

Sedbergh & District

# LOOKAROUND

October 2013

Issue 315

Donation £1

A very warm welcome to all our readers both in our great community and to those around the country and the rest of the world.

Again this month, there are many events that are happening in our

area. They take a lot of organising so your attendance at any or all of them would be greatly appreciated as well as supporting a good local cause.

*Dennis & Jacky Whicker*

THE SEDBERGH AND DISTRICT  
CHRISTIAN AID COMMITTEE

## COFFEE MORNING

Wednesday 9th October  
10am - 12 noon



URC rooms Sedbergh

Coffee, biscuits, homebaking & stalls

*All welcome*

## OLD TYME DANCE

at the  
**People's Hall**  
with  
**Kenny Bell** at 8pm  
on  
**Saturday**  
**12th October**  
£4 Raffle  
Jacob's Join  
Bar  
Proceeds to  
The People's Hall



## The Pulse Gym Support Quiz

Friday October 18 at 7.30pm  
Peoples Hall

Bar \* Music\* Raffle \* Fun Prizes

Teams maxim 6 persons £2.50 per head

*All welcome.*



**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](mailto:editor@sedberghlookaround.org.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

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# OCTOBER 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 recipient this month is:-  
Abbi Woof who is 11 years old on 7th October.

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



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7		2					

Day	Name	Age
3	William BLACKBURN	6
4	Isabella WOOF	3
4	Cally LAWSON	9
6	Ben GIBSON	10
7	Ross HORNER	4
7	Abbi WOOF	11
9	Jed HARPER	5
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20	Rosie HODGSON	7
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27	Jessica WOOF	2
27	Sam WILSON	7
30	Olivia HUBBARD	4
	<b>Nonagenarian &amp; Over</b>	

Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
1000	Every Sunday	Free Entry to Locals	FM	
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch, Busk Lane
1930	1st Monday	Dent Parish Council	DMH	Cautley Spout, A683 towards Kirkby Stephen
1900	3rd Monday	Chamber of Trade	Library	Community Office, 72 Main Street
0930	Every Tuesday term time only	Casterton Baby and toddler Group	CS	Cumbria Wildlife Trust, Community Office
1300	Every Tuesday	Knit & Natter	FM	Dent Heritage Centre, Laning, Dent *
1930	Every Tuesday	Bridge Club	WHC	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1930	Every Tuesday	T'ai Chi	URCR	Friends Quaker Meeting House, Brigflatts.
1400	2nd Tuesday	Killington WI	PH	George Fox's Quaker Pulpit, Firbank
1400	3rd Tuesday	Sight Advice Group	PH	Golf Club, Catholes, Sedbergh *
1930	3rd Tuesday	Ladies NFU	PH	History Society, Community Office
1000	Every Wednesday	Coffee Morning	URCR	Holme Working Farm, Middleton *
1315	Every Wednesday	Art Society	URCR	Holy Trinity Church, Howgill
1315	Every Wednesday	Zebras	SMCR	Jubilee Wood, Castlehaw Lane
1730	Every Wednesday	Sedbergh Juniors	PH	Langstone Fell, A684 Garsdale Foot
1730	Every Wednesday	Brownies (term time)	SMCR	Methodist Church, New Street
1930	Every Wednesday	Sedbergh Seniors	PH	Queen's Gardens, Station Road
1930	1st & 3rd Wednesday	History Society	SHS	St. Andrew's Church, Dent
1915	2nd Wednesday	Dentdale WI	DMH	St. Andrew's Church, Main Street, Sedbergh
1930	2nd Wednesday	Sedbergh WI	PH	St. Gregory's Church, Vale of Lune
1400	3rd Wednesday	Age UK South Lakes	Library	St. John's Church, Cowgill
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	St John's Church, Firbank
1430	1st Thursday	Toy Library	PH	St. John's Church, Garsdale
1500	1st Thursday	Afternoon Teas	Cafe	St. Mark's Church, Cautley
1930	1st Thursday	Howgill WI	FCH	Sedbergh Embroidery, StAS
1200	2nd Thursday	Lunch Club	Red	United Reformed Church, Main Street
1915	2nd Thursday	Royal British Legion	WHC	Information Centre, 72 Main Street
1930	2nd Thursday	Sed. Parish Council	PH	Winder Fell, above Sedbergh
1330	Every Friday	Dent Over 60's	DMH	
1400	1st Friday	Age UK Dentdale Club	DMH	
See Page ?????? for contact details				* = Entry Fee Applicable

## PERSONAL & SMALL ADS £1

### CHAMLEY

Joan and Norris wish to thank their family and friends for their cards and good wishes on the occasion of their **Diamond Wedding Anniversary** on September 9th. Also many thanks for the numerous offers of help in respect of our old age and infirmities.

=====

### GRIFFITHS

Elspeth sends very many grateful thanks for all the cards and present on her birthday recently. The people of Sedbergh are very generous and thoughtful and it is appreciated so much. Grateful thanks to Avril Hobson, Pauline Ramsbottom, Sandra Gold-Wood & Ann Allan who made delicious cakes, and Sandra Longlands, Janice Rusling and Dennis Whicker who worked so hard.

=====

### GARNETT

Happy Birthday Nigel on 31st October. With love from Jenny, Dawn, Laura, Anne-Marie, Ben and Georgina.

=====

### TODD

Andrew would like to thank all family and friends who celebrated his 40th Birthday party and for all the lovely gifts.

=====

### TODD

Andrew would like to thank Mike and staff at the Dalesman pub for hosting a great 40th Birthday Party.

### WOOD

Christine Wood and family would like to thank everyone for their kindness following the death of Simon. The cards, flowers, offers of support and prayers have been of great comfort to us all.

=====

### WOOF

Jane, Gary, John and Mark would like to say a very big thank you to all their family and friends for the messages of support, cards and gifts which they have received on the sad loss of a Dad and Grandad. We would like to say a very special thank you to Richard and Joseph, also to the Reverend A. McMullen for a fitting service, to Brian for all his help, guidance and support, to Dot for the perfect tea (loved by all) and finally to all the staff at Kirkby Stephen medical centre and Christian Head for all the wonderful care which Dad received. Thank you all again.

=====

### FOR SALE

Tricity Bendix Deep Freeze 21" x 20" x 20". Good condition. £10. Tel Sed 21931.

=====

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PERSONAL & SMALL ADS £1

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**YARD SALE**

2pm

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## **Sedbergh Life Calendar 2014**

*Now in stock at the*  
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72 Main Street, Sedbergh

please do come in and have a look.  
Many photographs of local events (you may spot yourself!) with all profits going back into the Centre, priced at just £4.99 it will make a great addition to your home for next year.

### **SEDBERGH PARISH COUNCIL**

This report covers the Parish Council meeting held on the 12<sup>th</sup> September

#### **PLANNING**

The Planning Committee Report detailed three applications to which no objections were raised and another where concern was expressed again about extensions to smaller houses. If this happens too frequently it will lead to an imbalance in the housing stock making it difficult for first time entrants onto the housing market. There were two further applications, which were discussed by the full council, one because the applicant is related to a councilor and the other because it concerned a major development by Sedbergh School at Brackensghyll, Back Lane. The Council welcomed the continuing investment in the school and supported the development in principle, but expressed a number of concerns about various elements of the design.

#### **LEASE FOR LOFTUS HILL CAR PARK**

The Chairman reported that a five

year lease for Loftus Hill Car Park has now been signed and she welcomed the constructive approach from Sedbergh School in safeguarding this important community asset.

#### **SWIMMING POOL**

As Sedbergh School has received £150,000 funding from Sport England one condition of the grant is that they have to develop a community use agreement. The Chairman reported that she had written to the school asking for the local schools and the swimming club, together with the Parish Council to be consulted on the details of that agreement.

#### **PUBLIC PARTICIPATION RE THE PULSE COMMUNITY GYM**

Following a presentation from Sandra Gold-Wood the Parish Council agreed to support the principle of the gym being accommodated on the People's Hall site and wished to encourage local people to complete the questionnaire relating to the need for a gym and if possible to sign up as a member. This is being done to support an application for funding to develop the



gym.

Sandra also reported that the British Legion is asking people to plant poppy seeds as part of next year's commemorations of the 1914-18 Great War.

#### SEDBERGH TOWNSCAPE PROJECT

The meeting received a written report detailing progress to date. It was reported that Cumbria Highways had commenced work on the signs de-cluttering project, which is removing unwanted or redundant signs and replacing others.

Discussions have taken place with the consultant commissioned by the Council to prepare a report on the Jubilee Fountain, which should be received within a few weeks.

#### AMENITIES COMMITTEE

The signs banning dogs from the People's Hall playing field have been delivered and will be put up soon. The Amenities Committee continues to be busy. Baby changing units have been fitted, one in the ladies and the other in the disabled toilet at Joss Lane. Actions to be taken include replacing some lights in the gents, putting a motion sensor system for

the lights in the ladies and spraying both car parks with weed killer.

Concern was expressed about the weeds in the alleyways and yards, which are the responsibility of the owners of the land.

#### QUEENS GARDENS

It was reported that an application was soon to be submitted to the Heritage Lottery Fund for 'Start-up Grant' funding to enable the preparation of a conservation and management plan for Queens Gardens.

#### GHYLLAS LAY-BY

In relation to the request for advance directional signs for Ghyllas lay-by, it was agreed that further representations be made to the Highway Authority, including the proposal that the Parish Council itself should proceed to acquire suitable signs and erect them in appropriate locations.

#### NEXT MEETING WILL BE AT

7.30 pm on Thursday 10<sup>th</sup> October 2013 at the People's Hall Committee Room. There is always the opportunity for members of the public to raise issues at 8.30pm.

*Hilary Hodge - Chairman*

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## **COUNCILLORS CORNER**

From Cllr Evelyn

I was very disappointed that Sedbergh Parish Council did not take up the offer from Nick Cotton and me to help fund a picnic area on the river bank at New Bridge at Settlebeck. Sedbergh Parish Council acquired this land from South Lakeland District Council as part of the transfer of assets which included the tennis courts and the District's fishing rights on the River Rawthey. The eastern end of town has very few amenities and Sedbergh has no picnic sites within walking distance of the town unlike other places like Kirkby Lonsdale and Casterton. The idea was discussed at a Parish Council

meeting in August and I thought it would be a suitable scheme for part of the locality budget each district councillor has been allocated by SLDC to help initiate community projects in their ward. We saw it as the first stage in creating greater access to the riverbank, especially for people with disabilities. The idea was that the district councillors would have provided most of the funding so long as there was a contribution from the Parish Council. Sadly the Parish Council, for reasons I still cannot fathom, refused any financial support so without a local commitment we had no option but to withdraw our offer. Perhaps in the future Sedbergh Parish Council will have a change of

### **Auctioneers, Estate Agents & Property Managers**

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heart.

From Cllr Ian

Sedbergh and District has traditionally been used to going it alone. Over the years this has certainly developed a sense of self-reliance partly perhaps because of the West Riding inheritance and latterly I think because Sedbergh has quite often found itself between the two stools of the Yorkshire Dales National Park and South Lakeland District Council or between Cumbria Tourism and Welcome to Yorkshire to give just two examples of divided authority and responsibility. To this extent the area tended to be forgotten or overlooked when policy decisions were being made notwithstanding that Sedbergh is the largest settlement in the National Park and in the largest Ward at SLDC represented by three councillors.

It was a pleasure therefore to attend recently what was intended to be the first of a series of meetings between the respective Chief Executives and Chairman of the YDNPA and SLDC and Ward councillors with the purpose of "joining up" the areas of responsibility of the two Authorities and making the whole process of governance more streamlined and user-friendly. Items on our first Agenda included such matters as tourism, business and commerce, roads and cycleways, employment for young people, localism, the proposed extension of the National Park boundaries and particularly the provision of affordable and socially rented housing. Dealing with the latter

is of real importance not only because of the lack of sufficient housing provision at the moment but also because at present the planning and housing functions are split between the two Authorities. The meeting was extremely positive and constructive and augured well for the future but there was equally an emphasis on local communities being willing to make their needs known and to work in partnership with other bodies and organisations. It is all too easy for groups to become talking shops with no obvious practical outcomes so in the meantime I and my District Council colleagues will be keeping a close eye on the development of this initiative.

## SLOVENIA by RAIL

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<p><i>All Welcome</i>  <b>"Flicks in the Fells" ... Dent</b>  at Memorial Hall</p> <p><b>Saturday 12th October</b>  <b>"LAD"</b>  7 for 7:30pm</p> <p><i>Tickets from</i>  25212 ~ Dent Stores ~ On The Door  <i>"Yorkshire Raffle"</i>  <i>Buffet to Follow</i>  Plus  16th November</p>	<p>before the matter proceeds much further. I also brought up the meeting which I referred to above and the desirability of the town having a strategic framework within which to operate and to make its needs known to the wider community. I have no doubt that this is something which the Parish Council will be giving some thought to at one of its future meetings.</p> <p><u>From Cllr Nick</u></p> <p>There is a section of the Dales Way, the long distance footpath linking Ilkley to Windermere, that runs along the A683 to the west of Sedbergh. A footpath along an A road is clearly not ideal and I am looking at ways of creating a vergeside path where there is a wide grass verge between the fence and the road so that the 4000 walkers per year who undertake the 80-mile route have a safer alternative.</p> <p>In the Sedbergh area the Dales Way follows the River Rawthey west from Millthrop past Brigflatts to join the A683 for about 600 metres before turning off towards High Oaks and joining the River Lune, heading north as far as the Crook of Lune Bridge near Lowgill.</p> <p>So what can be done to address the problem? It is one of those complicated areas where the Yorkshire Dales National Park Authority is responsible for maintenance of footpaths within the National Park but as it runs alongside the A683 it needs to be given the go ahead by Cumbria County Council Highways. The good news is that there are some very practical, 'can-</p>
<p>As an aside we should be receiving notice fairly shortly now of the Inspector's findings and recommendations following the Public Enquiry into the boundary change proposals for both YDNPA and the Lake District National Park Authority. Whatever the Inspector's conclusions however the final decision will be made by the Secretary of State. So it could still be some time before the ultimate outcome is known.</p> <p>I also recently attended a meeting of the Sedbergh Townscape Project to bring us up to date with how it is going and also to look at plans regarding a revamping of the Joss Lane Car Park and surrounding area particularly that adjoining the Community Office and Information Centre. This will obviously bring about changes in the street scene and it is more than likely that there will be a public consultation exercise</p>	

do' people in both organisations who are aware of the issue and are working hard to find the best solution which can be achieved at minimum cost. There is already talk of stone donated by local quarries and volunteer labour in the form of the Army.

This is one of those schemes where it may take a while to get all the pieces in place but with goodwill and the right attitude, a start can be made which shows what can be built in a relatively short time and at a relatively modest cost which may then act as a template for other such projects elsewhere. There are many places in the Lake District where such paths have been built and not long ago a

bridleway parallel to the A65 was opened between Clapham and Austwick, taking walkers, horseriders and cyclists off this busy road, so there are precedents for roadside paths. If anyone has other suggestions for similar schemes in the Sedbergh area I'd be please to hear them.

As ever, please feel free to contact Evelyn, Nick or myself as follows:

*Evelyn Westwood:*  
*evelyn@markwestwood.co.uk*  
*Tel. 015396 20148*

*Ian McPherson:*  
*ianmcperson24@hotmail.com*  
*Tel. 015396 20648*

*Nick Cotton: red.pedal@virgin.net*  
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### FARFIELD MILL

All the fun of the fair was to be had at Farfield Mill for the National Open Heritage Day on Sunday 15th September with a tombola, hoopla, children's activities including cake decoration and Victorian card making. There were also heritage crafts demonstrations of weaving, spinning and rag rugging.

Dennis Whicker Sedbergh's very Town Crier came to officially open the day and spent time talking to visitors and welcoming them to the area.

All in all there were approx. 150 visitors from as far afield as Australia and as near as Dent.

Through the tombola and fun and games a total of £96.75 Was raised

and the proceeds will go directly into the up keep of the Mill.

Farfield Mill is a great place to visit so don't forget locals get free entry every Sunday, so if it is raining and you have guests make sure you take them round for a lovely few hours of art, craft and heritage.

*Sara Last*

"I'll show you where to find a teddy!" A little girl of nine was herself clutching a little hand knitted teddy, bright and colourful. She had just found hers hidden behind a loom and could not wait to show some-one else where she had found another.

The teddies, knitted by the the Knitters and Natterers who meet from 1pm to 3pm in the Cafe at Farfield

# farfieldmill

## Exhibitions in October



**Marie Wright *Memory of Place*** - Marie's work is inspired by the surroundings of Morecambe Bay. The hidden aspects of the landscape are revealed in her work through exploring and observing both its fragility and its changing nature  
**Ian Scott-Massie *Tales from the Dales*** - a major exhibition of new paintings and prints based on stories from the Yorkshire Dales  
***Out of the Kiln*** - an exciting exhibition of contemporary ceramics. Artists include Gwen Bainbridge, Rebecca Callis, Lara Clahane, Alison Ogden and Jan Huntley-Peace.

**Workshops** - for more information see website

Sat 12 Oct £40 'Learn to Crochet' with Stella Adams-Schofield

Weds 16 Oct £40 'Weaving - Playing with Colour' with Weaving Friends of Farfield Mill

Sat 19 Oct £40 'Nuno Textures & Application' with Chrissie Day (must be able to felt)

Sat 26 Oct £40 'Coptic Stitch Books' with Joan Newall



**Weavers Café** open daily 10-5, for homemade soups, specials, bakes, lovely teas and coffees. Weavers fabulous 'All Day Breakfast' & Sunday Lunches (book ahead 01539621159). Don't forget to bring your own alcohol. No corkage. Free admission to café only.

Farfield Mill is open daily 10 - 5, £3.50/£3, under 16's free. Weavers Café 10 - 5 (No entry charge)  
Garsdale Rd, Sedbergh, LA10 5LW. [www.farfieldmill.org](http://www.farfieldmill.org) 015396 21958 reg. charity (no.1026293)

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every Tuesday (all knitters welcome) were made for Disaster Teddies This organisation collects them from all over the country and sends them out to children who have lost everything in a flood, or in an earthquake or because they have had to flee their homes during a war.

On Sunday 15th September teddies were hidden all over the mill. Children who found them could keep them but the adults with them were invited to


take a knitting pattern and to get one or two made up to send to Disaster Teddies.

Heritage Open Days initiated by English Heritage for the second weekend every September, are occasions when interesting old buildings, from churches to castles, mills to listed houses are open to the public free of charge. At Farfield we try to put on something special and this year the theme was a Victorian Fair. It was opened, as all Victorian events should be by our very own Sedbergh Town Crier. It is not every town or village these days that can boast a genuine town crier! There were also old-time activities to take part in from Snakes and Ladders to making Victorian Christmas cards: hoopla, to cup cake decorating. Cake decorating was of course a very popular Victorian past-time. Very popular among our children was the making of pink and white sugar mice.

There was a prize for the first child to enter the Mill on the day and two sisters arrived at the same time and won the prize of a large bag of sweet

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at 1pm on the following afternoons:-

Wednesday 16th October  
Tuesday 19th November  
Thursday 5th December  
Wednesday 15 January



to share which was presented by  
Town Crier Dennis. These were Elena  
& Amelie Weller of Milduravia,  
Victoria, Australia.



The adults, visiting for the first time  
were intrigued by the working of the  
Dobcross looms and by reading  
stories about this area in the past,  
such the true story of two small  
children who were sent to a knitting  
school in Dent in the late 18th  
century. They hated it so much they  
ran away in the very early hours of a  
snowy February morning and it took  
them three days to walk home. They  
lived in Langdale! Next time you pass  
Scotch Jean's, the old pub at the  
bottom of Black Horse Hill, think

about them. That is where they  
stayed on the first night of their  
journey home.

I know there are may people who  
live in Sedbergh who have never  
been to Farfield. When I lived in  
London I never went to see the Tower  
of London. I still Haven't; but Farfield  
is worth a visit and you might be  
surprised, not only at the history but  
at the unique craftwork, to look at or  
to buy. This includes beautiful pottery  
and glass, unique lampshades,  
contemporary cushions and of course  
rugs made on the looms.

Or just have a walk out there on a  
Sunday morning and try out a  
capuccino and home made scone.

*Maureen Lamb*

SEDBERGH & DISTRICT

## HISTORY SOCIETY

**Wednesday 2nd October**

By the Sword Divided

*Eric Matthews*

**Wednesday 16th October**

Sarah Losh and

Wreay Church

*Raymond Whittaker*

All meetings in Settlebeck School Academy Trust,  
start at 7:30pm unless stated.

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

Chairman: Richard Cann 20771  
Secretary: Mike Beecroft 21878  
Treasurer : Marlene Mason 20509  
Member Sec: Richard Cann 20771



### BOXES OF HOPE CUMBRIA

“Boxes of Hope Cumbria” is the name of the new LOCAL shoe-box charity, set up by the same people who have been organising the Christmas shoe-box campaign in South Cumbria for several years. Initially we worked with “Samaritan’s Purse”, then last year we switched to Teams4U and through them we were put in contact with Nicu Gal, who runs the charity “People to People” in north-west Romania.

“People to People” works with local churches in the area to reach out to severely disadvantaged children and their families, not only at Christmas but throughout the year through

various educational and social projects.

This year’s dead-line for completing boxes is **Monday 11<sup>th</sup> November**. They can be handed in at Sedbergh Post Office, the URC or Methodist Church. This should give us time to check and pack the boxes before the big send-off on 20<sup>th</sup> November. Eight of us will follow on a week later to help distribute the boxes to some of the remoter villages and communities in Romania.

If you have any comments or queries about “Boxes of Hope”, please feel free to contact me on Sedbergh 20042. Thank you in anticipation!

*Pam Dent*

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## SASL

### SEDBERGH SUPPORT GROUP

Sight Advice South Lakeland's Sedbergh Support Group has got to be quite unique in that it is the only group holding its meetings on a building site! After an absence of three months we were very impressed to see the progress which has and is being made on the 'renovation' of The People's Hall. Our thanks and congratulations to ALL concerned with this ambitious and demanding project and our very best wishes are with you all as this work proceeds in the future.

Once ensconced in the sanctuary of the Committee Room and fortified with our cups of tea and biscuits, Betty H. called us all 'to order' and the meeting got underway in the time honoured fashion of sending our warmest and kindest thoughts to the 'absentees' - Betty D., Margaret M -

who I understand is lying 'plastered' in hospital, and George T. Our prayers and thoughts are with you all.

Agenda item No.2 was Scott from 'Head Office'. I'm not at all sure what Scott's official title now is, but he can tell you all you need to know about the multitude of aids and equipment available for all with sight problems - he's a veritable 'gold-mine' of information as well as being a terrific bloke to know and meet. Well, I think that bit should secure my lift home for me!

It was good to hear from Scott a more 'up-beat' message about SASL's fund-raising and the growth in our 'Social Enterprises' - especially the Braille Transcription Service. Scott brought with him the 2014 range of diaries and other products which are now available for purchase. You can order these directly 'on-line' from : [info@vipdiaries.co.uk](mailto:info@vipdiaries.co.uk), or by

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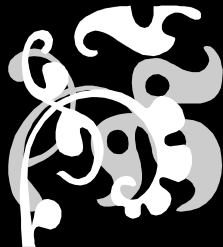
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phoning 01539 - 726613. They are available at SASL, Stricklandgate House during office opening hours, and from the Hospital Information Desk in the Out-patients' Dept. at Westmorland General Hospital when 'volunteers' are in attendance - if there are no 'volunteers' on the desk when you are there and you would like to 'fill the gap', please ring Moira on 01539 - 742663 and she will be delighted to tell you all about 'Volunteering for SASL.'

Scott then showed us the latest technological wizardry designed specifically to enable the visually impaired to actively engage with 'the rest of the world' as it were. Whilst most were sagely 'switched on' and

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attentive if not awe-struck, I was decidedly 'underwhelmed' and by the time we had discovered what time it was some-where in Australia I was completely 'switched off' to the whole procedure. Incidentally, it was 23.58 and I'm sure you all feel much better for knowing that it was possible that a great number of Australians would be asleep at that time too!

Fortunately Scott had also brought with him the perfect antidote - in the form of 'Towns and Cities of Europe' Quiz - to restore me to life and power and thought. Judging by the flurry of opening wallets and purses

I was not alone in being grateful for this reversion to something more akin to my mundane and adventure-less existence. However, after looking briefly at the quiz questions, I am now wishing I had paid much more attention to Scott's contraption as I am sure if I had one of these

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	<b>Sun 16<sup>th</sup> Feb:</b> Laura van der Heijden (cello) & Martin Bartlett (piano)
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'gadgets' it would have been a great boon when it comes to completing the quiz. After all, if it can tell me the time in Australia, the clue 'pigs are roasted in salt' should be an absolute doddle for it! Ah, well, such, they say, is life. Talking of 'Towns and Cities in Europe' brings me, most cheesily, to item 3 on the afternoon's agenda.

Our inestimable and indefatigable chair, Betty H., had suggested we all bring some memento of a 'special holiday' we have had along to the meeting - what a lot of globe-trotters most of us turned out to be! Through these fascinating and multifarious mementoes and the stories that went with them we travelled almost all around the world in eighty minutes! We 'visited' The Virgin Islands, Canyons in the USA, Brazil, Rhodes, Switzerland, Austria, China, the Norwegian Coast and the Arctic Circle, Canada, Australia (again!) Ethiopia, Jordan and Morocco. Plus we had the 'stay-cationers' whose memorable holidays took them to the Youth Hostels of the National Parks, Scarborough, Kipford - but don't tell anybody where that is! - and

Tearnside. Yes folks, it is possible to have very special holidays in the central Lune Valley! An enormous 'thank-you' to all for sharing your 'holiday memories' - a most enjoyable, entertaining and enlightening afternoon and an excellent meeting to start off our programme for 2013 - 2014.

The next SASL Sedbergh Support Group Meeting is on Tuesday 15<sup>th</sup> October at 2.00p.m. in the People's Hall Committee Room - renovations and refurbishment permitting - when we very much look forward to welcoming Kevin Lancaster as our guest speaker for the afternoon. We also extend a welcoming hand of friendship to any-one in the Sedbergh and District area who is experiencing sight problems - do come along if you can, we would be delighted to 'see you'. Any-one requiring transport is asked to contact the wonderfully efficient Jennifer on 015396 25162. If you have difficulty remembering dates, times and phone numbers, why don't you get yourself a VIP diary? - just a thought!

*George Watson*

### PULSE COMMUNITY GYM

As you all may know the PCG are working with the People's Hall to build a permanent gym attached to the PH. When the PCG was at Baliol school, the management committee was able to provide support to other groups in the town. Some of you will remember we used profits to subsidise a visiting skating rink which was enjoyed by many young and not so young people. It is the intention of the PCG that in conjunction with the PH hall that other types of fitness activities such as a mini gym for youngsters will be part and parcel of the new gym facility.

There was a short questionnaire in last month's Lookaround and the PCG and PH would be very grateful if readers could fill one in. Thanks to all of you who have already done this and written comments which are very important to the ultimate success of this bid. Many of you have also signed up as 'Friends of the PCG' which is a marvelous help too as we have to show an actual membership despite not having premises.

The bid will be sent in November and as many of you will know a great deal of work goes into these applications. Many people have supported the idea of the gym even if they themselves don't use one which once again shows this town's excellent community spirit.

Please leave your completed questionnaires at either the Information Centre, Office Services or



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Sleepy Elephants.

On the social side and as a finale push toward our grant application and to get as many members, supporters and interested parties signed up we are having one of our famous or perhaps you'd say infamous Quizzes. Please do come along to our Quiz night on Friday October 18 when quiz master 'Woody' will be entertaining you with all his usual antics at the PH. Doors open at 7.30 quiz starts 8 pm. I can disclose that Woody has been limbering in his arm chair watching the Chase, Eggheads and Mastermind so he's in good form. Don't let this put you off though as Woody tends to award prizes for a variety of reasons and not necessarily for getting questions right. There's something for everyone and he will no doubt be including his usual brain teasers such as 'What's the next line to the song' and 'Untimely death of a Celebrity'. There will be a bar, raffle, spot prizes and even questions just for the kids. Everyone is welcome.

*Sandra Gold-Wood*

## DENT GALA

Well what a difference a year makes! Our 2013 Gala, on August Bank Holiday Monday, was a superb event. The sun shone and we all felt the heat with ice-creams and cold drinks being the order of the day. Contrary to the very wet 2012 Gala, the school field and playground were bustling with events. Folks of all ages enjoyed numerous activities from Bowling, Skittles and Coconuts to Bat the Rat, Water or Wine?, Guess the Distance, Pillow Fights, Wet Sponges plus assorted stalls, games and races together with, of course, the very popular Dog Show.



*Sarah Woof, Chair of DMH Trustees, gallantly accepts all the wet sponge hits in support of Gala fundraising!*

Throughout the day, many local volunteers provided a range of refreshments including Morning drinks, cakes and biscuits, the Dalton Family Bar-B-Q and Dentedale WI Afternoon Teas in the Hall.

This fun day proved to be a very successful fund-raising event for Dent Memorial Hall, thanks to the

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generosity of local residents in Dentedale and the many Bank Holiday Visitors. £2,925 has been raised which will support the ongoing upkeep and refurbishment of our much used facilities.

A special THANK YOU goes to members of the following businesses and organisations who presented us with gifts, donations and sponsored events at this year's Gala:  
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 Not forgetting also to thank  
 members of the Memorial Hall  
 Trustee Committee, and many others,  
 who helped to make the Gala such a  
 success by helping with posters,  
 programmes, prizes for games, items  
 for stalls and not least of all, their  
 valuable time.  
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## THANDI FRIENDS

### *Projects update*

Alan and Chris Clowes have had a grand clear out! Over the years many generous people have thought of Thandi when needing to 're-cycle' toys, books and baby clothing.

Initially they would take items across to South Africa in their

suitcases. Later, some will remember they organised a container to be shipped across. The container became a kitchen for a while, at the local secondary school, now it is used as a first aid and medical room.

Later again a removal firm was employed to box up and ship out donations. Recently we have done this again. Alan and Chris's shed is now empty. It needs to stay that way! So, regretfully, we need to ask that you **don't** give us more donations of goods. The reason for this is simple.



We have reached a point where we have had to spend some of the money that you and others have raised and donated in order to pay for the shipping of goods. We believe that this is not a good use of money which we should spend on supporting the Thandi community in other ways,

providing education and support to the community.

The logistics of sending goods out, arranging for transit through customs and their collection and distribution in South Africa are a bit of a nightmare.

So – thank you for your donations of goods in the

past, but – please – no more.

We are still in the process of sending out some fire-fighting equipment to Grabouw, the town near Lebanon Village, where 'our' community is based. Rob, our trustee who is dealing with this, experiences endless frustrations in getting the necessary paperwork organised in South Africa. He is also dealing with the transportation to South Africa of medical equipment, some of which is earmarked for the hospital in Grabouw.

Rob Wright is now our Creche Sponsorship co-ordinator. We have a number of children awaiting sponsorship. We'd like to encourage families or people at work to sponsor the crèche. This is set at £5.00 a week, calculated to ensure that, when all the crèche children are sponsored, the crèche will be financially sustainable and we will then be able

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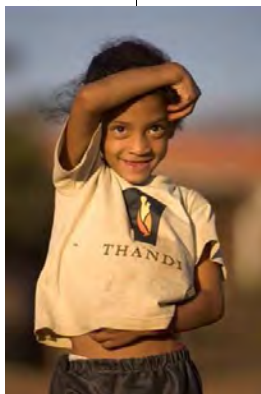
Contact KEVIN BATEMAN



to support other projects. Can you 'club together' as a family or workplace to 'adopt' one of our crèche children? You will get a photo of the child and occasional reports on progress and pictures drawn by them. For details you can contact Rob by e-mail at [robwright@blueyonder.co.uk](mailto:robwright@blueyonder.co.uk)

Our future plans include a 'cradle to career' approach! The headteacher of the crèche, Elizabeth, has a daughter, Robyn, who last year was the first person from Lebanon Village to 'matriculate'. This is the school leaving exam that qualifies students to apply for a university place. Robyn is now at the University of the Western Cape, studying for a degree. The year so far has been truly challenging for her. She missed out on accommodation on campus, so

has to travel to and from the university, organise her – limited - finances to feed and clothe herself and get herself home during the holidays. Travel in South Africa for coloured people is unbelievably difficult to organise. Currently she is being supported by individual donations because Thandi Friends Projects has committed to ensuring the crèche is sustainable before supporting other 'projects'. What we would like to do is to offer support to young people from Lebanon Village who want to attend university. Robyn's struggle to survive is currently not a story likely to encourage others to aspire to



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higher education.

The 'cradle to career' idea came from our new recruit to the Thandi board of trustees. Chris Hattam is head of School House at Sedbergh School. Chris says:

'The Sedbergh Gala two years ago gave me an introduction to Thandi and a conversation has led to

Sedbergh School boys in School House forming a relationship with the Projects. The boys are raising money by pulling busses to singing the best numbers from musicals (watch this space!) and are looking forward to supporting a sustainable project which will benefit the wellbeing and education of other young people in the Thandi Project. The boys and parents have particularly enjoyed the personal nature of the project, the fact that it is small enough to see the difference being made and that their ambassadors here keep us all informed. We are all looking forward to a mutually beneficial

relationship for time to come.' We're delighted to have Chris as a trustee!

Further support from Sedbergh School is in the shape of the Casterton Sedbergh Preparatory School's selection of Thandi Friends Projects as their charity for the year. A sponsored walk will already have taken place when you read this and other fundraising events are planned. Our thanks to Scott Carnochan, the headteacher.

Meanwhile – back in South Africa – Jeremy, our Thandi Friends Project South African Co-ordinator, is reaching a delicate time. We received a grant to appoint a Co-ordinator for a year. It has been very useful both to us and to the Lebanon

Community to have this support, particularly because we otherwise have no representative when Alan and Chris are not out in South Africa. One of Jeremy's primary tasks was to secure funding for the continuation of his role. He has organised a golf tournament which aims to achieve this. Let's hope it generates the funds!

Perhaps you might organise a small fund-raising event for us? If you have any bright ideas do contact me and we can provide leaflets, enthusiasm and support!

*Helen Wilberforce*  
*ehwilberforce@btinternet.com 21562*

### **BOOKWORM**

*'What I have been reading this month' :*

1. 'The Best Little Book Club in Town' ( fiction)

This is a collection of 30 short stories by writers such as Helen Dunmore, Tracy Chevalier and Esther Freud. Entertaining, enjoyable modern life tales with something for everyone. Easy to read and dip into.

2. 'Some day I'll find you' by Richard Madeley ( fiction)

A second world war speedy wedding in 1940. Diana's new husband James is shot down soon afterwards and is presumed dead. He reappears 10 years later in the south of France where Diana has recently moved with her new husband and daughter. Joy, horror, confusion, deceit and blackmail then follow as the story unfolds and leads to a surprising conclusion.

*RM Bookworm*

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### OCTOBER GARDENING

As the days shorten and the nights grow colder I shall be on the lookout for the best of the Autumn colour on local trees. Just along the road from the house there is a small wood which contains a single specimen of the North American "Scarlet Oak" (*Quercus coccinea*). Assuming that there is no gale at just the wrong time, this tree is guaranteed to produce a display of beautiful dark red and scarlet leaves which stand out well in amongst the oranges and yellows and browns of other deciduous trees, and dark greens of the conifers amongst which it grows. In a sheltered position the brightly coloured leaves will remain for six weeks before falling. They are longer and larger than those of our native oaks, and have sharply pointed lobes, rather than rounded ones. Three other North American species, "Pin Oak", "Red Oak" and "Shumand Oak" have similarly shaped leaves and good leaf colour.

We have two native Oak trees which look very similar to each other in shape and leaf form. They are most easily distinguished at this time of the year when they are bearing acorns." Sessile" or "Durmast Oak" (*Quercus petraea*) has acorns with no stalks (though its leaves are stalked) and "English" or "Common Oak" (*Quercus robur*) has long stalks to its acorns (and no stalks to its leaves).

Most Oaks have plain green foliage through the summer, but I did spot a

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*A Warm Welcome to Everyone*

beautiful specimen of "Turkey Oak" in the Gardens at Threave Castle earlier this year. *Quercus cerris* 'Variegata' has leaves which are edged with conspicuous creamy white margins and acorns with large shaggy cups.

All of these oaks make large specimen trees and are only suitable for big gardens or woodland planting. The most frequently planted, small oak, is an evergreen – the "Kermes Oak" (*Quercus coccifera*) which grows to only 1-2 m high. Its main claim to fame is as the host of the Kermes Insect – from which the scarlet dye Coccineal was obtained.

*Elaine Horne*

### **STIR FRY OR SUSHI**

I was searching for an acupuncturist for a friend in the south of England recently, when I came upon a website likening the difference between Chinese and Japanese acupuncture to the difference between stir fry and sushi. It struck me that this analogy could be used in all sorts of areas of life. For example, on the Sedbergh allotments it is obvious that allotment holders have widely differing methods. I would classify the neat beds with bare earth between nicely lined up crops as sushi and the plots where things are more mixed up together as stir fry. Mine is definitely at the stir-fry end of the spectrum. My runner beans fell over for the second time this week and when I cleared them away I found a perfect Good King Henry plant (a spinach-like perennial) and quite a lot of promising looking kale. No bare earth at all, so no further work required. (It could be, however, that a little tidying up over the autumn is called for.)

Japanese-style acupuncture, as practised in the UK, is very gentle and thus well suited to people who are sensitive and is good for children. Jenny Craig practised Japanese acupuncture in Kirkby Lonsdale for many years (she has since moved to Scotland) and a lot of people benefited from this style of acupuncture as a result. Jenny was nominated as an "acupuncture heroine" by the British Acupuncture Council for her work in Africa treating patients suffering from TB. The

treatment uses moxa, a herb of the mugwort family, which is burned in tiny amounts directly on the skin. The method is taught to health workers and to family members or friends who act as "drug buddies" (people who remind patients to take their medication) so that treatment may be continued at home. This type of treatment was used for patients with TB in Japan in the 1930s and the charity Moxafrica co-founded by Jenny exists to explore the potential of this (cheap, low-tech and flexible) method to treat TB in Africa. The website [www.moxafrica.com](http://www.moxafrica.com) tells some inspiring stories.

I think all the remaining acupuncturists in this area have trained in the Chinese tradition. My experience during my visit to the Traditional Chinese Medicine Hospital in Hangzhou in China leads me to believe, however, that the treatments we typically give in this country are somewhere between the very delicate treatments of the Japanese-style and the strongly stimulating treatments given in the Chinese hospitals. Stir fry without the strong spices, perhaps. I suppose I do a bit of both: very fine needles and gentle technique for delicate areas (such as the face), sensitive people and children. At times, though, particularly with longstanding conditions, I think it is helpful to use a little more stimulation.

I recently had a telephone enquiry for treatment to reduce facial wrinkles, a growing application of acupuncture in the West (and

definitely an area where soft technique is called for). This led me to a period of reflection about the interplay between health and beauty. The face reflects a person's constitution (facial features would have been used in traditional Chinese matchmaking), how the person has lived life so far and the state of a person's energy at the moment. No facial treatment can have a long lasting effect without looking at these underlying factors and seeking to improve the aspects of a person's health which may have led to any perceived beauty defects.

In fact, face reading is an established diagnostic method in Chinese medicine. I have chosen this as the topic of discussion for the last Chinese medicine class this autumn (10 November, 4.00 until 6.00). Do get in touch if you are interested. My telephone number is 015396 20972.

*June Parker*

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### CALENDAR GIRLS NEEDED

Spellbound Theatre are very pleased to announce that we hope to present 'Calendar Girls' in conjunction with Staveley Players, in February 2014.

We are very lucky to have acquired Fliss Pocock as the Director for this production. Fliss has worked in conjunction with Staveley Players for several years and is Theatre Manager at The Laundry Theatre in Windermere.

We are looking for at least 10 'girls' of a certain age, as well as some men and younger women for various other parts. Don't be put off by any preconceptions you may have about performing in your 'birthday suit', as this is not the case.

We are also looking for people interested in being in the Production team. This could be in the form of set design, artists, lighting, sound, costume or front of house. Any offers of help will be gratefully received.

Auditions will be held in the People's Hall on Sunday 10<sup>th</sup> November 2013.

Anyone wishing to help back stage or on the production side are invited to attend at 1:15pm. Anyone else who wishes to act are invited to attend at 2:00pm. A reminder advert will appear in the Lookaround next month.

We are very excited about this production and hope to see you on 10<sup>th</sup> November. If you would like any further information before that date please contact Heather Pakeman by phone, on (015396) 21279.

### **SEDBERGH SCHOOL**

In August, Sedbergh School celebrated the best A Level results for seven years, with significant improvement in pass rates and A\* - B grades. The Upper Sixth pupils achieved outstanding results with more than half securing A\* - B grades and overall, a 99.6% pass rate. Over a third of pupils achieved A\*s and As and girls did particularly well this year, with more than 70 per cent achieving A\* - B.

Headmaster Andrew Fleck commented on the good news: "We have seen significant signs of improvement in pass rates and average grades, which is something we've been working towards for three years. We are delighted that these efforts and strategies have paid off and that our pupils are placed in an excellent position for entering university. We wish our pupils well as they embark on their chosen paths." Discussing the school's excellent GCSE results, Mr Fleck said: "Pupils have achieved the highest proportion of A\* passes for five years and have

achieved this on top of a busy schedule of extra-curricular interests; their time management skills and 'can-do' attitude will serve them well as they progress into Sixth Form education and beyond. Some of the highest grades were recorded by former Sedbergh Junior School pupils, from the local area – including pianist Toby Randall-Payley, Stephanie Gardner and Tom Robinson.

The new term began with equal success on the sports field, where pupils demonstrated this 'can-do' attitude. The Sedbergh sailing team of 13 pupils, one OS and one teacher were Highest Placed School Team in the Southport 24-hour endurance race (which is 4th in the list of the 50 top sailing events). All pupils sailed at least three hours, including some night/dark hours, which is very disorientating. In girls' first XI Hockey, the first clash of the season against Rossall School resulted in a 6-0 win for Brown, with an extremely high standard of play. New coach Mark Shopland, from Leeds, has already made a huge impact on the team. Boys in the first XV, captained by Asian Youth Games Gold Medalist James Christie, started the season by playing Sale Academy and Newcastle Falcons academy – with solid performances all day the squad is looking like a very exciting outfit. First XV coach Simon Mullholland started the season as a new father.



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There are more medals and international success stories to celebrate this term – Harry Reed (Sedgwick House) has been selected to be part of the UK team to take on Ireland in the inaugural running of the Shergar Cup, for Irish horse racing on 21st September, and Master I/c Shooting David Nuthall has been selected for the England U25 team in the Commonwealth Shooting Federation Championships. David won the Bronze medal in the individual competition. He coached OS Rory Fagan (Evans House OS 2013) who has just returned from a successful tour of Canada with the British Cadet Rifle team.

Music and Arts look set to impress. The Choral Society, which is open to local people, began rehearsing Vivaldi's Magnificat and Britten's 'Rejoice in the Lamb' for a concert at Ripon Cathedral on 7th December. The Music Department has attracted a number of excellent new music scholars and the chapel choir is already in fine voice, many of the choristers having returned from a tour of Northern Italy during the summer holidays. On 17th October there will be a screening of a film project, The Fool's Burden – adapted from 'Woyzeck', Georg Buchner's unfinished 19<sup>th</sup>-century masterpiece. This was filmed throughout June, both on location in the surrounding area and in the school's own green-screen studio. It draws on the talents of more than 40 pupils and includes specially commissioned Bunraku

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puppets and music from the Rubber Duck Orchestra.

In September, the school's youngest pupils moved down the road to Casterton and the prep school is now known as Casterton, Sedbergh Preparatory School. The former site of the Junior School on Loftus Hill is now a Sixth Form Centre.

For regular updates on events, Sedbergh School has a number of Twitter accounts and is also on [www.facebook.com/sedberghschoolofficial](http://www.facebook.com/sedberghschoolofficial). Follow @sedberghschool, @sedbergharts, @sedberghcricket, @sedberghsport, @sedberghgirls (for girls' sport) and @sedberghdesign.

Amy Grace



### DENT CE PRIMARY SCHOOL

The Countess of Wessex visited the Westmorland Show on Thursday 12<sup>th</sup> September. Despite being delayed by bad weather, the Countess still managed to visit the Learning for Life tent where Dent CE School had their school stand and display. Three



children from Key Stage 2, Joe Vinsen, Rhiannon and Ryan Winder waited patiently to meet the Countess and presented her with gifts from the whole school.

Joe gave her 6 freshly laid eggs from his own hens. "My children like having an egg for breakfast," she told Joe and promised to use the eggs at home! Rhiannon gave the Countess a posy of freshly picked flowers and the pair chatted about the lovely smell of the sweet peas. Finally, Ryan gave the Countess potatoes and runner beans from the school garden. Ryan assured the Countess that the children had grown the produce and had dug the vegetables up themselves. The Countess talked with the Headteacher, Nicky Edwards about the school's passion for outdoor learning and agreed with the school's philosophy, that real experiences inspire children and bring the best out of every creative mind. Despite her busy schedule she lingered with the children and staff for several minutes before carrying on her visit. What a fabulous experience for our children: one we will never forget.

*Nicky Edwards*

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### MAIN STREET WAVE MAKERS

*This is the first in an occasional series of profiles.*

At the end of a better summer than for years, and in the autumn and winter ahead, the powers that be are likely to set their minds to projects to increase footfall and thus the economic health of Main Street. There are some real hard-working heroes and heroines on that street, and we should be ready to give them a round of applause every so often. The town has the natural resources of fabulous countryside to exploit, and this last summer will have encouraged folk who stayed in caravans, did day trips, or hiked through and packed our B&Bs, to tell their friends what a good base Sedbergh is. The ripples of content spread out, and the town has to capitalise on them and the goodwill they represent.

It's just a shade over two years since Rebecca Parkin, having made two giant leaps from first getting a History degree at Lancaster University, to council planning offices, made the biggest leap of all to rent the premises on Main Street that became 'On a Roll', serving all manner of baguettes, salad boxes and soup. With money she had saved, with a driving determination backed by a hugely supportive family, she took advice and waded through the telephone books of legislation that regulate food outlets. She set to re-decorating the place, equipping it,

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and then got down to the serious business of what should be on offer at the sharp end. With the part-time assistance of sister Deborah, 'On a Roll' has worked at a furious pace to find the right mix of foods, to make every customer feel welcomed and treated alike. At the counter, choices are offered, and delivered with infectious dynamism and friendliness. Becky stresses that 'On a Roll' is here for the whole community, young and old, local and tourist, and what she serves complements the wide range already on offer on Main Street, and, very obviously to any one passing or queuing, clearly caters to an astonishingly wide customer base from 8 a.m. to 2.30 p.m. - and that's just the hours she's in the place, let alone hours a week she's at home keeping the books up to date, planning and baking. It's a huge undertaking, but she relishes every minute of it.

Oh, yes, and in between all that, she's just got married!

*Stuart Manger*

**TIM FARRON MP**

Thanks to everyone who stopped by for a chat at the Westmorland County Show. We had a really great day with the weather staying largely fine. I hope that none of you missed us in our new aerodynamic gazebo (the previous one had come to the end of its life). We like to stay in the same place on the corner as you enter the Showground so that people know where to find us and plenty of you did find us. I don't think that I had much time to myself during the entire day and plenty of time people seemed to be waiting for me to finish speaking to other constituents before they had their chance to get a word in. I hope you found the chat useful.

Thanks also to everyone who came along to my surgery at the Community Office the week before.

A number of people have commented on the state of the footpaths around Sedbergh, in particular the number of weeds that seem to be coming through. I have been in touch with Cumbria County Council to ask them if they can do something about it.

I have been pleased to help in extracting money from the Government for a variety of much needed causes during the past month. I was particularly pleased to help secure an extra one and a quarter million pounds for our local hospital trust to cover the extra costs

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they have experienced in recent winters as more people have suffered ill health due to the cold. Although this is a significant amount of money (Morecambe Bay was one of only twelve to be given this extra funding in the North West of England), I am afraid the Trust needs much more to close its funding gap. So I will not be stopping here and will continue to press the Government for even more money, particularly to help cope with our unique geographical needs which lead to the need for the Trust to be spread across three main hospital sites.

I was also pleased to see the Pupil Premium funding will increase again next year. The Pupil Premium was introduced by the Coalition Government a couple of years ago to support our more disadvantaged children. Since its introduction the amount that is being provided has more than doubled so that some schools in our area are getting nearly £150,000 extra funds as a result. That could fund four extra teachers.

I am pressing the Government to revisit their plans for the funding they provide for rural GPs. Currently the Government is proposing to phase out the extra money it gives to rural surgeries to compensate them for having fewer patients. This makes no sense to me, surely, as health care is moved more and more into the community the need for these surgeries will only grow and so if they are closed it becomes another thing that makes it harder for a broad range

of people to live in small villages and towns.

As ever if you want to get in touch please do contact me by writing to, Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND, email me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk).

Thanks for your support

*Tim Farron MP*

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### **SEDBERGH AND DISTRICT ART SOCIETY**

The annual exhibition took place from 16-27 August in the Sedbergh School Library. The library makes an attractive and central venue for the exhibition and gives an added interest to visitors. This year although there were fewer paintings than in previous years, with 24 artists submitting work, the weather was kinder and comments in the visitors' book as appreciative as usual.

Subjects were more varied and media used included painting on silk, screen print, wood engraving, linoprint and collograph, most of which have not been represented before. However oils, pastels, watercolour and acrylics are still the most popular with artists.

The Society always welcomes new members, of any level of experience, living within a 15 mile radius of the town. The monthly meetings, mostly with demonstrations, will soon be starting up again, together with the weekly painting sessions on a Wednesday afternoon.

*Margaret Copestake*

### OUR PLACE IN HISTORY

A Project by self-selected Community writers managed by Sedbergh Book Town Literary Trust to collect imaginative and factual pieces of writing which illustrate the exciting happenings over the years in the district covered by the present-day parishes of Sedbergh, Dent, Garsdale, Firbank, Howgill and Killington.

People living in this small area of northern England have experienced;

- The bronze age – a settlement of early tribesmen near Cautley Spout
- The Roman occupation – a fort at Borrowdale and the main road from Chester to Carlisle running along the base of the Howgills through the Lune Gorge
- The Viking invasion and assimilation – farmers establishing Viking homesteads in Garsdale and Dentdale
- Early medieval fortifications under the Norman barons – the building of the motte and bailey castle in Sedbergh, the founding of Sedbergh's St Andrew's Church
- The market charters
- The founding of Sedbergh School and the education of the area's brightest boys leading to some world famous luminaries
- Religious Dissent – the Quakers, and early Methodists prove that folk think for themselves and are not afraid to take on the might of the establishment
- Opposition to Enclosures – Bluecaster and Sir John Otway
- The woollen industries including the Terrible Knitters, export around the empire
- The coming of the railway

And there's so much more to tell people about .....

Do you know something about the history of the area that has perhaps



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been handed down through your family, maybe it's the history of the house or farm you live in?

It's quite a long time since a real history of the area has been undertaken and we are worried that loads of vital and exciting information is being forgotten

Are you prepared to write something? There are some rules:

- any facts must be factual, that is where you can research what actually happened you must use those facts, but you can imagine any story around those facts that you want to.
- you can choose from – an essay, a story, reportage, (similar to a newspaper article), a poem, a sketch or play (no longer than 15 minutes); you can supply illustrations of any type for your piece

*What are we going to do with these pieces?*

A well-known Editor will be employed to choose pieces which will make up 'an alternative history' of this area. These pieces will be put together in chronological order and the result will be an imaginative, but factual, history of Our Place. The history will be produced as a book but also published as a download.

Other pieces will be chosen for performance which will be filmed and made available on various media platforms but also as a DVD.

The Self Selected Writers who take part in this project can be any age and from any part of the communities. We promise that your piece will be

used, we all need to tell each other and the outside world how fascinating this corner of England is.

Amongst the pieces submitted, one refers to 'The English Civil War in Sedbergh, Kendal and surrounding areas".  
*Carole Nelson*

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#### **WATERSIDE COFFEE MORNING**

On behalf of the Airey, Woodhouse and James family A BIG THANK YOU to all who supported our Coffee Morning on Saturday 31st August.

Thank you for all the helpers who worked so hard! For all the wonderful generous donations for Brooklands School, Skipton, which amounted to £788 - an amazing total.

Liz also competed in the Great North Run on 15th September for the same cause raising as I write £350 with money still coming in. The result is a fantastic total in the region of £1,138, which will certainly be put to good use at Brooklands.

The weather favoured us and I'm sure an enjoyable morning was had by all! Thank you once again from William and Mary and a very grateful family.

*Mary Airey*

### COWGILL CHURCH

The Settle & Carlisle Railway passing through Dent Station and Upper Dentdale has since 1876 been a feature of the landscape and an important part of community life. Having been consecrated in 1838 St John's Church, Cowgill has played an equally pivotal role in the life of the community, to the many visitors to the Yorkshire Dales, walkers on The Dales Way and the builders of the Railway in the early 1870's.

In celebration of it's 175th Anniversary and also in recognition of the rich local Rail Heritage, '**An Evening with Father's Slides**' will be held at St John's Church, Cowgill from 6.30 pm on Saturday 26th October.

The father in question is the eminent Railway Photographer and Author, the late *Derek Cross*. David Cross, his son, Railway Author and Rail Executive, will give a pictorial talk on the Railways of Cumberland, Westmorland and North Yorkshire. The evening will feature photographs from the private collection of Derek (and also David) Cross, to take us on a fascinating, not to be missed, rail journey spanning the period from the late 1950's.

David is a true Railway enthusiast and a wonderfully engaging and knowledgeable Speaker on his subject with the ability to capture the imagination of young and old alike together with those having a passion for Railways or just a passing interest.

'An Evening with Fathers Slides' will

be a truly unique 'one off' Event.

David's talk will be preceded with a short history of Dent Station presented by Robin Hughes, the current Owner, whose restoration of the Station and Snow Huts has transformed them into to one of the top Railway Holiday Destinations in the UK.

There is expected to be a strong demand for Tickets (£5.00 / person to include Light Refreshments) and pre-booking is suggested (at [cowgillchurch@btinternet.com](mailto:cowgillchurch@btinternet.com)). Parking will be available.

David has presented several items for a Prize Raffle that will include a Derek Cross 'original' framed photograph of Dent Station signed by David Cross.

*Heather Fraser*

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### MEDICAL CENTRE

Many thanks to the writer in Septembers Lookaround, praising the work of Doctors Lumb, Batty, their teams and backers for providing Sedbergh with such a splendid Medical Centre.

I couldn't agree more.

*Richard French Sedbergh*

### MEDICAL CENTRE

Please note that there have been a few minor amendments to the times at the Centre which feature on the Back Page.

*D J Whicker*

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### FAMILY MUSINGS

What an amazing wonderful summer we have enjoyed, the big gazebo stayed up for months, we just reduced the height and took of the cover between events, these included our grandson Bals Dedication on a glorious summers day. Son, the trainee pastor, officiated, family and friends took part with readings/singing and then everyone enjoyed a proper afternoon tea using china crockery and home made cakes. We held fund raising events for Action for Children, Dent Memorial Hall and Marie Curie, hosted an Away Day for Divorce Care and a Ladies group and provided tea for LAFFS (Life after 55) and ALL outside!

Now, we lit the stove for first time last evening and I dug up new potatoes in the pouring rain, it is "back-end-ish" but still events happen

and it is so good to get people together over a meal. We all have work and some of us have to work very hard at meetings to keep issues moving on and people talking to each other so sometimes we need to relax together as well. It is Harvest Festival time and our harvest inc 11 home grown Apples along with Blackberries and the veg crop, still tomatoes, grapes and cucumber in the greenhouse. Just sown some lettuces and aim to save some Tomato seeds for next year and start Sweet Peas of in the greenhouse.

Trips to Hull continue with some lovely ride outs in the car, certainly know the Yorkshire Wolds, East Coast & N Lincolnshire much more than ever did before, hubby and I may manage a couple nights away together before winter arrives and all the cows get inside. The girls are having a Christmas Market trip later in the year, that is, me and my two and T and her sister, exciting stuff but even more exciting is the wonderful news of son and T expecting a sibling for Ez next March .. After we heard Ez was on the way I was sweeping the village Hall floor and doing a bit of a jig to "I am going to be a Granny, a Granny, a Granny.." the tune gets more interesting with every "again"! Family are so special, making time to be together is so important, it was great to have both our grandsons at the Gala, and that day was an amazing one too. Enjoy your special times.

*Sarah*

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## **CHURCHES TOGETHER**

News from St Andrew's Dent and St John's Cowgill for October Heating Project Completed at Dent and more plans for the future...

The long awaited Heating Project at St Andrew's Dent was completed just in time for Harvest Thanksgiving. The under pew electrical heaters provide a gentle heat where people actually sit. Vicar Peter Boyles is delighted to see this great improvement and is extremely appreciative of all those in the congregation and community who worked so hard to raise the money which enable all to enjoy the services of the church even in the depths of winter!

Now that the project is finished, what next! The PCC want to make our beautiful place of worship far more capable of welcoming the community and visitors not only for worship, which is the chief function of St Andrew's, but also for other gatherings of the community such as concerts, lectures and fairs, all of which have been tried in the past with considerable success. The more occasions the wider community visit the church for events, the more comfortable people might feel in joining us for worship. However, such events would have been more successful if we could offer people basic things like a loo, which could



also be a Toilet suitable for those with disabilities and also some kind of kitchen facility. If English Heritage help us weather proof and complete the repairs to the bier room and the tower next year, the Diocese is quite keen for us to convert the bier house into these facilities for community use. It would be expensive to make this conversion and the PCC will have to think hard how we can achieve this, but there such talent in the community for this kind of thing I am sure we'll get there.

*175th Anniversary of the Consecration of St John's Church Cowgill*

October 27th sees a special service to mark the 175th anniversary of the opening of Cowgill Church. It is testament to the commitment and hard work of the congregation at Cowgill, that the church is still open for worship and much more accessible for community use after 175 years. A weekend of celebrations will culminate in the Bishop of Carlisle, Bishop James Newcome, leading our thanksgiving for the continuing mission and witness of the

church at 10.30am on October 27th. The congregations of St Andrew's, Dent and the Methodist Church have been invited as well as the Cowgill community. It is wonderful opportunity to encourage all the work which is carried out at St John's and we hope lots of people will join us in this happy event.

*Cowgill Church Arts and Crafts Festival*

As part of the celebrations for the 175th Anniversary, Cowgill Church hosted a remarkable festival of local artistic talent and cultural heritage. Local artists and crafts people, members of the community and congregation all contributed to beautiful collection of what a talented and gifted community can offer a weary world. Beautiful floral decorations inspired by the natural beauty of the dale and its history were complemented by exhibitions of sculpture, paintings, embroidery and an impressive collection of historical artefacts. The weekend was rounded off by a packed informal service, during which the church received a surprise donation of seven coloured

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stoles to be used at Cowgill Church by retired priest, the Rev'd Ambrose Southward. A huge, huge thank you to all who made this an event enjoyed and appreciated by so many people. Much to our delight £524 was raised for church funds at the events. Look out for a photographic montage of all the colour and interest of this event, hopefully to be posted on Dentedale.com around the time of October 175th Anniversary service.

### *Churchyard Boon Day*

Can folk spare a couple of hours on the morning of October 4th from 10am to help clear weeds from around the railings, prior to them being re-painted in the winter?

*Rev. Peter Boyles*

### News from the Pews



As the end of September approaches we can feel the nip in the air that signals autumn is underway. In the church plans are made to celebrate the gifts of the Harvest with special services morning and evening.

This year at St Andrew's on Sunday 13<sup>th</sup> October at 10.30am we are holding a traditional Harvest Festival

service where everyone is invited to bring gifts of food which at some point in the service they will take to the altar where they will be received and blessed by the vicar before being used to help those in need.

We ask that the gifts of food will be dry goods, tins, or packets for example: baked beans, tea, coffee, sugar, breakfast cereals, tins of fruit, pasta, rice, etc. They will be taken to the "King's Food Bank" collection point in Kendal and distributed to those in need in our area. The box we have permanently in St Andrew's has been well used and regularly every week since before last Christmas a delivery has been made to the collection point.

At 6.30pm Choral Evensong will complete our celebrations for which the choir will have been well rehearsed.

The choir has a long tradition at St Andrew's, the first evidence being an account for "candles for the singers" in 1789 of one shilling and five pence. In the early 19<sup>th</sup> century there were 'singers and musicians' in the gallery at the west end of the church.... probably a very boisterous bunch! In 1851 a barrel organ placed in the north aisle was introduced to accompany them.

The first pipe organ for St Andrew's was built in 1868 and placed where we have our present organ. The "singers" came to sit, (perhaps under



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Please keep checking our window for future evening openings & Thai nights

Our festive menus are available now

Our Christmas menu will be served from 1<sup>st</sup> December till 24<sup>th</sup> December.

Christmas party bookings welcome

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We are taking bookings for both menus now.

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the watchful eye of the vicar?), in the choir stalls which Sedbergh School boys before the building of their own chapel had previously occupied. The gallery was later removed.

We are fortunate to have a keen, enthusiastic, friendly and loyal choir who endeavour to sing an anthem during each service and lead the congregational singing. The repertoire reaches from Renaissance to the present day with the hope there is something to please everyone.

The choir aims to continue the choral tradition and is determined to keep going...however; there are spaces in the choir stalls for new members, especially on the back row for tenors and basses. Age is no barrier; a welcoming hand will be extended to all.

Mary Hamilton, our Musical Director would be delighted to hear from anyone wishing to join the choir and she can be contacted on 015396

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21023.

Immediately after Choral Evensong on 13<sup>th</sup> October a Harvest Supper will take place in the church room. Tickets are available from Anne Reed Screen. Telephone number 21081.

*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*

worship@peopleshall

On The first Sunday in September (where has our lovely Summer gone so soon?) Harry Hutchinson from Uldale came to speak and there was a large gathering of people to hear him. We had a great time and as usual Sandy led the worship. Harry presented a selection of happenings and we had to decide whether these were true or not. He then went on to say that Jesus is the Truth and we can always depend on Him. It is just great to meet to worship in a more informal way and we welcome anyone to come and join us. The next one is the second week in October the 13th (because of the Harvest Service at New Street on 6th) and will be and 3rd November.

*Sedbergh Methodist Church*

### **AUGUST WEATHER**

Another warm month but not such a prolonged heat wave as last month.

The highest temperature was during the last week reaching 74F (23.5C). The coolest night was on the last night dropping down to 43.2F (6.5C) There must have been plenty of cloud cover because the wind chill readings did not fall below these minimum temperatures. Wind speeds were in double figures except for 2 days when the maximum gust was not from the North West. We continue to have plenty of rainfall logging 8.16 inches for the month. Some parts of the UK, the Midlands and East Anglia, only registered 2/3 inch for the month. Our longest dry spell was 6 days but this produced a lot of activity in the fields with bale wrappers whirring well into the night!



Did you spot my mistake last month? When converting a F temperature to C I moved the wrong way across the conversion tables and put 105F down as 71C!!!! It should have read 41C! I think I would have lost more than a few pounds in sweat at 71C!!

The warm damp weather has produced plenty of growth. Trees seem to have exploded this year as have nettles and thistles! I spent 2 ½ days pulling up thistles before the wind blew the seed heads around. My

neighbour would not have been a happy bunny with the prevailing wind taking them over the hedge! They also acts as a harbour for blackfly. At long last as the month drew to a close the buddleia started to flower and we had a few peacock butterflies in the garden. Towards the end of the month the swallows were obviously starting to congregate before their Autumn migration. I counted 27 youngsters on the wires over the shippon so the local swallows have obviously had a good breeding season. One neighbour has had 5 nests this season in her garage! Although "ours" have flown the nest several of them still come to roost in the kennel each night. An unusual visitor to the feeding station has been an albino sparrow! I suspect it is not totally albino as I cannot see a pink eye and although it doesn't seem to have any markings it is not totally white.

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## CUMBRIA IN BLOOM

As many of you will have seen we have replaced many of the rather old shrubs etc., in the flower on Main Street. We thank the many people who have taken the time to express how pleased they are with the results. (Our thanks go to the two gentlemen who helped in removing the old shrubs - you know who you are - thank you.) Also to the lady who directly gave us a donation - thank you.

We have however been disappointed with the state of the pavements etc., with regard to weeds - not just in Main Street but as far afield as the pavement alongside

the Cemetery. We are endeavouring to ascertain who is responsible for which areas and to ask if they will undertake the spraying etc., on a regular and necessary basis.

We would also like to ask individual shopkeepers and householders if they will do their part by weeding outside their premises. It is amazing what a difference it makes after a few minutes of weeding etc.,

We are a very small group (in fact there are four of us) and we would be delighted if we could call upon more people to help us. We do not require any formal commitment, just being able to give you a ring when we are about to weed, prune and tidy and if

you are able to come along and help that would be great. No knowledge of gardening is required - just your help.

Alternatively if you have any ideas for project we would like to hear from you. I can be contacted on Sedbergh 20807 or contact Janet Benson on Sedbergh 20815.

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### **ROYAL BRITISH LEGION**

*Poppy time in Sedbergh and District.*

Thomas Birkett Stockdale was just one day short of his 20th birthday when he was killed at Ypres in 1917. He was said to be a fine young man with much promise. He still has relatives in Sedbergh.

Flight Sergeant William Dawson. (Jack's Brother) RAFVR was killed and lost to his family when his Lancaster was shot down during his 28th operational sortie in 1943. He was just 22.

Just 2 of so many from our town and area who gave their lives in the great conflagrations of the last century.

Others survived but had their lives shattered by wounds or the experience of war.

This is the time of year when we can reflect and remember these men and women and consider the undeniable fact that without their sacrifices we as individuals would have very different lives, or more likely we would not exist at all.

If I may use a recent quote from the eminent historian Max Hastings - "European freedom, justice and democracy would have paid a dreadful forfeit if the Kaiser and later Hitler and their cohorts had prevailed.

Thus those who fought and died in the ultimately successful struggles to prevent such an outcome did not perish for nothing, save insofar as all sacrifice in all wars is just cause for lamentation".

The Royal British Legion carries the responsibility for such remembrance and as many of you will know we have a dedicated team who work extremely hard to raise as much as possible during these few days. The money raised goes to help the veterans of service and of conflict and their families who are in need.

The people of this area are asked every year to remember and to give as much as possible for this truly worthy and proper cause. The results are so successful that we find ourselves wondering whether we can possibly meet or exceed the previous year's collection. Last year you contributed an astonishing sum of over £9000.

So, we ask you again to give generously and wear your poppy with great pride. You will also be able to buy poppies for your car, pin badges, wrist bands, hat poppies and many other poppy related goods. There will be many places for you to buy, including shops, pubs or garages. Plus at 10 am Wednesday November 6 in the URC rooms there will be a coffee morning in support of the British Legion poppy week.

If you can spare some of your time to help then please call us on 015396 21808 or contact any of our committee members.

*Keith Wood*

### THE HEAD GARDENER

I am a qualified horticulturalist and after a twenty year career with the National Trust, I have established my own business offering a comprehensive design, consultancy and horticultural service at the highest possible level.

I began my career at Clumber Park, Nottinghamshire followed by Cragside in Northumberland, Lyme Park in Cheshire and Hardwick Hall in Derbyshire. My most recent training has been on the prestigious RHS Master of Horticulture Course. For the last twelve years I have worked as the Head Gardener at Sizergh Castle near Kendal.

The Head Gardener Horticultural Services are able to offer a maintenance and renovation service for the Dales, South and East Cumbria and North Lancashire.

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We are looking forward to working on many different and varied gardens and talking with clients. We will enjoy helping you meet your aspirations and maximising your use and pleasure of your gardens.

With our considerable knowledge and expertise, we can help you achieve your aims – from redesigning your whole garden to smaller projects such as a vegetable and fruit garden; pond or water feature, herbaceous border or rock garden.

Your garden could reflect the style of your house and your personality. It might provide a haven for wildlife,

including butterflies and bees; it might also feed your family. Your garden can be an extension of your home providing valuable additional space for relaxing, eating in and entertaining. It can also add value to your property.

We have developed many useful contacts enabling us to source the right plants and materials for your needs, often achieving good discounts on your behalf.

We have a passion for gardens and gardening and our ethos is that a garden should be enjoyed 365 days of the year. We aim to ensure that your garden looks great all year round. Winter is an ideal time for planning a new garden or rejuvenating your old one so why not contact us for your free no obligation quote.

*John Hawley*



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### YORKSHIRE DALES NATIONAL PARK

*Have a say on planning plans*

Public consultation begins on Monday (September 16) on a range of options that will shape the way planning decisions are made in the



Yorkshire Dales National Park for the next 15 years.

Ideas include encouraging more overnight stays in the National Park by developing new visitor facilities and new camping and touring pitches. Another is to allocate brownfield sites near Sedbergh to develop new business uses while a third is to review quarrying in the National Park.

The options are the latest phase of the Yorkshire Dales National Park Authority's (YDNPA) drive to create a new Local Plan for 2015 to 2030.

Last year the public was asked to have a say in the creation of a new, five-year National Park Management Plan that sets out how the National Park should be looked after in the future.

It was produced by a partnership of 15 organisations, including district and county councils, the Environment Agency, the Yorkshire Dales National Park Authority and Natural England, as well as groups like the Dales Farmer Network.

Following a huge response to the consultation, the Management Plan was launched earlier this year and the objectives in it that are related to development will be delivered through the Local Plan.

The options are available on the National Park Authority's website at [www.yorkshiredales.org.uk/future-policy](http://www.yorkshiredales.org.uk/future-policy). Please send comments by email to [localplan@yorkshiredales.org.uk](mailto:localplan@yorkshiredales.org.uk).

The consultation period will end on

October 29. A draft Local Plan will then be produced for further public consultation next year. A final submission version of the Plan will be sent to Communities and Local Government Secretary Eric Pickles for approval in 2015.

*Nick Oldham*



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#### **CHRISTIAN AID NEWS**

The last event of the fund raising year for Christian Aid in Sedbergh and District is our coffee morning on the 9th October in the URC rooms, Sedbergh where we look forward to seeing all our regular supporters and hopefully new ones as well.

Since the September edition of Lookaround went out we're happy to let you know that we have a new voluntary chairperson for our committee. We're pleased to have Valerie Finch returning to us in this new role. We're still waiting for a new minutes secretary - we know you are out there somewhere so please make yourself known. The coffee morning would be an opportune time.

*Rev Anne Pitt*

*On behalf of the Committee*

### HOWGILL W. I.

Our September meeting was held at Howgill. We all admired the lovely new floor in the Hall due to the hard work of the Village Hall Committee. President Bridget Postlethwaite gave members a warm welcome.

We are to support the North West Air Ambulance Fundraising Appeal during the Awareness Week by recycling our unwanted clothes. Looking ahead we were reminded of the Council Meeting at Castle Green Hotel on October 19th and the Table Top Sale on October 27th. Teams to be entered next month for the Pub Quiz on November 4th at the Bull Hotel. Anita announced our next walk will be in the Appleby area led by

Hilary Wilson who has kindly invited us to her home for coffee.

Time to think about a venue for our Christmas meal. A return to the Barbon Inn was suggested. Bridget is to collect menus for next month.

Bridget introduced our speaker Pat Ashcroft of Garstand who shared with us her experiences on her 10th Charity Challenge for 'Mencap'. On this occasion nine days walking the Great Wall of China. With no flat bits and mainly steps Pat trained at Striding Edge in the Lakes in preparation for this huge undertaking. Accommodation was primitive in Government hostels. On arriving home Pat had mixed emotions. She felt privileged. Chinese traditions and

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June  
Parker

Wild Goose qi gong (Sedbergh Mon morn,  
Barbon all day Sunday 29 Sep + 10 Nov)  
015396 20972 . juneparker1001@gmail.com

Sun style  
t'ai chi

with Hazel Hunt (Sedbergh Sat a'noon  
5 Oct, 2 Nov + 7 Dec) . contact Andi

Andi  
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qi gong + t'ai chi (Kendal Wed eve, K'by Lonsdale Sat morn)  
015396 22045 . andi@music.freakout.biz  
Sat morn contact Sedbergh CDC 015396 21031

Effortless  
Power

with Kevin McGee (Barbon all weekend 26 + 27 Oct)  
contact June

their way of life mean for women religion and ancestors rule. Women have no worth and girls are unwanted by men. One child families are the rule. Women have to pay for the privilege of more children and have to work to have another child. Like Leah who Pat befriended who was working for £1 per hour to have another child. Anita thanked Pat for a fascinating talk.

We were reminded of Pat Ashcroft 'Walks Iceland' her latest talk on October 17th at Preston Patrick Village Hall.

The competition 'Something Chinese' was won by Bridget with Mary Stainton second. The raffle

winner was Mary Silva. The evening was brought to a close with refreshments and a get together.

We meet again at Firbank for the AGM. W.I. Advisor Margaret Hodgins will be attending to guide us through the voting on October 3rd at 7.30pm.

*A. Hoggarth*

### **KILLINGTON W I**

THE AFTERNOON W I FOR THE  
ENTIRE DISTRICT

*"A pleasant thing it is to meet  
In friendship's circle bright"*

These are the first lines of the song we sing at our Killington WI meetings. And pleasant it really was to see such a splendid turnout after our summer

break. Our last meeting in the People's Hall was in June as our July activities consisted of our Tea Party and our Annual Outing. IN August we gave ourselves time off - "for good behaviour", so there was lots of catching up to be done.

We were delighted to welcome Marian Wood as a prospective new member, and happy to see Lynn McLennon who was back in Sedbergh to house and cat sit for one of our members. There were lots of birthdays to celebrate over the summer and an especially important one, meriting a special cake (these are only for birthdays with a multiple of ten), for **Elsbeth**. Many happy returns!

We whizzed through our Federation newsletter which offered us numerous activities, and we all had a grumble at the forthcoming subscription increase announced therein. Our treasurer, Margaret Denton, told us of our own satisfactory financial position. Perhaps we should send Margaret down (or UP!) to London to sort out the money matters for the National WI. I'm sure that she would knock some sense into them.

We discussed our CHRISTMAS LUNCH. (I started my Christmas shopping yesterday. I bought a magnetic shopping list pad for my daughter-in-law which she can stick on the fridge. It has a picture of a

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happy housewife, waving a feather duster and saying, “**HOORAY! One more job to do and it’s gin and tonic time!**”)

We were delighted to welcome our speaker for whose talk we had been eagerly waiting. Isabel Stirk is a renowned expert on the lives and literature of the Bronte’s. Doubtless, like the rest of us, she first encountered them at school but for her it led to a lifetime of interest, study and enjoyment. She told us the story of their lives, relating how their experiences were reflected in their writings. She really made it live for all of us and we felt privileged to listen to her. Several of our members

remarked that it was the best talk we had ever had. I’m sure that I wouldn’t be the only one who came home and dug out my Bronte books. It is a real talent to talk for an hour, no visual aids – just words and to keep your audience totally enthralled. Many thanks, Isabel. We are certainly going to organize an outing to Haworth and the Bronte parsonage.

Tea and chat followed - accompanying Elspeth’s birthday cake – a splendid big blow did for those candles! The S for September competition was won by Lorraine Millington. (If you keep on like this, Lorraine, you might win a prize at the end of the year – all these points.

“*And what do points mean? Points mean prizes!*”) The raffle prize of some luxurious skin cream was won by Imogene Blatchly, which is going to make her **even more** beautiful! (That is what I meant to say, Imogene – honestly!)

Our next meeting will be at the People’s Hall on Tuesday 8<sup>th</sup> October at 2-00pm. We are off on our travels again. This time we are going to India with Tony Hannam – a talk illustrated with slides.

I am sure that it will be colourful as well as interesting. Do come and join us and bring something starting with O for the competition.

*Wendy Fraser-Urquhart*

#### **SEDBERGH WI**

Several members were away on holiday this month, and two others, Dorothy and Rosemary were recovering from operations; so it was a relatively small group who attended our monthly meeting in September. We were treated to an evening of poetry with Stuart Manger: Stuart read a wide variety of poems in his own inimitable style and helped his audience to understand more about the language and meanings, personal and public, explicit and implicit, of each poem. We were involved from the start and had a go at unraveling two poems for ourselves. Stuart is passionate about poetry and this inspiring talk may have sent some of us away determined to read more poetry ourselves.

The walking group enjoyed a wonderful walk around Semerwater,

which is the second largest natural lake in North Yorkshire, Anne Petyt led the walk in her usual informed and entertaining manner: The weather was soft and warm, the only hiccup were the number of flying ants that tried to share our lunch. While the two drivers went to collect the cars, the rest of the group walked the extra two miles, along the river bank, to Bainbridge, where some members tried the zip wire and swings on the village green (oh yes, there is photographic proof!) We had a quick look around the National Park Centre before heading for the tea shop.

The reading group has been reading ‘Suite Francaise’; this was part of a planned sequence of five novels by Irene Nemirovsky, a French writer of Ukrainian Jewish origin. In July 1942 the writer was arrested and sent to Auschwitz where she sadly died. The note books containing the first two parts of the sequence were saved and not examined until 1998. The story portrays life in France in the period following June 1940, the month in which the invading German army rapidly defeated the defending

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French.

The book was given an 8 out of 10 for readability and would be recommended to 'a friend'.

The next meeting is on October 9<sup>th</sup> in the Committee Room at the People's Hall at 7.30pm. do, come and join us, you would be made most welcome.

*Linda Hopkins*

---

### **DENTDALE WI**

The first meeting of the Autumn session when we looked back at the summer events and forward as far as the choice of a venue for the Christmas party! Thelma Belfield has taken up the duties of Secretary following Dale's move from Dent. We

have heard that Dale is settling in well in her new surroundings.

Dentdale W.I. has been out and about helping at a couple of events over the Bank Holiday weekend. On the Saturday, members had prepared refreshments for a YDNP Walling competition held on the Sports Field. Of course, serving Gala Teas on Bank Holiday Monday is a time honoured commitment. The selection of cakes are almost legendary, with most members cooking and supplying cakes to make a mouth watering display for the visitors to choose from and making a very acceptable £270 towards Memorial Hall funds.

The Dining Club's next outing is to The Old Hill Inn Chapel le Dale on

## **PILATES IN SEDBERGH**

Pilates is a fun and fabulous way to improve core strength, flexibility, coordination and not to mention to achieve flat abs!

I will be restarting my popular classes, to be held at Sedbergh Medical Centre on Thursday nights between 17:45 and 18:45.

Classes start on Thursday 7<sup>th</sup> November.

Places are limited so please e-mail me to register an interest. The six week course will cost £48 and a 'drop-in' price of £10 per session is also available. Due to the numbers involved, you will need to arrange drop-in sessions in advance.

*I am also available to teach one-to-one sessions either at your home or in my studio in Dent.*

Contact me at [dawn@redeyoff.com](mailto:dawn@redeyoff.com)

or join my Facebook Group just search for 'Pilates with Dawn'.

I hope to see you there.

### **Dawn Redeyoff**

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[Dawn@redeyoff.com](mailto:Dawn@redeyoff.com)

10<sup>th</sup> October, and if we get enough diners, the meal will be followed by a demonstration of sugar craft.


Our Speaker for the evening was Peter Gardonyi talking about The Female Brain. What interesting information would we hear? A few facts at the beginning, such as the left hand side of the brain deals with facts, logic and measurement. The right responsible for patterns, connections, empathy and feelings. No prizes for guessing which side predominates in the female brain! However, many members could give examples where people didn't quite fit the pattern. It was a light hearted and entertaining hour with all the clichés and myths such as multi tasking, map

reading, filling the dish washer etc. talked through. We finished by doing a page of the visual word puzzle game of Dingbats where our brains made connections from the clues provided. Peter said at the end, we should listen to our inner voice. Made us think of our own brain characteristics maybe?

The competition for a tip to keep your brain active was won by Sue Owen

Next meeting in the Memorial Hall is on 9<sup>th</sup> October when we can sit back relax and watch as Rita Corpe gives a cookery demonstration entitled "A no hassle three course meal." Visitors and new members always welcome.

*Pat Allen*



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**SEDBERGH & DISTRICT  
CHAMBER OF TRADE &  
BUSINESS**

The Chamber meeting on Monday 16<sup>th</sup> September was well attended and produced some good discussion about ways forward to help the town prosper.

The meeting was made more interesting with a visit from the Headmistress of Settlebeck School, Dr Judith Greene, who came to talk about the recent successes in the examination results as well as the results of the latest Ofsted reporting of our excellent local Secondary School. The school gained an outstanding result which is something that all of Sedbergh and Dent and its neighbouring areas can be proud.

It was clear from Dr Greene's talk that there was a very successful working relationship between the school and local businesses, with many children having work placements and apprenticeships with local farms, professions and trades. The Chamber promised to continue to support this in any way they could and make members aware of any of the school programmes which would benefit from our support and help.

Sandra Gold Wood also spoke about the possibility of The Pulse Gym locating to the Peoples Hall with a new dedicated gym room which could share the new changing room facilities with existing users. The first application for funding had failed but the group had been advised that a

further application with additional information had a strong possibility of success. Forms can be collected from the Community Office, The Sleepy Elephant or from Sandra's house and can be filled in to indicate your support for such a community facility – and of course the more support the greater the likelihood of success!

The AGM of the Chamber will be held on the 18<sup>th</sup> November 2013 in the Peoples Hall to which all are invited – both members and non members, friends and family. There will be half an hour at the beginning of the gathering (7.00pm) where only Chamber members can speak and officers are elected but all can attend and then a further meeting from 7.30 when all attendees are invited to comment and offer constructive feedback and ideas for the future. At about 8.15pm there will be cheese and wine (to be purchased locally) followed by a speaker. The cost of a ticket will be £5.00 which will be donated to a local charity.

We hope that as many of you as possible will join us and new ideas to promote the success of Sedbergh and Dent will be welcomed – and you don't have to be a member to promote an idea!

Tickets for the AGM can be purchased from the Community Centre or by emailing Barbara at [barbara@garsdalededesign.co.uk](mailto:barbara@garsdalededesign.co.uk) (or by phone to 015396 20875) from the beginning of October 2013.

## CUMBRIA WILDLIFE TRUST

### *Tree Trail in Dent.*

On a remarkably fine sunny Bank Holiday Sunday, a small but select group gathered in Dent Car Park eager to learn about our native trees from John Mounsey.

He began by explaining some of the ways in which trees over the ages had taken root in this area and how their seeds had been transported by various agents. Much forest had been cleared by early agriculturists before the Romans came, probably by stone axes or ring barking.

Most trees have to be pollinated by insects, bees in particular, so the climate would have to be suitable for these to thrive. Following the last Ice Age dwarf birch would probably be the first to appear. We found ourselves standing by a birch tree and this proved to be a hybrid between the silver and downy varieties. This is a relatively short-lived tree and as it declined would be attacked by fungal growth.

Woodpeckers are also very partial to rotten birch trees. The next tree was a rowan or mountain ash. Trees breathe through slits in the bark and horizontal examples were very evident here. Rowans have big buds and grow slowly. Some trees have thick bark e.g. the redwood and these provide protection from fire.

A sycamore was the next in line. Few animals feed on it but it attracts greenfly which feed on a sugar solution from the tree. Ladybirds feed

on the greenfly and all the resultant sticky goo falls on your car if you are unwise enough to park underneath. Small birds can feed on both insects. The sycamore has only been in Britain for about the last 400 years so is, strictly speaking, not native. It is more resistant than some to wind so is often used for windbreaks. Meanwhile the wind helps disperse the winged seeds.

The group moved on to a cherry tree and examined the little red sugar producing glands on the leaf stalks. This tree's leaves were curled by aphid damage. There are several native wild cherry varieties including bird cherry and blackthorn or sloe.

A Norway maple stood near. This is very similar to the sycamore but with flatter leaves. To add to the possible confusion, sycamore flowers hang down but maple leaves go up except later when fruiting. The sycamore can get black patches on its leaves from fungus but this condition is unknown in towns and cities where sulphurous compounds in the air destroy the infestation..

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Turning downhill we found a goat or pussy willow. The willow family includes aspen and poplar. This one produces the familiar furry catkins. Willows, being relatively quick growing were often pollarded or coppiced in the past for wood products like broom and tool handles. Wooden bobbins for thread were often made from willow. Willow and reed beds can also be used as water filtration plants and an example of the latter was observed later.

Nearby we found an ash. Its seeds are wind borne with only one wing and all its leaves tend to fall at once. Sadly our native ash is threatened by infected saplings imported from abroad. Another In these damper areas at the lower part of the park there were several examples of fungi. Many grow on dead wood making interesting patterns and colours in the timber.

There are two species of native oak, sessile and pedunculate. We found what appeared to be a hybrid here. The pedunculate has an acorn on a

long stem and its trunk branches low down whereas the sessile does the opposite with more of a long straight trunk. Hybridisation is common in the British Isles. Oaks support more insects than any other species (even willows) and those grown on slopes develop the angled lower branches used by early builders as crucks. In this area suckers were growing vigorously of poplar and cherry.

Poplars and aspen trees were spotted next. The leaf stalks of the aspen are flattened catching the wind and causing the "quiver like an aspen" effect. Toadstools were also evident some of which associate themselves with certain trees e.g. the fly agaric with the birch. Diamond shaped marks on the trunks are typical of the poplar.

Near the bottom gate was a lime, the favourite of beekeepers. The alder next door is popular with siskins and red polls. Its green fruits turn brown and open on ripening ready for the birds to spread the seeds in their own special way. The alder grows in symbiosis with certain bacteria which absorb nitrogen from the air. These organisms live in nodules on the roots improving soil fertility. The timber's resistance to moisture made it ideal for clog making and early wooden drains.

Hoping to have absorbed at least part of this fascinating information, the group dispersed after thanking John very much indeed for his informative talk. *Susan Garnett*

### **SEDBERGH CRICKET CLUB**

*Saturday 17th August – Milnthorpe v Sedbergh*

After all the beautiful hot weather, winter has arrived! Not a ball was bowled, rained off! 6 points each.

*Saturday 24th August – Sedbergh v Galgate*

The rain was still coming down, another game lost to the weather, 6 points each.

*Saturday 31st August – Trimpell v Sedbergh*

Sedbergh travelled to Trimpell with ten men, bringing Cai Roberts in to help out. Sedbergh had a very young side, including Albert Hindson, Ben & Jay Ferguson and the Connelly brothers, Gabe, Archie & Ferg. As we

turned up, Trimpell's players must have thought they were in for an easy ride especially as they won the toss and put Sedbergh in to bat. They were going to get a shock as the performance of the season was about to unfold. Julian Cann and Paul Metcalfe opened the batting, we lost our first wicket for 17 (Paul Metcalfe). Steve Cayleigh went in to bat at number 3 to start pushing the score along and was eventually bowled for 19, a big mistake for Sedbergh as he took the job of umpiring on! Fergus Connelly went in to bat next and started scoring runs freely with Julian Cann and then Mr Cayleigh got to work and gave Fergus out LBW for 9, followed by Steve Troughton also

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being given out LBW for 1 and also Ben Ferguson given out LBW for 2 – what was Mr Cayleigh doing! Albert Hindson was next to join Julian at the crease and between them they started to rip the Trimpell bowling apart. Sedbergh were getting close to finishing the innings and the ever reliable run machine, Julian Cann, finishing on 97 not out and Albert Hindson scoring 15. Sedbergh finished with 172 runs for 8 wickets.

After tea, Trimpell set about trying to chase the 172 runs they needed to win. Julian Cann and Fergus Connelly opened the bowling, Julian finishing with 5 for 15 off 12 overs, Fergus Connelly came off with 0 for 25 off 4, Steve Cayleigh 4 for 21 off 7 overs, Paul Metcalfe 1 for 1 off 1, Trimpell all out for 69, a nice win for Sedbergh and the best performance of the season by Julian Cann, finishing on 97 not out and bowling figures of 5 for 15. Out of this world.

#### *Saturday 7th September – Galgate v Sedbergh*

As we drove through a tropical rain storm to Galgate, arriving to puddles all over the Galgate wicket, nobody believed there was going to be a game however, Mr Cayleigh turned up and decided we should have a game of cricket. He was the only person who wanted to play in the pouring rain! Captain Marvel went out and won the toss, electing to bat on a wet wicket! Julian Cann and Paul Metcalfe set about making a good total, scoring 26 off 4 overs, things weren't actually looking that bad. The wheels then fell off as we lost the in

form Julian for 5, followed by Paul for 21, John Brown for 0, Steve Troughton for 0 and Sam Moore for 0. Mr Boycott had returned (Richard Oughton) and was given out LBW by guess who? Albert Hindson was next to bat and managed to score 5, with John Thornton and Ben Ferguson scoring 6 between them. Batting at number 11 was Mr Cayleigh who managed to add 4 runs, making a grand total of 62 all out for Sedbergh.

After a biscuit and a cuppa tea (Galgate had cancelled the teas thinking there would be no game) Galgate knocked 66 runs off in 13 overs, losing 2 wickets.

#### *Saturday 14th September – Barrow v Sedbergh – Last Game Of The Season*

With Barrow needing a win to stop up, Sedbergh turned up with 9 men, drafting in Keiran Touey's dad to help us out, we managed to turn out a team of 10! Barrow won the toss and elected to bat first, scoring a total of 184 runs on their first team pitch, a pleasure for our scorer Kirsten Wilson, having an electronic score board to operate! Steve Cayleigh and Julian Cann opened the bowling for Sedbergh, with Steve Cayleigh finishing with 1 for 22 off 6 overs in his first spell, Julian Cann 0 for 17 in his first spell.

Our overseas player, Justin Kirk, came on and took a wicket with his third bowl. Joining Justin at the other end was Ben Ferguson who went for 7 off his first over and went on to finish with great figures of 1 for 32 off 7, allowing Keiran Touey to come on

and bowl 5 overs, finishing with 1 for 7. Albert Hindson came on next and bowled really well, finishing with 0 for 17 off 5 overs. Steve Cayleigh came back on to bowl with Julian Cann to see out the overs, Mr Cayleigh finishing with 2 for 42 off 11 overs, Julian Cann 0 for 37 off 10 overs and Justin Kirk 3 for 37 off 8.

After tea, Sedbergh started to bat. Julian Cann and Steve Troughton opened the batting (shows how short Sedbergh were for Troughton to open the batting!). Steve Troughton was bowled out for a duck, next in was Mr Cayleigh who scored 31 and Julian Cann 24. Sedbergh were in trouble. John Thornton was next to bat, scoring 5. Justin Kirk was next in and

together with Ben Ferguson scored 59 (Ben Ferguson 28 not out, Justin Kirk 31 out). The other four batsmen, Cai Roberts, Albert Hindson, Keiran Touey and Mark Touey managed to score one run between them! Sedbergh were out for 136 runs and Barrow stayed up.

*Season Over – Look Forward To The Next One.*

The Presentation Evening has now been arranged for the 1st November at The Dalesman, 6pm till approximately 8.30pm, adults £10 per head, juniors £5 per head. Anyone wanting to attend should contact Stephen Troughton .

I would like to thank Kirsten and Colin Wilson and my wife Karen, for

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all their hard work over the season, Mr Steve Cayleigh for all his hard work as captain of the side, Paul Metcalfe for the work on the pitch, all our sponsors and Ian Donoghue for being at every home game supporting us.

*Stephen Troughton*

**SEDBERGH CRICKET CLUB  
Fun Day**

Sedbergh Cricket Club held a family fun day at Settlebeck field on Sunday 1<sup>st</sup> September. The aims of the event were to raise local awareness of the club, provide a whole family experience at the end of the school summer holiday, and raise money for the upkeep of the club. All three were achieved in what proved to be a most successful day; one which the club will be looking to repeat and build upon in years to come.

Of course a day like this cannot happen without a huge amount of time and effort. The inspiration for the event came from Karen Troughton and Kirsten Wilson. Between them they engaged support from many members of the Sedbergh community. Their preparation and planning was superb, and it all came together on the day like clockwork.

I would like to take the opportunity of formally thanking Karen and Kirsten for their efforts, along with the Club Committee who enthusiastically supported this event. The Club would also like to thank specific organisations and people for their particular support.

- Settlebeck High School for allowing us on site

- The Dalesman for providing the licence and plentiful sandwiches
- The town market for providing us with gazebos
- Dean Hunter for the PA System and music
- The Fire Brigade, Police and Ambulance services for being such a friendly presence on site
- Those who provided raffle prizes: Duo, Pratts and others too numerous to mention. The Raffle alone raised over £200!
- Donations from D T Close, Graham Keighley and others.
- The helpers who provided cakes, ran stalls and generally helped in any way.

I am sure to have missed people out. May they be assured that everyone's contribution towards the event was very much appreciated by the Club.

The day raised just over £700. This was a magnificent achievement by everyone.

The Club is relatively small, running an adult team in Division 3 of the Westmorland Cricket League, and two junior teams in the Westmorland Junior League. The U12 team were unbeaten and League winners this year. A brilliant effort! There are occasions when the Club struggles for players. The Club overheads are relatively high, and urgent work will be needed to the Pavilion very soon. Therefore, events such as the Fun Day are vital for the club's future.

Thank you for supporting the town's cricket club on Sunday 1<sup>st</sup> September, and we look forward to your

continuing support in the future.

*Martin Cope (Chairman)*

### **SEDBERGH WANDERERS FOOTBALL CLUB**

Exciting times lay ahead as our new changing rooms are now almost fully complete. We expect to the handover date to be around the 26<sup>th</sup> September so we will have about 10 days to add our own little touches before our first home game of the season on 5<sup>th</sup> October. We were delighted that the Sedbergh & District Community fund awarded us a grant to help cover the cost of a brand new washing machine and dryer for the changing rooms. These will be sourced from JJ Martin and will provide a great service in

washing the kit after each game!

A brief lowdown on the new changing rooms would go something like this; Sedbergh will now change in brand new changing rooms housed in the extension built to the East of the current building. The extension boasts a larger changing room, brand new showers and two toilets. The away team will now use approximately 75% of the old home changing room and 40% of the old away changing room meaning they also have a bigger area. The old showers have now been fully-refurbished and are for use by the away team only. The referees have even been catered for with a refurbished and enlarged room! We



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are all very excited for the completion and are looking forward to many years-worth of use!

On the pitch, we have had an indifferent start to the season with our opening game bringing a 4-2 win at Staveley which was, unfortunately, followed up with two heavy defeats, 6-2 at Kendal United and 8-0 at Penrith Reserves, although both the defeats featured starting XI's with a number of key players missing.

Our next fundraiser takes place on Saturday 19<sup>th</sup> October in the form of a Wine and Savouries Night. Tickets are priced at £12 for which you will get 5 drinks (Wine, beer or soft drinks), as much buffet as you can eat and then be able to view a live-

band perform. Tickets are on sale now from all the players. Please see our advert on page 19 for more information. We hope to see you all there on October 19<sup>th</sup> as our inaugural Wine and Savouries night two-years ago was a great event and success. Keep your eyes peeled over the coming months for more information on the club and about future fundraisers. You can also follow us Twitter, should you wish (@Sedberghwfc) or like us on Facebook (Sedbergh Wanderers Football Club).

*Ben Close*  
For and on behalf of Sedbergh Wanderers Football Club

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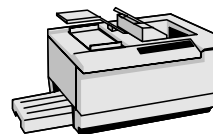
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### HARRIER NEWS

As Usain Bolt publishes his Autobiography *Faster than Lightning*, Howgill Harriers have been able to contemplate titles for their own running life story:

- *The Older I Get, the Faster I Was*
- *Without Me, Someone Else Would Have to Come Last*
- *It's a Hill, Get Over it*

During the last month Howgill members have taken part in a wide range of challenges. There are actually too many fell races to mention here, but flashes of Howgill black and gold were seen at the Blisco Dash, Duffton and Loweswater races, among others. For more detail check the FRA website, or

Sean's Facebook page...

Closer to home, three Harriers took on the 14 mile challenge of the Sedbergh Hills race, which includes some steep climbing and tricky stream crossings. After nearly three hours there was barely ten minutes between Pat, Al and Sean though, who finished in 47th, 66th and 79th positions, in a field of nearly 200.

Our own Weasdale Horseshoe saw eleven Harriers complete the demanding eight-mile fell route. The weather threatened but stayed dry throughout, although the boggy sections were still as good as ever! Rob came home as first Howgill and 6th overall, followed by Pat (8) Sean (12), Al (18), Heidi

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**Kate Seymour** is still our Sedbergh representative - please do not hesitate to contact her in the first instance on any legal matter.

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(19), Graham (21), David C (22), Steve M (27), Alan (38), Jenna (49) and Kev M (50). Heidi was also second lady and Howgill secured first team overall.

With nearly 200 others, Sean, David C and Neil tackled the Grasmere Senior Guides race at the end of August, one of the true 'classics' of fell running. Despite running Weasdale the day before Sean was first home for Howgill and 49th overall, with David less than a minute behind in 66<sup>th</sup> and followed by Neil in 121st. There is a video of the event online, which gives a good idea of the terrain and gradient!

At the 'Ultra' end of the scale, Marcus and Jon R tackled the inaugural Lakeland 100K trail race (yes, not a typo, one hundred kilometres, or about 62 miles). Ultra distances are something of a speciality for Marcus – he is ranked 7<sup>th</sup> in the world at 50K – and he confirmed his fine form with a win in 11 hours 48 mins, some 50 minutes ahead of his nearest challenger. Jon finished 17<sup>th</sup> overall in 15 hours 12 mins, adding another long distance challenge to his CV.

In the 50K race, our sole representative Emma was leading lady until the final few kilometres, when she became the victim of poor signage. Nevertheless, she recovered to finish as second lady in 7 hours 34 mins, perhaps a moral victory in the circumstances!

Staying with the ultra events, Alun travelled to the Alps to run the Ultra Trail du Mont Blanc, a challenge



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which attracts thousands from all over the world. After 42 hours, 168km and over 9600m of ascent later he returned to Chamonix to finish 150<sup>th</sup> in his category – an amazing achievement which shows what really is possible with the correct preparation and training (Alun didn't realise at the time but two Howgill members had secretly gone ahead to support him along the route, scrawling chalk messages on trees, stones and so on, then meeting him at one checkpoint to run alongside for a while! A few photos of these messages are now on our website).

Back on Cumbrian 'soil', Kev K added to his own extensive experience of the Lakeland Trails

runs at the Keswick 15k Challenge, with a course PB earning him 134<sup>th</sup> out of nearly 500 runners.

Slightly closer to home, four Harriers travelled to Burton in Kendal for the annual 10K road race. The course proved to be hilly in places, but Sam led from start to finish taking first place overall, even after a traffic-hampered journey to the race! John, Jon and Jim followed in 4<sup>th</sup>, 11<sup>th</sup> and 23<sup>rd</sup>, with Jim also 7<sup>th</sup> Male V50. Also on the tarmac but on the other side of the country, Jane added yet another half marathon to her growing list, completing the Great North Run in 2 hours 8 minutes.

And, at the risk of Information overload, you can read about our

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Great Westmorland Trail Race elsewhere in *The Lookaround*. If any of these little reports inspire you to join us sometime you would be more than welcome. As the nights grow longer we will be donning head torches and fluorescent gear for the roads, but also returning indoors for circuits and speedwork sessions. Check the website for current days and times if you want to come along one evening, indoors or out, cold or sweaty, tortoise or hare...

Happy running.

*John Hosker*

#### **SEDBERGH SWIMMING CLUB**

*Important news*

The refurbishment of the changing

facilities at Sedbergh School pool are underway. Unfortunately the pool will not be available to the Club until the 28th October. This does mean a considerable delay in a return to lessons and adult swimming, but we are sure it will be worth it. We very much look forward to seeing our current pupils returning to the Club at that time and we will welcome new pupils, all enquiries to Kate Thexton please as membership secretary 07752 748929.

Adults, we are hoping to extend the session time on a Tuesday to an hour to compliment the Thursday session. More news to follow in the next edition of the *Lookaround*.

*Lynn May Secretary*

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This Team Leaves It Clean

## YORKSHIRE DALES NATIONAL PARK

*National Park logo offer is a hit*

Businesses are queuing up to adopt the Yorkshire Dales National Park logo to help boost their trade.

More than 100 have now been given the go-ahead to use the famous Swaledale ram's head logo in connection with their marketing material – and there are more applications coming in every day.



The new locator logos come in five eye-catching designs and help businesses and event providers identify their activity or product as being in or of the Yorkshire Dales National Park. Applicants just choose which are most appropriate for them.

There is no charge from the YDNPA to use the new locator logos. However, the Intellectual Property Office sets a fee of £50 to register licensees permitted to use the trademark, with the licence lasting in perpetuity. The fee is being paid by the Authority in the first year of the scheme to encourage take up. This offer continues until November 11.

Anyone wanting to find more information or to download the two application forms should visit the YDNPA website at [www.yorkshiredales.org.uk/logo](http://www.yorkshiredales.org.uk/logo).

*Nick Oldham*

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- Real Delicious ice cream
- Farmhouse baking
- Free range eggs
- Tea, coffee, beverages inside or out
- Antiques

### *Featuring*

- Adam Sedgwick
- Dent Marble
- Life on the Land
- Miles Mason
- Settle-Carlisle Railway

### *Opening Times*

11am to 4pm Every Day  
Tickets valid all day  
Dogs Welcome

[www.dentvillageheritagecentre.com](http://www.dentvillageheritagecentre.com)

*Also visit*

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



One Adult Free Entry on  
production of this advert.

### PEOPLE'S HALL NEWS

The redevelopment work is continuing. The paving is down in front of the side entrance in anticipation the Parish Council extending the car park and fencing it off. (We have very generously given the PC the spoil from our excavations to do this.) , As this article is being written, the second fit for the joinery, plumbing and electrical is in progress together with the tiling of the various areas. The old exit doors to the main hall have gone and been replaced by glazing and new swing doors installed to the side lobby. The back lobby outside the kitchen and committee room is being refurbished. Downstairs the changing rooms are nearing completion in anticipation of the Wanderers' first match in October. The decorator fits in and has completed most of the painting as work progresses. For photographic progress please visit:

[sedberghpeopleshall.blogspot.com](http://sedberghpeopleshall.blogspot.com).  
This site has had 1644 views since it started!

You will remember we launched our "Adopt a Brick" supporters' wall some time ago. In anticipation of an "opening" would intending adopters please have their forms (and donations) in by 31 October 2013 so we can finalise the wall? You can leave them at Sedbergh Office Services or post them to me.

An **Old Time Dance** will be held in the People's Hall on 12 October 2013 with Kenny Bell.

*Dr Gina Barney,  
Hon Secretary / 20790*

**Daphne Jackson**  
**MSc (Ost) DO**  
*Registered Osteopath*  
**BUPA Provider**

**Mill Barn, Broad Raine**  
**Killington LA10 5EP**

Please ring Kendal Practice  
for appointments  
01539 740452

### NEIGHBOURHOODALERT

Cumbria Police are looking for a male who has a tendency to forget to pay for things. such as fuel and accommodation. The male has made off three times from petrol stations and one guest house in Cumbria and we are asking for your co-operation in catching this male as soon as possible. The male is currently using a Black Vauxhall Astra registration number SM07XNL. He is described as being in his 40's, balding head and of a large/stocky/overweight frame.

If you observe this vehicle or a male fitting this description, please Cumbria Police on 101 as soon as possible.

painter. 

*'quality work for the discerning client'*

Ian Higginbotham

**PAINTER & DECORATOR**

Telephone 015396 21073 Mobile 07813 818958  
e-mail: painter.ian@btinternet.com

### **SEDBERGH METHODIST GUILD**

The Winter session of The Guild commences on Monday 21st October at 7.30pm in the Methodist Schoolroom. This will take the form of a Devotional Evening, when our speaker will be Pam Dent.

The Guild is open to everyone, and held weekly through the winter months, so please come and join us, when you will get a warm welcome, plus a cup of tea (or coffee) and biscuits!

If you wish to know more please ring Mary on 20616 or Barbara on 20471.

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### **M.S. RESEARCH**

It is coming round to the M.S. Table Top Sale soon. From 2007 the first M.S. Table Top Sale at the Peoples Hall you have helped raise £4798.01 for M.S. Research which is really fantastic.

Every year goes by and there is one or more people I know that have M.S. So it is with your help and donations every year is another year forward for M.S. Research.

This year the Table Top Sale is on 9th November and the Peoples Hall from 9.30am till 1pm. There are tables for hire and also the M.S. tables with home made cakes, bric-a-brac, and a super raffle

So please try and come along, wither rent a table and make a few bob, or have a brew and home made cake, they are great. The atmosphere is really buzzing and it is so lovely to see everyone.

If you want to rent a table or have anything you want to donate for us to

sell on the M.S. Table that's great (but sorry, no husbands or pets!) or if you would like to help that morning please call Sandra Longlands on 07815 069394. So thank you for taking the time to read this xx.

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### **NORTH WEST CANCER RESEARCH**

The Committee wishes to thank all who helped in any way to raise the wonderful total of £364.84 at the August Coffee Morning

For every £1 raised for NWCR, 85p on average goes directly into research, much of which is carried out at Lancaster University.

Researchers are invited to apply for a grant twice a year, then a Scientific Committee made up of internationally acclaimed scientists assess the applications and decide which to fund. As 1 in 3 of us at one point in our lives will be touched by cancer, research is vital.

Sadly, the Sedbergh Committee is an ageing one and some members are no longer able to help.

I cannot continue as Secretary, which is not an onerous job but needs someone younger, more energetic and less forgetful!

At present we organize 2 Coffee Mornings a year, and have contact with other Committees in the Lune Valley, but you may have an idea for a different fund raising event.

It will be SO sad if we have to disband, so if you feel you could help PLEASE contact me .

*Marjorie Fishwick Tel. 20047*



**SEDBERGH & KL  
NEIGHBOURHOOD FORUM**

Neighbourhood Forum meetings are organised by Cumbria County Council to enable local people to meet with their County Councillors and other council officers to discuss issues of interest and have the opportunity to raise concerns or ideas for the area. Neighbourhood Forums are public meetings and everyone is welcome.

The next Sedbergh & Kirkby Lonsdale Neighbourhood Forum meeting will take place on Tuesday 22nd October 2013 at 7.30pm at Sedbergh Medical Centre, Station Road, Sedbergh, LA10 5DL. The agenda includes Trading Standards, a Police update and consideration of Community Grant applications. If you would like to receive a copy of the agenda, or would like further information about the meeting or about making a grant application, please contact Sarah Williams, Area Engagement Officer, on 01539 713405 or email sarah.williams@cumbria.gov.uk.

**SEDBERGH LIBRARY**

The Library is offering free one-to-one computer training sessions for beginners.

Learn how to use a keyboard and a mouse, search the Internet, send e-mails with attachments, search and apply for jobs on-line, shop on-line, stay safe on-line. All training sessions should be booked in advance at the Library (See back page for contact details)

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**AUDIO & LARGE PRINT  
LOOKAROUND**

The A&LP Lookaround is separate from the main Lookaround and is self financing with donations and the Annual Coffee Morning which was held this year on Wednesday 11th September.

A big thank you to all the helpers, donators of cakes, biscuits and raffle prizes and to all those that supported the Coffee Morning by attending and buying the cakes and raffle tickets.

On show was a Speaker demonstrating the Audio version and some Large Prints which gave all the attendees some insight into the work that is done in the background.

Along with some Donations, the Group realised £140 for funds which enables the members of our community to receive the Audio and Large versions of Lookaround.

If you would like to receive either type or know of someone that would appreciate one, please contact the Office. *Dennis J Whicker*

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**SEDBERGH SCHOOL  
LOCAL YOUNG PEOPLE'S FUND**

Applications are invited for grants available from The Sedbergh School Young People's Fund. The fund exists to help young people from the parishes of Sedbergh, Garsdale and Dent.

The grants can be awarded by the Trustees in one or more of the following ways;

- i) The award of Scholarship, Bursaries or Maintenance Allowances tenable at any School, University or other place of learning approved by the committee.
- ii) The provision of financial assistance, outfits, clothing, tools, instruments or books to enable beneficiaries on leaving school, a University or other educational establishment to prepare for, or assist their entry into a profession, trade or calling.
- iii) The award of Scholarships or Maintenance Allowances to enable beneficiaries to travel abroad to pursue their education.
- iv) The provision, or assistance towards the provision, of facilities, of any kind not normally provided by the Local Education Authority, for recreation and social and physical training, including the coaching in athletics, sports and games to beneficiaries who are receiving primary, secondary or tertiary further education.
- v) The provision of financial

assistance to enable beneficiaries to study music or other arts.

Applications should be in writing and addressed to Mr Peter Marshall, The Bursar, Sedbergh School, The Bursary, Malim Lodge, Loftus Hill, Sedbergh LA10 5RY to be received by 1<sup>st</sup> November 2013 for consideration at the next meeting of The Trustees.

*J.O.Morris Chairman Sedbergh School Local Young People's Fund.*

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30 years experience

We design, manufacture purpose made  
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All your requirements fully fitted.

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Mobile: 07779 049103 or 07814 149105

**SEDBERGH SPRING SHOW**

**Help** - we desperately need a Recorder for the next Spring Show, which takes place on 29<sup>th</sup> March 2014. Ideally we need someone with computer skills who has some time available next February/March. The work involves collating exhibitors' entries in the weeks leading up to the show and entering the results on the day. We really cannot stage the show without someone to take on this task, if you feel you can help, please call me now.

*Linda Hopkins  
Secretary, tel. 21455*

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**SEDBERGH DENTAL PRACTICE**

By the time you read this, the Dental Practice would have opened the doors to their new and improved Main Street premises on the 23rd of September. Georgia, Ben and the whole team are very excited to finally start work in the new facility. We plan to have an official opening later on this year where you would be most welcome to have a look around. Watch this space for more details.

*Ben Houghton*

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**MEALS ON WHEELS**

The Red Lion in Finkle Street, Sedbergh offers meals on wheels service twice a week on a Tuesday & Thursday where a hot main & pudding is delivered to your door by one of the volunteers who help us provide this service for the local Community.

If you or any one you know would like to try or have this service please contact Carole or Jonathan at The Red Lion on 015396 20433.

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**DENTDALE  
CHRISTIAN FELLOWSHIP**

We keep doing different things! At our August gathering we had a walk around the village and then helped the Gala by providing some of the morning refreshments. Our fellowship is in it's 4th year which is amazing, all the folks who come regularly are part of one "church" or another, or of none, we welcome everyone whether they are on holiday or live here or are

just popping in to see what goes on or want to come back.

In addition to the 4th Sunday monthly in an evening we are also getting together for lunch once a month on a Sunday around 1.45pm and there is always room for some more people around the table. We have a high chair if a small guest may need it and ask nothing of you except to enjoy your meal.

See advert on Page 27 for details or ring us on 25212.

*John & Sarah E Woof.*

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**SEDBERGH & DISTRICT  
CHAMBER OF TRADE &  
BUSINESS***Christmas Flowers*

The flower arrangements done in St Andrews church in Sedbergh, as part of the Late Night Opening last year, were wonderful and a huge success. So the Chamber with the support of St Andrews have decided to do this again and would invite as many organisations and individuals as possible to come and bring a flower arrangement to help start the Christmas festivities. The Late Night Opening will be on the 4 December and the flowers will remain in the church for about a week probably from Monday 2 December to Monday 9 December.

If you want to take part – and all are welcome – please could you get in touch with Jacky Baines ([jaxbaines@gmail.com](mailto:jaxbaines@gmail.com)) or Barbara ([barbara@garsdaledesign.co.uk](mailto:barbara@garsdaledesign.co.uk)) or by telephone at 015396 20875.

### **BONFIRE NIGHT**

The annual Sedbergh Bonfire Night Celebration will be held at the People's Hall on Saturday 2nd November. Gates open at 6.00pm, the bonfire is lit at 6.30 and fireworks at 7.30. There will be the usual food and drinks stalls, plus children's competitions for the best guys, turnip and pumpkin lanterns. *John Davis*

### **FLICKS IN DENT**

As you will see in the advert on Page 12 we are showing "Lad" in Dent in Oct, we are also providing a buffet supper yet there is no increase in the ticket price! There will be a "box" for freewill offerings of cash for Hall funds as this seems the best way to do it. The film is great, don't miss it! There will be a raffle with a "Yorkshire Theme" ie flat caps, pudding, cheese, tea welcome as prizes, see you there.  
*SEW*

### **YOUNG FARMERS CLUB**

Sedbergh Young Farmers Club has started a new year with an exciting programme. We would welcome any new members to come along to the People's Hall on a Wednesday night at 7:30pm.

Two events that have been organised and further details will appear will be a Festive Domino Drive on 6th December and a Pie, Pea & Quiz Night on 24th January both in the People's Hall so put the dates in your Diary.

To find out more, please contact Rachel Bainbridge or any other member.

### **LADIES N.F.U.**

The September meeting was held on the 17th with nineteen members present. After a General Meeting, the AGM was held and the Treasurer's report was given.

The raffle was won by Kath Mason, followed by a very entertaining Quiz, set by our President. Tea was then served by Barbara Gorst and Dorothy Pratt and a most delicious Jacobs Join spread was enjoyed by all.

The next meeting will be held on the 15th October, when visitors and new members will be most welcome to join us to learn all about Brooch and Corsage making from Sarah Peel.

### **Cumbria Stove Centre**

Supply and installation of  
wood, coal and gas stoves  
Flue and chimney lining services  
Inglenook specialists  
Fully qualified and experienced  
Hetas engineers

01539 821061 (day)

015396 25227 (evening)

SHOWROOM:

34a Main Street, Staveley, Nr Kendal

### **CHRISTMAS LOOKAROUND**

I know that it's only October but now is the time to get your thinking caps on for the December Lookaround which will be a double full colour issue as there will not be a January one.

A special request not to leave things till the last minute as it really does put me under pressure to get it into the shops by 1st of the month. Thank You and a Merry Christmas.

*Dennis J Whicker*

### **COMMUNITY GRANTS**

Are you a local community group looking to raise funds for a community project or initiative? Does your project meet local priorities and benefit the wider community? If so, you may be eligible to apply for a Community Grant from Cumbria County Council.

Grants are available for voluntary, non-profit making community groups and organisations who can demonstrate that their project will benefit the local area. For more information and to find out if you are eligible to apply for a grant, please contact Sarah Williams, Area Engagement Officer, on 01539 713405 or e-mail [sarah.williams@cumbria.gov.uk](mailto:sarah.williams@cumbria.gov.uk)

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### **COMMUNITY OFFICER REPORT**

Over the past month in the Kendal Rural East area there has been a theft of a pedal cycle, 1 metal theft, 4 burglaries from commercial premises, a burglary from an outbuilding, and one burglary from a dwelling.

There has been a report of a stolen quad bike and a theft of a builders vehicle. Enquiries continue with these incidents.

Concerns regarding cold callers have been raised, no cold caller stickers to display by your door can be obtained by contacting your local CSO.

In the month of September we are running our alcohol strategy

operation. We will be going into all Secondary Schools to give talks about the effects that alcohol has on the body and to warn youths regarding the consequences while under the influence. Domestic abuse, assaults, public disorder, antisocial behaviour can all be caused by offenders or victims being under the influence of alcohol. Not only does it cause misery but the cost to policing is huge.

Tackling Burglary is a force priority. Recent statistics show that over 60% of burglaries are via insecure properties with Burglars getting access to homes via open windows and unlocked doors. To prevent your home being an easy target for thieves, take some time now to assess the security of your home.

The current community priority for Sedbergh is rural burglaries and vehicle crime. We will keep you updated as to the main actions taken and results.

To suggest future community priorities please feel free to attend contact us on 101 or email us on [karen.dakin@cumbria.police.uk](mailto:karen.dakin@cumbria.police.uk) Or [Amanda.coleman@cumbria.police.uk](mailto:Amanda.coleman@cumbria.police.uk) or alternatively you can speak to us during our regular drop in the community office, on the last Friday of each month between 12:00 and 13:00. We would be pleased to meet you all to discuss any issues or simply for a chat.

*CSO 5206 Karen Dakin  
CSO 5244 Mandy Coleman.*

## 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	GPS	0825	0858	M - F	564	GPS
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1002 (C, H)	1044	M - S	564	GPS	1055 (C)	1128	M - S	564	GPS
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	WDB	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	GPS
1310 (C)	1347	M - S	564	GPS	1425 (H)	1500 (L)	Sat	564A	WDB
1545	1620	M - S	564	GPS	1625 (C)	1658	M - S	564	GPS
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0855 (L)	0932	M - F	564	GPS	0705	0740	M - F	564	GPS
1125 (L)	1202	M - S	564	GPS	0935	1002	M - S	564	GPS
1440 (L)	1505	M - S	564	GPS	1235	1310	M - S	564	GPS
1655 (L)	1732	M - S	564	GPS	1510	1545	M - S	564	GPS
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0825	0840	Sat	564A	WDB	0950 (CG)	1000	Wed	548B	W
1330	1345	Wed	564B	W	0910	0925	Sat	564A	WDB
1500	1515	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1650	1705	Sat	564A	WDB	1615	1630	Sat	564A	WDB
1840 #	1855	Sat	564A	WDB	1740	1755	Sat	564A	WDB
					1930 #	1945	Sat	564A	WDB
Dent to Dent Station					Dent to Sedbergh				
0840	0855	Sat	564A	WDB	1000	1015	Wed	548B	W
0950	1005	Sat	564A	WDB	1035	1050 (L)	Sat	564A	WDB
1345	1355 CG	Wed	564B	W	1630	1645	Sat	564A	WDB
1515	1530	Sat	564A	WDB	1755	1810	Sat		WDB
1705	1720	Sat	564A	WDB	1945 #	2000	Sat		WDB
1855 #	1910	Sat	564A	WDB	Last Update: June 2013				
L = Sedbergh Library					H = Via Westmorland General Hospital (Request Only)				
C = Via Kendal College					CG = Cowgill				
W = Woof's of Sedbergh					WDB = Western Dales Bus				
GPS = Grand Prix					# = British Summer Time Only				
<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)				

Dent Station Western Dales Bus Saturday Service 564A					
Train connection From Leeds		1016	1611		1923
Train connection From Carlisle	0905			1732	1920
Buses leaving Dent Station	0910	1020	1615	1740	1930
Buses Arriving Dent Station	0855	1005	1530	1720	1910
Train connection To Carlisle		1016	1611		1923
Train connection To Leeds	0905	1040	1540	1732	1920

**A B C D E F G H I J K L M**

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

**N O P Q R S T U V W X Y Z**

**REFERENCE GRID**

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

<b>Organisation</b>	<b>Update</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
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 - Sedbergh	09/08	Mrs Leigh	Sed:	20794
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	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 - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
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	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	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 - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
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 Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665



Kent Lune Trefoil Guild	01/09	Mrs Mitchell	Sed:	21144
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
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 - Sedbergh	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	12/10	Mrs Levitt	Dent:	25162
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	04/13	Mrs Hoggarth	01539	824663
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

1	9	3	6	2	4	5	8	7
7	4	8	9	1	5	2	6	3
2	5	6	8	3	7	4	1	9
5	2	7	4	6	1	9	3	8
3	6	9	2	5	8	1	7	4
4	8	1	7	9	3	6	2	5
9	7	5	1	8	6	3	4	2
8	1	2	3	4	9	7	5	6
6	3	4	5	7	2	8	9	1

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4	9	1	7	6	5	3	2	8
2	8	3	1	5	7	9	4	6
9	1	5	6	4	8	7	3	2
6	7	4	9	2	3	5	8	1

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1	3	7	4	8	9	2	5	6
6	4	3	2	9	7	8	1	5
9	5	8	1	4	6	7	3	2
2	7	1	8	3	5	6	9	4
7	6	9	5	1	8	4	2	3
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3	2	5	6	7	4	1	8	9

1	8				9			
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5	6							8
		7				3		
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N				I	N	K		F	L		R
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W	N		L			B	A	D			C
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U	T		I		E		A		E		I
R	E	S	I	S	T		F	I	R	S	T





### BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Hope .....	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) <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 (2014/06) <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 (2013/02) <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 (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks .....	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) <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 (2013/11) <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

### CAMPING, CARAVANNING & SELF-CATERING

Mrs Tallentire .....	Ingmire Hall, Sedbergh (2013/02) <i>D &amp; PB Flat; £395 pcm; References &amp; Deposit required</i>	07944 859456
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09) .....	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs A Bramall .....	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <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

<b>CHURCH SERVICES</b>					
St. Andrew's	6th October	13th October	20 October	27th October	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC BCP	Harvest Sunday School	HC CW	Family Service	
6.30 pm	EP	Sung Evensong	EP	EP	
Wednesdays 11.15	2nd October HC	9th October HC	16th October HC	23rd October HC	30th October HC
St. Mark's	6th October	13th October	20 October	27th October	
9.30 am	HC	MP			
2.30 pm			HC	M&P	
St. John's	6th October	13th October	20 October	27th October	
10.00 am	MP	No Service	MP	Harvest Thanksgiving	
<b>LUNE PARISH SERVICES</b>					
	6th October	13th October	20 October	27th October	
St John's Firbank	10.30 am MP @ Firbank	2.00 pm HC @ Killington	2.00 pm HC @ Howgill	2.00 pm HC @ Firbank	
Holy Trinity Howgill					
All Saints Killington					
<b>DENT &amp; COWGILL PARISH SERVICES</b>					
	6th October	13th October	20 October		27th October
St. Andrew's	10.30 am HC	10.30 am HC	10.30 am HC		10.30 am 175th Anniversary Service attended by the Bishop of Carlisle's Visit followed by a Jacob's Join lunch @ Cowgill
	6th October	7th October	26th October		
St. John's	2:30 pm Harvest Festival	7:30 pm Harvest Auction	An Evening with Father's Slides: A pictorial rail journey through Cumberland, Westmorland and North Yorkshire from the private collection of eminent railway photographer & author, the late Derek Cross, narrated by his son, David		
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		

## Religious Services in Sedbergh

**CHURCH OF ENGLAND**  
 St. Andrew's Parish Church  
 Sunday 08.00, 10.30 & 18.30  
 Wednesday 11.15  
**Rev. A. McMullon Tel: 20018**  
*Church Wardens:*  
 Tony Reed Screen 21081  
 & Susan Sharrocks 20754  
[www.sedbergh.org.uk/churches/anglican](http://www.sedbergh.org.uk/churches/anglican)

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

~~~~~  
**METHODIST CHURCH**  
 New Street  
 Sunday 10.30  
**Rev. H. Stuteley Tel: 20329**

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

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

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

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

~~~~~  
**CHURCH OF ENGLAND**  
 Cautley & Garsdale  
**Rev. A. McMullon Tel: 20018**  
*Church Wardens:*

Cautley: Judith Bush 20058 & Linda Hopkins 21455  
 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723  
 Firbank: Colin Wilson 20952 & Jean Dixon 20435  
 Howgill: Mary Stainton 20426 & Dorothy Parker 20493  
 Killington: Jennifer Thornely 20444  
 & John Mather 015242 76333

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

~~~~~  
**METHODIST CHURCH**  
 Dent; Dent Foot;  
 Cautley; Fell End;  
 Garsdale Street; Garsdale Low Smithy;  
 Hawes Junction & Frostraw  
**Rev. H. Stuteley 20329**

~~~~~  
**SEDBERGH CHRISTIAN CENTRE**  
 5.30 pm People's Hall every Sunday  
**Tel: 20588 or 20503**  
[www.sedberghchristiancentre.co.uk](http://www.sedberghchristiancentre.co.uk)

~~~~~  
**worship@peopleshall**  
 10:30 am Sunday  
**Beth & Sandy Roy Tel: 20785**

~~~~~  
**CAFÉ CHURCH**  
 7:00pm every first Sunday  
 United Reformed Church, Sedbergh  
**Andy & Tina Woof 01524 730259**

~~~~~  
**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 10th September 2014*

| OCTOBER  |                                                 |               |
|----------|-------------------------------------------------|---------------|
| 1        | 1000 Exhibitions (14)                           | FM            |
| 1        | 1000 Journeys with a Needle Exh till 9th Oct    | DCMH          |
| 1        | 1900 Aglow International                        | KLJ           |
| 2        | 1000 Coffee Morning - Firbank Church            | URCR          |
| 2        | 1300 Quliing Demonstration                      | CWS           |
| 2        | 1930 HS By the Sword Divided (16)               | SSAT          |
| 3        | 1930 WIH - AGM & WI Advisor                     | FCH           |
| 4        | 1400 Age UK - Life with Dogs                    | DMH           |
| 5        | 1000 Yard Sale (7)                              | 1 Main Street |
| 5        | 1000 Tales from the Dales Exhibition till 01/14 | FM            |
| 5        | 1930 Flicks in the Fells                        | PH            |
| 6        | 1900 Café Church                                | Cancelled     |
| 8        | 1400 WIK - Travels in India                     | PH            |
| 8        | 1930 FCH Bingo & Tattie Pie Supper              | FCH           |
| 9        | 1000 Coffee Morning - Christian Aid (1)         | URCR          |
| 9        | 1300 Demonstration TBC                          | CWS           |
| 9        | 1915 WID - Cookery Demo                         | DMH           |
| 9        | 1930 WIS - Fire, Water & Ice                    | PH            |
| 10       | 1200 Lunch Club                                 | Red Lion      |
| 10       | 1900 RBL Branch Meeting                         | WHC           |
| 12       | 0900 Flu Vaccinations                           | MC            |
| 12       | 1000 Out of the Kiln Exhibition till 05/14      | FM            |
| 12       | 1000 Learn to Crochet (14)                      | FM            |
| 12       | 1900 Flicks in the Dentdale Fells (12)          | DMH           |
| 12       | 2000 Dancing to Kenny Bell (1)                  | PH            |
| 14       | 1930 Sedbergh Gala AGM                          | PH            |
| 15       | 1000 Drop in & Taste                            | DCMH          |
| 15       | 1400 SASL Meeting                               | PH            |
| 16       | 1000 Coffee Morning - URC Church                | URCR          |
| 16       | 1000 Weaving - Playing with Colour (14)         | FM            |
| 16       | 1300 Up-Cycled Cards Demonstration              | CWS           |
| 16       | 1300 Medical Centre Closed for Training         | MC            |
| 16       | 1930 HS Sarah Losh & Wreay Church (16)          | SSAT          |
| 18       | 1930 Pulse Gym Quiz Night (18)                  | PH            |
| 18       | 1930 Life as a Museum Volunteer                 | DCMH          |
| 19       | 1000 Nuno Textures & Application (14)           | FM            |
| 19       | 1930 Wine & Savouries (19)                      | PH            |
| 20       | 1930 NWA Concerts (20)                          | APH           |
| 21       | 1930 Beetle Drive                               | GVH           |
| 22       | 1000 Drop in & Taste                            | DCMH          |
| 22       | 1700 Slow Dales Film, Food & Art                | DCMH          |
| 22       | 1930 Neighbourhood Forum                        | MC            |
| 23       | 1000 Coffee Morning - Town Band                 | URCR          |
| 23       | 1300 Cross Stitch Demonstration                 | CWS           |
| 25       | 1930 Autumn Dominoes                            | HVH           |
| 26       | 1000 Coptic Stitch Books (14)                   | FM            |
| 26       | 1830 Cowgill Church & C&S Railway (26)          | SjCC          |
| 27       | Clocks Fall Back                                |               |
| 27       | 1300 History of Dales Knitting                  | DCMH          |
| 27       | 1900 Dentdale Christian Fellowship (27)         | RD            |
| 29       | 1030 Children's Music Workshop                  | DCMH          |
| 30       | 1000 Coffee Morning - Garsdale Church           | URCR          |
| 30       | 1300 Rag Rugs Demonstration                     | CWS           |
| 30       | 1400 Halloween Stories & Crafts                 | DCMH          |
| 31       | Halloween                                       |               |
| 31       | 1400 Halloween Cook-Along                       | DCMH          |
| 31       | 1930 An Evening of Food & Flowers (31)          | BVH           |
| NOVEMBER |                                                 |               |
| 1        | 1000 Tales from the Dales Exhibition till 01/14 | FM            |
| 1        | 1000 Out of the Kiln Exhibition till 05/14      | FM            |
| 1        | 1400 Age UK - PCSO & Fire Service               | DMH           |
| 1        | 1800 Cricket Club Presentation Eve              | Dalesman      |
| 1        | 1915 Garsdale Bonfire & Fireworks               | GVH           |
| 1        | 1930 Murder Mystery Weekend                     | TH            |
| 1        | 1930 WIH Domino Drive                           | HVH           |
| 2        | 1800 Sedbergh Bonfire Night                     | PH            |
| 2        | 1930 Murder Mystery Weekend                     | TH            |
| 3        | 1900 Café Church                                | Cancelled     |
| 3        | 1930 Murder Mystery Weekend                     | TH            |
| 5        | 1830 FC Bonfire & Skittles                      | FCH           |
| 6        | 1000 Coffee Morning - TBA                       | URCR          |
| 6        | 1930 HS The Angkor Temple Complex               | SSAT          |
| 7        | 1930 WIH - Leighton Moss Birds                  | HVH           |
| 9        | 0930 Giant MS Table Top Sale                    | PH            |
| 9        | 1930 Flicks in the Fells                        | PH            |
| 10       | Remembrance Sunday                              |               |
| 11       | 1930 Town Band Remembrance Concert              | URC           |
| 12       | 1400 WIK - AGM + DID                            | PH            |
| 12       | 1930 FC Domino Drive                            | FCH           |
| 13       | 1000 Coffee Morning - Bowling Club              | URCR          |
| 13       | 1915 WID - AGM & Denman                         | DMH           |
| 13       | 1930 WIS - AGM & Jacob's Join                   | PH            |
| 14       | 1200 Lunch Club                                 | Red Lion      |
| 14       | 1900 RBL Branch Meeting                         | WHC           |
| 16       | 1900 Flicks in the Dentdale Fells (*)           | DMH           |
| 17       | 1930 NWA Concerts (20)                          | APH           |
| 18       | 1900 CoT&B AGM                                  | PH            |
| 18       | 1930 Domino Drive                               | GVH           |
| 19       | 1300 Medical Centre Closed for Training         | MC            |

*The S & D Lookaround is edited, published & distributed monthly by  
Dennis & Jacky Whicker and is printed by Stramongate Press.  
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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**  
From Tommy Winn's Hill  
*By Stuart Manger*

|    |      |                                    |      |
|----|------|------------------------------------|------|
| 19 | 1400 | SASL Meeting                       | PH   |
| 20 | 1000 | Coffee Morning - Killington Church | URCR |
| 20 | 1930 | HS Engine Cleaner to Fireman       | SSAT |
| 22 | 1930 | Cricket Club Domino Drive          | SPS  |
| 23 | 1400 | SSAT PTFA Jumble Sale              | PH   |
| 24 | 1900 | Dentdale Christian Fellowship (27) | RD   |
| 27 | 1000 | Coffee Morning - Ladies NFU        | URCR |
| 29 | 1900 | HS Annual Dinner                   | FM   |
| 30 |      | St Andrew's Day                    |      |
| 30 | 1000 | DMC Coffee Morning                 | DMC  |

**DECEMBER**

|    |      |                                            |                  |
|----|------|--------------------------------------------|------------------|
| 1  | 1000 | Tales from the Dales Exhibition till 01/14 | FM               |
| 1  | 1000 | Out of the Kiln Exhibition till 05/14      | FM               |
| 1  | 1900 | Café Church                                | <b>Cancelled</b> |
| 3  | 1930 | Town Band Christmas Concert                | StAS             |
| 4  | 1000 | Coffee Morning - StAS Bells                | URCR             |
| 4  | 1800 | Late Night Opening                         | Sedbergh         |
| 5  | 1300 | Medical Centre Closed for Training         |                  |
| 5  | 1930 | WIH - Christmas Party                      | TBA              |
| 6  | 1400 | Age UK - Xmas Games & Quiz                 | DMH              |
| 6  | 1930 | SYFC Festive Domino Drive                  | PH               |
| 7  | 1930 | Flicks in the Fells                        | PH               |
| 7  | 1930 | Carols with 'Young Voices'                 | HJC              |
| 10 | 1930 | FCH Domino Drive & Mince Pies              | FCH              |
| 11 | 1915 | WID - Christmas Lunch                      | TBA              |
| 12 | 1200 | Lunch Club Christmas Meal                  | Red Lion         |
| 12 | 1900 | RBL Branch Meeting                         | WHC              |
| 12 |      | WIS - Christmas Dinner                     | TBA              |
| 17 | 1400 | SASL Meeting                               | PH               |
| 20 |      | WIK - Christmas Dinner                     | TBA              |
| 20 | 1930 | Christmas Dominoes                         | HVH              |
| 22 | 1900 | Dentdale Christian Fellowship (25)         | RD               |
| 25 |      | Christmas Day                              |                  |
| 26 |      | Boxing Day                                 |                  |

**2014**

**JANUARY**

|    |      |                                            |      |
|----|------|--------------------------------------------|------|
| 1  | 1000 | Tales from the Dales Exhibition till 01/14 | FM   |
| 1  | 1000 | Out of the Kiln Exhibition till 05/14      | FM   |
| 5  | 1000 | Out of the Kiln Exhibition ends            | FM   |
| 14 | 1000 | Tales from the Dales Exhibition ends       | FM   |
| 14 | 1930 | FCH Domino Drive                           | FCH  |
| 15 | 1300 | Medical Centre Closed for Training         |      |
| 15 | 1930 | HS Wordsworth in Cumbria                   | SSAT |
| 19 | 1000 | Dutch Exhibition till 21/04                | FM   |
| 24 | 1930 | SYFC Pie 'n' Pea Supper & Quiz             | PH   |
| 25 |      | Burn's Night                               |      |
| 26 | 1930 | NWA Concerts (20)                          | APH  |

**FEBRUARY**

|    |      |                             |      |
|----|------|-----------------------------|------|
| 1  | 1000 | Dutch Exhibition till 21/04 | FM   |
| 5  | 1930 | HS Lakeland Architecture    | SSAT |
| 11 | 1930 | FCH Domino Drive            | FCH  |

|    |      |                                    |      |
|----|------|------------------------------------|------|
| 12 | 1300 | Medical Centre Closed for Training |      |
| 14 |      | St Valentine's Day                 |      |
| 19 | 1930 | HS Treasure Trove of Memories      | SSAT |
| 26 | 1930 | NWA Concerts (20)                  | APH  |
| 24 | 1930 | FCH AGM                            | FCH  |

**MARCH**

|    |      |                              |      |
|----|------|------------------------------|------|
| 1  |      | St David's Day               |      |
| 1  | 1000 | Dutch Exhibition till 21/04  | FM   |
| 4  |      | Shrove Tuesday - Pancake Day |      |
| 5  | 1930 | HS Transport over Shap Fell  | SSAT |
| 11 | 1930 | FCH Domino Drive             | FCH  |
| 16 | 1930 | NWA Concerts (20)            | APH  |
| 17 |      | St Patrick's Day             |      |
| 19 | 1930 | HS High Bank House, Barbon   | SSAT |

**DIARY KEY**

|        |                                        |
|--------|----------------------------------------|
| APH    | = Appleby Public Hall                  |
| BF     | = Brigflatts                           |
| BVH    | = Barbon Village Hall                  |
| CDC    | = Community Development Centre         |
| CO     | = Community Office, Main Street        |
| CTiS   | = Churches Together in Sedbergh        |
| CWS    | = Craftworkshop 61 Main Street         |
| 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                |
| MC     | = Medical Centre                       |
| HCJ    | = Hawes Junction Chapel                |
| HS     | = History Society                      |
| HVH    | = Howgill Village Hall                 |
| IRC    | = Information Resource Centre          |
| 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                        |
| RD     | = Rhumes, Dent                         |
| SASL   | = Sight Advice South Lakeland          |
| SMC(R) | = Sed. Methodist Church (Room)         |
| SPS    | = Sedbergh Primary School              |
| StAS/D | = St Andrew's Church, Sedbergh/Dent    |
| SjCC   | = St John's Church, Cowgill            |
| SSAT   | = Settlebeck School Academy Trust      |
| SSTH   | = Sedbergh School Thornely Hall        |
| STO    | = Sedbergh Tourist Office, Main Street |
| TH     | = Thorns Hall                          |
| 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 – 10.00am

**(No appointment necessary)**

Late Morning – 10.30am -12.30pm

**(By appointment only)**

Afternoon – 2.30pm – 6pm

**(By appointment only)**

### **Surgery by appointment only –**

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

**Dent Surgery by appointment only - Monday**

### Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

**(By appointment only)**

Baby Immunisations/Travel Clinic – Wednesday

afternoons **(By appointment only)**

Dressings Clinic – Friday afternoons

**(By appointment only)**

### Blood clinic

Monday – Thursday – 8.20am – 12pm

**(By appointment only)**

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

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

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](http://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](mailto:office@sedbergh.org.uk)

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

### RURAL CITIZENS ADVICE BUREAU

Kendal Office

01539 738772

[www.cabsouthlakeland.org.uk/kendal.html](http://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](http://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