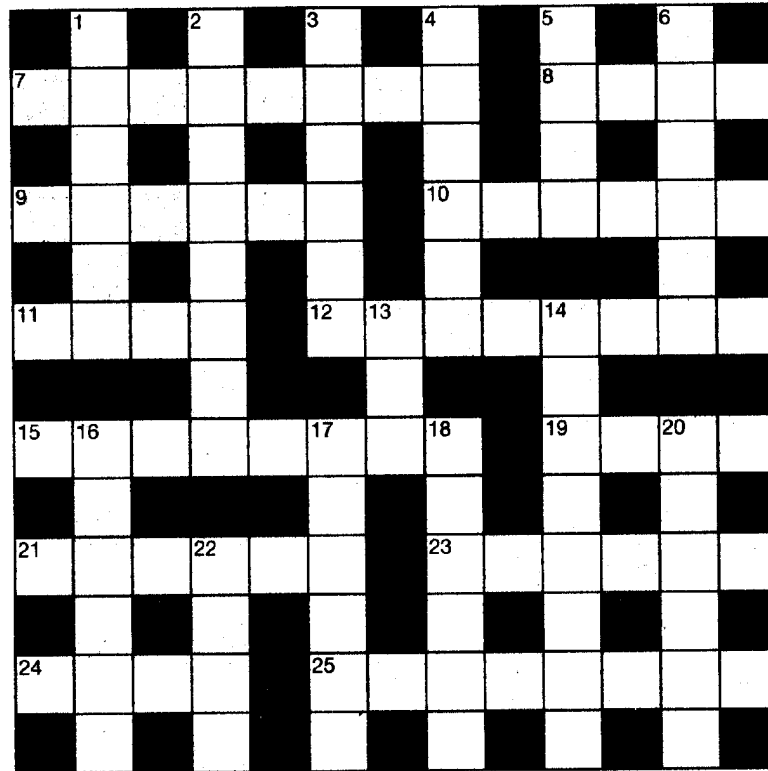
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The Walk finishes in Dent where we will tour the famous Brewery. We'll be able to sample their delicious ales when we're there and it has all been organised for us by G4S!



ACROSS

- 7 Inherited property (8)
- 8 Hit with open hand (4)
- 9 Deadly (6)
- 10 Portable computer (6)
- 11 Thrash, beat (4)
- 12 Thick sole of a shoe (8)
- 15 Pavement (8)
- 19 Move in water (4)
- 21 Short, fast race (6)
- 23 Croquet stick (6)
- 24 Bring under control (4)
- 25 Come together, meet (8)

DOWN

- 1 Thin layer of wood (6)
- 2 Forbid (8)
- 3 Handmade cigarette (4-2)
- 4 Aviator, - - - Earhart (6)
- 5 Please reply (inits) (4)
- 6 Water in the atmosphere (6)
- 13 Ignited (3)
- 14 Infantryman (8)
- 16 Child without parents (6)
- 17 Affect adversely (6)
- 18 Kind, sympathetic (6)
- 20 Distant cold period (3, 3)
- 22 Thought (4)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2012/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2012/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2011/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2013/06) <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2012/02) <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2012/09) ... <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529

CAMPING, CARAVANNING & SELF-CATERING

J Garner	2 Millthrop, Sedbergh LA10 5SP <i>Sleeps 4; CH; CW; DW; TVL</i>	01942 216058 or 07792 445257
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2012/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2012/11) <i>Self-Catering Sleeps 6-8</i>	20360

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

Religious Services in Sedbergh

CHURCH OF ENGLAND
 St. Andrew's Parish Church
 Sunday 08.00, 10.30 & 18.30
 Wednesday 11.15
Rev. V Hopkins Tel: 21455
Church Wardens:
 Tony Reed Screen 21081
 & Susan Sharrocks 20754

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

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METHODIST CHURCH
 New Street
 Sunday 10.30
Rev. J. Millard

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**UNITED REFORMED CHURCH**  
 Main Street  
 Sunday 10.30  
**Rev. C. Marsden Tel: 22030**

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

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

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

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CHURCH OF ENGLAND
 Cautley & Garsdale
Rev. V Hopkins Tel: 21455
Church Wardens:
 Cautley: Judith Bush 20058 & Linda Hopkins 21455
 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723
 Firbank; Howgill & Killington

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Dent & Cowgill  
**Rev. P. Boyles Tel: 25226**

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METHODIST CHURCH
 Dent; Dent Foot;
 Cautley; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostrrow
Rev. J. Millard 20329

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**SEDBERGH CHRISTIAN CENTRE**  
 5.30 pm People's Hall every Sunday  
**Tel: 20588 or 20503**  
 www.sedberghchristiancentre.co.uk

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worship@peopleshall
 10:30 am Sunday

Beth & Sandy Roy Tel: 20785

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**CAFÉ CHURCH**  
 7:00pm every first Sunday  
 Duo Café & Bistro, Main Street, Sedbergh  
**Tina Woof 01524 730259**

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UNITARIAN & FREE CHRISTIAN CHAPEL
 Market Place, Kendal
 Sunday 11.00
 Wednesday 19.30
Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£2.00
Postal Overseas	=	£4.00

All enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
 Adverts by 15th of every month.
*Can all adverts please be
 accompanied with the correct money
 at the time of submission.*
 Articles etc. by 19th of every month
Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 7th December 2013

Entries marked (*) see Advert in previous Lookaround.			21 103- Wrestlers. Crucks & Mullions	DCMH
SEPTEMBER			22 1400 Quiet Garden (*)	RD
1	1000	Sporting Spirit (till 4/9)	DCMH	23 1000 Pathfinder Advanced
1	1930	Flicks in the Fells 'The Hunger Games'	PH	23 1030 Find my Past
2	1000	Creative Feltmaking Workshop (14)	FM	23 1900 Dentdale Christian Fellowship (23)
2	1100	Cutting a Rug	DCMH	25 1000 Autumn Harvest
4	1400	Carers Support Drop-In (8)	URCR	26 1000 Coffee Morning - Firbank Church
4	1400	Meet a Ranger	DCMH	27 1630 Tea Concert
4	1900	Aglow KL	KLI	28 Quaker Week (till 7th Oct)
5	1000	Coffee Morning - Kidzone (5)	URCR	28 1000 MacMillan's Coffee Morning (1)
5	1400	Behind the Scenes at the Museum	DCMH	28 1000 MacMillan's Coffee Morning (1)
5	1430	Cream Tea Afternoon	Bull	29 1415 SS Rugby v Merchaiston School
6	1930	WIH Taxidermy	HVH	
7	1900	Wildflowers of Yorkshire	DCMH	OCTOBER
8	1000	Craft Corner (14)	FM	2 1400 Carers Support Drop-In (8)
8	1000	Heritage Open Day	DCMH	2 1900 Aglow KL
8	1000	Northern Thread (till 1st Oct)	DCMH	3 1000 Coffee Morning - URC
8	1100	Jam Packed	DCMH	3 1430 Cream Tea Afternoon
8	1400	Dent FC Open Day	Dent	3 1930 HS St George & that Dragon
8	1400	SS Rugby Home Games	SS	4 1930 WIH AGM & WI Advisor
8	1415	Hawes Town Trail	DCMH	6 0900 Flu Clinic
8	1900	Oxford Choir Concert	SSTC	6 0930 MS Table Top Sale (32)
9	1000	Craft Corner (14)	FM	6 1000 Design & Weave (14)
9	1000	Heritage Open Day	DCMH	6 1430 SS Rugby v Ampleforth
9	1500	SS Rugby OS v Anti-Assassins	SS	6 1930 Flicks in the Fells
11	1400	WIK Literary Tour of Sedbergh	PH	7 1000 Design & Weave (14)
11	1930	Domino Drive	FCH	7 1430 SS Rugby v St Peter's, NZ
12	1000	Coffee Morning - Lookaround (1)	URCR	7 1900 Café Church (38)
12	1430	SS Rugby v Morecambe	SS	8 1400 WIK With Christmas in Mind
12	1730	OMM Meeting		9 0930 Flu Clinic
12	1915	WID Denman College Committee	DMH	9 1930 Bingo & Tattie Pot Supper
12	1930	WIS Mum's Junk	PH	10 1000 Coffee Morning - Christian Aid
13		Westmorland Show	Crooklands	10 1915 WID Getting Ready for Christmas
13	1200	Lunch Club	Red Lion	10 1930 WIS S Africa - Contrast & Change
14	1845	Kendal Torchlight Procession	Cancelled	11 1200 Lunch Club
16	1015	Find my Past	DCMH	12 0930 Flu Clinic
16	1400	Messy Church	SMC	13 0900 Flu Clinic
17	1900	Chamber of Trade	L	13 0900 Caring for you Historic Building (34)
17	1930	Firbank Church Harvest Sale	FCH	13 1000 Complimentary Therapy Clinic (37)
18	1230	Health Centre Closed for Training (18)	HC	13 1415 SS Rugby Home Games
18	1400	SASL Dent Blacksmith	PH	13 2000 PH Dance with Roe Valley
19	1000	Coffee Morning - Ladies NFU	URCR	15 Flu Clinic
19	1400	Behind the Scenes at the Museum	DCMH	15 1900 Chamber of Trade AGM
19	1930	SPS PTFA	SPS	16 1400 SASL Quiz
20	2100	Quay Change (20)	G&D	17 1000 Coffee Morning - Dent Meth Chap
				17 1230 Health Centre Closed for Training (18)

*The S & D Lookaround is edited, published & distributed monthly by
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Whilst every effort is made to ensure that information is correct, the Editors cannot
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Copies are available from Sedbergh Office Services,
Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*

COVER PICTURE			
The 'Fellsman' at Garsdale Station			
<i>By Stuart Manger</i>			
17	1930	HS Kingdom of Northumbria	SSAT
19	1400	SS Rugby v Whitgift School	SS
20	0900	Flu Clinic	HC
24	0930	Flu Clinic	KLI
24	1000	Coffee Morning - Garsdale Church	URCR
26	0800	Original Mountain Marathon	Cautley Rd
Regular Events/Meetings			
1000	Every Monday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	URCR
1200	Every Monday	The Monday Club	SMCR
1930	1st Monday	Dent Parish Council	DMH
1900	3rd Monday	Chamber of Trade	Library
0930	Every Tuesday term time only	Casterton Baby and toddler Group	CS
1300	Every Tuesday	Knit & Natter	FM
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1400	1st Tuesday	SL Carers Association	CO
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Group	PH
1930	3rd Tuesday	Ladies NFU	PH
1000	Every Wednesday	Coffee Morning	URCR
1300	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebras	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday	Brownies (term time)	SMCR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society	SHS
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	1st Thursday	Toy Library	PH
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Lunch Club	Red
1915	2nd Thursday	Royal British Legion	WHC
1500	Last Thursday	Cream Teas	Varied
1930	Last Thursday	Sed. Parish Council	PH
1330	Every Friday	Dent Over 60's	DMH
1400	1st Friday	Age UK Dentdale Club	DMH
1930	Closed for summer	Monkey House Café	Library
27	2000	Howgill Dance with Kenny Bell	PH
28		Clocks Fall Back	
31	1000	Coffee Morning - Town Band	URCR
NOVEMBER			
1	1930	WIH Mountain Rescue Experiences	HVH
2	1830	FC Bonfire Night & Skittles Party	FCH
6	1400	Carers Support Drop-In (8)	URCR
6	1900	Aglow KL	KLI
7	1000	Coffee Morning - British Legion	URCR
7	1430	Cream Tea Afternoon	Bull
7	1930	HS Packhorse Ways & Days	DMH
8	1200	Lunch Club	Red Lion
10	1930	Flicks in the Fells	PH
13	1400	WIK AGM + Desert Island Discs	PH
13	1930	FC Domino Drive	FCH
14	1000	Coffee Morning - Bowling Club	URCR
DIARY KEY			
BF	= Brigflatts		
BVH	= Barbon Village Hall		
CDC	= Community Development Centre		
CO	= Community Office, Main Street		
CTIS	= Churches Together in Sedbergh		
CWT	= Cumbria Wildlife Trust		
DCMH	= Dales Countryside Museum, Hawes		
DCP	= Dent Car Park		
DMH	= Dent Memorial Hall		
DMC/S	= Dent Methodist Chapel/Schoolroom		
FCH	= Firbank Church Hall		
FM	= Farfield Mill		
GVH	= Garsdale Village Hall		
HC	= Health Centre		
HI	= Hornby Institute		
HS	= History Society		
HVH	= Howgill Village Hall		
IH	= Ingmire Hall		
JLCP	= Joss Lane Car Park		
KLI	= Kirkby Lonsdale Institute		
KVH	= Killington Village Hall		
L	= Library, Main Street		
LHCP	= Loftus Hill Car Park		
PH	= People's Hall		
RH	= 'Rhumes', Dent		
SLSB	= South Lakeland Society for the Blind		
SMC(R)	= Sed. Methodist Church (Room)		
SPS	= Sedbergh Primary School		
StAS/D	= St Andrew's Church, Sedbergh/Dent		
SSTC	= Sedbergh School Thornley Centre		
SSAT	= Settlebeck School Academy Trust		
STO	= Sedbergh Tourist Office, Main Street		
URC(R)	= United Reformed Church (Rooms)		
WID	= Women's Institute, Dentdale		
WIH	= Women's Institute, Howgill		
WIK	= Women's Institute, Killington		
WIS	= Women's Institute, Sedbergh		

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

01539 718191 (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 – 10.30am
(No appointment necessary)
Late Morning – 10.30am -12.30pm
(By appointment only)
Afternoon – 2.30pm – 6pm
(By appointment only)

Dent surgery by appointment only - Monday

Evening surgery by appointment only –
Monday/Tuesday & Thursday evening

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

When we are closed please contact CHOC
03000 247 247 or 999 if appropriate.

Collinge Optometrist

Friday only
0900 to 1300 by appointment only.

DENTAL SURGERY

Finkle Street 20626
Mr I R Dawson & Mr B Houghton
Monday to Thursday 0900 - 1700
Friday 0830 - 1400
Saturday *

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900
Wednesday 1000 - 1230 1400 - 1700
Friday 1400 - 1700
Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900
Saturday 0900 - 1400

SEDBERGH TOURIST OFFICE

Main Street 20125
Open every day 1000 - 1700
www.sedbergh.org.uk/booktown/dlbc.html

COMMUNITY OFFICE 20504

Monday to Friday 1000 to 1600
Thursday 1000 to 1300
e-mail: office@sedbergh.org.uk
www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office
01539 738772
www.cabsouthlakeland.org.uk/kendal.html

PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600
01539 795000 or 0845 6060265

Age UK SL @ Community Office

1st Wednesday every month
10 am to 12 noon
01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031
www.sedberghcdc.org.uk

POLICE

101 or 999

PUBLIC TOILETS

Main Street, Sedbergh
Main Street, Dent

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 *

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY