

Sedbergh & District

LOOKAROUND

September 2015

Issue 336

Donation £1

Another bumper issue of 104 pages. A continued thank you to everyone for your contributions, especially for the 117 Adverts.

This month sees a plethora of events for you attend. There is something for everyone almost every

day of September. Enjoy!

There are three new Advertisers this month with No. 6 (Finkle Street); A1 Discos and Nepetcoons. If you make any enquiries, please mention Lookaround.

Dennis & Jacky Whicker

COFFEE MORNING

10am to 4pm
Saturday 12th September
Ingmire Hall, Sedbergh
in aid of

MACMILLAN CANCER SUPPORT

*The World's Biggest
Coffee Morning*

*Cake Stall ~ Raffle
Ploughman's Lunches
Afternoon Cream Teas*

FREE TRANSPORT
*to & from Sedbergh
Tel: 20993*



**WE ARE
MACMILLAN.
CANCER SUPPORT**

Come and join us on
Friday 25th September
for

Coffee, Tea,
Cakes & Biscuits
all for a good cause!!

Cake Stall

10am - 12 noon

at

{N°6} FINKLE ST.

CLOSING DATES: NEW ADVERTS - 15th; OTHERWISE - 19th

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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LOOKAROUND INFORMATION

This page has been updated due to a few (welcomed) suggestions from readers. Other suggestions are always invited.

The Sedbergh & District Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker and is printed by Stramongate Press. The content of The Lookaround does not reflect the views of the Editors.

Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions.

Copies are available from Sedbergh Information Centre, Premier Store, Post Office, Spar, Dent Stores & Barbon and by Post (please enquire).

All items for Lookaround must be sent to the Sedbergh Information Centre at 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to

editor@sedberghlookaround.org.uk

ADVERTISING

For the benefit of advertisers, the following information will assist you.

If you wish to place an Advert in Lookaround, please include the correct money or cheque with the details and place it in the Post Box. A receipt will be issued and left in the Lookaround Tray in the Office for collection or include a SAE.

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

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

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

January issue is in full colour. All copies have a full colour cover to indicate a new issue and photographs are requested from our readers who will be credited.

We do not have whole page adverts but will allow two half page adverts opposite each other.

The Front Page is given priority to Event Adverts relevant for the appropriate month.

You can supply the information and we can create an advert for you. You can supply an example in hard copy and we will reproduce it (please mention if a particular Font is required). You can supply an original using Microsoft Publisher, a Word File, a jpg File or as a PDF.

If you order numerous adverts, the content can be the same every month or it can change if you are seasonal.

The closing date for new Adverts is 15th of every month. Renewed adverts and articles are 19th of every month.

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999. (over 16 years ago.)

PERSONAL MESSAGES

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

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

Please submit legible writing as many mistakes have been made in the past due to not being able to read

properly.

GROUPS AND ORGANISATIONS

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

BUSINESSES

Adverts for the Rent or Sale of property are not Personals and can only be included in a boxed Advert. If you are a new advertiser in

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

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

We respectfully request payment with ordering. Please make cheques payable to "Sedbergh & District Lookaround".

Payments by BACS can also be made.

Account: Lookaround
Account Number: 30940267
Code: 20-45-28
Reference: Invoice Number or your name or reference.

An e-mail is requested to confirm payment has been made by BACS which will be acknowledged.

Dennis J Whicker

Lookaround Advertising Rates

Single Column 2.56" x 1"	=	£7.50
Single Column 2.56" x 2"	=	£10.00
Single Column 2.56" x 3"	=	£12.50
Single Column 2.56" x 4"	=	£15.00
Double Column 5.2" x 2"	=	£15.00
Double Column 5.2" x 3"	=	£20.00
Double Column 5.2" x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month to Britain	=	£2.00
Postal per month Overseas	=	£4.00

All information to
72 Main Street, Sedbergh LA10 5AD
New Adverts by 15th of every month.

*Can all adverts please be
accompanied with the correct money
at the time of submission.*

All else by 19th of every month
Last Price Update August 1999.

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/08	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	02/15	Mr Hoggarth	01539	583793
Cub Scouts	02/14	Mr Hubbard	Sed:	20028
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary 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
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
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	12/13	Mrs Gilfellon	01524	781907
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
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	08/15	Sleepy Elephant	Sed:	21770
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh *	09/15	Mrs Palmer	07584	285923
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	02/15	Miss Bainbridge	07975	647566
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

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

Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
1000	Every Sunday	Free Entry to Locals	FM	Bowling Green, Queens Gardens
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch, Busk Lane
1330	Every Monday	Knit 'N' Natter	DHC	Cautley Spout, A683 towards Kirkby Stephen
1400	1st Monday	Bridging the Gap	MC	Community Office, 72 Main Street
1930	1st Monday	Dent Parish Council	DMH	Cumbria Wildlife Trust, Community Office
1930	1st Monday	People's Hall	PH	Dent Heritage Centre, Laning, Dent *
1900	3rd Monday	Chamber of Trade	PH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1300	Every Tuesday	Howgill Toddlers	HVH	Friends Quaker Meeting House, Brigflatts.
1300	Every Tuesday	Knit & Natter	FM	George Fox's Quaker Pulpit, Firbank
1830	Every Tuesday	Cub Scouts	SHQ	Golf Club, Catholes, Sedbergh *
1930	Every Tuesday	Bridge Club	WHC	Information Centre, 72 Main Street
1930	Every Tuesday	T'ai Chi	URCR	History Society, Community Office
1330	1st Tuesday	Age UK Games	GH	Holme Working Farm, Middleton *
1400	2nd Tuesday	Killington WI	PH	Holy Trinity Church, Howgill
1400	3rd Tuesday	Sight Advice Group	PH	Jubilee Wood, Castlehaw Lane
1930	3rd Tuesday	Ladies NFU	PH	Langstone Fell, A684 Garsdale Foot
1000	Every Wednesday	Coffee Morning	URCR	Methodist Church, New Street
1315	Every Wednesday	Art Society	PH	Picnic Site, Ghyllas, Cautley Road
1315	Every Wednesday	Zebbras	SMCR	Picnic Site, Settlebeck New Bridge
1730	Every Wednesday	Sedbergh Juniors	PH	Play Ground, Dent Village
1730	Every Wednesday	Brownies (term time)	SMCR	Play Ground, People's Hall
1730	Every Wednesday	Beaver Scouts (Term Time)	SHQ	Play Ground, Maryfell
1930	Every Wednesday	Sedbergh Seniors	PH	Queen's Gardens, Station Road
1930	1st & 3rd Wednesday	History Society (Winter)	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
1930	1st Thursday	Howgill WI	FCH	St. John's Church, Garsdale
1200	2nd Thursday	Lunch Club	Red	St. Mark's Church, Cautley
1915	2nd Thursday	Royal British Legion	WHC	Sedbergh Embroidery, StAS
1930	2nd Thursday	Sed. Parish Council	PH	Tennis Courts, Guldrey Lane
1930	Every Friday	Scouts	SHQ	United Reformed Church, Main Street
1330	1st Friday	Age UK Dentdale Club	DMH	Winder Fell, above Sedbergh
See Group Page for contact details & Diary Page for Keys				* = Entry Fee Applicable

SEPTEMBER BIRTHDAYS

Children's Birthdays are included free on this page until their 11th Birthday.

Every month, a randomly selected child will receive a £10 gift Voucher from Lookaround who will receive it by post. For this reason, we require the postal address of each child. If we have no address, they are unable to receive it.

Please furnish us with the relevant information asap.

If anyone or any business would like to Sponsor the monthly Birthday Gift, please contact us. Full credit will be given.

Dennis & Jacky Whicker

Day	Name	Age
9	Holly COWIN	5
10	Harry DAWSON	5
13	Eleanor MARSDEN	4
18	Thomas METCALFE	2
19	Mia COTTAM	3
21	Isaac BREWER	11
21	Charlotte GARDNER	9
25	Thomas DAWSON	6

COMMUNITY TRUST Sedbergh Skateboarding Park

UPDATE ON PROGRESS

Wednesday 9 September

Joss Lane Market

Visit our information stand

9.30 am – 1.00 pm



Wednesday 9 September

People's Hall

6.00 pm to 7.30 pm

Meet members of the Trust

with any suggestions or concerns.

At 7.30 pm there will
a brief presentation.

Audio & Large Print Lookaround

COFFEE MORNING



10am

Wednesday 9th September

URC Rooms, Sedbergh

Cakes Stall

Raffle

*This is our only Fund Raising event
so please give us your support.*

PERSONAL & SMALL ADS £1

LESLEY ALBAN

I do hope you will not mind this combined thank you from me to all my many friends in Sedbergh. I was overwhelmed with all the cards and good wishes and prayers everyone sent me. I'm afraid it would have taken until Christmas to answer them all individually. I hadn't realized how far down I had gone but now I feel I am on the up slope - slow but steady! Thank you all so very much - Sedbergh is a good place to live.

ANTHONY JOHN CHEETHAM

Gwynneth, Hilary, Jane and all the family wish to thank everyone for their kindness and sympathy before and after the death of Anthony. Thank you for all the flowers, cards, telephone calls and help from so many people and to everyone who attended the Memorial Service on 12th August, who donated so generously to the Roy Castle Lung Cancer Charity and Dentdale First Responders. Additional thanks to Rev. Peter Boyles for conducting the service and to Brian Goad and his team for arranging the day.

KIM CRAGG

Happy 18th Birthday Kim on 19th September. Lots of Love Mum, Dad, Luke and Zoe xx

KIM CRAGG

Happy 18th Birthday. Love always Nana x

NORMAN GORDON

92 on 5th September. Well Done and Happy Birthday. Lots of Love and Best Wishes from Eleanor and all the family.

VALERIE LAW

I would like to thank Janet, Duncan and Jill for my surprise 80th party, also to Jessica for the lovely cake. To everyone for the cards, presents, flowers and birthday wishes. A big thank you to Smatts, Sedbergh for the lovely food and hospitality.

GRAHAM KEIGHLEY

Happy 70th Birthday Graham on 14th September 2015. All my love Marilyn.

GRAHAM KEIGHLEY

Happy Birthday Dad on 14th September. With lots of love from Helen & David and Roger & Louise. XXX



GRAHAM KEIGHLEY

Happy 70th Birthday to a fantastic Granddad (Daddo). With all our love from Hannah, Abbie & Sam XXX

EMMA POSTLETHWAITE

Happy 21st Birthday Emma on 10th September. Love, health and happiness always. Dad, Mum, Angie and Leanne xx

EMMA POSTLETHWAITE

Happy 21st Birthday Emma. Lots of Love Gran xx

PERSONAL & SMALL ADS £1

EMMA POSTLETHWAITE

Congratulations to a Special Granddaughter Emma on her **21st Birthday** on 10th September. Love and Best Wishes from Nanna and Grandad xx

=====

CARRIE TAYLOR

Susan and Audrey would like to thank family, friends and neighbours for all their love and support during Mum's stay in hospital and her recent death. For the flowers, cards and messages we thank you all. We have appreciated the care and help Mum has received at Edgecombe Court and the dedicated care and dignity given to Mum in Wards 39 and 23 at Lancaster. Thank you to all those who attended the Thanksgiving Service and gave so generously to South Lakes Society for the Blind. We thank the people of Sandylands Methodist Church, Kendal for their help and welcome. Special thanks to the Ministers, Rev Harold Stuteley and Rev Wendy Thornton who visited Mum, and Rev Ian Humphreys for such a wonderful service and for making it such a special time for all the family. For dignified and caring guidance many thanks to the funeral director J J Martin (Brian Goad) and to Dorothy Goad for the lovely tea.

=====

FOR SALE

Five piece 20th C Brass Fire Irons. Included with the stand is:- A poker, small shovel, brush and pair of tongs. Height 69 cms. £20. Tel: 015396-25449.

FOR SALE:

1. White Knight 37AW Compact Tumble Drier. Surplus to requirement. Rarely used and in perfect working order. Complete with Vent hose, condenser box and instruction booklet. £50. 2. Proteam Folding bike. Little used. 16 inch wheels, Shiramo 6 gears, with rear carrier and also a storage/carry bag. Great for getting about in towns and for caravanning etc £35 or reasonable highest offer. Tel: 015396 22095

=====

FOR SALE

Two Fireside Chairs for Sale. Both have solid and sound wood frames with padded backs and removable seat cushions but NOT fire retardant materials - therefore, most suitable for appropriate re-upholstering. £20 the pair (ono). Tel. 015396 - 25449.

=====

WANTED

Late 1800's or early 1900's Dictionary. Office type Tape Cassette Recorder/Player or incorporated into a unit. Slide magazines with their projector. Some previously offered have not fitted. Old fashioned feather filled items and wool blankets still of interest. Top loading washing machine in working order please. New request for an wheeled Tea Trolley. Any material or finish. Tel; Kendal 720974.

WALL HANGING

At one of our monthly meetings, Anne Symons, a joint member of Sedbergh WI, brought a collection of cushions, rugs and wall hangings all using rag rugging techniques she had made over the previous 14 years. There were also illustrated books giving examples and instructions.

We sat together at a long table in the committee room at the People's Hall. and started with a square of hessian, some strips of fabric and a peg. We had a lively evening swapping memories of rag rugging whilst having a go at a design.

At the end of the evening and feeling inspired a suggestion was made to make an item to commemorate the



Far From The Madding Crowd
*Carey Mulligan, Matthias Schoenaerts
Michael Sheen, Tom Sturridge
Juno Temple, Jessica Barden, Eloise Oliver*
Certificate 12A
12th September
film starts 7.30pm
Sedbergh People's Hall
Flicks in The Fells

outbreak of World War 1 and donate it to the People's Hall. We decided to make it from recycled materials to keep costs down. The committee was enthusiastic and gave permission for it to be hung in the committee room.

A member of Sedbergh Art Society painted a preliminary picture and the group agreed to adopt the basic background but to make poppies the central feature.

Sedbergh WI walking group was due for a few days in Derbyshire staying in an up-market holiday cottage. They took with them the picture, fabric and hessian to make a start on the background using the 'hooky' technique. We enlarged a picture from Anne Symons' book and drew the final design on the hessian. Work then began on the poppies using the 'propping' technique. Good progress was made, however, there was a lot of hessian to be filled and we did wonder how long it was going to take to finish it. We therefore decided to reduce the size to a more manageable 30 inches x 44 inches.

Having got this far everyone



MOORCOCK & DISTRICT AGRICULTURAL SOCIETY
99th MOORCOCK SHOW
To be held at Mossdale
Off A684, between Sedbergh and Hawes
Sunday 6th September 2015
Enjoy a Great Day Out at one of the Yorkshire Dales' Oldest Sheep Shows.

- See and learn about local breeds such as Swaledale, Blue Faced Leicester, Texels and Rough Fell Sheep
- Young Handlers' Competition
- Children's Fun Fair
- Local business, food and craft stalls - from 10.30am
- Vintage Tractor Display and Competition
- Music on the show field by Hawes Prize Silver Band

Gates Open 10.30am -- Sheep Judging starts 12 noon
Admission: £4 Adults; Children: Free
-- **FREE CAR PARKING** --
www.moorcockshow.co.uk

involved in the project decided to carry on. We borrowed a frame and trestles which were invaluable as we could all work at once and the fabric stayed tight. We met once a week in each other's home.

As work continued the design gradually evolved and almost had a life of its own. We did have a plan but as we worked it was often changed as the patterns emerged and we took bits out when they looked wrong. It was finished in time to be shown in the Sedbergh Spring Show where it won first prize in its class.

The People's Hall committee was pleased with the result and offered to have it professionally backed. It is now hanging in the committee room



of the People's Hall. as a permanent commemoration of World War 1

The hall will be open during the Sheepfest on Saturday 12th, Saturday 19th and Sunday 20th September from 9am to 5pm.

June Westgate



DENT EVENT

In the

Yorkshire Dales National Park

See Gray's At Dent Village Museum & Heritage Centre
Saturday 12th September 2015 ~ 10am-4pm

Dent Village Heritage Centre, Dent, Nr Sedbergh LA10 5QJ UK



- View a large display of Border Fine Arts for you to view & purchase
 - Free parking for all Gray's customers
 - Entry £3 for adults & £2.75 For OAP's
 - See how Border Fine Arts sculptures have helped to enhance
 - the marvellous exhibits & explain each scene
 - Easy access for all at centre & village facilities
 - Venture out to this hidden gem & explore all it has to offer & walk the Flintergill Outtake Nature Trail.
- Afterwards, rest in the pubs where you can taste local beers,
- Why not stay? They have a caravan & campsite too, visit: www.highlaning.com for more information.
 - Take a look online: www.dentvillageheritagecentre.com
 - You'll find a wealth of information on the working lives and social Customs of the dalesfolk who inhabited this beautiful area.
 - We hope you will find the experience like a 'step back in time'

SEDBERGH MEDICAL CENTRE

will be closed for Training Purposes
at 1pm on the following afternoons:-

Thursday 17th September
Wednesday 21st October
Thursday 19th November
2016
Thursday 21st January



SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held on the 13th August 2015. The next Parish Council meeting will be on Thursday 10th September 2015 at 7.30pm in the People's Hall, Sedbergh.

POST 16 TRANSPORT

Sedbergh Parish Council has recently submitted a statement to Cumbria County Council's Overview and Scrutiny Board for their consideration. Findings of the review will be heard at the CCC Cabinet meeting on 24th September 2015. Any interested parties, should perhaps consider attending the meeting to indicate the importance of the issue in Sedbergh (and surrounding Parishes).

PLANNING

The Planning Committee Report detailed applications and related matters, full details can be found on the Parish Council Website.

Sedbergh Parish Council recently met with YDNPA in respect of the proposal to move eight recycling containers to SPAR, therefore, possibly giving two sites in the town for cardboard and plastic recycling.

SPC discussed the recent 'Empty Homes Strategy' Consultation issued by South Lakeland District Council; further details of this can be found on SLDC website.

AMENITIES

The Amenities Committee reported further damage to the shelter on the Playing Fields at the People's Hall. Two panels have now been broken at the shelter this year; tenders will soon be sought for the repair works.

Other matters discussed included the request to consider amending the 'brown' Western Dales signs from Junction 37 on the M6, to be amended to Yorkshire Dales, ongoing issues with Highways defects in the town (including the one way sign at the bottom of Joss Lane), the

BODY CONDITIONING

Mondays 8:30 - 9:30pm

Starting 14th September

£4.00

Settlebeck School Hall

Warm up & Workout
then Stretch & Unwind



for more information
Tel: Suzan Sedgwick
015396 20252
07969 000378

Please bring a mat or towel.

upcoming public consultation event for the proposed Skate Park and ongoing funding possibilities for the restoration of Queen's Gardens.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment at 8.30 pm.

Sedbergh Parish Council will also welcome Alison Hodson, Dementia Action Alliance Coordinator for Cumbria, to their September meeting to give a presentation on Dementia Friendly Communities, commencing at 7.30pm.

Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office.

Janey Hassam – Clerk

FEVERED BROWS AND SWEATY PALMS

Life in beautiful Garsdale can be compared to the Clough River, usually it is calm and serene as it

trickles its way down the dale towards its final destination. After a day of heavy rain, it is transformed into a raging beast like a sleeping lion being poked with a stick, snarling and roaring at every twist and turn, only to gradually subside, allowing peace to descend once more. And so is life on Garsdale Parish Council. There wasn't a set meeting in August but an extraordinary meeting had to be hastily arranged to discuss an appeal against a rejected building application by YDNPA for a non-resident landowner. As the councillors had re-examined all the relevant documents prior to the meeting, the decision to reaffirm their original decision, that the proposed barn erection was inappropriate for the dale and to recommend rejection, was made unanimously in a matter of minutes. Council also strongly rejected the spurious claim that the discussion and voting at the initial council meeting was against the appropriate



Healthy-Steps

Exercise & movement class to music!

Boost your immune system

Improve your flexibility & balance

Enjoy fun & laughter!

Classes restart Wed 9th September – Barbon Village Hall, 5pm

Thursday 10th September – Sedbergh Methodist Hall,
9.30am (New time!) – Women only 10.45am – Men only (New class!)

Hour long classes - £25 for 5 sessions or £6 drop in.

Whole class can be done seated if preferred. All ages welcome!

Contact Yvonne Cervetti, Instructor UKCLM2009000718
on 015396 21303 or 07705 063107 for more info

or please turn up & give it a go!

See www.gohealthysteps.com



**PROFESSIONAL
DIPLOMA IN ADVANCED
CLINICAL AND SPORTS
MASSAGE BTEC LEVEL 6**

protocol amounting to fraudulent misconduct. Scrutiny of the minutes of that meeting, which are on the website and open to public inspection, show that all discussion and voting was carried out only by those without a declared interest and that the correct procedure was followed to the 'T'.

Two other matters have cropped up. Firstly, in light of all the shenanigans occurring in the fight to resolve the scandalous imposition of private water supply risk assessments by SLDC, a Garsdale resident has proposed that a training day could be arranged in the village hall, for local volunteers, who would then have the relevant qualifications to undertake these assessments. This would result in greater appreciation of local issues and would reduce fees, keeping them within the community rather than be shipped over to Ireland. The proposal is that Garsdale Parish Council subsidise



low-impact dance fitness class for the more mature exerciser, covering Mambo/Swing, Cha-Cha-Cha, Salsa, Rock & Roll, Bollywood and many more styles.

The class is great fun and friendly which you take at your own pace; just follow my lead, move your body, the moves are easy and fun!

No experience necessary.
The class is held every Thursday at The People's Hall, Sedbergh from 5:30-6:30pm.
All Classes £5

Janet Hurst Zumba Instructor will be very happy to answer any queries you may have on MOB: 07979108680

Beginners Yoga Class

at Dent Meditation Centre

Wednesdays from

16th September to 21st October

1.30 to 3.00pm

£7.50 drop-in and £40 for 6 classes.



These classes are ideal for both men and women who would like to improve their flexibility.

If you would like to talk about the classes or enrol, please feel free to contact me, Lesley Hennedy by either e mail:

lahmc@btinternet.com or

telephone: 015396 20899.

the cost of the course. This will be discussed at the next meeting on September 17th and all are welcome to attend and join in the discussion.

Secondly, on a somewhat lighter note, Council was approached to comment on a suggestion by local businesses, concerned about low footfall, that the tourist signage on the M6 turnoff be changed from 'Western Dales' to 'Yorkshire Dales', to improve local identity. A very sensible suggestion you may think, but one that sent SLDC into a quandary. Imagine the fevered brows and sweaty palms that produced....Do we, don't we????...Do we, don't we???? Then it dawned on them, let's send it out for consultation to local

parishes and why not district and county councillors as well. Phew that was close, nearly had to make a decision then! Of course, it could be called 'Western Yorkshire Dales' but there wasn't that option to click on the computer...

And so, apart from the occasional nerve gangling, hair-raising and truly awesome sights and sounds of RAF jets practicing their bombing runs down the dale, life has returned to tranquillity in Garsdale, until the next Council Meeting that is, Thursday 17th September, Garsdale Village Hall, 7.30pm, all welcome.

Philip Johns, 015396 22170
Clerk to Garsdale Parish Council.

ps.johns@btinternet.com
www.garsdaleparishcouncil.com

COUNCILLORS CORNER

Queen's Gardens remains a major concern. This year we have had to rebuild two long lengths of the west wall and repair two gaps in the east one. The parish accepts that it cannot afford to restore the Gardens without a large cash injection from outside. Is this what we would want to do? Is it the best use of external finance? When you see the success of the townscape initiative and Sedbergh in Bloom at improving the general look of the town you do wonder how much more we can reasonably put into Queen's Gardens.

Once again we have reached the time of year when new parking permits for Sedbergh's two car parks



THREE HARES

Cafe . Bistro . Bakery

57 Main Street, Sedbergh

015396 21058

www.threeharescafe.co.uk



James, Nina & staff offer you a warm welcome for
Artisan Bread including Sourdough baked daily

Sheepfest 2015!

for the Sheepfest

Six Courses of Mutton & Lamb £35pp

Thursday evening 17th September - Bookings Only

Open Weekend Evenings - Please enquire for other evenings

We also provide Bespoke Outside Catering

are on sale. These are tremendously good value at £38 for day use and £52 for over-night use. It is actually quite annoying to hear complaints about these VERY modest charges. No, the parish isn't making a killing and our outgoings connected with the car parks so far in the financial year just about balance our income. Meanwhile, the introduction of similar permits on car parks elsewhere in South Lakeland is long overdue. It might not be an exact parallel but paying £470 for an SLDC permit is excessive if all you want to do is park in Kirkby Lonsdale. By the way, Sedbergh permits include VAT which can be reclaimed by VAT registered businesses. The parish will gladly provide a receipt if requested.

The controlling group has decreed that South Lakeland will continue to have elections by thirds. At Full Council they skipped over the insistence by central government that that will entail three member wards

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Tom Wilson
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07790 946578

throughout most if not all of the district. Whether they will back track when they realise we will not be given an exemption is difficult to say. Whether instead there will be another attempt at moving from the county and district model for Cumbria to a unitary system is unclear. For us the biggest stumbling block for a unitary Cumbria is, Will it work ? Not everything the county does fails: libraries and archives are two excellent examples of things which do work. But, the most visible service, Cumbria Highways is hardly a shining example.

Once again the summer has been less than perfect although I don't think we have had as much rain as the lack of sunshine would suggest. Let us hope for some kind September weather for Sheepfest.

*District Councillor Kevin J. Lancaster,
Fellgate, Dowbiggin, SEDBERGH,
Cumbria. LA10 5LS
Telephone 07980 844 695;
email Kevin@Sarthwaite.com
District Councillor Mel Mackie
Beech Cottage, High Casterton, Via
CARNFORTH, Lancashire LA6 2SD
Telephone 015242 71644,*

SEDBERGH SWIMMING CLUB

Swimming starts

Tuesday 15th September

Tuesday Child Lessons 6.30 - 8.00pm

Adult Swim 8.00 - 9.00pm

Thursday Child Lessons 6.30 - 7.30pm

Adults & Accmp Children 7.30 - 8.00pm

Adults Only 8.00 - 8.30pm

Saturday Open Swim 10.00 - 11.00am

Membership:

Adults £20.00 per year

Juniors: £10.00 per year

Session Fee:

Adults £2.50

Juniors £1.50

Non-members pay double session fee

Lesson Fees £20.00 per term

07957868256
email mel.mac@uwclub.net

TIM FARRON MP

Thanks everyone who came along to see me when my annual Summer Tour of the constituency rolled up the eastern side of the constituency. My annual tour is one of the highlights of my year as it gives me a chance to take some time to talk to people and find out what is bothering them. I hold surgeries throughout the year across the constituency meeting a lot of people but the Summer Tour is different. I don't really expect people to come along with problems that they want help with, the aim is to have more of a chat with people and listen to what they have to say about

issues like health care, schools, transport and housing. In fact whatever it is that they think is worth chatting about. So the more people who come along the better.

If you didn't manage to get along you can always contact me by emailing tim@timfarron.co.uk or phoning 01539 723 403. Please do get in touch I am always interested to hear what people have to say.

Actually, I have been spending a bit of time enjoying myself in and around Sedbergh recently. One of my last tasks before the annual Farron family summer holiday was to spend some time with Beth and Nora at the Children's Club. I am full of admiration for the work they do there, keeping 40 – 50 children amused each day is not a task I would take on in a rush.

On the campaigning side of things, a lot of people, particularly farmers, have been in touch to express their concerns over the low price of milk.

PROGRAMME FOR SEPTEMBER



THE
MEDITATION
CENTRE
be still · be inspired · be free

Saturday 5th

Meditation for Beginners

Sunday 6th

Monthly Group Meditation

11am - 1pm

(Drop-in ~ All Welcome)

Saturday 12th & Sunday 13th

Learn Mindfulness Meditation

Sunday 20th

Autumn Equinox with the Celtic Harp

To book:

email meditationcentreteam@gmail.com

Telephone 07582 017 396

The Meditation Centre, Dent, Cumbria LA10 5QR

FLU CLINICS

The Flu Clinics will be held as follows:-

Sedbergh Medical Practice

Saturday 19th September

9am – 11am – Walk - in

Saturday 10th October

9am – 11am – Walk - in

Dent Surgery

Dent Methodist Church Hall

Monday 21st September

11.30am – 12.15pm

please phone the surgery if you are attending Dent Clinic (01539 718191)

If you are unable to attend any of the above then we are offering a walk – in service during our normal opening hours 8.30am - 6.30pm Monday –Friday, there may be a short wait at busy times.

See full article on page??



As many of you know this is an issue that I have been working on for many years and believe passionately that we need to sort out. We cannot afford to see farmers going out of dairy at the current rate let alone put up with the fact that nowhere near enough young people are attracted into farming because they feel that the money they can earn does not justify the hard work they have to put in.

We have seen some progress with the introduction of the Supermarket Ombudsman and some of the supermarkets increasing the prices that they pay farmers for their milk to more reasonable levels. In this area I would like to praise our own Booths supermarkets for their commitment to always pay the highest rate for milk of

any supermarket, I only wish all the other supermarkets would follow their lead. But still too many farmers are being paid less for the milk that they produce than it costs them to produce it. This is clearly a major issue and one that the Government needs to do something about, I have written to various farming ministers calling at the very least for them to give the Supermarket Ombudsman more teeth and the ability to fine supermarkets that do not treat suppliers fairly and also to bring farmers within the supermarkets' code. Both of these are things that could be done easily and quickly.

As ever thanks for your support

Tim Farron MP

Sheepfest Workshops!

Sedbergh, Farfield Mill and Artsense combine with Pagoda Arts Liverpool to celebrate our heritage as a Wool Town and the Chinese Year of the Sheep!

If you're thinking of adapting or adding to last year's sheep – does it need a lamb or even a mate? – help with creating a new one (which we'd *really* like) – or just want to pick up some materials come along to one of our free work-shops. The inspiration of Artsense and learning new skills in great company made this the highlight of *Sheepfest 14* for many of you.

We have some amazing sheep in the making – and it's not too late to start yours! Pick up some FREE materials – or pick the brains of Donna, Emily, Kate or Sue to help you create your masterpiece either at home or in one of the September workshops.

Dates for your Diaries

September

Wed. 2	Methodist Church	5.30-8.30
Thurs. 3	Methodist Church	5.30-8.30
Fri. 4	Methodist Church	5.30-8.30
Sun. 6	Farfield Mill	10.30-4.30
Mon. 7	People's Hall	5.30-8.30



MARIE CURIE

Marie Curie have been fortunate enough to be chosen as the Charity of the Day at the Westmorland County Show this year.

On behalf of the charity, I am appealing for volunteers to collect for a couple of hours at the Show which is on the 10th September this year.

The lovely selling point is that as a volunteer you will get a free ticket to the show, so for a couple of hours of volunteering you can enjoy the rest of the day on site.

Would anyone interested please contact either Charlotte Campbell, community fundraiser, at the Newcastle Office Tel no 01912191234, or email: Charlotte.Campbell@mariecurie.org.uk

Or if all else fails, ring or email me. 015396 21246.

csandysclarke@yahoo.com as soon as possible so that we can add your name to the list of kind volunteers.

Marie Curie has moved on from just being a Cancer Charity and now supports people living with terminal illness regardless of their diagnosis, providing them and their families with care and support giving them the chance to remain at home to the end of their life.

I am sure you will be able to word this much better than me, but if you could insert this information I would be very grateful, although I realise it will be short notice for a lot of people.

Thanks in anticipation.

Caroline Sandys-Clarke

SEDBERGH & Farfield Mill

Sheepfest 2015!

*and celebration of the
CHINESE YEAR OF THE SHEEP*

Saturday 12th to Sunday 20th September

Events and Activities

Saturday 12th & Sunday 13th

Saturday 19th & Sunday 20th

100 strong sheep trail; drama; exhibitions; heritage; talks; music; craft and wool market; demonstrations; book-signings; guided walks; children's activities;

*Chinese Youth Orchestra and workshops
(2nd weekend)*

and MEET THE DRAGON!



FULL PROGRAMME DETAILS

www.farfieldmill.org

IMPORTANT NOTICE

The Dragon's Den birthing chamber is located on Level 3 at Farfield Mill, authorised entry for **Golden Key** holders only. Please preserve silence in the immediate vicinity, do NOT tap on the glass.

Any member of the public attempting to pass Dragonmilk or a banana under the door will be evicted immediately. This also applies to Friends of Farfield who may lose their membership card.

Daily bulletins will posted from 1st September following the results of the scan. Copies are available to purchase and gifts in either scarlet or gold may be left at reception. Please note: **should the birth need to be induced, the Centre may be closed to visitors on 11th September. Residents in the vicinity are advised to stay indoors between 12 and 1.00pm.**

Predictions of the Dragon's name should be left at reception with your contact details. In keeping with tradition, a paper with the name of the winner signed by Dr Lamb and those members of the delivery team still standing, will be posted on the Parish Church Gate at 4.00p.m. on Friday 11th September by the Sedbergh Town Cryer. **The honour of leading Him/Her from the Parish Church at 11.00a.m. Saturday 12 September to the start of the parade will be theirs.**

SETTLEBECK SCHOOL

Once again, students at Settlebeck have exceeded the highest targets the government set for the school, putting us in the top 25% of all similar schools. There were some outstanding individual results, with Gael Lindsey gaining 8 A*s, 4 As and 2 Bs, Adam Haigh gaining 3A*s, 10As and a C, and George Hinson gaining 3A*s and 9 As.

A special mention should go to Louis Greenland, whose results were all between 5 and 7 levels of progress, when the expected progress is 3 levels – another outstanding achievement.

English results in particular were especially good, with 89% expected

progress or better and A*-C grades way over the national and school averages, and good number of other subjects achieved 100% grades A*-C. Congratulations and well done to all our students, and a big thank you to their excellent teachers.

Year 11, number of A*-G GCSE grades, including Additional Maths (BTEC Outdoor Education results still to come):

C.Banner 9, A.Brewer 9, S.Coates 3, M.Dean 7, W.Ellison 5, L.Greenland 7, A.Haigh 15, A.Hall 9, G.Hinson 12, R.Hunter 9, A.Inman 11, A.Jennings 6, C.Knight 3, G.Lindsey 14, E.Lomax 13, E.Macdonald 12, M.Macdonald 2, J.Martin 8, L.Mason 6, P.Milligan 3,

GAMES Come and Join us **CRAFTS**

FUN FOR KIDS
@
MESSY CHURCH

4 to 6pm
Sunday 20th September
Sedbergh Methodist Hall

BRING YOUR PARENTS
HAVE A NICE MEAL
ALL FREE OF CHARGE

SONGS **DRAMA**

S.O'Neill 11, A.Ross 12, P.Shaw 8,
O.Simpson 7, B.Smith 7,
J.Southern 9, E.Speight 4, J.Willis
10, K.Woof 9, J.Wren 6.

Dr Greene

SEDBERGH SCHOOL NEWS

As the School has been absent for the last few weeks, I am going to comment on the School more generally this month. Recently the Bursar has spoken about the School to the Parish Council, the Yorkshire Dales National Park, and the Chamber of Trade, and the following is based on what he had to say.

The school is not a single entity. There is the School itself, but in addition there are several other

**Paul
Hoggarth**



Building Contractor

**6" Wood Chipper For Hire
Small Plant Hire**

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enterprises. These include the Preparatory ("Prep") School at Casterton which takes children from 4 years to 13 years. At Casterton there is also the Mulberry Bush Nursery which takes children from 6 months to 4 years old. These are run by the same Board of Governors. The two enterprises at Casterton have their own Heads but they remain the overall responsibility of the Headmaster of Sedbergh School. In addition, there are the summer academies (cricket, riding, rugby, hockey, netball and athletics), and the International Summer School with courses of 2 to 4 weeks. In addition the School hosts the National Children's Orchestra each summer.

Separately there is the Foundation which raises money for the school independently for developmental aspects such as new buildings, and for the Roger Lupton Scholarships which provide full fees for a small

SEDBERGH FIRST RESPONDERS



**COFFEE
MORNING**



10am



Wednesday 23rd September
URC Rooms, Sedbergh

Please give us your support

Bric-A-Brac Stall
Cakes Stall
Raffle

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Macmillan Cancer Support *World's Biggest Coffee Morning*

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**Dent Memorial Hall
Friday 25th September
8.30 – 11.30am**

Coffee & Cakes ~ Raffle ~ Cards/wrap

Donations of cake, biscuits & other produce and raffle prizes most welcome!

If you can offer any help for the event, please contact Dorothy Vemon.

Many thanks to Mrs Edwards and all the staff & pupils of Dent Primary School for letting us use their Hall for this fund-raising Coffee Morning.

number of children whose parents are unable to pay fees, each year. The Foundation is run by a different Board of Trustees to the Governors. Then there is Brown of Sedbergh, the School Outfitters trading in Main Street and the Old Sedberghian Club which keeps Old Sedberghians in touch with the School, and their fellow leavers.

Besides the School, parents who bring and return children, and visit the Town for games and functions, the summer schools attract parents – it is thought that there will be about 1,000 children attending the various summer schools next year. Many of these look for first class accommodation, food and have

money to spend, and others look for cheap but good facilities. Not all of them are rich by any means.

The School employs 372 staff. There are 74 academic staff in the upper School, and 24 at Casterton. There are 104 domestic staff with an additional 12 at Casterton. Finally there are 136 professional staff employed with an additional 22 at Casterton. The School is the biggest employer in the National Park.

The School is fully boarding – the few day pupils who are attached to Houses do little but sleep at home. It is a 24 hours-a-day seven days-a-week school, which means the full-time staff are committed to this too. In addition to their academic teaching



Cowgill Church presents

Telling it like it was

With Speakers David & Anthea Boulton

An evening of Cowgill and Dentedale history including

- Queen Victoria's intervention in the naming of Cowgill Church
- Recollections of church and chapel life in the Dale in the early twentieth century,

7.30pm

Friday, September 25th

Tickets on the door: £5 including light refreshments

they run sports teams, musical and drama groups, outdoor activities, indoor clubs and interests, and have residential and management responsibilities. It leaves them with little time for outside interests during term time.

Comments made, make it clear that people may be unaware of the extent to which the School is involved in the local community. The games pitches, sports hall, nets and swimming pool are available for use by the local schools, - and indeed by Minor County Cricketers. Sports coaching is provided for local schools. Regular assistance by pupils is given to community groups, charities and schools. Financial

Painting and Decorating

- Internal and external
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Excellent references



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assistance is given to local children through the Young People's Fund, which gives small grants towards educational purposes which can be anything from books for University, coaching lessons and music, to trips abroad with an educational purpose (I shall say more about this in my next article). The School is anxious that this fund is more widely used by local children than is done at present. The School welcomes people to many of its activities such as plays, concerts and services and the public are always welcome to watch sporting activities.

The School is flourishing at present and expects to have about 510 pupils in September – and a further 190 in the prep school. This is about 200 more in the upper school than there were 15 years ago, and about 130 more than there were in the prep school 5 years ago. The fact that it is flourishing is good news for all of us and it is important that the School continues to be successful. If the School is to continue to attract pupils the facilities must be improved, and this can only be done when sufficient fees come in to create a surplus for

Gym Aid Quiz



Friday September 25th

People's Hall

Doors and Bar open at 7.30

Quiz starts at 8 pm,



£3.50 per person

Kids 16 and under free.

Quiz Master "Woody"
is in charge.

Come along and help
push up the
'Gym-Ometer'



Gym-Ometer

ROYAL BRITISH LEGION
ANNUAL GENERAL MEETING

Will be held at 7:15pm on Thursday 10th September.
Existing Members and Potential Members are invited to attend.

You do not need to have served in the Armed Forces to be a member.

Membership costs £16.00 - call 21575 or 20536 or
email: jd@jdifa.co.uk or rosepease@aol.com for a form.

For more information, visit our Sedbergh website:

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

THE ROYAL BRITISH
LEGION



capital investment. It is, of course, a charity and is not run for profit. All surpluses are re-invested.

Sale of some assets is planned to raise funds for reinvestment. New staff housing is planned which is modern, energy efficient and well insulated. This is essential to keep and attract the quality of teachers needed. The School at present owns a number of houses in and around the Town. About 230 of the staff live within two miles of the School, and another 20 within 10 miles.

Two boarding Houses celebrated their 100 and 125th anniversaries this year. It follows that they are quite inefficient in their use of energy and

need upgrades. Approximately one million pounds needs to be spent on each house to bring them up to date over the next 5 to 15 years. A new Sports Hall is urgently required to provide for the increased number of pupils and it is hoped that this will be built next year. This depends on available funds, and, of course, planning permission.

Turning back to events, school starts again on 2nd September, but on 29th August there is rugby with the 1st and 2nd XVs playing Gosforth, Loretto & Myerscroft, and the A1 XV playing Loretto. There is a match against Whitgift on 5th September. On 12th September they play Wilmslow at 11am, and on 19th September RGS Newcastle.

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COMMUNITY TRUST

Sedbergh Skateboarding Park - An Update

Having fostered the First Responders, which is now self-supporting, the Trustees are hoping that a project to build a Skateboarding Park, which they are developing with the Parish Council, will be equally successful and provide a much needed facility for younger members of the community.

When asked in two surveys which recreational facility would be the most popular the young people of the Town voted overwhelmingly in favour of a Skateboarding Park which could also be used for BMXs, scooters and roller skates. Informed professionals including the Police Commissioner, our MP, the Head of Settlebeck School and Sedbergh Youth Association have given very positive support. They believe the Park will benefit the community by providing a positive outlet for young people's energy through physical exercise and social activity. The outcomes of this activity will be building social cohesion and improving the welfare and wellbeing for our young people.

The proposed site of the Park is on the South side of the football field adjacent to the new gymnasium. It will occupy an area approximately the size of a tennis court and be another facility adding to the diversity of the recreational attractions that already exist.

The Community Trust has applied for a grant from Sport England which, if successful, will meet the majority of the capital costs of the Park. A Skateboarding Park Committee

involving young people will be established to oversee the operation of the Park and its maintenance and repair, providing community awareness and social responsibility

A public consultation will be held on Wednesday 9 September. From 9.30 am – 1.00 pm there will be a manned stand with display materials at the Joss Lane Market. Later, from 6.00 – 7.30 pm the stand will be in the People's Hall where Trust members will be ready to receive suggestions and comments. At 7.30 pm there will be a short presentation followed by a question and answer session.

We hope everyone will support this project which we believe will be a positive benefit to our young people in Sedbergh.

Multiple Sclerosis



9:30 am

Saturday 26th September

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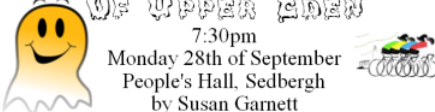

SEDBERGH WALKING AND CYCLING GROUP

FACTS AND PHANTOMS
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7:30pm
Monday 28th of September
People's Hall, Sedbergh
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with geography, history and spooky tales
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Smardale and thereabouts

Another free public talk
www.sedberghgateway.org.uk/events

PEOPLE'S GYM & FITNESS CENTRE

Open Day Sunday 16 August

Well what a fantastic day we had on Sunday! Lee had worked really hard getting all the machines into the gym and worked with our maintenance engineer to get everything in working order. It was a lovely sunny day and were able to open the double doors to take maximum advantage of the view over the playing fields and up at Winder.

There was a really good turnout, lots of potential members visiting throughout the day along with plenty of good feedback and ideas for what people wanted to see in the gym and how they would use it. That feedback will be discussed at our next committee meeting.

Date for opening for business

As mentioned in the last report , there is still a shortfall of funds before we can open the facility.

There are the final building costs to meet, safety equipment to buy, and certain gym machines and equipment that did not make it across from Baliol. Our spare funds all went into the building – which was the right

thing to do as we have that wonderfully light and airy building – but now we do not have sufficient funds to pay for what we need just to open! We are confident that, once open, and membership subscriptions start coming in, we will be able to start investing in the gym equipment and facilities.

Sandra and Rosemary have each got two grant applications in and we will hear from those in early September. If they are successful they will make a massive dent in the shortfall. We also have a list of many more potential members and many are starting to pay their £10 per month advance membership. This is a direct result of the Open Day, which is fabulous, and thank you so much to you all for your contribution. If enough people do this it will bring the actual opening day closer. Remember you will get one month's free membership of the gym once it is open for every £10 you have paid in advance – it is not too late. Contact Rosemary NOW for the bank details to set up your standing order.

We are looking at applying for other grants, but we still need your help with some serious fundraising.

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If you're going walking on holiday, could you do one day's sponsored walking? Could you invite a few friends along? If you do regular jogging with others, could you and your running buddies make one evening a sponsored run? Could you have a collection at work, or, if you own a business, could it sponsor something? Have your friends for dinner and charge them £10 for the gym? Rosemary has set up a JustGiving Crowdfunding page so donating the proceeds from your event could not be easier! Or just make a donation on the page.

Tell us what you're doing and we'll promote it on the gym's Facebook page and Lookaround.

And please – if you see people are doing something, do support them. The sooner we get the money together for the “must haves” like the CCTV system, the sooner those doors will open! Clearly we are going to miss our target date of 1



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September. But we can't have our wonderful new facility, and the machines that we have, standing idle for too long. So please, please, please help us to raise these last amounts. Remember Gina still has some spare cash available to match fund our efforts.

You will be able to see how well the fund raising is going by keeping your eye on the Gym-ometer outside the Gym building.

Important dates for your diaries

25th September – Quiz Night at

7.30 p.m. in the People's Hall, when our quizmaster will be none other than our very own Woody (who else?!). Please also see page 25. Please phone Sandra on 07850 378 370 for further details. This is always great fun so keep that evening free as we need a good turnout to maximise the amount that we raise. Please also bring along some raffle prizes.

28th November – Masked Ball – details to follow

Sandra Gold-Wood -Chair Tel: 21808

sangold.kwood@virgin.net

Rosemary Lewes (Treasurer)

rosemary@rlccountants.co.uk

Tel: 20088

CHURCHES TOGETHER

News from St Andrew's Dent and St John's Cowgill

September brings thoughts of Harvest Thanksgiving in Dentdale. However, as I write, many farmers are caught in much anxiety and distress as they struggle to get a fair price from the supermarkets for what they produce, especially our few remaining dairy farmers. It is an increasingly desperate struggle for survival. But the the issue of getting a fairer price from the supermarkets for farming produce is an industry wide crisis. **But this Harvest time, we can all do something about it by looking out for the red tractor logo in the supermarkets and buying British produced food, especially**

dairy and meat products.

So Dentdale can thank God for what has been a difficult Harvest, but we thank God nevertheless for all His blessings. Everyone is encouraged to join in the Harvest Thanksgiving celebrated at St Andrew Dent at 10.30am on September 27th (preceded by the Parish Harvest Supper in the Memorial Hall at 7pm on September 26th – all very welcome) and at St John's Cowgill at 2.30pm on Sunday 4th October.

Church Services in September

St Andrew's Dent celebrates Holy Communion every Sunday at 10.30am in September with a Family Communion for Harvest Festival on September 27th at 10.30am, all are very welcome.

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St John's Cowgill

September 6th: 9am Holy Communion

September 20th: 2.30pm Evening Prayer

St Mark's Church, Cautley

We will be holding our Harvest Festival on Sunday 20th September at the later than usual time of 3.30pm. Do come along to give thanks for all the wonders of creation and enjoy singing the traditional harvest hymns.

Advance notice of two events not to be missed.

On Saturday October 10th there will be a Prayer Walk from St Mark's to Cautley Spout and back again, following footpaths. We will start from the church at 11am and call in at the Cross Keys for a snack lunch.

On Sunday 18th October, at 2.30pm, Bishop Cyril Ashton will be leading a Healing Service at St Mark's. Cyril Aston was Vicar of St Thomas', Lancaster for seventeen years, where he developed a distinctive charismatic ministry. Later he became suffragan bishop of Doncaster, retiring in 2011.

News from the Pews



Living as we do in a beautiful area visitors come and go all the year round.

Seeing a coach parking up in Joss Lane on a Wednesday morning usually signals more customers for the Coffee Morning at the United Reformed Church that is so conveniently placed for the thirsty travellers to quench their thirst and get a little insight into life in Sedbergh. A healthy total of £264 was raised towards the Missionary work the Parish Church supports.

New faces often appear at our Sunday morning services. At the beginning of August we had the pleasure of meeting families who had travelled from Edinburgh and Oxford to spend time together and another family whose members had come from as far as Hong Kong to enjoy a reunion here in Sedbergh, a place they had never visited before. We hope their time here made happy memories for them to take back home.

Family members attending baby



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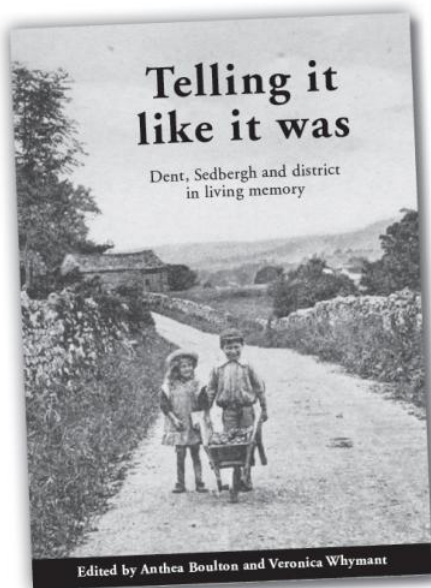
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Meet the authors and contributors and hear all about the making of the book, over tea, coffee and nibbles.

Chloe's Baptism had travelled from Cambridge and Derbyshire to attend an important occasion in her life. I hope someone captured the moment she was baptized when she gave the most beautiful smile as water dripped from her hair.

Another visitor, this time to the ringing chamber, was a lady who had spent her formative years in Sedbergh, Judith Gairdner being the daughter of a former teacher at Sedbergh School.

Her father, Dr Bill Gairdner, had many talents and was a much loved parent, teacher, colleague and friend as I have discovered being privileged to read the book prepared for mourners at his funeral in 1983.

Towards the end of the Second World War Bill had the idea to start the Sedbergh Festival of Music and Drama. Something like the Mary Wakefield Festival on a much smaller scale the Festival was held in the National School (Church of England School), which is now the Telephone Exchange. Resurrected in the year 2000 but not as a competition The Sedbergh Music Festival takes place mainly in the Parish Church.

Octogenarian, "Bobby" Woodhouse himself a retired teacher from Sedbergh School had been a very active bell ringer teaching boys from the school to ring using the church bells. Bill, realizing that with time running out there was no-one else to

Telling it like it was

What was life like in the dales just two or three generations ago, in the days of the horse and cart, candles and Tilley lamps?

Over the last twenty one years the Dent and Sedbergh Oral History Society has recorded interviews with a hundred local residents from all walks of life. From this growing archive the editors have selected no fewer than 528 recollections from sixty nine contributors.

'A chorus of lively dales voices telling it like it was! The result is a unique and captivating portrait of our community as it coped with a rapid transition from the old ways to mechanisation and modernity.'

Edited by Anthea Boulton and Veronica Whyment, illustrations by Pip Hall

Published by Dales Historical Monographs for Dent & Sedbergh Oral History Society, supported by Sedbergh Community Fund, South Lakeland District Council and Dent Parish Council

Paperback £14.95, Hardback £25

Available at our launch events (see opposite) and from Westwood Books and local shops

ANY PROFITS WILL BE ALLOCATED TO LOCAL COMMUNITY PROJECTS

pass these skills on asked Bobby to teach him to ring. He met Bobby regularly in the belfry to get to grips with this ancient art and then proceeded to teach a group of enthusiasts from the town and also started a new "option" for the Sedbergh boys...to learn to ring as part of their "Arts and Crafts" lessons. He took his new skill very seriously asking Judith to test him on his "Changes" and "Methods".

Leaving Sedbergh in 1967 for a new position in Winnipeg Bill passed the baton to his original pupil, Lester Haslam the local bus driver who rose to the challenge and also taught many young people to ring.

Judith was delighted to be back in

the tower after many years away and so thrilled that the bells are still in regular use as her father had wished.

This seems a good place to say that St Andrew's bells are in good health (it is the ringers who have the odd creak now and again). Bell ringing practice is on Tuesday evenings at 6pm until 7pm. Please do come on up and see us sometime should you feel this is something you would like to try. All you need to bring is good co-ordination.

We hope you enjoy your visitors this summer as much as we enjoy ours at St Andrew's.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

YORKSHIRE DALES NATIONAL PARK

Minding the Meadows

In April 2013 the Hay Time Appeal was launched by Yorkshire Dales Millennium Trust (YDMT) with the aim of raising £150,000 to fund an ongoing programme of meadow restoration and education work.

Now, a little over two years into the three year appeal, YDMT are delighted to confirm that £142,539 has already been raised thanks to generous donations from individuals and local businesses, and grants from charitable trusts.

Together with the vital support and commitment of farmers and landowners, this has allowed the Hay Time project to continue across the

Yorkshire Dales and expand into the Forest of Bowland, and many of the original targets for the Appeal have already been far exceeded.

Aims to re-introduce wildflowers into 20 hectares of degraded meadow each year have been surpassed. In 2013 the team added sustainably sourced seed to more than 60 hectares of degraded meadowland, 65 hectares in 2014, and a further 75 hectares are planned for this summer.

This is great news for the future of wildflower hay meadows, which are currently one of the most threatened habitats in Britain. Over the last fifty years 97% of meadows in the UK have been lost - only 1000 hectares (less than 4 square miles) survived putting many of our native wildlife

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species, and links with our cultural heritage, at risk.

Chris Myers, TV presenter and Hay Time Appeal ambassador, said: "I feel very lucky to have grown up with the stunning wildflower hay meadows of the Yorkshire Dales right on my doorstep. This natural beauty has provided the inspiration for much of my work as a garden designer, and I think it is so important that we safeguard these habitats for future generations of youngsters to enjoy. That's why YDMT's work to save these precious meadows is so important."

Education targets have also been exceeded – YDMT hoped to work with 250 children each year, and have actually delivered educational activities and meadow visits attended by over 350 children from almost 20 different schools each year in 2013 and 2014, and are on track to meet the target again this year.

Adults have also been getting involved, learning how to identify and record wildflower and bumblebee species. More than 500 people have learnt new skills since the launch of the appeal.

Tanya St. Pierre, Hay Time project officer, said: "I am thrilled that we have already been able to exceed many of our original aims for the Appeal, but we want to carry on the momentum of the project and achieve even more. So we've increased our fundraising target for the Appeal to £200,000 to enable us to build on this success in 2016 and make a real difference for future generations. I hope that people and organisations will dig deep to help us achieve this."

To find out more or to make a donation please visit www.ydmt.org/HayTimeAppeal or call YDMT on 015242 51002.

Sarah Brewer

YORKSHIRE DALES NATIONAL PARK

Cash on offer for National Park projects

Cash grants are on offer to help projects get off the ground in the Yorkshire Dales National Park.

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the Yorkshire Dales National Park Authority's Sustainable Development Fund (SDF) to help individuals, businesses, community groups or voluntary-sector bodies.

Andrea Burden, the Authority's Sustainable Development Officer, said: "This year we had £140,000 in total and, so far, about £40,000 has been allocated.

"That means we still have a large amount of grant money available and we would love to hear from people who have great projects— no matter how big or small they either want to get started or that are on-going and need some financial help.

"The project may be nothing more than a collection of thoughts and ideas but that doesn't matter. An SDF grant can pay for the help and advice that will turn them into something more concrete.

"All that we ask is that the project should contribute in some way to looking after the National Park's natural beauty, wildlife or cultural heritage, or it should promote opportunities for the public to understand and enjoy those things – while at the same time providing some local economic or community benefit."

More details about the Sustainable Development Fund can be found on the National Park Authority website at <http://www.yorkshiredales.org.uk/living-and-working/sdf>

In the first instance enquirers are recommended to get in touch before they submit an application. They can do this via email to

SDF@yorkshiredales.org.uk or by phoning 01969 652337. Prospective

applicants can also download an electronic application form and guidance notes via the website.

Recent SDF grants include: £916.50 towards a Sedbergh Chamber of Trade project to create a four-minute, promotional film about the town. The film will be made available through a variety of social media sources.

Last year's grants included: £711 to Dent Parish Council towards resurfacing the Beech Hill car parking area.

£2,360 towards the cost of installing picnic benches, tables and disabled access at a site at New Bridge beside the River Rawthey in Sedbergh. The project included a special bench, suitable gates and a restored path to the town.

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SPELLBOUND THEATRE AUDITIONS

It is almost two years since our successes with "Calendar Girls" along with our continuing short play 'The Wheel Turns' which has been performed several times at Farfield Mill, as part of the heritage week.

We are very excited to announce that we intend to perform "How the

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other half loves” by Alan Ayckbourn in February 2016 with an experienced director, Hilary Stephenson.

There is a small cast of three men and three women and auditions will be held on Sunday, the 11th of October in the committee room of the People’s Hall at 3.00 pm.

We intend the auditions to be a social gathering which will be enlivened by cake, tea or glass of wine if you prefer. We would like all potential actors to have a piece prepared beforehand. This will be a small extract from the play and can be obtained by phoning either Helen on 20165 or Heather on 21279 after 7.00 pm (or leave a message) who will then e-mail the extracts to you, or

a paper copy can be arranged.

We are also looking for production support people, including techy lights and sound, front of house, costumes, set design and stage management to name just a few. Please come along to the auditions to express an interest if you can offer any production support at all.

Ayckbourn is known for his insights into human nature and this comedy is no exception. This article allows all actors, several weeks to learn their part in preparation for the audition. We hope that there will be lots of you who feel this is a comedy you will enjoy performing and look forward to hearing from you.

Spellbound Committee

SEDBERGH ORCHESTRA SUMMER CONCERT

All that was missing were decorative palm trees dotted among the festive tables, but in a way, the Orchestra in colourful rig was conducted by its own Max Jaffa, the fiddler of rare skill himself, and a very jolly host, namely the conductor, Roland Fudge. Around them was the hum of anticipation from a packed audience, gleefully sipping good wine and fruit juices.

The programme on paper was of much loved favourites, full of colour and fine melodies. I say 'on paper', because while the attractiveness for the audience is undeniable, in the performance every one of the pieces has real technical challenges for soloists, problems of intonation and ensemble, all underpinned by many complex rhythmical patterns, putting real pressure on everyone. But one of the joys of this concert was that Roland Fudge made everyone in the band feel relaxed and up for it. He exuded a sense of fun and love for the music. The result was that for me at least, the orchestra played better in genuinely tricky repertoire than I think I have ever heard them.

Some of the warhorses were reasonably straightforward to take for a trot - 'Walking the Dog' [real dog being walked, incidentally], Offenbach's Can-Can, the Grieg Elegaic Melody – all well done. But



the Dvorak, Mussorgsky, Monti 'Czardas', and above all the hair-raising Chabrier 'España' were most certainly champing at the bit and bridle. Infectious and toe-tapping indeed. And who'd be a horn player knowing that that gorgeous Mendelssohn nocturne lay in wait – beautiful for the audience, oh yes, but a wicked test for you! All in all, percussion and brass throughout this concert had to be right on their game, and by and large they rose to the challenges with energy and confidence. Reed and woodwind were showcased as

well, but for me the flutes really caught the ear with some very deft work. Roland Fudge led the gypsy dash in the Monti 'Czardas' with characteristic skill and brio. This was a truly happy occasion, and many thanks to all concerned for a fine summer evening in the well set-out People's Hall 'café'.

Stuart Manger

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CHRISTIAN AID

in Sedbergh and District

In July we had our AGM and yet again it was found that our area has been tremendously generous in its support for Christian Aid and its worldwide work which will enable so many people to become self sufficient and break the stranglehold of poverty. After the small expenses like adverts and hire of rooms for the coffee morning we have been able to send to Christian Aid the following amounts from the events listed:

October 2014

Coffee Morning £361.90

2015

Collection from G D Handley's funeral £900.00

Collection box £86.50

Collection at the Carol Service (for Ebola campaign) £164.10

March Coffee Morning £332.23

Lent lunches (for Ebola) £377.00

May Christian Aid Week Coffee Morning £433.70

House to House £3004.37

Dent Coffee Morning £205.00

TOTAL **£5864.80**

In specific human terms it has meant amongst many other things that Loko, an Ethiopian woman, who had no choice but to make a back breaking, dangerous eight hour walk several times a week to collect firewood to sell to raise money to keep her children from starvation, now has a cow she so desperately needed. Loko's words say it all: 'You have brought me happiness.'

The committee would like to thank everyone for their support.

The AGM has brought changes to our committee. Mrs Christine Wood and Mrs Isabel Stacey have, after

many years of stalwart committee work, decided to stand down due to changing personal circumstances. They have both given tremendous support over the years and we are delighted they are going to continue giving their assistance wherever possible. Mrs Valerie Finch has been elected to the Chairing role once again and our new committee member, Cynthia Thompson, is now our Minutes Secretary. Other committee members are continuing as before.

After our summer break we look forward to seeing you at our autumn coffee morning on the 14th October in the URC rooms.

Rev Anne Pitt on behalf of the Christian Aid committee



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DENTDALE WI

High summer and a beautiful evening perhaps bringing more people out than usual to our August Open Meeting as the hall was well filled. We started the meeting by singing Jerusalem and were in good voice ably accompanied by Rita Corpe on the piano. It prompted our speaker to join in the singing. He later commented that it had been a pleasure to hear the WI evening begin in such a traditional way!

Minutes of the June meeting and Institute business followed, and it seems the Summer Outing to Dalemain House had gone very well.

Kate Cairns gave a brief financial update and following the success of the mini market, she was able to

WEED CONTROL

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      D --> F[Gardens & Paths]
  
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report that the balance sheet looks comfortably healthy. Coming soon is the Dent Gala for which Dentdale WI organise the afternoon teas. These always do well, with all proceeds to the Hall funds so, naturally, there was a list out for requests for helpers and for the all important donations of food and cakes!

A further list was available for those wishing to attend the next Dining Club outing on Tuesday 15th September to The Barbon Inn.

Lists abounded with one for anyone wishing to attend the ACM on 17th October or maybe attend as delegate? The other was for orders of calendars and diaries for 2016. My goodness the year is rushing by!

Time then for our Speaker, Steven Beattie to give us his talk on Missed Cues. Steven Beattie had been interested and involved in theatre for 52 years having his first try at treading the boards in the Junior

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School nativity play. He had gathered a wealth of amusing anecdotes over the years to regale to us. He had seen it all :in Rep. Drama festivals, Theatre, outdoor performances etc. Naturally, he dwelt on the things that somehow manage to go wrong with props and curtains, but he was also keen to mention the actor's skill in trying to get those calamities past the audience almost seamlessly! Naturally, he mentioned that wonderful skill of 'ad-libbing' when fellow actors left out lines or as happened to him, missing nearly half a scene. He was thanked by Anthea Boulton who reminded us that Dent had at one time a thriving Drama society and that Dentdale WI had recited their amazing entry of the

story of Settle Carlisle on the boards of Stratford, no less. The Jacob's Join followed and members mixed with visitors over the delicious refreshments.

Lots of raffle prizes meant eight people went home with a present and the competition winner for the evening was Belle Burrow with her entry for "I treasure this because" it was her mother's wedding ring which her husband had altered to include a Ruby and given to Belle on their Ruby wedding anniversary.

It was a really lively and enjoyable evening.

The next meeting is on 9th September when Andrew Lowe will be talking about Discovering Lake District villages.



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Visitors and new members always welcome.

Fellow member Anthea announced that there is to be a book launch in Dent Memorial Hall on 12th September between 11.00am and 12.30pm - **Telling it like it was:** Dent Sedbergh and District in living memory.

Pat Allen

KILLINGTON WI

THE AFTERNOON WI FOR THE ENTIRE DISTRICT

Continuing the, "Song of the Weather".

*"August, cold and dank and wet,
Brings more rain than any yet!"*

You could be excused for not realising that I am actually a very



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cheery person! My grandsons tell me that I burst into song at the slightest provocation. Sadly the results are not always as tuneful as one might hope.

At Killington WI we continue our summer of unalloyed pleasure. This month our annual outing found us at Samlesbury Hall, a little distance from the River Ribble and mere 2.3 miles from the

M6. The exterior of this beautiful medieval building is made of black oak decorated with hundreds of white quatrefoils. (Yes, that's a new word for me too. It's like a Club in a suit of cards but with four bumps instead of three). Our guide who was dressed up as Henry VIII entertained and informed us with historic tales of priests' holes and beheadings, elopements and murders, and we mustn't forget the ghosts. After our picnic lunch we motored on to the Roman Museum at Ribchester. Some of us took the scenic route, or in other words we got lost. However when we reassembled we all agreed that the displays were 'small but perfectly formed'. It really was very interesting. Our day was rounded off (as were we!) with a visit to a lovely tea shop

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which sold feather-light scones 'as big as saucers'. Here we were able to enjoy the company of each other and those guests who had come along for the day. We hope to see them again.

Some of our members continued to enjoy excellent food when they joined Dentdale WI at their open meeting. Dentdale always put on a tasty spread but this time they excelled. Our thanks to them all.

Our "knitters" continue to gather each Monday morning. It is surprising how quickly our £1's mount up. Sadly we have to bid farewell to one of our most skilled and valued members. Wendy McLean (and Jack) are moving down to Rutland. We wish them every possible happiness. I have now decided that my original blanket squares in a cheery bright green and bright yellow are going to be converted into a scarf suitable for a Norwich supporter, or failing that sent to a child in Romania. I hope that

someone appreciates the blood, sweat and tears that have gone into it. I don't think it would win in the Spring Show.

Come September it will be back to the Peoples' Hall at 2-00pm on Tuesday 8th September. Our speaker Maureen Hinch has entitled her talk, "Education – Memories from the Chalk Face". Bring your slate and chalk along with you and experience a warm Killington WI welcome

Wendy Fraser-Urquhart

SEDBERGH WI

Our 'Summer Outing' on August 12th was, amazingly, appropriately named! We could scarcely believe our good fortune when we saw sun and blue skies over Sedbergh after so many

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miserable days! We set off for Grange-over-Sands at 1pm and all sixteen arrived at Yewbarrow House Gardens before the scheduled start of our 'garden tour' at 2pm. We were greeted by a young worker who gave us each an illustrated plan of the garden and we waited around for our expected guide, George the gardener, for ten minutes or so, admiring some of the plants around us; some members even daringly started up the steps of the Italian Terrace unaccompanied...

The intrepid Anne Pitt, however, set off in search of the elusive George the gardener but ran into some builders on scaffolding repairing the house roof. She told them we were waiting for George to guide us round

the garden but George was nowhere to be seen. Oh, they told her, Mateusz knows about the garden, so Mateusz was called from the house repairs he was doing and came back to meet our group who then set off to catch up with the impatient few who had decided to explore on their own rather than waste time.

It turned out that Mateusz knew rather a lot about the garden, having helped in building it over seven of the years since Jonathan and Margaret Denby bought Yewbarrow House in 1999, when the gardens were badly overgrown. Moreover, he was a charming young man with excellent English enhanced by a delightful Polish lilt! After spending 7 years in the gardens he had returned to

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Poland for 2 years but Grange's mild winters and temperate summers had drawn him back. We could see the evidence for the difference in climate between Sedbergh and Grange in the different kinds of plants to be found there. I wonder whether Sedbergh would have held a similar attraction... Average rainfall in Grange is, apparently, 40 inches a year. I guess that Sedbergh has considerably more than that!

Mateusz led us up the steeply-terraced garden ablaze with the hot vibrant colours of dahlias in particular as well as more exotic plants. The terrace had been dug out of a steeply sloping lawn, a very difficult project, in 2003.

There was a lot to see so I'll just give you a few snapshots of particular favourites: the stately artichoke plants with their purple flowers attracting bees in the Kitchen Garden; the wall of water cascading into the blue-green water in a long rectangular basin surrounded by tropical plants, including banana palms pushing against the glass roof of the Palm House ; the wonderful view of the Bay across to Arnside which opened up from the top of the Prospect Tower, the stretches of sand intersected by water channels reflecting the intense blue of the sky; the sky reflected again in the pool with its moon-viewing platform in the Japanese Garden surrounded by maples,



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including the low domes of the feathery bronze acers which line the Maple Walk; and the strange echium plants nearby, 10ft tall at the end of their 3-year life cycle, their extraordinary, thick flower spikes covered in densely packed tiny blue flowers irresistible to the bees which were pollinating them ready for their next stage, seed production, after which the parent plants would die and the seeds would sprout again next year. A refreshing cream tea on the Tea Lawn by the house followed our exploration of the garden and was a lovely ending to a very enjoyable afternoon. Many thanks go to Ellen for organising the outing, and also to our guide, Mateusz, whose infectious enthusiasm enhanced our enjoyment of these lovely gardens.

'Enjoyment' was not a word which could be applied by any members of the book club to their experience of 'The Gathering' by Anne Enright, which had won the Man Booker Prize in 2007! Meeting at Moira's the day after our outing, a group depleted partly by 'granny duties' were unanimous in condemning the confusing 'stream of consciousness'

style which led to much confusion in time scales and distasteful repetition of things we really don't want to read, and which discouraged several members from even completing the book! We do try to find some good points even when we don't like a book, and some of it was quite poetic, but it was a dark and depressing study of relationships, grief and guilt. This was our lowest-scoring book ever, at under 4/10. We went out into the sunny garden for our tea and delicious cake (kindly provided by Anne Petyt) to disperse the clouds of gloom that 'The Gathering' inspired! How lovely to look out over Sedbergh and the surrounding fells on a beautiful day!

We wish the walking group fine weather for their 8-mile walk from Horton-in-Ribblesdale on 20th August – a walk postponed from last summer because of bad weather.

Many of you are probably aware that a number of our members made a Poppies wall hanging to commemorate the First World War and it now hangs permanently in the Committee Room of the People's Hall, where we meet every month. It

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will be on show there for everyone to see during the September Sheepfest weekends when the People's Hall will be open on Saturday 12th, Saturday 19th and Sunday 20th September from 9am to 5pm.

Finally, a warm welcome will await any guests who would like to join us for our meeting on Wednesday 9th September at 7.30pm when Wendy Fraser-Urquhart will be talking to us about her role as 'A Beekeeper's Wife'.
Moira Folks

LADIES NFU

The Summer Evening Outing on June 8th saw 17 Members and 1 Passerby visit the Auction Mart at Junction 36, a massive new building.

We had a warm welcome from Bill Nelson the Livestock Manager and Auctioneer, and Kevin Kendal the 1818 Sale Room Auctioneer.

Bill took us to the Pens, row upon row all clean and tidy awaiting the next Sale. In one corner, it was a surprise to see a few Motor Bikes, the odd engine, and a bicycle which Kevin would be selling at the following days auction. There is a large Function Room which can be extended many times. Insurance Offices. Business Offices, etc.etc. and even a Hairdressing Salon!! We sat in the New Ring on seats which had previously been in the Kendal Auction Ring, a nice touch. Bill kindly explained how the Sale worked for

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the benefit of Members who had never attended one. We thanked Bill who left us to attend a Committee Meeting in Lancaster. Kevin then took us to the huge 1818 Sale Room which was absolutely packed and overflowing into the corridor. Lots of lovely inlaid furniture, modern furniture also. China and Pottery Ware, Kitchen Ware, Lamps in all shapes and sizes. Masses of Jewellery, Ladies Hats, Top Hats. Retro Clothing and Furs. Sheet Music, Records and C.D.s. You would find whatever you wanted in there I'm sure.

When the Sale begins, Kevin and his small team work mega fast with bids made earlier, bids from people at

the Sale, Telephone bids and On-line bids, it is rather manic but they cope! We wished Kevin well for the Sale, and thanked him for telling us all about his work as an Auctioneer.

Then a short drive to the Station Inn at Oxenholme where we all enjoyed an excellent Meal.

A big thankyou to our President Barbara Gorst for organising a super Summer Outing. We hope our active members have enjoyed a bumper harvest, and look forward to meeting them at our next Meeting on Tuesday 15th September when Malcolm Petyt will tell us all about his Visit to the Falkland Islands. Come and join us a warm welcome awaits you.

Marlene Mason

WEATHER

Not quite the summer weather we might expect for July. It started off quite warm but finished much cooler. A high of 75F (24C) during the first week dropping to a low of 44.2F (7C) in the last week summed it up. I was also quite breezy with only 3 days when the maximum gust didn't get into double figures. The highest gust was 22.8mph. Rainfall was moderate ending up with 3.94 inches (100mm) in total. There were only 11 days on which it did not rain in short spells. The windchill was all above freezing but a couple of nights got very close to a ground frost at 39F (4C).

The rainfall ensured everything was green and flourishing. In spite of the breeze midges were quite troublesome and flies pestered the sheep needing regular sprays with "Dynamite" to keep them away. I still haven't got any hay, though it is well ready, as we haven't really had a long enough dry spell. Let's hope things

improve or I will have to turn the sheep into it and they will waste much of it. The swallows laid again with 4 eggs in the nest. They are obviously trying to catch up for lost time. The magpies have had a successful nest as have the collared doves, which is surprising with extra magpies to feed. Butterflies are still in short supply. We shall have to see if the situation changes when the buddleia flowers next month. Getting garden grass cut has been somewhat difficult due to the regular rainfall. It grieves me cut it and waste it when the sheep are short and still being topped up with feed. Goosegrass has had a bumper season and the dogs seem to find more than their fair share. We have acquired a "new" dog. A 2 ½ year old rescued collie being an ex farm dog. The "oldies" don't want to know as she is so full of energy. We are trying to arrange for another younger one to keep her company.

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FARFIELD MILL

how it all started

"Great idea but pie in the sky!" was one comment. It was a cold windy evening in November 1992 at the end of the first meeting called by a bunch of mad enthusiasts in the Peoples Hall to see if there was any support to do something about all the textile machinery on level 3 of Farfield Mill. Brian Hinton of Pennine Tweeds was about to dismantle it and sell it for scrap. He was giving up. The rain was coming through the roof; all the electricians needed rewiring; the Health and Safety people wanted guards round the machines; and the rent was about to go sky high. He could not carry on his small woollen tweed business which had brought a trail of

visitors to his door over the years.

Was this to be another loss to Sedbergh or another opportunity?

The mad enthusiasts were an unlikely bunch - an ex-nurse, Winifred Howarth, an ex-diplomat and his wife, a retired planning officer and a retired teacher. They were soon joined by a teacher from Sedbergh School, Richard Thomas who is still on the Board at Farfield still, 23 years later.

Had they known the problems they would encounter, they would have taken the advice of the Chairman of Sedbergh Parish Council and not even started. The main mill building was owned by John Entwistle and he was prepared to sell it as he could not get planning permission to turn it into

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flats because of the state of the access road. He could not get an improvement to the road because he needed to buy it from Tom Stockdale. However there was nothing a determined solicitor could offer a wily old farmer for his road, when Tom had made up his mind that he did not care much for Mr Entwistle and his money making ideas. We soon realised we needed to keep Tom Stockdale on side, with visits to his farmhouse to discuss the weather

and sheep prices at the auction mart, never the road. At first the road was least of the new committee's worries, but over the years it became one of our main concerns. We gradually realised that the Yorkshire Dales would not allow anyone to do anything at all with any of the mill buildings unless they were able greatly to change the access road. Tom Stockdale to use an overworked but very vivid comparison, had us over a barrel: no road, no project.

Money! How does a bunch of enthusiasts with no experience of restoring a Victorian building, with no idea of how it might be used, set about raising the funds to buy the place and give it a new life? They discovered there was money for historic buildings, but Farfield was not listed and English Heritage were not interested in listing it. It was an interesting site, the last of five mills in Sedbergh that still produced textiles.

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Imagine a Sedbergh, not that long since, in the time of our great grandfathers, when everyone if they were not knitting socks or gloves as they waited at the spouts in Sedbergh for their turn to get water, were setting off at 6am, six days a week, to work in one of the five mills. Farfield was an important part of Sedbergh's history as well as the history of the Dales.

The committee, now officially with the important sounding title of the 'Council of Management of the Sedbergh and District Buildings Preservation Trust', managed to persuade the Yorkshire Dales to designate Farfield a Conservation area. The immediate neighbours

were naturally somewhat concerned about the idea, but they were living on a site which like the town centre, also a Conservation Area, was of some historic interest. How far, in the interests of saving Farfield and its heritage, should we over-ride their concerns? It was one of the many moral dilemmas we had to face.

To get the site made a Conservation Area was therefore not an easy decision, but it did open the door to funding, from the Architectural Heritage Fund and from a completely brilliant idea that came out of government thinking - the invention of the National Lottery. Within months we had secured £200,000 from the Heritage Lottery fund and had applied

for £90,000 from the Arts Lottery to set up studios for artists and crafts people.

They were exciting meetings back then! Another source of money also appeared in 1994, from Europe. The Rural Development Programme for the Northern Uplands came on stream and we were quickly awarded £222,000, enough to get the project started. There was just one more hurdle, as the Arts Lottery committee had not yet decided on our £90,000 application. 1994 came and went. 1995 arrived and still no answer. Then eventually in February we had a phone call. Great idea! Such a good idea that we are going to give you £35,000 to make it a much bigger idea. Do another business plan. Buy

the building next door. Provide accommodation for weave designers so they can live on site. The idea of the International Textile Design Centre was born. We would go back to the YDNPA for new planning permission and go to work on this new idea. It was not a job to be undertaken lightly by an inexperienced committee of amateurs, but there were always offers of help. It is surprising how many people in Sedbergh with professional expertise are willing to give their advice for nothing; and that is as true today as it was then. We started on a new adventure.

To be continued

If you have any memories of Farfield do write in.
Maureen Lamb

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5042SED	How to Buy & Sell on Ebay	Chris Wood	1	Sat	07/11/2015	10:00-15:00	£33.00	£33.00	Sedbergh
5031KBL	Get Started with Internet & Email	Chris Wood	5	Tue	10/11/2015	10:00-12:00	£35.00	£18.00	K'Lonsdale
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5039KEN	Photography for Beginners	Frank Balaam	6	Mon	14/09/2015	19:00-21:00	£59.00	£30.00	Kendal
5041KEN	Advanced Photography Projects	Frank Balaam	4	Wed	23/09/2015	19:00-21:00	£72.00	£72.00	Kendal
5060SED	Using Your Digital Camera	Chris Wood	5	Thu	01/10/2015	19:00-21:00	£60.00	£60.00	Sedbergh
History & Writing									
5002KEN	Capturing Nature in Poetry	Janni Howker	12	Thu	17/09/2015	13:30-15:30	£82.00	£41.00	Kendal
5001SED	Creative Writing	Janni Howker	12	Fri	18/09/2015	13:30-15:30	£82.00	£41.00	Sedbergh
5024KEN	The Great War - Wider & Local Impacts	Stephen Roberts	10	Tue	29/09/2015	19:00-21:00	£68.00	£34.00	Kendal
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5046KBL	Family History Workshop	Katy de la Riviere	1	Sat	14/11/2015	10:00-16:00	£39.00	£39.00	K'Lonsdale
Understanding Ourselves									
5027KEN	Assertiveness for Women	Kirsty McEwan	6	Mon	02/11/2015	10:00-13:00	£18.00	£9.00	Kendal
5056KEN	Mindfulness for Daily Life	Helen Towers	5	Tue	10/11/2015	19:00-20:30	£27.00	£14.00	Kendal
5045SED	Maintaining Mindfulness	Katy de la Riviere	1	Sat	21/11/2015	10:00-16:00	£32.00	£16.00	Sedbergh
5051KEN	Intro to Psychology	David Walton	10	Mon	28/09/2015	19:00-21:00	£68.00	£34.00	Kendal
5047KEN	Happiness & Psychological Wellbeing	David Walton	10	Thu	01/10/2015	19:00-21:00	£68.00	£34.00	Kendal
5048KEN	Intro to Emotional intelligence	David Walton	1	Sat	21/11/2015	10:00-16:00	£39.00	£39.00	Kendal
5050KEN	Coping with Pain & Health Anxieties	David Walton	4	Fri	02/10/2015	14:00-16:00	£10.00	FREE	Kendal
5052SED	Keeping Older Brains Active	David Walton	10	Fri	18/09/2015	09:45-11:45	£25.00	FREE	Sedbergh
Health & Exercise									
5022SED	Pilates in Sedbergh	Danielle Hone	6	Mon	14/09/2015	10:00-11:00	£36.00	£36.00	Sedbergh
5065KEN	Pilates in Old Hutton	Danielle Hone	6	Mon	14/09/2015	19:00-20:00	£42.00	£42.00	Old Hutton
5020SED	Yoga in Sedbergh	Lesley Kennedy	12	Thu	17/09/2015	18:00-19:30	£62.00	£31.00	Sedbergh

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5028KEN	Art for Beginners, Taster Session	Donna Campbell	1	Thu	01/10/2015	13:30-16:00	£12.00	£6.00	Kendal
5030KEN	Improve your Painting Skills	Bob Henfrey	10	Mon	05/10/2015	13:45-16:15	£85.00	£43.00	Kendal
5029KEN	Art for All	Donna Campbell	9	Thu	08/10/2015	13:30-16:00	£77.00	£39.00	Kendal
5032KEN	Felt Flowers, Vessels and Cosies	Debra Esterhuizen	1	Sat	07/11/2015	10:15-16:15	£39.00	£39.00	Kendal
5035SED	Landscape & Trees-Expression & Movement	Frances Winder	1	Sat	14/11/2015	10:00-16:00	£32.00	£16.00	Sedbergh
5053KBL	Encaustic Wax Cards for All Occasions	Sue Tydesley	1	Sat	28/11/2015	10:00-16:00	£39.00	£39.00	K'Lonsdale
Learning a Language									
5003KEN	French Beginners	Ian Platt	12	Tue	22/09/2015	19:30-21:00	£62.00	£31.00	Kendal
5004KEN	French Improvers	Ian Platt	12	Tue	22/09/2015	17:45-19:15	£62.00	£31.00	Kendal
5005KEN	French Continuing	Florence Tourne	12	Mon	21/09/2015	19:00-21:00	£82.00	£41.00	Kendal
5006KEN	German Beginner	Catherine Bond	12	Wed	23/09/2015	17:45-19:15	£62.00	£31.00	Kendal
5007KEN	German Improver	Catherine Bond	12	Wed	23/09/2015	19:30-21:00	£62.00	£31.00	Kendal
5013KEN	Italian Beginner	Laura Zambianchi	10	Mon	28/09/2015	19:00-20:30	£51.00	£26.00	Kendal
5014SED	Italian Continuing	Ian Platt	12	Tue	22/09/2015	10:15-12:15	£82.00	£41.00	Sedbergh
5015KEN	Portuguese Beginner Plus	Ian Platt	12	Mon	21/09/2015	17:45-19:45	£82.00	£41.00	Kendal
5008KEN	Spanish Beginner	Neil Stanley	10	Wed	30/09/2015	19:00-20:30	£51.00	£26.00	Kendal
5009KEN	Spanish Beginner Plus	Pilar Valera	10	Wed	07/10/2015	19:00-21:00	£68.00	£34.00	Kendal
5010KEN	Spanish Continuing	Pilar Valera	12	Thu	24/09/2015	09:30-11:30	£82.00	£41.00	Kendal
The Great Outdoors									
5062SED	Feel Confident on the Fells	Tim Deighton	1	Sat	07/11/2015	10:00-17:00	£45.00	£45.00	Dent
5061SED	Lowland Navigation	Tim Deighton	1	Sat	10/10/2015	10:00-16:00	£39.00	£39.00	Dent

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HOWGILL W I

We met on August 6th at Firbank Church Hall. Bridget gave a warm welcome to all members and our visitor Judith.

Members were reminded of forthcoming events in the Centenary Calendar. The Art Exhibition at Cartmel, Westmorland County Show, W. I. Day meeting up at 9.45 on 16th September for a mass 'selfie' to celebrate and mark 100 years of the W.I. On W.I. Day. Also the torchlight procession and the W.I. Promotion Day in the Town Hall.

Two members have accepted an invitation from Dent W.I., to join them on their Open Meeting when Stephen Beatty will tell us about his acting career and being involved with the

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theatre. Our August meeting is a 'Members Evening' when we don't book a speaker but make our own entertainment.

Liz picked out the poem written by Joan Ratcliffe in the W.I. News which highlighted her visit to the W.I.

Garden Party at Buckingham Palace. Mary Silva lifted our spirits by reading some humorous jokes. Audrey spoke about a family holiday at Christmas 2014 in Levi in the Arctic at the top of Lapland. The highlight being the snow village and the ice hotel where everything is made from ice. The seats, tables, drinking glasses, and even the bar are all made of ice. You can even spend your nights in the ice beds if you wish. A fantastic experience. Tanya gave us the life story of Lady Denman. How she became involved in Women's rights. She was elected first national Chairman of the W.I in 1917 following Canada in 1915 and was a remarkable leader. She was committed to setting up W.I's. We learned a lot about this remarkable lady.

You couldn't fail to notice the hall had an overwhelming presence of

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foxgloves. Ready to be measured. Who had the tallest? The winner of the competition for the Tallest Foxglove was Tanya at 8 feet. Audrey was second with a mere 7 feet. The social to name the ten different methods of cooking was won jointly by three members who knew their cooking skills. The evening was brought to a close with our usual get together and refreshments.

We meet on September 2nd at Howgill Village Hall when Peter and Pauline Robson will be speaking on Grayrigg First Responders. A.H.

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SEPTEMBER GARDENING

Early September is my favourite time for taking cuttings. By now, the season's growth on shrubs and herbaceous perennials will be slowing down and ripening, so that shoots which were soft and sappy three months ago are now hardening up, and so have more chance of surviving the sudden shock of being removed from their parent plant and being expected to survive alone.

My first priority is to take cuttings from things which may not come through the winter. Shrubs such as *Cistus* (Sun Rose), *Erysimum*

(perennial wallflower), *Salvia* (sage), Lavender and *Lavatera* (Mallow) have all succumbed in previous years to winter cold and damp, so I take cuttings as an insurance policy. *Penstemon* and *Anthemis*, two herbaceous perennials and *Dianthus*, which I grow in clay pots are also liable to be lost.

It is not only vulnerable plants which root well at this time of year. Evergreens such as *Erica* and *Calluna* (*Heather*), Bay, Laurel and *Choisya* (Mexican Orange Blossom), and deciduous shrubs - *Weigela*, *Chaenomeles* (Japanese Quince), *Salix* (Willow) and *Cornus* (dogwood) can also be successful.

I usually aim to collect cuttings on a cloudy day, so that they do not lose excessive moisture on their way to the potting bench (kitchen table!). Cut lengths of healthy new stem which are hard, but still pliable at the base, pinch out, or chop off the soft shoots and leaves from the top of the stems and then dib them into a pot filled with "seed and cutting" or "multi-purpose" compost. Cuttings usually root more readily if they are dipped in hormone rooting powder first and are placed around the edge of the pot - where compost meets plastic and there is more air. I like to keep my cuttings indoors on the kitchen window sill (East facing), and always enclose each pot inside a polythene bag, tied at the top to make an airtight container. Water the pots, and allow them to drain before you put them into their bags and then you should not need to do any more watering for the six weeks or so in which your cuttings should grow their new roots.

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**SEDBERGH CRICKET CLUB
GRAND RAFFLE 2015**

On Saturday 25th July, Sedbergh Cricket Club conducted the draw for their Grand Raffle. This was the second Grand Raffle which the Club has organised, and like last year, resulted in well over 2000 tickets being sold.

The Club would like to thank everyone who bought a ticket to support our local cricket teams at both junior and senior levels. Proceeds from last year and this year's Raffle have gone towards major refurbishment of the club pavilion. This is recognised as a great benefit, not only to club members, but also noted most positively by away teams who visit us for matches.

A successful raffle cannot take place without the generous donation of prizes. The Club would like to thank every organisation and individual who

supported the raffle with their donations. It is greatly appreciated.

Huge thanks goes to Kirsten Wilson, the promoter, and her willing band of helpers, Karen Troughton, Mandy Ferguson and Joyce Hodgson. It would not have happened without you!

A special thanks to Spar and Premier for allowing sales of tickets at their premises.

The Grand Draw took place at the Pavilion, and the Club held a successful BBQ evening to accompany it. Many thanks to Colin Wilson for running it so efficiently.

GRAHAM J MOFFAT



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MIDDLETON PARISH

In June Sedbergh Brass Band came to the Church and gave a splendid concert of varied items of music in the Churchyard. It was a lovely evening and the programme was enjoyed by a large audience and also some cows who put their heads over the wall to listen! Refreshments were served.

A Coffee Morning took place in Sedbergh recently. £300 was raised for Church funds. Thanks to everyone who assisted.

COGS

Community Orchard Group Sedbergh

COGS plans to create, develop and maintain a Community Orchard in Sedbergh for the benefit of local people, visitors and wildlife.

Summer 2015 update

Here is a quick update on our progress;

- Sedbergh School have generously provided a one acre plot of land below Winder Drive. This will be the location for the COGS orchard, with good access from both Winder Drive, and also across flat ground from Vicarage Drive.
- COGS had a stall at Sedbergh Gala in May, where visitors were invited to enjoy apple and rhubarb cake, and to offer suggestions on a logo for the Group.
- South Lakeland Orchard Group [SLOG] has offered 20 fruit trees, which we hope will be delivered and planted this autumn.
- South Lakeland District Council [SLDC] has agreed a grant, and a number of further grant applications are in progress.

If you would like to be involved in this exciting project, why not join COGS for £5 [individual] or £7 [family]?

Membership also entitles you to attend SLOG events, which include orchard visits and practical training days in pruning, budding and grafting.

If you would like to join COGS or find out more, please contact any of these people:

Ann Parratt 015396 20964

Jacqueline Smith 015396 20760

Shirley Lawrie 015396 21816



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DENTDALE CHOIR

40th Anniversary Year

Calling all current members, ex-members and waverers ... with a **BIG SHOUT** for **TENORS**.



This year Dentdale Choir are celebrating 40 years of music making and we would like to invite new voices to join our anniversary singing. To inspire you here are just a few comments from current members.....
"inspirational and rewarding, the good simple fun of singing with a group of like-minded people who develop a

bond which extends beyond the choir".

" My stress buster for the week, wonderful."

" A sense of achievement, overall feeling of wellbeing after rehearsals and generally just good fun!"

"I joined the choir last year and was an absolute novice. I had never attempted anything like this before, but on listening to the choir sing at the advent service in Dent Church last December, I knew I wanted to be a part of it. I am not very musical and was not at all sure I could even sing very well, but I needn't have worried. The choir were so welcoming and I felt at home right away. We learned the music at a pace I could keep up with and I soon found (with a little

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guidance) that I could follow the music with everyone else. I was soon looking forward to Tuesday evenings and relishing in learning a new (thoroughly enjoyable) skill.

I would really urge anyone who is contemplating joining us to just do it, you really won't regret it."

Maybe you are an ex-member and have forgotten how much fun Choir is? Perhaps you are nervous about singing publicly but secretly love belting out songs whilst driving or when you are in the bath or shower?

Dentdale choir is a thriving, friendly community choir and WE DO NOT AUDITION. Whilst we have some very accomplished musicians in our ranks, some of us DO NOT READ MUSIC AT ALL. We learn by ear, and with friendly guidance from older members.

Our eclectic membership is drawn from Dent, Cowgill, Sedbergh, Cautley, Killington, Barbon, Casterton and everywhere in-between. Car

sharing to attend rehearsals is easily arranged and the choir welcomes new singers very warmly.

From September until the end of April we meet each week at 7.15 until 9 on Tuesday evenings in the Dent Memorial Hall with breaks during most school holidays.

Whilst we do need members to commit to regular attendance for rehearsals and some home practising for any tricky pieces, our performance schedule is not arduous; usually a couple of short Advent and Christmas performances and then a Spring Concert at the end of term.

Group singing is a great way to keep mentally alert and physically healthy and some members of choir also regularly retire to the pub around the corner after rehearsals for some 'social time'.

On Tuesday 8th September at 7.15 we are hosting a recruitment evening and would like to invite anyone interested in joining the Choir to come along for a drink and some nibbles.

The evening will be a chance to meet the rest of the choir. You will get a taste of how rehearsals are structured, joining us in some physical warm ups and some voice warm ups.

We will also be listening to some of the proposed works for the year and making final decisions about Christmas concerts and anniversary celebrations.

Please join us on the 8th September at Dent Memorial Hall at 7.15- we very much look forward to meeting you, doubly so if you sing TENOR.

For further enquiries, please contact Mike Steele on Dent 25054.

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WALK OF BRITAIN

Six veterans, Three months, Over 1,000 miles Introducing the Walk Of Britain expedition will visit Sedbergh on September 15th

The Walk of Britain expedition will see six wounded veterans walk over 1,000 miles through mainland UK throughout August, September and October this year. The Walk will engage with local communities and the media every day to highlight the extraordinary determination of our wounded personnel and to raise awareness of the work that Walking With The Wounded (WWTW) is doing across the country to support the wounded back into independence through long term employment.

The core team of four British wounded veterans and two US wounded will be joined by other wounded personnel each week in different parts of the country. The wounded service personnel all have either physical or cognitive injuries sustained in the line of duty.

The Walk will start on 22nd August in Scotland and finish in London on 1st November, going via the North East, North West, Wales, Midlands,

South West, South East and East Anglia, finishing on The Mall and at Buckingham Palace.

Prince Harry has supported Walking With The Wounded since the charity was formed, taking part in the trek to the North Pole in 2011 and to The South Pole in 2013. He was also Patron of the WWTW Everest Expedition in 2012 and is again the Expedition Patron for The Walk of Britain and will be joining the team



along the way.

Edward Parker, Co-founder and CEO of Walking With The Wounded commented:

“Walking over 1,000 miles is no mean feat. Yet again, we will be able to demonstrate that despite injuries these men and women look to their future with great determination and

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courage. We are also very excited about walking amongst the communities who have been so supportive of the military and Walking With The Wounded and we look forward to them coming out to support the team on their journey.”

On their journey the team will be joined by other wounded colleagues to lend their support. We will also be joined by the wonderful Military Wives, ladies so close to the military, unstinting in their support for husbands, brothers, partners. The Scout Association is encouraging local groups to join the Walk as part of a wider plan we have with them whereby we are encouraging ex-servicemen and women to become

adult volunteers in Scouting.

The team hope that as they travel through the country, people will turn out and support them, and everyone will get behind them as they head towards their goal.

Please do follow our Walk Of Britain expedition and help us to spread the word, raising awareness of and funds for our wounded. <http://walkingwiththewounded.org.uk/walkofbritain2015/>

You can meet the team and listen to their presentation at the Arden Theatre, Sedbergh School on Sept 15th at 8.30pm - contact Myles Ripley for further details and for confirmation of the time mpr@sedberghschool.org

Dr Myles Ripley

SEDBERGH TOWN BAND AGM

The Annual General Meeting of the Sedbergh Town Band was held in the School Band Room on Wednesday 22nd July at 7.30pm. 19 band members were present. Our Chairman, Sandra Waters, delivered her report for the last year: Yet again the band has had another busy year. It always amazes me, when looking back, how much is achieved every year and how the band keeps going from strength to strength. It is also nice to see the youngsters progressing from the Youth, or Training Band as it is sometimes called, to joining the main band. It is a great tribute to Carole. The way she encourages kids to join in and to make so much progress is fantastic and I would like to thank her for all the time, effort and hard work she puts in. The Youth Band played at a number of town functions including for the play group, the MS society and the Sheepfest. Two

appearances have now been made at the Kirkby Lonsdale contest; most recently they were presented with a cup and with very positive feedback from the adjudicator.

It seems longer ago than just last year that we had a trip to Dumfries, which everyone seemed to enjoy and as always it helped the band to improve. The annual dinner was again held at the Golf Club, with great food and a good evening, although unfortunately several of the band stalwarts, including me, were away and so missed it.

The band performed its usual annual Remembrance and Christmas concerts and played at the Spring Show and at the Sedbergh Music Festival. It also gave a number of church charity concerts at Garsdale, Hawes and Middleton, raising money for those organisations. The performances at Country Harvest, Grange Bandstand and Dent Church were also well received. The Town



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Band continues to lead the Remembrance Service parade.

Unfortunately, for different reasons, we lost a number of players during the year including Gerry Blackwell, Sue Cox, Chris Dyer and Chris Chambers as our Treasurer. Also Hilary will be leaving Sedbergh and so has given up being the Secretary after doing the task for 10 years. Thanks to all of them for being part of the band."

Our Joint Bandmasters, Carole Marsden and Iwan Lewis, presented very upbeat reports on the progress made during the year by the Youth/ Training Band and main Band respectively. Both however stressed the need to continue recruiting new members of all ages. We would like

to reintroduce the Monday night practices in order to assist the transition from the Training Band to the main Band. As our two very talented percussionists from the School, John and Jerry, have now left, we are particularly looking for their replacements. If you are interested in playing percussion, or any of the brass instruments, please get in touch with Carole, Iwan or myself, who will welcome you with open arms!

The Meeting elected Laura Rosenzweig as the new Treasurer, Michael Roberts as the new Secretary, and Toby Weatherall as a new Committee Member.

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NEWS FROM SEDBERGH MEDICAL PRACTICE

Once again this year, as well as the normal flu injections, if eligible we will also be offering the shingles vaccination and the nasal flu vaccine for children. We will be able to fit these in with the existing Flu clinics which take place at the surgery on **Saturday 19th September and Saturday 10th October between 9am-11am as walk in clinics**, we will also be running a flu clinic in **Dent Methodist Church on Monday 21st**



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September between 11.30am-12.15pm. Please telephone the practice if you are attending the Dent clinic.

If you are unable to attend the Saturday morning clinics we are offering a **walk in** service during our normal opening times **8.30am–6.30pm**, you may experience a short wait at busy times.

The patients eligible for the seasonal flu vaccination are those patients aged 65 and over on 31st March 2016, pregnant women, those patients aged 6 months to 64 years defined as at risk.

Children aged 2, 3 and 4 years old on 31st August 2015 (but not aged less than two or aged 5 or over) who are not in the seasonal flu at risk groups are eligible for a nasal flu vaccination - these can be given in the Saturday morning clinics or alternatively please telephone the surgery for an appointment. **(01539 718191)**

From 1 September 2015, the **shingles vaccine** will be offered routinely to people aged 70, and the catch up will extend to those aged 78. In addition, patients who were eligible for immunisation in the first 2 years of the programme but have not yet been vaccinated against shingles, remain eligible until their 80th birthday. These groups are: people aged 71 and 72 on 1st September 2015; people aged 79. Other age groups will be introduced in future years to ensure that all patients aged 70-79 are offered the vaccination.

The **[MenACWY vaccination programme](#)** commenced on 1st August 2015 with the vaccination of

teenagers aged between 17 and 18. This will offer teenagers protection against meningitis and septicaemia caused by 4 meningococcal strains including MenW. All adolescents born between 1 September 1996 and 31 August 1997 in England are eligible for vaccination regardless of their future plans. Cases of MenW have been increasing year-on-year, from 22 cases in 2009 to 117 in 2014. It is currently responsible for around a quarter of all laboratory-confirmed meningococcal cases in England. First time university entrants from 19 to 24 years of age have been advised to contact their GP for the vaccination.

If you are eligible please contact the surgery to make an

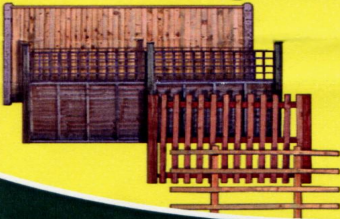
appointment with a Practice Nurse.

Sedbergh Medical Practice endorses the current vaccination programme. Prevention is better than cure in the world of infectious disease (often viral so unable to be treated) and vaccinations are a major reason why the general health of the population has improved. Admittedly all interventions will have an element of risk or adverse effect-but the overall benefit outweighs any problems caused. Please feel free to check your concerns with vaccinations via our practice website at www.sedberghmp.nhs.uk , along with checking out the latest news and our Facebook page.

Flu clinics may be subject to change if delivery of vaccines is delayed.

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SEDBERGH RED SQUIRREL GROUP

You may not realise but Sedbergh is a final frontier when it comes to red squirrels. Bordering places further north that have healthy(ish) red squirrel populations, Sedbergh is a place where historically and even recently there have been red squirrel populations. Unfortunately too many greys are also being spotted. As you know reds struggle to survive in areas where there are grey squirrels and at the moment the greys have the advantage.

As the new co-coordinator of the Sedbergh Red Squirrel Group (SRSG) (which also covers Cautley, Dent, Garsdale and Kirby Lonsdale) I

am writing to encourage you all to become involved in the taking proactive steps to bring the red squirrels back. Grey squirrels tend to move up rivers so given our location we are in a prime position to prevent them.

There are a number of actions we can all take:

1. Stop feeding grey squirrels - protect you bird feeders from them;
2. Let me know where you see any grey squirrels, so we can arrange for someone to trap them;
3. Also tell us when and where you see any reds. Photos very welcome;
4. If you shoot greys please let us

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know approximately how many, when and where;

5. Contact us if you wish to take further steps - we can arrange for traps etc.

The Sedbergh Red Squirrel Group has a long history in the town. It was established in the late nineties by the Rev Ingram Cleasby and it is entirely due to his forethought and hard work creating a grey control network that we still have red squirrels in the Sedbergh landscape. On his retirement, Jackie Foott became coordinator of the group and has dedicated many years passionately



supporting actions to promote red squirrels in Sedbergh and beyond. Unfortunately, Jackie has reluctantly decided to step down as she is no longer a local resident. The group is sustained by the efforts of its 'members', which is anyone who wants to be involved. As the new coordinator I look forward to joining you all in an active grey squirrel management strategy in the area with a view to permanently re-establishing reds in Sedbergh.

Please do contact me: Mrs. Emma Palmer, 07584 285923 or by e-mail: amberlilygold@yahoo.co.uk

A BENCOM

A what? A lot of people are of a generation that is sick of these acronyms. They are happy with the 'AA' or the 'BBC', but everything is now known by its initials and not its proper name. What on earth does 'create XML file and generate PDF, HTML, TXT, and CSV' mean?

However BenCom is quite a reasonable title. It is short for 'benefit of the community'. It is relatively new and if you need to raise money in fairly large amounts quickly for a community organisation it is an excellent idea. A Bencom is suitable for new or existing charities (although the latter would need to convert their organisation which is fairly straight forward). A Bencom can retain all the advantages of a charity (tax advantages etc) but it comes under the supervision of the Financial Services Authority (the FSA!).

Suppose you are benefitting the community, in some way, perhaps as an athletics club; but you also trade, because you have a shop or a cafe. All the profits go towards the upkeep of the club. If you decide one day you need a big input of funds to re-build

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your sports pavilion, then a Bencom is your answer. The great attraction of a Bencom is that you are able to raise thousands of pounds in a matter of weeks.

It sounds like a miracle, but this is the great advantage of co-operatives which raise their money through shares. It is especially popular with renewable energy projects such as hydro turbines, or community solar power schemes. It has also been used by RedEye, a photographers' society, as well as the Portland Works at Sheffield which has restored and converted a Victorian building for workshops for creative artisans. They raised £300,000 from their first share issue.

As a co-operative, shares are issued on the basis of one shareholder one vote, whatever the size of the shareholding. No rich person can therefore take over the co-operative. The society decides the minimum

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shareholding, often about £250 worth of shares but it can be less. Interest is paid on the shares, but only in-so-far as the money is available, so perhaps in the first year, there is no interest at all, but in a good year the interest might be 6% or 7%, more than you would get at a bank. The share offer document makes a realistic calculation of the average interest that might be paid out over a period of years. Shares cannot be traded. They stay in the name of the original buyer, but they may be withdrawn on request if the co-op can afford it at the time.

Because the share offer is advertised nationwide, (with the costs of launching the offer coming out of the first investments) it means not

only quick money but the organisation secures a large number of people really interested in them and the work they do. People see it as a contribution towards a cause they support, with the possibility of a return on their money greater than that they would receive from a bank.

If you are keenly interested, look up the Community Shares Handbook updated in line with the Community Benefit Societies Act 1014 which tells you everything you need to know.

It could realise your dreams. Here at Killington we are hoping that this is how we shall realise our dream of producing renewable energy from the River Lune.

Watch this space.

Maureen Lamb

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up your confidence, whether you're a Soprano, Alto, Tenor, Baritone, or Bass, or you really aren't sure - you are welcome at *Sing Joyfully!*

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Sessions are aimed at exploring *performance styles*, the *history* behind the music and will incorporate *specific tuition in vocal technique*; developing colour, vocal stamina and quality. In short, these sessions will

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There will be opportunities to perform in some unique, stunning and special venues across the region and beyond, and to raise funds for various charities and good causes in the process.

Come and join us at our opening session on Tuesday, September 15th, 7:30-9pm in Casterton's beautiful Parish Church, Holy Trinity.

A warm welcome awaits you!

To learn more, or to join, please contact Anastasia on: 07952 601568 or email:

anastasia@anastasiamicklethwaite.com

Anastasia is a former Choral Scholar of Trinity College, Cambridge University and has more than 25 years of experience in vocal coaching, conducting and working with choirs. She has worked across the UK and in the USA and has performed as soloist or with award winning choirs at many of the world's major concert venues.

For further information on the ensemble's founder and conductor, please visit:

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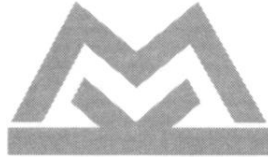
SEDBERGH COMMUNITY SWIFTS

In September our swifts will have completed their long migration, a journey of around 7,000 miles, back to their wintering areas in Central Africa. It is amazing that the newly fledged youngsters undertake this migration within maybe only a week or so of leaving the nest.

It is only in the last few years, with the use of miniature recording devices called geolocators, that we have finally been able to find out whereabouts in Africa the swifts spend the winter. These tiny devices have transformed what we know about their migration. By attaching them to adult swifts, researchers have learned what routes they follow, and what their winter movements are.

It appears that European swifts spend a few months in the Congo region from mid-August to December, and then many of them move further south and east in Africa for several months. In mid-April they move over to Liberia in west Africa, coinciding with the emergence of termites, ready for the final dash back to Europe.

Geolocators do not record in real time like the satellite tags that are attached to ospreys and cuckoos, which show where the bird actually is at any one time. Swifts are too small to carry those. In order to retrieve the data, the geolocators have to be recovered from the swifts when they come back next year. This process is therefore only feasible for a bird like the swift that is faithful to its nesting



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helping with grief
tinnitus (a condition in which I have a special interest)
mild skin problems
eating healthily
improving sleep
replacing unhelpful habits

site.

Possibly the most astonishing fact about swifts is that they remain entirely on the wing throughout the nine months that they are not with us. It is only the swifts that are old enough to breed, at 2-4 years of age, that land when they enter their nest sites here. The immature swifts remain airborne for anything up to 4 years until they themselves breed – truly amazing birds.

It is essential that we help our swifts! Now is the time to plan for what we can do, while they are in Africa: don't block up their nest places in the crevices and eaves of your houses or other buildings, and put up nest boxes to create more



sites for them.

Are you doing any outside decorating or building work? This would give a marvellous opportunity to put up swift boxes, especially if you are using scaffolding. Even if you aren't planning any work, how about putting up boxes anyway? We usually have a stock of boxes and they are not at all difficult to fix. And do this before the swifts come back next May.

Help save Sedbergh's swifts – do please get in touch with us for a friendly chat, for any help and advice.

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Winter Programme

Wednesday 7th October:

"The men who built Carlisle Cathedral" - Thirlie Grundy.
Settlebeck School 7.30pm.

Wednesday 21st October:

"Writers, warriors and the war hospital" - Isobel Stirk
Settlebeck School 7.30pm.

Wednesday 4th November:

"The Great Wall of China" - Dr Raynor Shaw
Settlebeck School 7.30pm.

Wednesday 18th November:

"North Craven in the early medieval period, an archaeological perspective" - Dr David Johnson
Dent Memorial Hall 7.30pm.

Wednesday 2nd December:

"The history of manorial courts and commons in Northern England"
Professor Angus Winchester
Settlebeck School 7.30pm.
2016

Wednesday 20th January:

"Evacuation of civilians from Burma 1941-1942" - Dr Mike Leigh
Settlebeck School 7.30pm.

Wednesday 3rd February:

"Sedbergh in the past" – Richard Cann
Settlebeck School 7.30pm

Wednesday 17th February:

"Waiter, miner, butcher, spy; Germans and Austrians in Cumbria during WW1" - Dr Rob David
Sedbergh Peoples Hall 7.30pm.

Wednesday 2nd March:

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"Telling it like it was" -Anthea Boulton
Dent Memorial Hall 7.30pm.

Wednesday 16th March:

"The Highland Clearances" -Dr Mike
Winstanley

Settlebeck School 7.30pm.

For more information, contact
Richard Cann 015396 20771.

EXERCISE FOR HEALTH WILD GOOSE QIGONG

I been teaching Wild Goose Qigong
in Sedbergh since 2007 and I am
looking for new people to join the
class (Monday mornings 10.00 until
11.30) in September. Please contact
me if you think you might be
interested.

Wild Goose Qigong is a collection of
soft graceful movements designed to
improve general health. It stimulates
the internal organs and allows the
muscles, tendons and ligaments to
move in different ways without undue
pressure. Many of the movements
are pleasingly quirky. Alongside this,
we work on easy movement and
good balance using the five
principles: connection to the ground,
relaxation, moving from the centre,
whole body awareness and calmness

of the mind.

The class is ideally suited for people
who would like to have a short daily
exercise routine to do at home.

The classes take place in the URC
hall and there will be an introductory
session on Monday 14th September
(free of charge to those who attended
regularly in the Spring term). A ten
week course will start on Monday 28th
September.

Enquiries and bookings by
telephone (015396 20972) or e-mail
(juneparker1001@gmail.com).

June Parker

DENT DALE CHRISTIAN FESTIVAL

The weekend festival was most
enjoyable with people taking part
from all around the area and from

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new generation music at Bristol. Nancy goodie was unable to come so sent a team along including Sarah Butler who spoke on the Fri eve after around 50 people enjoyed a sit-down hot meal and spoke again to the ladies at the garden party on Saturday morning. Meantime the men enjoyed breakfast at Meadowside café along with Geoffrey Woof giving his testimony and then adjourned to Rhumes garden with Tony and his banjo to sing and chat. Everyone joined together for Afternoon Tea and Sarah Butler shared excerpts from the Laughter Tour compiled by Nancy and ngm ministries.

Brian Porter shared his testimony at the Late Night Extra on Saturday evening and before that Andrew and

Tina Woof led Messy Church thinking about Jesus the Light of the World & Good Shepherd.

On Sunday morning members of the Christian Motorbikers Association came along as did other bikers for breakfast and fellowship and Nico Saamein was the speaker at the service. The café was open all day and there were soft play toys available and a bouncy castle. in the eve Tony and Sue Woodham led and spoke at the time of worship and fellowship.

Monday saw the café open again all day and a bouncy castle and soft play available, in the evening the speaker was Rev Tim Widdess, former Minister of the Sedbergh Methodist circuit.

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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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Members of the DDCF are already preparing for next year and welcome the opportunity to share the love of God with others, monthly gatherings take place on the 4th Sunday evening and one Friday evening and all are welcome.

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here's 10 other reasons to consider volunteering.

1. Make a difference to people's lives
2. Help your local community
3. Try something new
4. Use your experience in a productive way
5. Develop new talents and skills
6. Challenge yourself
7. Increase your confidence
8. Inspire others to help people
9. Keep active
10. Get out of the house

South Lakes Citizen Advice is currently seeking volunteers. So if you can spare one day a week and would like to help local people, why not volunteer? We have a range of roles and offer free training. Travel expenses will be paid.



For further information please call 015394 46464 or email support@southlakes.cabnet.org.uk. We look forward to hearing from you!

Free, confidential advice and help is available from South Lakes Citizens Advice Bureau on any aspect of debt, consumer problems, benefits, housing, employment and any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for an appointment and help.

BENEATH A SEDBERGH SKY

Let's go to a place of beauty not
many people know
It's best when seen reposing in it's
soft Autumnal glow.
A pastel coloured place of fell side,
fields and wood
Please treat it with some reverence
as all good people should
Its Hidden by the Howgills in quiet
Western Dales
Hunkered down quite neatly from
sweeping winter gales.
Let's go to a place of beauty beneath
a Sedbergh sky.

A sky of rain washed calico, a ragged
canvas screen
Every day a different hue, a
watercolourist's dream.

To catch the Autumn atmosphere, his
paints are few in number,
A tube of raw sienna, yellow ochre
and burnt umber
One of charcoal grey, a green and
Prussian blue,
A vermilion and a yellow and I think
that that should do.
He'll then create his master piece
beneath a Sedbergh sky.

The Howgill fells are huddled down, a
hessian covered herd,
These faded elephantine hills
forgotten, undisturbed.
Protected in their sack cloth folds
from driving rain and snow,
They've snuggled down to slumber,
enjoying dreams of long ago
And there they'll sleep for ever

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If you would like to work for Sedbergh School then please complete an Application Form and return it to the address below, indicating what sort of work you are seeking. If we have suitable work available we will contact you and invite you to come for an interview.

You can collect an Application Form from the Bursary, download one from the School's website (www.sedberghschool.org) or request one by sending an email to Shirley on shw@sedberghschool.org or by ringing the HR Department on 015396 20303. Please also check the School's website regularly for details of individual posts as they arise.

Please return completed Application Forms in email to shw@sedberghschool.org, by returning them to the Bursary or (by post) to HR Administrator, The Bursary, Loftus Hill, Sedbergh, LA10 5RY.

We look forward to hearing from you.

beneath a Sedbergh sky.

Watch jewelled wraiths of Rawthey
trout suspended in the flow,
Gorge on drifting titbits before the ice
and snow.

Rocks rip holes in the silence atop
their lofty thrones,

They'll watch us pass below them,
those black capped hooded
crones.

Their parliament will judge us as we
amble humbly by.

I trust they'll find us innocent beneath
a Sedbergh sky.

Come let's walk down ancient lanes,
wooded tracks and river paths
To secret glades where Autumn

craftsmen ply their trade.....

To a magic place where precious
memories are made.

I'll guide you through this foundry of
all that's good and right,

Where shards of fractured light
glance from pewter puddles
bright.

I'll show you vaults of beaten copper,
halls of burnished bronze,

We'll watch silvered webs catch dewy
diamonds in the mist.

We'll stroll by liquid crystal streams
on paths of burnished gold

And talk of treasures to be savoured,
never sold.

All this wealth is yours my friend
beneath a Sedbergh sky.

Steve Speakman

DENT MEDITATION CENTRE

This September at The Meditation Centre in Dent, we begin our new Yoga weekly class which will run every Wednesday afternoon 1.30pm to 3pm starting on September 16 until October 21 and continuing through the Autumn, Winter and Spring terms.

The class is ideal for beginners - both men and women - and is also suitable for students with more experience as progression in the postures will be given. A typical class will begin with 'centering' followed by yoga postures, beginning with gentle joint mobilization and warming of the muscles.

Each class will then develop breath awareness and relaxation meditation techniques.

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The teacher is Lesley Hennedy who has practised yoga for many years and recently trained as a Yoga teacher with the British Wheel of Yoga. Lesley is currently running a class through Cumbria Country Council in Sedbergh. The class at the Meditation Centre is £7.50 drop-in or £40 for the first block of six classes.

Our new "Drop in and Relax" weekly classes - featured in last month's Lookaround - will also start this month and run in the Centre every Friday morning from 9.30am to 11am starting September 11 until and including October 9. These classes will be run by Helen Towers who has been practising meditation and yoga for over 10 years and founded her company 'Relax and Just Be' in 2014. The cost is £7 drop-in or £30 for all five sessions.

Everyone is also very welcome to our regular monthly group meditations which will be held this month on Sunday, September 6 and we also will be welcoming Celtic Harp Player Julie Darling back to the Centre on Sunday, September 20 to help us celebrate the Autumn Equinox. Do join us.

H & M

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We look forward to seeing you soon.
From The Meditation Centre Team

NEW SEDBERGH WEBSITE

By the time you read this a new version of the Sedbergh town website should be live at

www.sedbergh.org.uk. It has been a long time in the making and has involved a lot of work for a lot of people, but we wanted to make sure that it is worthy of having the name Sedbergh attached to it. Much of the work has involved transferring information from the old site, most of which needed updating in the process. Even so the new site is still in its infancy and will develop further over the coming months. A lot of the ongoing maintenance will be carried out by volunteers at the Information Centre. Please get in touch if you would like to help.

The technical development has been done by Matt Strickland from a Cumbrian company called Rocket Sites. Matt has been great to work with and his expertise has been much appreciated.

We would like to thank those people who have let us use their pictures, including members of the Sedbergh in Pictures Facebook group. The site relies heavily on images so please let us know if you have high quality photos of Sedbergh and the surrounding area, particularly if they are of people participating in local sports or events. No cash prizes I am afraid, but your images will be credited with your name if you wish. Also, if you run a business and would like to add a photo to your listing please email us one.

The site is a resource for locals as much as visitors and we hope to add further community content as time goes on. So please take time to have a good look around and let us have

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your comments. All correspondence should be sent to Janey at the Information Centre, email: tic@sedbergh.org.uk, Tel: 015396 20125.

*Chris Wood
for Sedbergh Web Group*

WALKERS ARE WELCOME

The town of Sedbergh has officially been accepted as a member of the Walkers are Welcome project.

Launched in 2007, Walkers are Welcome is a nationwide initiative designed to encourage towns and villages to be 'welcoming to walkers'. The network has expanded rapidly and there are now over 100 locations across the UK that have joined this innovative community-led scheme in order to benefit from Walkers are

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Josephine Lade LCSP (Phys)

Welcome accreditation.

The town was formally welcomed into the scheme in August when Malcolm Petyt and Carole Nelson of the Sedbergh Area Walking and Cycling Group were presented with Sedbergh's membership certificate at a Walkers are Welcome gathering in Kirkby Stephen.

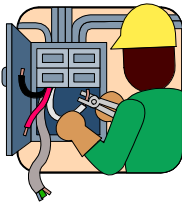


This seems a good time to thank everybody who has made the process of applying for Walkers are Welcome status such a success: not least, of course, Carole Nelson whose cunning plan this was in the first place. Also Malcolm Petyt and others who have worked on various footpath issues, as well as others involved in geo-caching, the proposed Quaker Trail, and so forth. There were also literally hundreds of people who took the trouble to sign the petition in favour of our joining Walkers are Welcome.

We should also thank the many local businesses that have supported

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the Sedbergh Area Walking and Cycling Group and its activities by taking advertising on our website, The Sedbergh Gateway.

For further information, see:
www.walkersarewelcome.org.uk and
www.sedberghgateway.org.uk

Robert Powell

SEDBERGH & DISTRICT ART SOCIETY

Our new winter season of demonstrations, talks and workshops begins on the 19th September with a workshop to be run by a well-known and admired artist, Janette Phillips from Milnthorpe. Janette has named her day 'Floribunda'. This will be a mixed media Painting Workshop based on a floral theme. The workshop will take place in the Methodist Church hall from 10 am until 4pm. The cost will be £20.

We are invited to bring seasonal flowers or photographs on a floral theme and will have the opportunity to work from these. We shall, following guided instructions, be encouraged to layer up with paint, drawings, collage and print as you explore the notion of 'Floribunda' and

indeed 'Floribundance' to create a rich visual display of floral inspired art. The morning will be filled with helpful tips and demos to inspire us and then we shall have the afternoon to create our own picture, inspired by our morning of experimentation.

Following on the heels of this exciting day will be our first meeting of the season featuring Clive Wylie from Allonby, north of Maryport. This will take place on Friday the 25th September in the People's Hall Committee Room from 7.30 pm until 9.30.

The subject will be a watercolour landscape with a focus on foliage and buildings. Clive will begin by showing us a pre-prepared tonal sketch of his subject, explaining why he

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approaches his painting in this way and the benefits of it. He will include, in his landscape, foliage and a building or two. The reason for this is, that some people have problems with perspective and others with mixing those dreaded greens! We are very grateful to Gordon Hosker, who has very kindly offered to project a video of Clive's painting on screen as he works.

Most of our meetings will take place in the committee room of the People's Hall and the workshops in the Methodist Church Hall in New Street.

Jenifer Alison

FAMILY MUSINGS

Exciting news travels quickly around this area and we have had a lot of

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congratulations regarding the forthcoming arrival of another baby in our family, all our little-ones (and grown up ones too!) are very precious to us, each in their own way. Even great auntie M over in Hull, although she does put it to the test at times! She fancied a return visit to a favourite viewpoint, fine, except it is north of Helmsley and we were going from Hull and back to Hull, a 145 mile round trip sandwiched between my getting to her in the first place and home on the 3rd day, rather a lot of motoring. I see all sorts of stuff as I drive around and of course am involved myself at times, changing course on a roundabout, albeit a small one, is not ideal, we had a prang. Cushions in the middle of the road just of the A1 reminded me of the time years ago when we lost a pushchair of the roof rack and on going back found it sat "up" in the middle of the road! Being held up by milk cows going home for evening milking recently near Aysgarth brought back happy memories of that being more the norm.

Summer days are here, just not every day, but they mean playtime

outside including paddles and picnics on Barbondale and at friends houses, trips to child friendly places and even to the sea side, if trains can be involved so much the better. There seems a lot of Daddy-Long-Legs about the place and the children are quite fascinated by them, I cope better with them than spiders especially the big ones we seem to have. Soon be a Brr in the month but hopefully warm days to continue the gardening, we are re-claiming parts that have been very overgrown and after the blackberry crop will be re-claiming even more, but what do we do with it then is the big Question..!

Enjoy whatever you are doing and always make time for the little ones.

Sarah

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BOXES OF HOPE CUMBRIA

the shoe-box appeal

Boxes of Hope Cumbria, our local shoe-box charity, is gearing up for its annual Christmas shoe-box appeal for some of the most deprived children in northern Romania. Last year 10,133 gift-filled shoe-boxes were handed out personally by volunteers to children in a variety of settings, including the municipal

rubbish dump outside the town of Cluj, where Roma families who can find nowhere else to live eke out an existence scavenging for anything which may be useful to them or may be sold to buy food.



For further information and to download a copy of this year's leaflet, which tells you everything you need to know about filling a shoe-box, please go to the web-site, www.boxesofhopecumbria.co.uk. Leaflets will also be available at Sedbergh Post Office, to whom completed shoe-boxes may be returned. This year's dead-line is 12th November latest. The truck leaves for Romania on Tuesday 17th November and our volunteers (self-funded) are due to fly out soon after.

Exciting news! Nicu Gal, who runs our partner charity People to People in NW Romania, will be making a whistle-stop tour of the South Cumbria area in late September. He will give an illustrated talk at Sedbergh Methodist Church Hall on Thursday 24th September, 7.30 – 9.30 p.m., to which all are warmly invited. He will also be speaking at St. Mark's School, Natland, on Friday 25th September, 7 – 9 p.m.

We hope you will feel able to support this year's campaign. If you have any queries, please feel free to give me a ring on Sedbergh 20042. Thank you in anticipation.

Pam Dent.

FIRST RESPONDERS

Nine volunteers are now trained and are fully 'active' for callouts. There are 3 awaiting training and a further 4 who are waiting to be interviewed by North West Ambulance Service personnel.

The team are beginning to familiarise themselves by mapping our area and the latest training session was based on this, noting which properties may be difficult to access in an emergency situation. In a rural area such as ours, it is vital to arrive swiftly and safely, knowing where homes and businesses are situated and how the ambulance can access some of the more challenging roads and tracks. Some are more

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challenging than others! Thank you to those who have helped with plotting of locations. One of the responsibilities of the First Responders is to help the ambulance find the patient. There is interesting reading on this subject in Point Taken (www.nwas.nhs.uk). It is well worth taking a look as it may help you in an emergency situation.

Another worthwhile initiative is Lions Message in a Bottle. It is free to use and focuses on the more vulnerable people in a community. Personal and medical details are written on a form and the bottle is usually kept in the 'fridge. A sticker on the inside of the front door alerts those who need to know the information, which can be very important to the wellbeing of the patient. It has been known to save lives. More information can be found on www.lions105w.org.uk

There is a coffee morning on the 23rd September in URCR starting at 10 o'clock to help raise more funds for kit and equipment. There is such moral, practical, and financial support so it would be lovely to see you for coffee and biscuits. There will be a bric-a-brac stall, a raffle and any

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sedberghfirstresponders@gmail.com

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BEGINNERS YOGA CLASS

This September a new Yoga class will run weekly in the Meditation Centre at Dent every Wednesday afternoon 1.30pm to 3pm. Starting on September 16th until 21st October and continuing through the Autumn, Winter and Spring terms.

The class is ideal for beginners, both men and women who would like to improve their flexibility. A typical class will begin with gentle joint mobilization and warming of the muscles and will progress through

yoga postures at a rate adapted to the individual's specific fitness and health. The class will then be brought to an end with a period of relaxation in this beautiful centre.

I have practiced Yoga for many years and recently qualified as a Yoga Teacher with the British Wheel of Yoga. Many yoga students in the area know me as a Yoga Teacher in Sedbergh on Thursday evenings at the Primary School and I have also taught Deyna Hirst's Wednesday morning classes in Sedbergh for her while she has been away and will continue in September.

The class is £7.50 drop-in or £40 for the first block of 6 classes.

Please feel free to contact me, Lesley Hennedy, either by e mail:

lahmc@btinternet.com

or telephone: 01539 620899 to talk about the classes and to enrol.

ZUMBA GOLD

is a low-impact dance fitness class for the more mature exerciser, covering Mambo/Swing, Cha-Cha-Cha, Salsa, Rock & Roll, Bollywood and many more styles.

The class is great fun and friendly which you take at your own pace; just follow my lead, move your body, the moves are easy and fun! No experience necessary. "Best exercise i've ever done!" - current Zumba participant.

The class is held every Thursday at The People's Hall, Sedbergh from 5:30-6:30pm. Janet Hurst Zumba Instructor will be very happy to answer any queries you may have on MOB: 07979108680.

FARFIELD LUNCH CLUB

Contrary to rumour the above lunch club has not disbanded. A small number of members has continued to meet as before on the third Wednesday of the month.

The system has changed slightly. We no longer book a venue, just turn up at a venue decided on at the previous month's lunch.

For further information contact Teresa on 015396-22181 or Anne Wood on 015396-221152.

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SHEEPFEST SERVICE

To support the Sheepfest Celebrations, there will be a special sheep themed service at the United Reformed Church on Sunday 13th September at 10.30am?

Everybody is welcome to attend.

Rev. Carole Marsden

SKATEBOARDING PARK

Last month we reported on progress towards the establishment of a Skateboarding and BMX facility on the sports-field. At that time a site adjacent to the children's play-park on the Northern side of the field was the preferred option. In subsequent discussions with Council

representatives it has been decided that a better site would be on the South side of the field to the West of the new Gymnasium. Plans are being drawn up on this basis for the park which will be less obtrusive and impinge less on the football pitch and associated areas.

There will be a public consultation on Wednesday 9 September. During the day from 9.30 am - 1.00 pm there will be a manned stand in the Joss Lane Market. From 6.00 pm - 7.30 pm the stand will be in the People's Hall and at 7.30 pm there will be a presentation followed by a question and answer session.

Tony Reed-Screen

SEDBERGH BRITISH SCHOOL TRUST

The Trustees will meet on Wednesday 16th September 2015 to consider Grant Applications from suitably qualified persons who have attended local authority schools in Sedbergh & Dent, and who seek financial assistance to further their education or for vocational training.

Applications should be in writing and addressed to:

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

Mrs Jean Cope Hon. Secretary

NORTH WEST CANCER RESEARCH

The Sedbergh Branch of The North West Cancer Research Committee would like to thank all who supported the Coffee Morning on Wednesday August 19th in The URC Rooms, when the amazing sum of £401 32p was

raised, for this very worthwhile cause.

If anyone feels they would like to join our group please contact Hazel Jackson 015396 20530 or any member of the Group to find out more.

Hazel Jackson

SEDBERGH YOUNG FARMERS

Sedbergh Young Farmers is currently made up off 58 members between aged 10 – 26 years old, held every Wednesday at the Peoples Hall, Sedbergh. We have had a very successful year with competitions, fundraisers and activities. Both the men and ladies tug of war team came first at Field Day and Country Fest, with the ladies team coming 4th at Northern Area.

We are currently starting to organise the fundraisers for this year, raising money for Sedbergh Young Farmers and Sedbergh First Responders 2015 – 2016.

We would like to thank everyone for their support and help over the last year, and we hope you continue to support our fundraisers.

If you require any further information, please contact Clare Thompson at clare-93@hotmail.co.uk.

DENT AND SEDBERGH ORAL HISTORY SOCIETY

Sunday School outings were very important in the community. In the early days, in the twenties, oh a trip to Morecambe was a wonderful thing. Probably like going to the moon now! Yes it was a very jolly day![Holidays were] limited to a week. With my father and mother, and the three of

us, William, Jean and myself. Yes we would go to Morecambe, to a boarding house, on the front if possible. And we took all our eatables for the week and the landlady cooked them for us. Bacon and eggs and so on and so forth. Very happy days! - **JACK DAWSON** b.1922

I always remember the first holiday I had, I think I was about twelve and I had just completed a month's haymaking, and I went to Clevelys, Blackpool, for a week's holiday and I took my haytime wage with me. It was two pounds and I came back and I was skint, I'd spent all my two pounds. I was broken-hearted, I never wanted another holiday because I couldn't afford it, spent all my money on silly games and things I'd never seen before. I'd wasted it all. - **ALBERT FOTHERGILL** b.1923

These quotes are taken from "Telling it Like it Was – Dent, Sedbergh and District in Living Memory".

Anthea Boulton



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ROYAL BRITISH LEGION

The Coffee Morning held in July was a great success raising £320.87. We would like to thank everyone who was involved from the volunteers who

helped on the day to those who generously donated the splendid raffle prizes and lastly, but most importantly, to all those who visited and lent their support to the Legion.

The next Meeting of the Sedbergh Branch at 7:15pm on Thursday 10th September in the White Hart Club will be the AGM in which existing members and new and potential members are invited to attend.

FACTS & PHANTOMS OF UPPER EDEN

On Monday the 28th of September, at 7:30pm in the People's Hall, Sedbergh, the Sedbergh Area Walking and Cycling Group are hosting another free public talk.

It is to be given by Susan Garnett and is entitled "Facts and Phantoms of Upper Eden – geography, history and spooky tales along the bridleways of Ravenstonedale, Smardale and thereabouts".

Other walking and cycling related events, as usual, on the website: www.sedberghgateway.org.uk/events

Robert Powell

MIDDLETON GET TOGETHER

50 residents of Middleton gathered at Holme Farm on Saturday 8th August for the annual community Get Together, which is now well established in our calendar, this being the 6th year of the event. On an evening noteworthy for its sunshine, substantial quantities of food and drink were assembled – and

consumed. Judging by the increasing volumes of conversation, it was an evening enjoyed by all. The strange weather patterns this summer meant that, unusually, grass cutting was still underway in the middle of August, and, as a result, a number of regular attendees were absent.

Since this was being held in the play area, two of the residents were challenged by the others to take advantage of the children's slide. This improbable level of audience participation was greeted with considerable mirth by all.

Our grateful thanks are due to David and Angela Metcalfe for hosting the Get Together and looking after us so well.

Michael Roberts

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SEDBERGH UNITED CHARITIES

(Reg No 231058)

The charity gives grants for educational purposes particularly for post secondary school education or vocational training. The purpose of these grants is to help applicants with their costs such as for buying books or tools needed for their training. To qualify for a grant you must be under

25 years old and live in the civil parish of Sedbergh.

Anyone wishing to apply for a grant should write to the clerk by 5th October stating their name, date of birth, address and the educational course or apprenticeship they are taking.

*Mr R.W. Cann, Clerk to SUC,
31 Loftus Hill, Sedbergh, LA10 5RX,
Tel 20771*

BLOOD DONORS

The next Session in Sedbergh for Blood Donating will be held in the People's Hall on Wednesday 30th September 2015

13:45 - 15:45 & 17:00 - 19:30.

Appointments and further information can be obtained from www.blood.co.uk Tel: 0300 123 23 23

More donors are needed in Sedbergh. Every donation could save or improve the life of up to three people. Most people aged between 17 - 65 can donate. *J Leeman*

COMMUNITY OFFICER REPORT

Key Crime

Since the last meeting there have been 36 incidents reported within the area Sedbergh falls, from these nine crimes have been recorded:

16th July damage to a window on the play park adjacent to the peoples hall, no suspects identified but area has and is being monitored.

Crime of assault recorded following road rage incident on Main Street, enquiries on-going

17th July Theft of advertising sign Cautley road no suspect identified.

22nd July theft of sign from Settlebeck school enquiries on-going

24th July theft of Stihl saw from Sedbergh school enquiries on-going.

30th July report of damage to garden furniture and play equipment, Sedbergh School, no suspects identified,

Report of shoplifting, from the Spar store on station road enquiries on-going.

5th Aug theft of silver Trek mountain bike from Cowgill enquires completed no suspect identified.

6th Aug theft from van on Howgill lane, of petrol driven Stihl disc cutter and chainsaw, enquiries on-going.

Other reported incidents included 10 road related incidents, Complaints regarding the CARBAGE rally that passed through the area on the 9th July.

Two missing persons found safe and well

Motorcycles being ridden on Bridleways, offenders unidentified but signs now erected to remind that motor vehicles not allowed.

A concern for welfare of a male on Fairfield, when police gained access to his property he was found to be deceased with no suspicious circumstances.

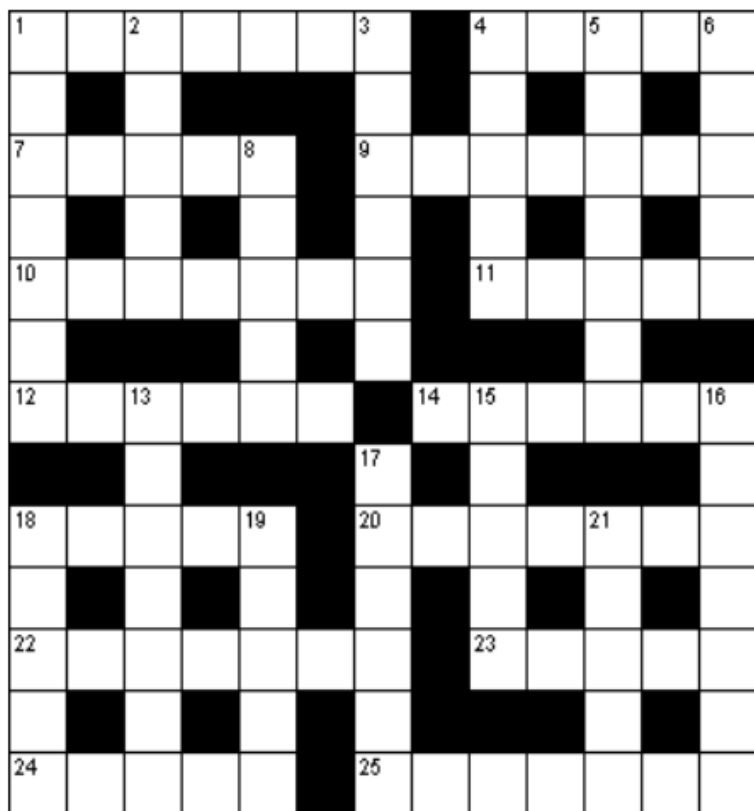
And a report of large fight on Finkle street on 9th Aug, however on police attendance two groups on a stag night located none wishing to make complaints and no injuries insisting it was a verbal only altercation.

*CSO 5251 Martin Boak
KENDAL NPT
Rural East*

*Sedbergh Police office
Tel non emergency: 101*

T: 01539622194

E: martin.boak@cumbria.police.uk

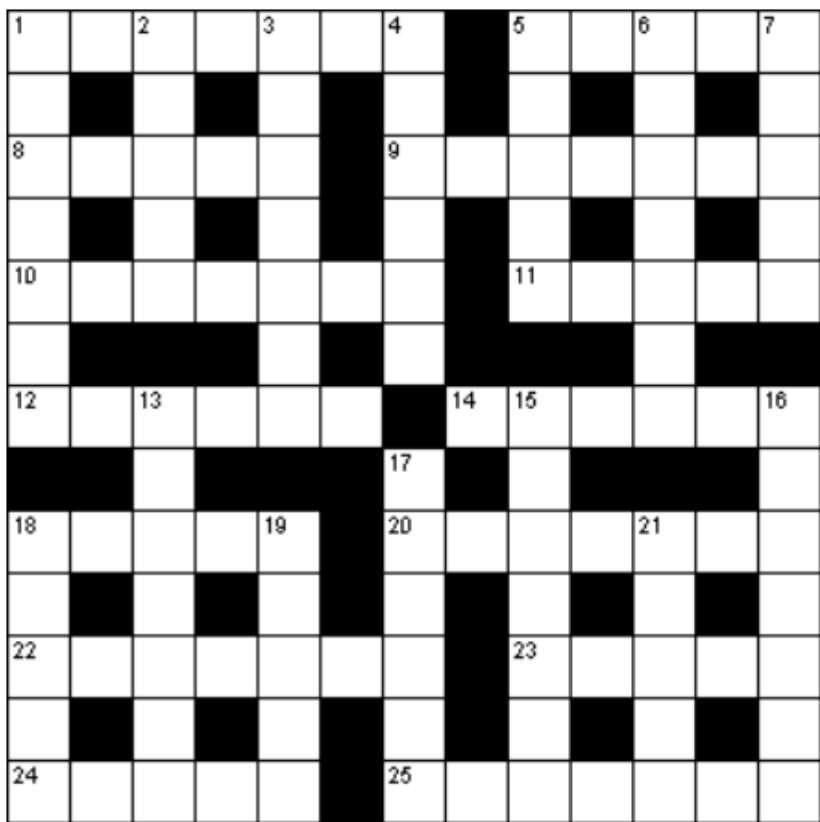


Across

1. Floorshow (7)
4. Spooky (5)
7. Detection device (5)
9. Vertical (7)
10. Inactivity (7)
11. Measuring implement (5)
12. Dictator (6)
14. Ecclesiastic (6)
18. Copious (5)
20. Drawn (7)
22. Pouch worn with a kilt (7)
23. Diadem (5)
24. Admittance (5)
25. Spiny anteater (7)

Down

1. Transported (7)
2. Emblem (5)
3. Tropical bird (6)
4. Mistake (5)
5. Dependable follower (7)
6. Go in (5)
8. Magnitude relation (5)
13. Reinforcement (7)
15. Reasoned judgment (5)
16. Musical passage (7)
17. Opportunity (6)
18. Part of a church (5)
19. Ahead of time (5)
21. Obviate (5)



Across

1. Large house (7)
5. Pieces of information (5)
8. Profits (5)
9. Gruesome (7)
10. Retaliated (7)
11. Form of transport (5)
12. Hostility (6)
14. Stick (6)
18. Permit (5)
20. Sincere (7)
22. Creatures (7)
23. Doctrine (5)
24. Ledge (5)
25. Sweet (7)

Down

1. Tycoon (7)
2. Dissonance (5)
3. Perceptiveness (7)
4. Wanderers (6)
5. Aspect (5)
6. Vegetable (7)
7. Austere (5)
13. Discomfort (7)
15. Mocks (7)
16. Pull out (7)
17. Stopped (6)
18. Accumulate (5)
19. Dock (5)
21. Bird of prey (5)

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BED & BREAKFAST

Proprietor	Address	Phone (015396)
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 Free Wi-Fi available	20251
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); IT/F(ES); TV; NS; CH; P; CB; VB; DFB;; Free Wi-Fi</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> e-mail: stay@drawellcottage.co.uk	21529

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	01969 667356
<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	
Mrs A Bramall	20360
<i>Self-Catering Sleeps 6-8</i>	

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

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	564A	WDB
0820 (L)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (L)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (L)	Sat	564A	WDB
1340 (L)	1415	Sat	564A	WDB	1615	1650 (L)	Sat	564A	WDB
1530 (L)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: December 2014				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1040	1732	1920						

L = Sedbergh Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

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

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

SEPTEMBER CHURCH SERVICES					
St. Andrew's	6th	13th	20th	27th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC	HC	HC	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	2nd	9th	16th	23rd	30th
11.00	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
St. Mark's Cautley	6th	13th	20th	27th	
9.30 am	HC	HC	HC		
2.30 pm				P&M	
St. John's Garsdale	6th	13th	20th	27th	
9.30 am	HC Extn	MP	HC	MP	
LUNE PARISH SERVICES					
	6th	13th	20th	27th	
Holy Trinity Howgill	10:30am MP Howgill	6.00 pm Harvest Thanksgiving Killington	10:30 am Harvest Thanksgiving Firbank	2.00 pm Harvest Thanksgiving Howgill	
St John's Firbank					
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	6th	13th	20th	27th	
St. Andrew's	10.30 am HC	10.30 am HC	10.30 am HC	10.30 am HC Joint Communion	
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	6th				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			P&M = Prayer & Meditation		
PC = Parish Communion			Taize = Modern Chants & Choral		
MP NC = MP with Northumbrian Community			NSV = New Sedbergh Version		

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754
www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

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

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 Woolf 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

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& 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 & Frostrow

Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am 1st Sunday each month

Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

Rev. G. Jones Tel: 01539 722079



CONFERENCE & TRAINING SUITES

Station Road, Sedbergh

Tel: 01539 718191

Email: sedbergh.conference@cumbria.nhs.uk

www.sedberghmc.co.uk

FOR COMMUNITY & HEALTH RELATED
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- LARGE TRAINING ROOM UP TO 40 PEOPLE

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IF LOOKAROUND MENTIONED WHEN BOOKING

DIARY OF EVENTS

Dates are held up to 18th October 2016

SEPTEMBER					
1	1030	Daily Exhibitions (48)	FM	19 1100	Telling it Like it Was (32) Westwood Books
1	1900	Aglow International	KLI	20 1000	Autumn Equinox with Harp (19 & 82) MCD
2	1000	Coffee Morning - Garsdale Church	URCR	20 1030	Heritage Open Day (20) FM
2	1100	Children's Holiday Craft Workshop (*)	FM	20 1600	Messy Church (22) SMC
2	1730	Sheepfest Workshop (20)	SMC	20	Sedbergh Sheepfest Ends (20) Sedbergh
3	1730	Sheepfest Workshop (20)	SMC	21 1130	Flu Clinic (19 & 67) DMC
3	1930	WIH - Grayrigg First Responders	HVH	23 1000	Coffee Morning - First Responders (23) URRCR
4	1330	Age UK - Age UK - Information	DMH	24 1930	Boxes of Hope Cumbria (87) SMC
4	1730	Sheepfest Workshop (20)	SMC	25 0830	McMillan Coffee Morning (24) DMH
5	1000	StAD Coffee Morning	DMH	25 1000	McMillan Coffee Morning (1) No. 6
5	1030	Rebel Rag Rugs Starts (48)	FM	25 1900	Boxes of Hope Cumbria (87) Natland
5		Meditation for Beginners (19 & 82)	MCD	25 1930	Gym Quiz Night (25) PH
6	1030	Sheepfest Workshop (20)	FM	25 1930	Telling it like it was (24) StJCC
6	1030	Moorcock Show (12)	MFM	25 1930	Art Society (85) PH
6	1100	Monthly Meditation (19 & 82)	MCD	26 0800	Artisan Market (26) Sedbergh
7	1730	Sheepfest Workshop (20)	PH	26 0930	MS Table Top Sale (27) URRCR
8	1400	WIK - Memories from the Coal Face	PH	26 1930	Town Band Concert (*) Thornton
8	1915	Dentdale Choir Evening (60)	DMH	28 1930	Facts & Phantoms of Eden (28 & 92) PH
8	1930	Domino Drive	FCH	29	Age UK Walk (*) Frostrow Fell
9	0930	Skateboard Park Presentation (9, 27 & 90)	JLCP	30 1000	Coffee Morning - Firbank Church URRCR
9	1000	Coffee Morning - A&LP Lookaround (9)	URRCR	30 1345	Blood Donor Session PH
9	1700	Healthy Steps Begins (15)	BVH	30 1700	Blood Donor Session PH
9	1800	Skateboard Park Presentation (9, 27 & 90)	PH	OCTOBER	
9	1915	WID - Discover Lake District Villages	DMH	1	1030 Rebel Rag Rugs (48) FM
9	1930	WIS - A Bee Keepers Wife	PH	1	1930 WIH - AGM & WI Advisor FCH
10		Westmorland Show	Crooklands	2	1330 Age UK - Cumbrian Birds & Wildlife DMH
10	0930 & 1045	Healthy Steps (15)	SMH	3	1000 StAD Coffee Morning DMH
10	1200	Lunch Club	Red Lion	3	1900 Flicks in the Fells (12) PH
10	1915	Royal British Legion AGM (26 & 91)	WHC	4	1030 Rebel Rag Rugs Ends (48) FM
10	1930	Sedbergh Parish Council (14)	PH	6	1900 Aglow International KLI
12 - 20		Sedbergh Sheepfest Begins (20)	Sedbergh	7	1000 Coffee Morning - Utd Reformed Church URRCR
12	1000	McMillan Coffee Morning (1)	Ingmire Hall	7	1930 HS Carlisle Cathedral SSAT
12	1030	Heritage Open Day (20)	FM	8	1200 Lunch Club Red Lion
12	1000	Grays Spring Event (13)	DHC	8	1915 Royal British Legion WHC
12	1100	Telling it Like it Was (32)	DMH	9	1930 Local Geology MCH
12		Learn Mindfulness Meditation (19 & 82)	MCD	10	0900 Flu Clinic (19 & 67) MC
12	1900	Flicks in the Fells (12)	PH	11	1500 Spellbound Auditions (36) PH
13		Learn Mindfulness Meditation (19 & 82)	MCD	13	1400 WIK - A Table Decoration PH
13	1030	Heritage Open Day (20)	FM	13	1930 Bingo & Potato Pie Supper FCH
14	2030	Body Conditioning Starts (14)	SSAT	14	1000 Coffee Morning - Christian Aid URRCR
15	1400	Sight Advice South Lakes	PH	14	1915 WID - Gift Wrapping DMH
15	2013	Walk of Britain (62)	SSAT	14	1930 WIS - Bibby's in a Nutshell PH
15	1930	Sing Joyfully (72)	Casterton	20	1400 Sight Advice South Lakes PH
16	1000	Coffee Morning - Town Band	URRCR	21	1000 Coffee Morning - TBA URRCR
16	1330	Beginners Yoga Classes starts (40)	DMC	21	1300 Medical Centre Closed for Training (14) MC
17	1300	Medical Centre Closed for Training (14)	MC	21	1930 HS Writers, Warriors & War Hospital SSAT
17	1930	Garsdale Parish Council (15)	GVH	24	2000 Old Time Dance PH
19	0900	Flu Clinic (19 & 67)	MC	27	Age UK Walk (*) Casterton
19	1030	Heritage Open Day (20)	FM	28	1000 Coffee Morning - Garsdale Church URRCR
				30	1930 Domino Drive HVH

*The S & D Lookaround is edited, published & distributed monthly by
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The content of The Lookaround does not reflect the views of the Editors.

*Whilst every effort is made to ensure that information is correct, the Editors cannot
accept any responsibility for any inconvenience caused through errors or omissions.*

*Copies are available from Sedbergh Tourist Information Centre,
Premier, Post Office, Spar, Dent Stores & Barbon.*

COVER PICTURE

Birks Lane
by Stuart Manger

NOVEMBER

3	1900	Aglow International	KLI
4	1000	Coffee Morning - TBA	URCR
4	1930	HS Great Wall of China	SSAT
5	1930	WIH - Gift Wrapping Demonstration	HVH
6	1330	Age UK - Gardening for Bees	DMH
6	1930	WIH - Domino Drive	HVH
6	1930	Africa Evening	MCH
7	1000	StAD Coffee Morning	DMH
7	1900	Flicks in the Fells (12)	PH
8	1930	Town Band Remembrance Concert (*)	URC
10	1400	WIK - Film Show of Old WI Photos	PH
10	1930	FC Domino Drive	FCH
11	1000	Coffee Morning - Ladies NFU	URCR
11	1915	WID - AGM & Sing Along	DMH
11	1930	WIS - AGM & Jacobs Join	PH
12	1200	Lunch Club	Red Lion
12	1915	Royal British Legion	WHC
18	1000	Coffee Morning - The Bells	URCR
18	1930	HS North Craven	DMH
19	1300	Medical Centre Closed for Training (14)	MC
19	2000	Sedbergh Orchestra Concert	StAS
20	1930	Domino Drive	MCH
24		Age UK Walk (*)	Farfield Mill
25	1000	Coffee Morning - TBA	URCR
28	1000	DMC Coffee Morning	DMC
28	2000	Masked Ball (*)	PH
30		St Andrew's Day	

DECEMBER

1	1900	Aglow International	KLI
1	1930	Town Band Christmas Concert (*)	StAS
2	1000	Coffee Morning - TBA	URCR
2	1800	Late Night Opening	Sedbergh
2	1930	HS Manorial Courts	SSAT
3	1930	WIH - Christmas Party	TBA
4	1330	Age UK - Christmas Party	DMH
4		Baghdaddies	PH
4 - 6		Dent Folk Carols Weekend	Dent
5	1900	Flicks in the Fells (12)	PH
8	1200	WIK - Christmas Lunch	TBA
8	1930	Domino Drive & Mince Pies	FCH
9	1000	Coffee Morning - TBA	URCR
9		WID - Christmas Lunch	TBA
9		WIS - Christmas Lunch	TBA
10	1200	Lunch Club	Red Lion
10	1915	Royal British Legion	WHC
16	1000	Coffee Morning - Town Band	URCR
22	1930	Christmas Domino Drive	HVH
25		Christmas Day	
26		Boxing Day	

JANUARY 2016

12	1930	Domino Drive	FCH
19	1400	Sight Advice South Lakes	PH
20	1930	HS Evacuation from Burma	SSAT
21	1300	Medical Centre Closed for Training (14)	MC

FEBRUARY

3	1930	HS Sedbergh in the Past	SSAT
9	1930	Domino Drive	FCH

DIARY KEY

BF	= Brigflatts
BMP	= Barbon Manor Park
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
DHC	= Dent Heritage Centre
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Chapel
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLL	= Kirkby Lonsdale Library
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MCH	= Mansergh Community Hall
MF	= Mossdale Farm, Moorcock
PH	= People's Hall
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJCC	= St Johns Church Cowgill
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
SSAT	= Sedbergh School Arden Theatre
SSAT	= Settlebeck School Academy Trust
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

16	1400	Sight Advice South Lakes	PH
17	1930	HS Austrians & Germans in Cumbria	PH
22	1930	FCH AGM	FCH
24	1300	Medical Centre Closed for Training (14)	MC

MARCH

1		St David's Day	
2	1930	HS Telling it Like it Was	DMH
8	1930	Domino Drive	FCH
16	1930	HS Highland Clearances	SSAT
17		St Patrick's Day	
17	1300	Medical Centre Closed for Training (14)	MC
22	1400	Sight Advice South Lakes	PH

APRIL

19	1400	Sight Advice South Lakes	PH
23		St George's Day	

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 for further details

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

Colling Optometrist

Friday only - 0900 to 1300 by appointment only.

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Wendy Thompson,
Katie McKay & Sarah Boum (Hygienist)

Monday to Friday 0900 - 1700

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 & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

www.cumbriaruralcab.org.uk

PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

01539 795000 or 0845 6060265

Age UK SL @ Community Office

1st Wednesday every month

10 am to 12 noon

01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

101 or 999

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY