

Sedbergh & District

# LOOKAROUND

December 2016

Issue 350

Donation £1

Welcome to this especially large Double Issue of your very Colourful Lookaround. It is only possible with the support of all contributors and readers.

We wish you a Very Merry

Christmas and a Happy, Healthy & Prosperous New Year. See you in 2017.

Please see Page 102 for a very important announcement.

*Dennis & Jacky Whicker*



**SEDBERGH CHRISTMAS LATE NIGHT OPENING**  
Wednesday 7th December  
5.30 p.m.



*Opening ceremony at 6 p.m. with the arrival of Father Christmas and switching on of the Christmas lights*

***Father Christmas' Grotto opens at 6.15 p.m.***



Ringing of the Church Bells - Carol singing  
Hog Roast at William Peat's - Mulled wine in the Hub - Street food market  
Craft market in St Andrew's and the Hub - Grand Christmas draw  
Church organ music and Flower Festival in St Andrew's  
Street entertainment - Face painting in the Hub - Father Christmas Trail

**Don't forget to post your completed Father Christmas Trail  
into the post box inside Penny Black  
(trails are available at the Information Centre)**

*Come and join us for an evening of festive family fun!  
Organised by Sedbergh & District Chamber of Trade and Business*

**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>

## Table of Articles

Bed & Breakfast	109
Bus Time Tables	104
Diary of Events	110
Editorial and Information	102
Lookaround Advertising Rates	108
Groups	100
Personal Messages	96
Places of Interest	95
Puzzles	88
Religious Information	106
Regular Meetings	95
Age UK South Lakeland	59
B4RN	48
Before Endeavours Fade	34
Bowling Club	47
Boxes of Hope Cumbria	60
British Legion	60
Can You Help?	68
Cancer Signs	15
Churches Together	62
Citizens Advice	56
Community Officer Report	87
Community Orchard Group	80
Community Swifts	68
Community Trust Grants	85
Councillor Corner	12
Councillors Corner	10
Cumbria Wildlife Trust	66
Dementia Action Alliance	58
Dentdale Christian Fellowship	62
DMH & Dent Gala	82
Family Musings	39
Gala Fireworks	61
Gardening	82
Great North Air Ambulance	82

Hedge Laying Competition	57
Helping Hand for Dales People	74
History Society - Westfield Village	41
History Society - Grand Entrance	44
Information & Book Centre	69
K Set	46
Ladies NFU	29
Lakeland Voice	30
Lookaround Notice	102
Mind in Sedbergh	58
Oral History Society	40
Parish Council Sedbergh	6
People's Gym & Fitness Centre	84
People's Hall 60th Celebration	14
Peoples Hall News	36
Red Squirrel Group	37
Rose Community Theatre	57
Sedbergh Gala Letter	86
Sedbergh in Bloom	83
Sedbergh School News	52
Settlebeck News	50
Sight Advice South Lakes	32
Spring Show	70
St Andrew's Church Dent	85
Tim Farron MP	8
Town band and Training Band	33
Weather	38
WI Dentdale	25
WI Howgill	28
WI Killington	20
WI Sedbergh	23
Wild Goose Qigong	32
YDNP Milestone	75
YDNP The Visitor	79
Young Farmers	70

## Table of Adverts

A1 Audio	65	Lakes Scaffolding	63
Able Memorials	28	Laura's Loom	53
Andrew Allan Video Transfer	44	Louise Thompson Photography	86
Austin Brown Computing	59	Malcolm Sedgwick Carpenter	33
Bonney Brides Photography	52	Mark Barker Gardener	55
Brian Goad Funeral Services	27	Market	85
British Legion	11	MB Designs	82
Byroms Furnishers	35	McGarry Solicitors	72
Capstick Insurance Agent	99	Medical Centre	65
Carl Berry Window Cleaner	49	Medical Centre (even )	86
Churchmouse Café	62	Meditation Centre Events	21
Clare Mingins Hypnotherapy	36	MK Conversions Builders	43
Cobble Country Estate Agent	46	Nepetaoons	57
Cross Keys Hotel	76	Nicky Ross Plumber	99
Cumbria Stoves	44	No. 6	56
Dalton Burial Ground	27	Parkin & Jackson - Kevin Bateman	27
Daphne Jackson Osteopath	80	Patch & Fettle	75
Dawsons Coal Yard	64	Paul Hoggarth Builder	71
Derek Hayes Gardener	42	Penny Black	87
Duncan Law Plumber	78	People's Hall	81
Edwin Middleton Carpenter	61	Peter Woof Electrician	45
Elly Archer Yoga	88	Philip Horner Fencer	38
Fairbank Society	77	Photographers Wanted	11
Farfield Mill	10	Robert Powell Web Design	81
First4Homes Improvements	79	Rosemary Lewes Accountant	26
Flicks in the Fells	4	Ryan Simpson Septic Tanks & Skips	65
Fresh Turkeys	18	Sam Konczynski Carpets	62
G J Baines & Son Builders	83	Sedbergh School Vacancy	54
Garsdale Design	24	Sheila Shuttleworth Dressmaker	37
Garsdale Pet & Wildlife	46	Silver Workshop	40
Gary Allan Metalworker	49	Simon Parkin Carpet Cleaning	78
Gavin Charlesworth Wood Supplier	22	Smart Office	70
Gleam Clean	77	Smatt's Duo	20
Graham Milburn Weed Control	68	Stefan Kliszat Decorator	23
Graham Moffat Builder	44	Stephenson & Wilson Builders	75
Graham Moore Chimney Sweep	29	Steve Hopps Handyman	80
H&M Craftsmen	52/3	Stobars Hall Care Home	21
Haddock Paddock Fish & Chips	77	Stramongate Printers	111
Hayton & Winkley Solicitors	19	Temptations Craft Boutique	14
Helping Hands	74	Thenewsnot	41
House Clearances	69	Three Hares Café	12
Howgill Upholstery	78	Tilk Wilkinson Builder	42
Ian Higginbotham Decorator	41	Tooby Electricals	16
Josephine Lade Orthopaedic	81	Trevor Gardner Plumber	31
Jude Jackson Music Teacher	34	W Milburn & Sons Builders	88
June Parker Acupuncture	37	Weavers Christmas Menu	25
Kay Whittle Chiropracist	71	Wes Brewer Firewood	13
Kentdale Property & Garden Services	51	Westmorland Veterinary Group	73
Killington Marquees	38	Westwood Books	30
Kilvington Solicitors	48	Wild Goose Qigong	32
		Windermere Windows	39
		Yoga Classes	58
		Yvonne Cervetti Massage	84

## Table of Events

British Legion	11
Chris Lafferty Concert	15
Christian Fellowship	62
Christmas Fair DPS	4
Christmas Fair SPS	9
Coffee Morning LNFU	8
Farfield Mill	10
Flicks in the Fells	4
Flower Festival	9
Free Parking in Sedbergh	17
History Society	8
Lakeland Voice	6
Late Night Opening	1
Meditation Centre Event	21
Messy Church 18	18
Nativity Play	24
Photographers wanted	11
Settlebeck 3D Printing	50
SS Advent Service	5
Town Band Concert	7
Jan 06 Domino Drive SYF	46
Jan 07 Hedge Laying	47
Jan 20 Domino Drive BVH	60
Jan 27 Making Ripples	67
Feb 03 Domino Drive KS	73
Feb 10 Domino Drive SSAT	75

**Pete's Dragon**

*Robert Redford, Bryce Dallas Howard  
Karl Urban, Wes Bentley, Oona Laurence  
Oakes Fegley Certificate PG*

**Saturday 3rd December**  
film starts **7.30pm**

**Sedbergh People's Hall**  
**Flicks in the Fells**



Dent Pre-School's  
**Christmas Fair**

SUNDAY 4TH DECEMBER - 4PM TO 6PM  
DENT MEMORIAL HALL

Christmas Gifts • Crafts Stalls  
Games • Raffle • Santa's Grotto  
Mulled Wine • Refreshments  
Hot Sandwiches

The poster features a wooden plank background decorated with red and white Christmas ornaments, pinecones, and holly. Several wrapped gifts in red and white paper are scattered around the text.

## December Birthdays

Day	Name	Age
2	Rhiannon WINDER	11
2	Ryan WINDER	11
5	Patrick CLEMENT #	9
6	Anna AINSCOUGH	10
7	Niamh DWYER	2
8	Eric DOBSON	1
9	Jack ALDERSON	11
12	Ted METCALFE #	1
12	Emily CASH	6
14	Imogen GUBBINS	9
15	Kate ANDERSON #	7
16	Tom CAPSTICK	8
16	Ella PRATT	10
16	Sophie GAME	11
18	Edward HODGSON #	3
20	Paige METCALFE #	3
21	Sophie SAYNOR #	5
22	Vicky WOOF #	9
23	Holly MIDDLETON #	1
24	Tommy BROWN #	4
25	Maddie WALSH	11
26	Lexxi COTTAM	5
27	Haydon COUSINS	8
31	Gracie ROBINSON	11
31	Ewan CANNOM	5
	<b>Nonagenarian &amp; Over</b>	
7	Rev Bill Long	101

## January Birthdays

Day	Name	Age
7	Emily WHITE	9
13	Elizabeth COWIN #	10
15	Anika BURBIDGE #	10
16	Charlie COLTON	8
25	Hannah MARSDEN #	7
30	Elana ADGIE #	3
30	Stanley ALLAN	10
	<b>Nonagenarian &amp; Over</b>	
7	Mary Gladstone	91

Advent Service  
 Sunday 4th December  
 5.00pm Sedbergh School Chapel  
 Everyone welcome

  
**SEDBERGH**  
 SCHOOL  
FOUNDED 1225



[WWW.SEDBERGH SCHOOL.ORG](http://WWW.SEDBERGH SCHOOL.ORG)  
enquiries@sedberghschool.org 015396 20535

## **SEDBERGH PARISH COUNCIL**

This report covers items from the monthly meeting held on 10<sup>th</sup> November 2016. The next meeting of Sedbergh Parish Council is on Thursday 8<sup>th</sup> December 2016 at 7.30pm in the Committee Room of the People's Hall, Howgill Lane, Sedbergh

### **MARYFELL – PARKING AND PARK**

Following receipt of petitions in respect of parking on Maryfell and the condition of the play park on Maryfell, Members discussed the following.

The petition relating to parking raised concerns over safety/limited availability for residents etc. and District Cllr Mel Mackie advised he would like to take this issue forward and would liaise directly with Cllr Kevin Lancaster. In addition, Primary School Head teacher, Mr Matthew Towe/South Lakeland District Council/South Lakes Housing and CCC have all been made aware of the issues. The petition raised by

Donna Cowin (signed by some 170+) in regard to the current poor state of repair of the park was also discussed. It was noted that, along with Donna Cowin, the Clerk had been in touch with Cllr Nick Cotton and Mrs Deborah Clarke, Principal Community Spaces Officer and a meeting is planned (along with representation from the Community) to discuss a potential refurbishment. The District Council will support such a project but this will require fund raising.

### **COMMUNITY RESILIENCE PLAN**

Consultation will now commence on a drafted Community Resilience Plan. Please do contact me if you represent any organisation which you feel could assist in this consultation process or you are an individual that may be able to offer your support.

### **POLICY & RESOURCE**

### **COMMITTEE**

Members discussed the Budget requirements for 2017/2018

A donation of £450 was agreed by



## **LAKELAND VOICE DENT FOLK CAROLS**

**Friday 2nd to Sunday 4th December**

Concert - Friday 2nd 7.30pm

"Songs of Good Cheer" with Lakeland Voices choir and Muldoon's Picnic from Glasgow £7.50

### **Workshops**

Saturday 3rd **Folk Carols**. 10am and 2pm and Sunday 10am £12.50 each session

**Ceilidh & Festive Meal** - Saturday 3rd 7pm Dent Memorial Hall £12.50

**Singing Walk** with the choirs - Sunday 4th 1.30pm £12.50

Tickets from Sedbergh TIC, Dent Stores, David Burbidge or if any remaining, at the door

### **SETTLE CARLISLE CAROLS DECEMBER 10th**

Workshop to learn folk carols 9am - then sing them on the train, in the stations, and in several pubs from Langwathby to Settle. *Lifts available from Sedbergh*



**Also: New Year's Eve** singing party with dances.

**Whitley Bay Lighthouse** singing March 24th 1017

**Singing week in Slovenia** May 31st 2017

**Robin Hoods Bay** folk harmony weekend June 9-11 2017

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

David Burbidge 015396 21166

*Wishing you all a very merry and melodious Christmas and a happy and harmonious new year*

Members to Sedbergh & District Chamber of Trade for their annual Late Night Opening event in Sedbergh on Wednesday 7<sup>th</sup> December 2016

**PUBLIC PARTICIPATION**

A further request for free parking on December Saturdays was made by Prof Andy Cobb and Mrs Jacky Baines on behalf of the Sedbergh & District Chamber of Trade and town businesses. Members were advised that the Chamber was prepared to reimburse the Council for the estimated loss of income if free parking was allowed. However, following lengthy discussion it was proposed that Chamber representatives could pay individual fees directly to the ticket machines

whilst engaging in a survey of visitors on the Saturdays in December. Members were happy to agree to this proposal.

Garth Steadman also attended to highlight his concern, along with others, over the again vacant property on Main Street (formally known as Udales Butchers) and requested that Sedbergh Parish Council contact SLDC with a view to establishing the current situation with the empty building.

**OTHER MATTERS:**

The Policy & Resource Committee will now meet monthly on the Monday evening of the Parish Council meeting week (previously Tuesday morning). Further noted was the planning application for repair works



*"Excellence through endeavour"*



# **Sedbergh Town Band**



*Present their*

# **ANNUAL CHRISTMAS CONCERT**

**7.30 pm on Tuesday 6th December**

**at**

**St. Andrews Church Sedbergh.**

**Admission: £6.00 Under 16: £3.00**



Sedbergh Town Band is a registered charity. Number 1086817

at Millthrop Bridge; a scheme by Cumbria Constabulary to seek volunteers' assistance in surveillance operations to help target rural crime (details to follow); ongoing repairs to benches and the Playground at Havera Park; remedial works to trees along the footpath at New Bridge (toward the weir) and proposals to improve the toilets at Main Street.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions. **Public Participation is now at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend from 7.30pm.**

If you have any thoughts/views on

any of the above, or wish to contact Sedbergh Parish Council, please email me at

[clerk@sedberghparishcouncil.org.uk](mailto:clerk@sedberghparishcouncil.org.uk)

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

*Janey Hassam – Clerk*

### **TIM FARRON MP**

I think that we might be getting to the bottom of the cause of the delays in the payments to farmers by the Rural Payments Agency. At the Northern Farming Conference last month the Farming Minister, George Eustice, apparently told everyone that as far as he knew all the payments had now been made. Whereas I know

**Sedbergh Ladies NFU**





Coffee  
Morning

10am  
**Wednesday 7th December**  
URC Rooms





in aid of  
**Great North Air Ambulance**

SEDBERGH & DISTRICT

## HISTORY SOCIETY

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**Wednesday 7th December**  
North Craven in the early  
mediaeval period: an  
archaeological perspective  
*David Johnson*  
@ Settlebeck School

**2017**

**Wednesday 18th January**  
The Evacuation of Civilians from  
Burma, 1942 (Part 2)  
*by Mike Leigh*  
@ Settlebeck School

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[www.sedberghhistory.org](http://www.sedberghhistory.org)

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Chairman: Graham Dalton 25436  
Secretary: Karen Bruce-Lockhart 20224  
Treasurer: Chris Elphick 20605  
Membership Secretary: Chris Elphick 20605



for a fact from the conversations that I have had with farmers around here that this is simply not true. In fact a source at the RPA has let it be known that there are hundreds of farmers are still waiting for their payment.

So either the Minister has no clue what is going on in his own department or he was deliberately lying to the Conference. Let's be charitable and assume that he simply doesn't know what is going on. That is frankly unacceptable, farming is vitally important to us all even if we aren't farmers ourselves. These are the people who produce our food. Isn't it obvious to this man that he needs to treat them with respect, we simply cannot afford for any more of them to leave the industry, particularly at a time when we are about to leave the EU and so lose the easy access to food from the countries over the Channel. Rest assured I will be keeping the pressure on him and making sure that he works a lot



Sedbergh Primary School  
*Christmas*  
*Fair*  
Friday 9<sup>th</sup>  
December  
3.30pm until 5.00pm  
Stalls, Tombola,  
Refreshments  
£5 to book a stall  
Tel: 20510

## Flower Festival



*St Andrew's Church,  
Sedbergh*

*Tuesday 6<sup>th</sup> ~ Sunday 11<sup>th</sup> December 2016*



*With organ recital at 7 p.m. on Wednesday 7<sup>th</sup> December*

*FREE ADMISSION*

*Organised by Sedbergh & District  
Chamber of Trade and Business*

harder to know what is really going on in the farming industry.

Outside farming health remains the issue that is taking much of my time at the moment. I had the opportunity, during a debate on cancer referral times, to tell the new Health Minister about the long journey times anyone needing radiotherapy treatment faces around here. He agreed that 2 hours, which is what it can easily take for people in Sedbergh or Dent to get to Preston, was a very long journey for anyone to make and he is going to look into the need to progress the plans for a radiotherapy treatment unit in Kendal. I look forward to hearing what he has to say.

I have also been looking into our

ambulance service. Some figures we have uncovered recently show that waiting times for many ambulance services in the North West have doubled over the past 5 years. This increase has not been for the most urgent calls which have stayed at about the same levels. However, many of the calls where you would see an ambulance flashing its blue lights and playing its siren are affected. As I said this has been across the whole of the North West but I am sure that it is if anything worse for us in rural South Cumbria. This is why I have written to both the Government and the North West Ambulance Service to demand that they provide us with an extra ambulance based in this area. We

cannot afford the risk of having to wait any longer to be taken to hospital.

Finally, I hope you have a great Christmas and wish you all the very best for 2017. My office closes on the 23<sup>rd</sup> December and will re-open on the 3<sup>rd</sup> January but if you leave a message over this period someone will pick it up and get back you. As ever my contact details are [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or 01539 723 403.

Thanks for all your support in 2016.

*Tim Farron MP*

### **COUNCILLORS CORNER**

It has been heartening to attend Dent parish council meetings recently and to hear the very positive reports

farfieldmill

## **INTERNATIONAL TEXTILE ART EXHIBITION**

38 selected artists  
11 different nationalities

**ONLY UK VENUE!**

**30th November  
to  
18th January**



**The Colour of Water**

Open 10.30-4.30 adults: £3.50, concs: £3, children: FREE  
FREE ENTRY for LA10 residents on Sundays 📍  
[www.farfieldmill.org](http://www.farfieldmill.org) ☎ 015396 21958

# Calling all PHOTOGRAPHERS!

Please consider donating images for the Information & Book Centre's 2018 **calendar**.

We would like to get a representative selection together, maybe with more emphasis on people (check your subjects are happy to be in ...)

Email images, Flickr links etc. to [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk) or drop your prints in at 72 Main Street by the second week of February 2017.

\* The 2017 calendar is on sale now at no. 72 \*

from David Lang who is on a contract with Cumbria County Council to help with the long backlog of repairs to bridges. It is great to hear a practical man who is clearly very knowledgeable about his subject. There is a fear which I sometimes share that the English model of local government is incapable of handling these month to month structural issues – David Lang is proving this is not the case.

On a related issue I share the view of Dent parish council that dealing with the sand and grit banks which are building up in the Dee has been neglected for too long. It is the nature of the geology of the upper reaches of the Dee and Deepdale Beck that

this build-up occurs. Indeed I imagine the Dee is the primary source of grit in the Lune all the way down to Morecambe Bay. There is nothing new about this: when he was giving evidence in 1634 Philip Thistlethwaite cited the stone and sand which ran down the Dee as the cause of the leets and races belonging the mill at Barth Bridge being regularly destroyed and washed away.

It is also good to see Middleton Hall bridge being repaired. It turns out that it is not the ancient structure county council reports asserted, as they would have known if they had looked at their own early records. The present bridge was actually built

## ROYAL BRITISH LEGION

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

Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.

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

Membership costs £17.00 - call 21575 or 20964 or email: [jd@jdifa.co.uk](mailto:jd@jdifa.co.uk) or [dmparratt@gmail.com](mailto:dmparratt@gmail.com) for a form.

For more information, visit our website:

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



by Westmorland County Council in about 1890 to replace an earlier one destroyed by floods. This means the new repairs can concentrate upon crossing the beck rather than creating a facsimile of the earlier bridge.

I am also pleased that at Sedbergh parish we are making progress on our resilience planning. I have long been uneasy as to what such a plan could contain that would not be utterly useless when an emergency occurred. Because we have been thinking about the subject for a very long time the draft plan which we are now consulting on seems to me to be both helpful and realistic. It takes some getting your head around what emergency could occur and what help can be prepared.

Lets all hope this draft resilience plan doesn't have to be tried out before the next Look-around.

Merry Christmas and a Happy New Year

*District Councillor Kevin J. Lancaster,  
Fellgate, Dowbiggin, SEDBERGH,  
Cumbria. LA10 5LS*

*Telephone 07980 844 695;*

*email [Kevin@Sarthwaite.com](mailto:Kevin@Sarthwaite.com)*

*District Councillor Mel Mackie*

*Beech Cottage, High Casterton, Via  
CARNFORTH, Lancashire LA6 2SD*

*Telephone 015242 71644,*

*07957868256*

*email [mel.mac@uwclub.net](mailto:mel.mac@uwclub.net)*

### COUNCILLOR CORNER

I do not have a great deal of faith in long-term weather forecasts but I am

THE  
BRITISH  
S<sup>T</sup>, FOOD  
AWARDS.2014.



THE  
BRITISH  
S<sup>T</sup>, FOOD  
AWARDS.2014.



## THREE HARES

Café ~ Bistro ~ Bakery

*57 Main Street, Sedbergh ~ 015396 21058*

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

**James, Nina & staff wish all customers  
A Merry Christmas and a Happy New Year**

*Regularly changing Homemade Seasonal Menu  
using Sedbergh Reared Rare Breed Meat*

*Farrers Coffee & a Range of Tea's,  
Craft Beers & Full Independent Wine List*

*Open Thursday and Weekend Evenings*

*We also provide Bespoke Outside Catering*



25th - 27th December  
**CLOSED**

## **SEASONED FIRE WOOD**



**BIG BAG AND  
SMALL BAGS FOR  
SALE**

**CONTACT WESLEY BREWER  
ON:  
MOB: 07432632643  
TEL: 015396 20668**



quite happy to accept explanations of past weather events and there is a convincing case for explaining last winter's storms by something called the Polar Vortex - the winds spinning in a circle around the North Pole. It seems that there was a strong Polar Vortex last winter, trapping all the cold air over the North Pole allowing warm, moisture-laden air to flow across the Atlantic in a series of storms, propelled by a vigorous jet stream. November and December last year were not only exceptionally wet but also exceptionally mild.

This year the Polar Vortex is much weaker, allowing cold air to escape from the confines of the North Pole and we have already experienced

frosts and some snow on the fells. So it could well be that as we move from autumn into winter we should be just as worried about freezing temperatures as more flooding.

Cumbria County Council Highways are prepared for the cold with 24,000 tonnes of salt stockpiled and a 33-strong fleet of gritters ready to roll. The council has a budget of £3.7million set aside to fund Highways winter maintenance and will be routinely treating around 1500 miles of roads.

The council is investing in an additional three new roadside weather stations in the west of the county this year, to further enhance weather assessments and decision-

making on when to treat the network. Sat-nav technology is being trialled in some gritters, providing the service with increased resilience, flexibility and safety.

The council's gritting service operates night and day to ensure drivers and other road users can stay on the move throughout winter. Priority 1 routes, which include many main roads across the county, are treated in less than three hours during freezing conditions. Priority 2 routes, which include A, B and C roads, will be treated in five hours.

The council is continuing to recruit volunteer snow champions who help keep agreed lengths of footways clear of snow in local communities. Anyone interested in becoming a snow champion can call the Highways Hotline on 0300 303 2992.

Full details of Priority 1 and 2 routes are available here:

[www.cumbria.gov.uk/gritting](http://www.cumbria.gov.uk/gritting)

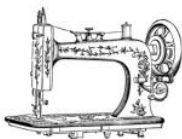
*Cllr Nick Cotton*

### **Temptations Craft Boutique**

31 Main Street, Bentham LA2 7HQ  
015242 61868

e-mail [temptationsbentham@yahoo.co.uk](mailto:temptationsbentham@yahoo.co.uk)

- Fabrics for Patchwork and Quilting
- Fabrics for Dressmaking
- Haberdashery
- Wool and knitting supplies,
- Classes and workshops, Sewing, Art, Patchwork, Embroidery
- Agents for Brother Sewing Machines



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

### **PEOPLE'S HALL CELEBRATIONS**

The People's Hall committee were hoping to have the 60<sup>th</sup> Jubilee Celebrations in November this year but unfortunately circumstances did not work out and so the celebrations will now take place a little later namely Saturday January 28 2017.

Firstly there will be an afternoon tea party with fancy cakes and cucumber sandwiches along with some delightful entertainment; it will be just like the Savoy. This is for anyone who would prefer to celebrate in the afternoon rather than the evening. Doors open at 4 pm invitations will be sent out but not being perfect there may be people who would like to come along and do not receive an invitation. If that should be the case please do not hesitate to get in touch.



In the evening of January 28 starting at 7.30 pm there will be a bar, a raffle, nibbles and at least two bands to entertain you in true Sedbergh style. The PH was once the place to go for a rock and roll evening out and the committee are determined to do their best to revive the ambiance of the heyday of the PH when many local bands provided the entertainment that many people grew up with.

The committee very much hope you will come along and join us for this the 60th Anniversary of the building of the PH. The event is free to all Sedbergh and District residents. Call 015396 21808 for further information. Thank you.

*Sandra Gold-Wood*

## LETTER FROM THE SURGERY

For the last six years I have worked one day a week as Cancer Lead GP for South Lakes Locality and more recently have taken on roles with Macmillan and Cancer Research as a Strategic Lead GP, working on ways to improve earlier diagnosis of cancer and the care of people living with and beyond cancer. I am not an expert, but my extended role has given me some understanding of the challenges and problems we are experiencing and some of the ways we can combat them. We thought it may be useful to highlight some of the issues around early diagnosis and so I am putting together a short series of articles for the Lookaround – starting this month with the key signs

and symptoms of cancer.

### *Key signs and symptoms of cancer*

Anyone can develop cancer, but it's more common as we get older – most cases are in people aged 50 or over

- Don't just put something new or different about your body down to things like getting older. If you notice any unusual or persistent changes, go and see your doctor
- The symptoms below are more likely to be caused by something far less serious than cancer, but they could be a sign of the disease
- Spotting cancer early means treatment is more likely to be successful
- It is important to know your body and to tell your doctor if you



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notice a change which isn't normal for you.

This list taken (from the Cancer Research Website) in no special order, highlights some of the key symptoms to be aware of. *But if you spot something that isn't normal for you, get it checked out.*

### **Breathlessness**

It's not unusual to feel out of breath every now and then. But if you notice that you're feeling breathless more than usual or for a lot of the time, tell your doctor.

### **Persistent cough**

Coughs are common with colds. But if a cough continues for more than 3 weeks or gets worse, make sure you tell your doctor.

### **Coughing up blood**

If you've coughed up blood, no matter how much or what colour, it's important to tell your doctor. It may be nothing to worry about, but it's important to get it checked out.

### **Croaky voice or hoarseness**

Having a croaky voice or feeling hoarse can be common with colds. But a croaky voice that hasn't gone away on its own after a few weeks should be checked out by your doctor.

### **Mouth or tongue ulcer that won't heal**

It's common to get ulcers in the mouth when you're a bit run down. The lining of the mouth renews itself every 2 weeks or so, which is why ulcers usually heal within this time. But an ulcer that doesn't heal after 3

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weeks should be reported to your doctor or dentist.

### **Difficulty swallowing**

A number of medical conditions can make it difficult to swallow. But if you are having difficulty swallowing and the problem doesn't go away after a couple of weeks, it should be checked out.

### **Persistent heartburn or indigestion**

It is normal to feel slight discomfort or pain sometimes after eating a large, fatty or spicy meal. But if you are experiencing heartburn or indigestion a lot, or if it is particularly painful, then you should see your doctor.

### **Persistent bloating**

It's quite common for women to experience bloating of the abdomen

that comes and goes. But if you feel bloated, most days, for 3 weeks or more, make an appointment to see your doctor.

### **Looser/more frequent stools**

Loose, frequent bowel motions are usually caused by stomach bugs or food poisoning, but if you have noticed a change to looser poo or pooing more often that has lasted 4-6 weeks or more, then it's important to tell your doctor.

### **Blood in your stools**

The most common cause of blood in your poo (stools) is piles (haemorrhoids). But blood in your poo can sometimes be a sign of cancer. Your doctor wants to know if you spot blood when you go to the toilet.

### **Problems passing urine**

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Problems peeing (urinating) can include needing to pee urgently, more frequently, being unable to go when you need to, or experiencing pain. These symptoms can all be caused by conditions other than cancer, but it's important to tell your doctor if you experience any of them.

### **Blood in your urine**

Blood in your pee (urine) should always be reported to a doctor. Usually this is not caused by cancer and can be treated quickly and easily, but it could be a sign of cancer. Your doctor will be able to tell you what the cause is.

### **Unexplained vaginal bleeding**

Bleeding or 'spotting' between periods is a fairly common side effect of the contraceptive pill. But bleeding from the vagina between periods, after sex or post-menopause should be checked out by your doctor.

### **Heavy night sweats**

Sweating at night can be caused by infections or it can be a side effect of

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certain medications. It's also often experienced by women around the time of the menopause. But very heavy, drenching night sweats can also be a sign of cancer and should be checked out by your doctor.

### **Unusual breast changes**

Lumps are not the only breast changes that should be reported to a doctor. Also look out for any change in the size, shape or feel of a breast, a change to the skin texture, redness, pain in the breast, a nipple change or fluid leaking from the nipple in a woman who is not pregnant or breastfeeding. Make sure your doctor knows about any changes.

### **Unexplained weight loss**

Small weight changes over time are



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quite normal, but if you lose a noticeable amount of weight without trying to, tell your doctor.

**New mole or changes to a mole**

Most moles remain harmless throughout our lives. But be aware of any new moles or existing moles that change in size, shape or colour, become crusty or bleed or ooze, and tell your doctor.

**Sore that won't heal**

The skin repairs itself very quickly and any damage usually heals within a week or so. When a spot, wart or sore doesn't heal after several weeks, even if it's painless, a doctor needs to check it.

**Unexplained pain or ache**

Pain is one way our bodies tell us that something is wrong. As we get

older, it's more common to experience aches and pains. But if you have unexplained, ongoing pain, or pain that comes and goes for more than 4 weeks, make an appointment to see your doctor.

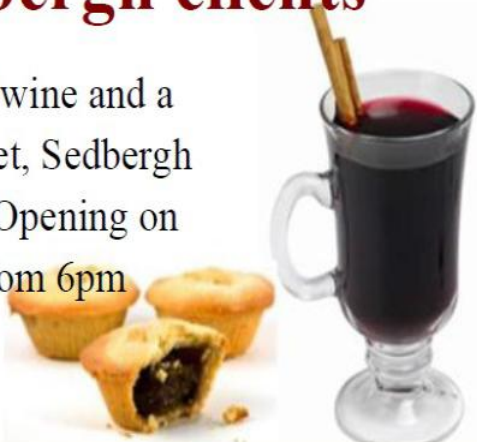
**Unusual lump or swelling anywhere**

*Dr Chrissie Hunt*

*Ed Comment: Not very often I feel compelled to comment after an article but without the help and advice of Dr Hunt, I would not be here today. I suffered some of the above symptoms and after an early check, I was immediately put onto treatment and the rest is history. The best advice I can give is if you experience any of the above symptoms, get it checked out - **NOW**.*

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## KILLINGTON WI

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**Christmas comes but once a year,  
And when it comes it brings good cheer!**

.... and exactly the same could be said about our **AGM!** Fortunately we desist from sending each other cards and presents. This year we were honoured by a visit from not one but two bigwigs from our Federation Office, and both of them were called Margaret. Now, our treasurer is Margaret Denton, our President (if one were to be formal, though I have never heard her called such) is Margaret l'Anson and we have Margaret Joice as a member. Do you know the collective noun for a

collection of Margarets? Ah! I have it. *A magnificence of maggies!*

Before we got down to the annual business we dealt with the usual items.....welcome; happy birthday Margaret (D); minutes; matters arising; and so on...(I prefer that to etc.) It was reported that a group of us had enjoyed a flower arranging demonstration at Skelsmergh Village Hall. An even larger group (two teams worth) had enjoyed the WI Quiz at the White Hart where the company had been jolly. The supper had been excellent with fat, fresh-filled sandwiches and chips to die for. The result had been rewarding too as the Killington Klangers were the worthy winners and the Killington Kwizzers were close runners-up. Future happy



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happenings were discussed and then it was on to the solemn part of the meeting.

Our treasurer presented carefully prepared and audited accounts which showed us to be well out of the red. Our main charitable expenditure this year was concerned with the defibrillator and a donation to the Cumbria Flood Relief Fund. Normal WI outgoings consist mainly of speakers' fees and hire of the hall for meetings plus contributions to national and federation funds, delegate's expenses and insurance. The WI subscription for next year will be £39. The financial statement was adopted unanimously and Margaret and her "WISH" \*, were thanked for all their hard work.

Our secretary, Susan Sharrocks, was unable to join us for the meeting. She was in Copenhagen with visiting family on a treasured visit from the Antipodes, though I doubt that she was sitting, naked and fishy-tailed in the harbour. However she was with us in spirit and voice as she had recorded her cheery and appreciative report beforehand. As usual it reminded us all what a busy and successful year we have had, of the outings and speakers who have instructed and entertained us. She marvelled at what we had packed in. (We always marvel at what SHE manages to pack into her life). Thank you, Susan.

Our president, Maggie l'Anson proposed the adoption of the



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Secretary's Report –again unanimous.

Maggie then thanked all those who had helped her during her term in office, and announced that she is now standing down.

Then it was on to election time, closely monitored by our two Federation Advisors. I think that we should have lent them to the Americans as everything proceeded pleasantly and without a hitch.

Barbara Kooper is standing down from the committee and she was thanked for her years of service. We welcome three new committee members, Dilys Evans, Marion Wood and Cynthia Thompson. Susan Sharrocks was elected as our President.

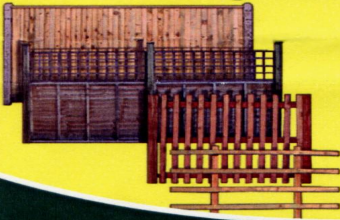
Then it was back to our normal meeting format, and it was time for another home-grown speaker.

This time Sarah Woof, whose regular Family Musings we all enjoy in Lookaround, told us how and why she became interested in writing. She explained how her writing is always a mixture of reality and imagination. She read a short story based on her own experience when she was in the family shop as a youngster. It was charming and helps to preserve knowledge about how things used to be. Thank you, Sarah. We look forward to your forthcoming publications. Look out, Enid Blyton!

Now you might think that it's time that I was wrapping up this report. (I do try to keep near-ish to the editor's

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This Team Leaves It Clean

desired 500 words). But the best is yet to come!

KILLINGTON WI IS 75!  
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As is our way we celebrated with a delicious birthday tea. Avril had baked and imaginatively iced a beautiful cake which was visually and gastronomically enjoyed by us all.



The raffle was won by Barbara Kooper and the P competition by Valerie Cann with a patchwork cushion. The meeting closed with thanks to our federation advisors, to Sarah for her talk, and to Avril for

baking our lovely cake

Our final and heartfelt thanks were to Maggie for safely guiding us through another great year!

We meet again for our Christmas Lunch at Crooklands Hotel at noon on Tuesday 13<sup>th</sup> December. If you are not already booked in please get in touch with Susan ASAP.

So that is another year gone!. Greetings to you all and, once again, as I, and The Reader's Digest like to say, "A HAPPY CHRISTMAS TO ALL OUR READERS!"

(\* WISH – Women's Institute Supportive Husband)

*Wendy Fraser-Urquhart*

---

## SEDBERGH WI

The first snow of winter outlined the fell tops when we met for our Annual General Meeting on November 9<sup>th</sup>. In her secretary's report, Ellen reminded us of all the interesting talks and outings we had enjoyed during the year, as well as the walking group's



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monthly rambles and 4-day holiday in Church Stretton in May (so successful that the same cottage has been booked again for next year!). Book club members have read a variety of books spanning several continents and cultures which have informed and entertained us, leading to good discussions which always end most satisfactorily with tea and cake! Valerie, standing in for Gaynor as treasurer, showed us that we are happily balancing our books at the bank. Since all members of the committee were willing to retain their roles, they were re-elected with Sue Kernahan bravely remaining our esteemed President! Our normal monthly business meeting followed the AGM with members being

reminded of our Christmas Dinner at the Cross Keys, Cautley, in December. The meeting concluded with a fine Jacob's Join and a fun quiz delivered by Sandra Gold-Wood. "Pull of the Moon", a first novel by Diane Janes who had previously written only factual books about criminal cases, was discussed by the book club at Valerie's home the following day. Kate Mayfield, a retired teacher in her fifties, receives a letter from the sick, elderly mother of a former boyfriend, Danny, who had died in suspicious circumstances 30 years earlier in 1972 when Katy was a student staying for the summer with him and his friend Simon in a country house where they were landscaping the garden for Simon's absent uncle.

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The mother didn't believe the suicide verdict which had been returned by the coroner after Danny's death and wanted further details from Kate. We liked the references to student life and the pop scene of the 1970s (Cat Stevens and Simon and Garfunkel) and were able on the whole to suspend our disbelief sufficiently to enjoy the intricacies of the plot and the suspense, apart from one member of the group who only awarded it 4 points whereas most others gave it 8. The afternoon ended with tea and Valerie's luscious Lemon Lush Loaf!

Anne Petyt is planning to lead the walking group on November 17<sup>th</sup> in the Killington area.

There won't be a meeting in the

People's Hall in December because we shall be out for our Christmas Dinner, but we shall be there again on Wednesday 11<sup>th</sup> January at 7.30pm to hear from Martin and Janet Dodds about their "Life in the Falklands". Visitors and new members are always welcome.

*Moira Folks*

### **DENTDALE WI**

*November Meeting and AGM.*

A warm welcome from President Marion Feltham and a tuneful rendition of Jerusalem accompanied by Rita Corpe started the evening well.

It was quite a full Business Meeting with reports on recent happenings. Apparently, the Exercise to Music

farfield

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evening which was part of our Ten Pound challenge had gone really well, and members were asking for a repeat at some time.

The Federation Quiz Night was very enjoyable and although neither of our teams actually won, our scores were really commendable.

Our charity fund raising this year is for Manna House which was badly affected by last years floods. We had all been given a tube of Smarties and when the Smarties had been eaten, we were asked to fill the tube with coins as a donation. Dentdale members are amazingly generous and our donation will be near the £400 mark. It was a really fantastic effort.

Occasionally, it is good to be

reminded that we are members of a much wider group and that Dentdale is one of the 78 WI groups that make up Cumbria Westmorland Federation. There was a report of the Federation AGM held in October at which chairman Ruth Rigg and fellow officers indicated that it had been another very busy year. It has never been easier to keep in touch with the Federation. The website address, Facebook and Twitter, email addresses are all on the front cover of the WI news. The federation work tirelessly on our behalf to arrange events but sadly one or two have had to be cancelled for lack of interest and so it is important to convey any ideas for events to one of the addresses above and support



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Then it was time for Dentdale WI AGM. It would appear our finances are in good shape. The balance sheet was prepared by Kate Cairns and examined meticulously by Gwyneth Cheetham. Secretary Thelma Belfield, read out the report for the years activities and Marion gave her address as President. Marion thanked everyone for being so enthusiastically supportive throughout

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the year. Help was always forthcoming when cakes and baking were needed. The committee with Marion as President have agreed to carry on for another year. Chris Taylor gave a report on the Memorial Hall and thanks were again expressed for organising and running the afternoon teas at the Gala. This is our one big fund raising event for the local community. Afternoon tea with WI homemade cakes is hugely

popular. Then it was time to announce the competition winner for the year, and this year the cup went to Chris Taylor.

Sue Owen had prepared a Sensory Quiz, including touch, sound, sight (photos taken at odd angles) and smell. It was good fun if challenging and with tea and cakes was a good way to round off the evening. Jackie Fisher with her friend Karen scored the most points.

So, the Christmas meal at the George and Dragon on the evening of 14th December will conclude the 2016 programme. To those joining the meal I say don't forget your present for the Father Christmas basket. It is a well loved highlight!!

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We are back in the hall for the January start to the 2017 programme for "Entertaining in Advance" with fellow member Rita Corpe showing us how it is achieved.

New members and visitors always welcome.

*Pat Allen.*

---

### HOWGILL WI

We had a good turn out for our fund-raising Domino Drive. We would like to thank everyone who came along to support us.

The November meeting was held at Howgill Village Hall. Our President Bridget welcomed fourteen members.

Audrey gave a report on the Council Meeting held at the Town Hall. The entertainment was excellent. The a

Royal Navy Presentation Team informed us about the work of the modern Navy. Variety actress Judith Hubert gave us a musical tribute to some of England's Variety stars.



We entered a team in the Pub Quiz in the White Hart. Another fun evening. Congratulations to Killington Klangers, the winning team.

The result for the most competition points throughout the year and winner of the Appleby Cup was 1st - Audrey, 2nd - Mary Stainton and 3rd - Liz.

Bridget introduced the speaker, Chris Bibby of Bibby Coaches based

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in Ingleton. He gave details of the company's history. Beginning as a fruit and vegetable retailer with three shops to its gradual transformation to coach operator. They now run a fleet of coaches, mini-busses and cars which travel all over Europe. Jackie Holley thanked Chris for a most entertaining and humorous talk.

The competition for a holiday souvenir was won by Joan Luffman with Bridget second. The raffle winner was Joan. Our usual Jacobs Join supper and get together brought the evening to a close.

We now look forward to 1st December when we meet at the Cross Keys for our Christmas meal at 7.00pm for 7.30pm. The competition will be for a homemade angel.

*Audrey Hoggarth*

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

Our November Meeting took place on the 15th when Anne Parker demonstrated the Art of Sugarcraft.



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Anne explained that what started about 35 years ago for pleasure eventually became a Business which took her to many Countries including the U.S.A. On the way she twice studied at University on 2 Year Courses where she earned a degree in teaching etc.

About 15/20 Years ago she went on a Course where she met 2 of our Members - so much reminiscing took place. Anne then proceeded to make such delicate leaves and flowers that were so exquisite it was no surprise to hear that she had won many Gold Awards with her work. On display was a 3 tier cake which she had made many years ago with fantastic flowers etc. A single tier cake was then fitted with a ribbon band and the flowers and leaves she had just made were fixed to it.

What a lovely talk and demonstration from such a friendly lady.

Marilyn thanked Anne for her most enjoyable talk and demonstration. A short tea break followed.

The lucky Raffle Winner was Carol Daly.

Menus were passed round for our Annual Evening Meal which will take place at The Three Hares on Tuesday 17th January 2017.

Our Coffee Morning will take place on the 7th December, details are on our Advert in Lookaround.

Our next meeting will be on the 13th December where we will hear about Christmas Crafts by Cynthia Fernhead followed by Carols and Mince Pies.

You are very welcome to join us.

*Marlene Mason*

## LAKELAND VOICE

*With voices of good cheer.*

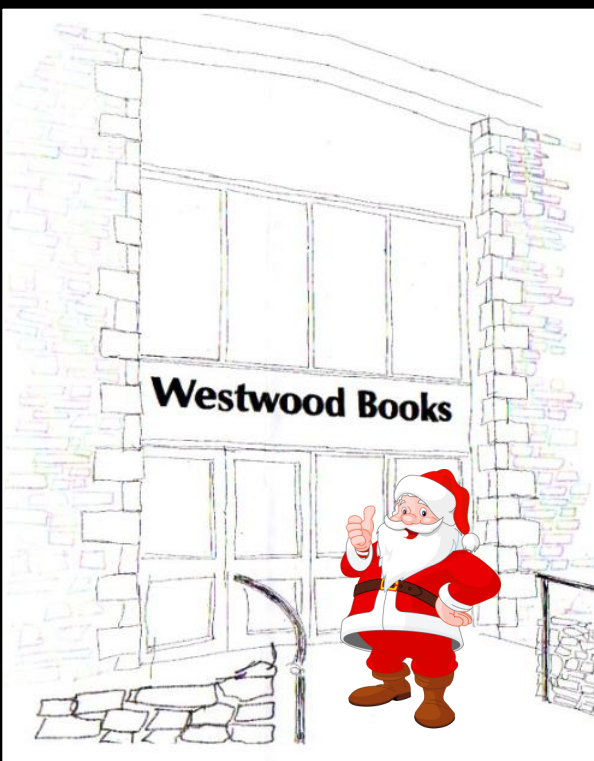
We've had a great year with our singers - in Slovenia alongside the many friends we have made there; on the Settle Carlisle railway singing on the trains, in the stations, and on a walk through the wild Pennine hills alongside the railway; on the island of Jura off the west coast of Scotland; in Robin Hoods Bay singing as the sun rose over the sea; with our visiting choirs at the opening of the Pepperpot, in Farfield Mill and on walks around Sedbergh and beyond.

All of these events have now become regular features - with our Dent Folk Carols weekend on the first weekend in December, Settle Carlisle carols expedition on the second

Saturday in December, our Spring Sing Thing with a walk through the woods and valleys of South Lakeland on the Saturday nearest March 21, Slovenia week over the Whitsun holiday, Robin Hoods Bay on the second weekend in June, and Jura on the last weekend in September.

Do come and join us - we have a fabulous time - and although the songs and their harmonies are easy to learn we make a great sound as we take our voices off into the countryside - especially in December on our star lit walks through the winter landscape, singing at cottages cradled in the dale...and more often than not round the fires of the kindly Dalesfolk who live here.

There are still tickets available for



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the Folk Carols concert in Dent on Friday December 2, the Ceilidh and evening meal on Saturday December 3, the harmony singing workshops on both Saturday and Sunday, and the Singing Walk up Dentdale on Sunday afternoon December 4 at 1.30pm - from the Sedbergh TIC and Dent Stores.

Also on Saturday December 10 you are welcome to join our singers on the Settle Carlisle railway for a day



out singing on the trains, and in the stations and pubs, from Langwathby to Settle via Appleby and Ribbleshead. We have lifts available if you want to join us for the whole day - or you can meet us at Garsdale or Dent stations as we come through. We have a workshop to learn the carols and their harmonies on Saturday morning before joining the singers who have already learnt them - and I can send recordings of the parts, words and written music in advance as well if you'd like to practice at home.

There are full details on our website [www.lakelandvoice.co.uk](http://www.lakelandvoice.co.uk)

**MERRY CHRISTMAS** and a very **HAPPY NEW YEAR** to you all.

*David Burbidge, Sedbergh 21166*

## WILD GOOSE QIGONG

Wild Goose Qigong is a system of easy flowing movements to improve health. The muscles and joints benefit from the wide variety of movements, without the necessity for lots of repetitions. The organs of the body are stimulated and the mind becomes calm.

Next year will be the 10<sup>th</sup> year of Wild Goose in Sedbergh and in that time there must have been dozens of students, some of whom I hope are still quietly practising at home. There will be space for new people in the class in January so I would like to invite you to join us.

Wild Goose appeals to people for different reasons. I have been using it for my own health since 2001 and I am very pleased with the benefits it has given me. In the current class, for example, we have one person who uses it to help his aching back, someone else who is working on improving balance and a third person,

who is exploring the differences between Qigong and yoga. Alongside the Wild Goose movement sequence (which is a bit like Tai Chi) we are working on making our movements as grounded and effortless as possible.

The arrangements for 2017 are:  
Dates: Mondays, starting on 16<sup>th</sup> January

Venue: URC Hall

Time: 10.00 until 11.30

Cost: 10 sessions for £60 or £7.50 per session

If you would like to join the class or find out more about it, please contact me by telephone (015396 20972) or e-mail ([juneparker1001@gmail.com](mailto:juneparker1001@gmail.com)).

*June Parker*

---

## SIGHT ADVICE SOUTH LAKES

*Sedbergh Branch*

Tuesday 15th November was a beautiful, sunny autumn day, the trees looking spectacular as we made our way to the 'Fat Lamb' for our customary pre-Christmas Lunch. We were lucky as the previous day was miserable, with rain all day.

After the saying of grace, we tucked in to a delicious meal which, as always, was much appreciated. Everyone enjoyed both the food and the company. Dennis supplied amusing place cards once again.

Over coffee and mints we discussed our programme for the New Year and it was decided that we would visit Farfield Mill for our meeting on Tuesday 17th January, for Afternoon Tea. That should get the year off to a good start.

In February we will hopefully welcome June Parker who will kindly

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**[juneparker1001@gmail.com](mailto:juneparker1001@gmail.com)**



give us a talk about complementary and alternative therapies which will, I'm sure, prove very interesting.

Wishing everyone a Happy Christmas and good fortune in the New Year.

If anyone would like to join this informal group or you know of someone that would appreciate the company once a month, please contact Sue Harper. Transport can be arranged. We have had 4 new attenders recently and they are all enjoying it so why not come and join them.

*Sue Harper*

### **SEDBERGH TOWN BAND & TRAINING BAND**

It has been a while since the band reported on what they have been doing.

In September the Training band moved their practice to a Wednesday night.

This has been very successful and we have had 8 new players join, which is fantastic.

The Training band are practicing for two performances, the Christmas concert with the main band and also a joint concert with Burneside



Training band on Saturday 10th December.

With changing to a Wednesday we are also getting help from the senior players.

The Main band is gaining strength. They played and marched for the Remembrance service on Sunday 13th November. Looking very smart in their new black waterproof jackets.

In the evening the band held the annual remembrance concert at Cornerstone community church. It was a fantastic concert and well attended.

The Bands annual Christmas concert is to be held on 6th December at St Andrews Church, Sedbergh.



## *Malcolm Sedgwick*



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The band will be busking at late night opening on Wednesday 7th December.

We hope to see you at one of the band's performances.

If you would like to join either the Training band or Main band please pop along on a Wednesday evening. No brass band experience is needed, all ages welcome from year 3 at primary school upwards.

Training band meets at Sedbergh school band room 6pm - 7pm and Main band at the same place 7pm - 9pm.

*Trish Woolf*

---

### **BEFORE ENDEAVOURS FADE**

High summer in the Sierra de Pandols is a furnace of dry air. Here

the rising heat casts a mirage on the powdery blue while the song of the cicadas rises and falls in the sparse olive trees and twisted holly oaks. July in this part of Spain is a dusty brown streaked with a dull redness, like that of dried blood. The country, this sierra, is a mixture of small sharp hills and ragged valleys, bleak and bare. It is hot.

From a bluff overlooking the Ebro river as it crawls, brown and blind to the sea, a little to the north of the small town of Fayón the XV International Brigade, made up predominantly of British and German volunteers, on the night of 24<sup>th</sup>/25<sup>th</sup> of July 1938 set off to attack the Fascist forces of General Franco and his German and Italian allies.



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Twenty-one, or so, miles from this jump off point lay the pretty little town of Gandesa which was their principal objective.

At first the attack was a great success, but with the assistance of the Kondor Legion, their modern aircraft and artillery, the Fascists poured troops into the breach and the attack was halted, tragically close to the town's capture. British losses were horrific, but for four months, against overwhelming odds, these magnificent men fought and died while Europe looked away and conciliated Hitler.

In July 1998, I was privileged to attend the inauguration of a monument to the fallen of the

International Brigades on the Ebro. The heat was intense and as the river oozed sightlessly by the elderly veterans who had come from all over Europe listened stoically while the Catalan First Minister praised them and their sacrifice before unveiling the small, but touching memorial bearing this simple legend in several languages; "We will not forget them." Then, fists raised in salute, we all sang with pride the 'Internationale' in Spanish.

It is eighty years now since the first British volunteers left for Spain in October/November 1936. Clutching their weekend passports, they pulled out of Waterloo station on the first leg of their journey with the voice of a

police inspector ringing in their ears;  
"If you lot aren't back here on Monday  
morning you'll be in real trouble!"  
Lest we forget.

*Nick Cross*

## PEOPLE'S HALL NEWS

### 60<sup>th</sup> Jubilee

By the time you read this the Hall will be 60 plus years old! We abandoned an attempt to celebrate on the day as it proved so difficult to fit things in. We are now going for something next year. Watch this space.

### The Jubilee Clock

Is progressing with new case and smart slave clock faces. We intend to have special faces in the Entrance Lobby and the Main Hall and more usual ones in the Kitchen and Committee Room.

### Frontage to the People's Hall

The tenders have arrived, been analysed and contractor appointed. Now the task of fundraising is in progress. We would hope to start early next year. Depends a bit on the Parish Council's part of the work.

### Refurbishing the Committee Room

The **Dulverton Trust** via the **Cumbria Community Foundation** has



awarded the People's Hall £4,350 towards adapting the Committee Room. We sincerely thank Dulverton for their grant.

The grant is carry out work to accommodate business meetings as part of the People's Hub (a successor to the SLDC Hub on Main Street). The work will include: new lighting, electrics and heating; carpet and curtains and decoration. We intend to replace the poor ceiling over part of the room with insulated plaster board. At the same time we will lift the kitchen hatch lintel to accommodate tall people serving through it.

This work will take a few days and will cause some disruption. We may have to cancel some bookings, but will where possible offer the Main Hall or the stage as an alternative meeting places. Please bear with us while we make these improvements.

### Dates for your diary

Dances: 25 March 2017, 17 June 2017, 14 October 2017.

*Dr Gina Barney 20790*

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- help in dealing with chronic pain (needs a GP referral)
- helping with grief
- tinnitus (a condition in which I have a special interest)
- mild skin problems
- eating healthily
- improving sleep
- replacing unhelpful habits

## RED SQUIRREL GROUP

Sedbergh Red Squirrel Group would like to wish everyone in Sedbergh and beyond a **Happy Christmas** and a **Peaceful New Year**.

2016 has been an interesting year for local squirrels. For reasons unknown, the numbers of greys have decreased significantly across the North West (impact of Storm Desmond?). Luckily more reds have been spotted over the year. Local sightings include at the base of Frostrow fell (on scaffolding?!\*), Killington, Queen's Gardens and at the golf course as well as the known



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population in Cautley.

The Sedbergh Red Squirrel Group aims to increase the number of red

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sightings in 2017. So please if you see a red squirrel do let us know and if you can take a photo or video even better. We now have some lovely photos from local gardens with visiting red squirrels on our Facebook page. If you 'do' Facebook then please request to join the group: Sedbergh Red Squirrel Group. We do also like to know about any sightings of greys so again please call or e-mail me, or your local group representative.

Finally, a big thank you to all of you have supported us group over the year. We are very grateful to all the donations we have received and in particular would like to thank Sedbergh craftworkshop for collecting on our behalf.

Here is to many more red squirrels in 2017!

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### OCTOBER WEATHER

Once again a reasonably dry month in which the rain gauge wasn't troubled on half the days finishing with a total of 1.58 inches (40.13mm). Likewise it was fairly mild with maximum temperatures in the 50sF on all but the 4 days when it actually reached 60+F with a high of 65.3F (18.5C). On the minimum side only 6 nights dropped below 40F (4.5C) with a low of 34.3F (1.5C). Even with the wind chill only 2 nights dropped below freezing. The direction of the wind was rather unusual in that for half the month it was not from the usual North West. We had winds from round the compass from North East right round to the North West. The maximum gust, of 21 mph, came from South West.

The mild weather has kept autumn at bay. The trees are generally still green with few leaves fallen. The bees are still active and bringing in

pollen. Goodness knows what it is as some of mine are bringing in pale yellow pollen but there doesn't



seem to anything around locally which may be supplying it. I have seen a skein of geese flying in from an easterly direction, a suggestion autumn is on its way perhaps. I took some of our Burnot apples down to the juicing session at the Apple Day. The resulting juice is very pleasant indeed. We have several litres in the freezer as our grandchildren are great apple juice fans. It was obviously a good day with more support than originally expected. A well organised system of crushing, straining and pouring dealt with the demand. Whilst I was filling bottles there was a continuous queue of folk bring their apples. Many under estimated how much juice they would get, me included, so I had to buy a gallon container that the organisers had sensibly bought in. I am still filling up the feeders for the birds on a regular basis. The young sparrow hawk has been around but not as regularly. No doubt she has found an easier spot to

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get a meal. I was hoping to have solved the rat problem but there appears to have some more young born so its back to trapping and baiting.

---

### **FAMILY MUSINGS**

Not wanting to wish time away but very happy to see 2017 arrive .. the year of a notable birthday for .. me! I hope to celebrate in style in my birthday month but also have something going on every month too .. not always a big event just something!

Writing can be like that, sometimes a "big" event sometimes a lot of small ones. Even nothing at all! I wrote a story about a little girl who kept losing her toys in garden and the fairies

brought them back. It was liked and suggestions made to make a children's story and the first steps have been taken towards that. There are a lot of steps ahead but a start is made.

Christmas will see us all together laughing and chatting with each other and on Christmas Day this year and however you spend Christmas I wish you a happy one.

So many people give time and gifting to serve on our local committees and often no-one says "thank you". Sometimes such folk are only noticed if they do something wrong. So, thanks folks!

Merry Christmas and a Happy and Healthy New Year and don't forget the 'antimacassar,??!

*Sarah*

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**DENT, SEDBERGH AND DISTRICT  
ORAL HISTORY SOCIETY**

“Christmas was a big occasion. Well it is for any kid, isn't it? With hindsight now we didn't get much, but you didn't know much, did you? We used to get an apple and an orange and mebbe some plasticine and a book, and I know one year I got the very smallest size Meccano set, well that was fantastic, fantastic!

“New Year's morning I used to go round letting t' New Year in, and get sixpences. Just go in and wish 'em a happy and prosperous New Year. Mrs Haygarth at Banks Farm used to give me two and sixpence which was a lot of money then. I was expected to go, you know, there were reminders before. Some of 'em you had to take

a bit of coal in, and you would get a mincepie and some ginger beer, 'appen a bit of Christmas cake.” **Dick Harrison**, born 1934

One reason why Dick was in demand as a 'first footer' was probably because he was dark haired. Tradition holds that the first person to arrive at a threshold on New Year's Eve will bring the household good luck through the following year. The person should be a male, preferably tall and dark, and carry a piece of coal as a symbolic gift. I'm told that first footing went on in Dent until relatively recently and no doubt it continues in some form here and there.

The custom has obvious similarities to the Scottish Hogmanay. The roots

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of Hogmanay perhaps reach back to the celebration of the winter solstice among the Norse, as well as customs from the Gaelic celebration of Samhain. The Vikings celebrated Yule, which later contributed to the custom of celebrating the Twelve Days of Christmas.

*Anthea Boulton*

### **SEDBERGH & DISTRICT HISTORY SOCIETY**

*Westfield War Memorial Village:  
A Story of Survival*

On 16<sup>th</sup> November Martin Purdy, a researcher from Lancaster University who for the last 3 years has been delving deeply into varied archive material concerning the Westfield

War Memorial Village in the city, delivered a captivating illustrated account of what had become a remarkable story of its survival in the face of many conflicting protagonists – philanthropists, militarists, local councillors, the residents themselves – over the last 100 years. As part of his project towards a CDA (Collaboration Doctorate Award) he has examined countless minutes of meetings, indexed a wealth of disparate material, uncovered letters, photographs, and carried out interviews with surviving residents.

The concept of building a garden village for ex-servicemen (generally with severe war wounds) and their families was first publicly announced

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in November 1918 by Thomas Mawson, a local wealthy militarist who had lost a son at Ypres, and Herbert Storey, a wealthy Congregationalist and philanthropist who was involved in the Port Sunlight development in Cheshire. It was Mawson who attempted to co-ordinate a National movement from the many regional initiatives (to support the servicemen), especially since little governmental funding was forthcoming, though this quickly divided into Northern and Southern branches, with the former becoming based in Lancaster. On his committee were such worthy institutions as Rowntrees and Selfridges. Interestingly, the Southern branch disbanded after 4 years to re-form as The British Legion!

For its first phase of development Mawson gave 15 acres of his Westfield Estate (close by the railway station) for the building of 13 cottages, 8 of which were bungalows. In order to be a greater attraction for the raising of funds its title was changed from 'Industrial Settlement' to 'War Memorial Village' and advertised thus: "£500 builds a

cottage; £70 provides a cubicle". Actually built by the Storey family firm (and not by public subscription), Lancaster council then promptly decided to erect their own rival war memorial in the town centre (Pictured). Incidentally, these first cottages were hardly 'user friendly' for amputees with their large gardens, high privets, narrow doorways and steps, both inside and out!

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With further funding problematical, Phase 2 only came to fruition as a result of a meeting in London of Herbert Storey and one Hilda Leyer, aka 'The Golden Lady'. It was she who instigated the forerunner of the National Lottery by conceiving the idea of the 'Golden Ticket' with the proceeds handed on to charity. In spite of her being arrested (for dubious illegal funding) she contested the case and won; and from 1922, 22 more properties were built (all 2-storey) at Westfield, including 'Leyer Terrace'. By the completion of Phase 2 in 1924 the Village was officially opened by General Haig, again reinforcing the military ethos of the enterprise.

In 1926 Herbert Storey added a

symbolic focal point by way of the Memorial Circle, a sculpture by Jennifer Lahunt depicting a wounded officer being aided by an able-bodied private.

By the mid-1930's, with extra funding now coming from the Local Authority, Phase 3 saw the construction of a further 50 cottages. Then, following the intervention of World War 2, a Mr Porritt from Grange, whose own son had been killed in battle, became an additional benefactor as Phase 4 witnessed the building of a further 30 or so homes.

By the 1980's Mrs Thatcher's policy of 'the right to buy' had an impact with 20 cottages being sold off to willing tenants who had been paying a peppercorn rent, and at present there



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are a total of 113 properties of which 22 are privately owned and around 90 available for rent. Occupants have to be disabled ex-servicemen (or, increasingly, women), with dependants, who have seen at least 3 years' active service in the regular, reservist or support services.

In conclusion, Martin Purdy emphasised the continuing militarist ethos: committee secretaries have invariably been officer class; the latest development, Ley Court (2013), was brought into line with all the previous dwellings by being accorded titles of more recent conflicts such as 'Korea', 'Aden', 'Malaya' and 'Balkans'... which led to some lively debate among the residents!

*Michael Beecroft*

### SEDBERGH & DISTRICT HISTORY SOCIETY

*'Making a Grand Entrance'* by  
Andrew Lowe

Our speaker was making a welcome return reminding an appreciative audience that he enjoyed visiting Sedbergh so much that it is 25 years since he first spoke to the Society. He treated the audience to a

mesmerising sequence of slides depicting different styles of dated doorways in Cumbria throughout the ages. That he was able to do this with such authority was as a result of his many years' experience as a buildings conservation officer for the Lake District National Park. This enabled him to look at properties without having to actually knock at the door.

The doorway of a building is its focal point; simple or grand it makes a statement, reflects status and is out to impress.

Viewing the rapid succession of pictures was a passage through time from the defensive doorways of castles to those of grand country

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residences, fine Georgian mansions, typical rural farmhouses and the grandeur of those belonging to mill managers and Victorian industrialists.

Examples from different periods were taken to illustrate the different styles of build and dating.

These included 14c Dacre Castle with a very ecclesiastical 16c door and Askham Pele Tower with its 1574 date stone doorway to a medieval courtyard which was chipped higher to allow access for horse drawn coaches. Yewthwaite Hall has a date stone of 1581 depicting a pair of shields, one upside down. Typical doorways of 1550s farmhouses were designed to keep



the weather out. One such depicted an entry porch with a wall on one side to keep the wind and rain out but no wall on the other side in order to let the sun in. Early Georgian doors from 1780 had six panels and were of understated simplicity.

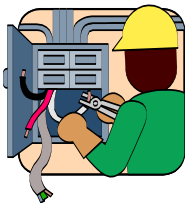
In the 1660s there was no tongue and groove joinery so the vertical joints were overlaid with strips of wood. Square pegs in round holes helped to seal the structure. In 17c the date symbols as seen in Caldbeck sometimes included concentric rings to keep out evil spirits. Another was surmounted with a caption in medieval French which translated as 'Do as you ought and never mind the consequences' and another inscribed 'ANO DOM - God be with us, who can be against'. The archeological detail related to the local geology. Good sandstone and limestone could be dressed. Slate also featured in porches. Materials had to be transported by road or water. The coming of the railways revolutionised movement of goods as well as bringing money and influence. The arrival of the postal service in 1839 created its own problems for the owners of an ancient finely structured door, none of which had a letter box, of course.

The speaker was warmly thanked for such an excellent and authoritative presentation delivered with a sprinkling of humour. The audience left with a mind to be more observant of local doorways and to have a good look at their own!

*Tony Hannam*

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Sedbergh Young Farmers

## DOMINO DRIVE

Sedbergh Peoples Hall

Friday 6th January

7.30pm

Raffle & Refreshments

All Welcome



### Killington Hydro

The new Archimedes screw hydro turbine will not be taking up residence in Killington just yet!

We did not really have a wet summer, but what has held up work were two floods in August, one a once in three year high. Sadly as a result, the work in the river could not be completed by 30 September when the sea trout were due to arrive in the River Lune, so everything is shut down until the spring next year.

It is RainePower, a Benefit of the Community organisation that was set up by K-SET to raise the finance for

the construction of the hydro turbine, through a share offer, that will undertake the management of the scheme. K-SET will now have the time to work on global warming - if that is not too big a task!

Despite the fact that most people now believe in global warming (except Mr Trump!) and because of it many people in Cumbria last December and around the world are suffering, it seems it is no longer a high priority for many people. **It should be!**

K-SET will now concentrate on helping people, even though it be in a small way, to reduce their carbon output and of course to reduce their energy bills.

**URGENT** We need a few more people from the Sedbergh area to join us on the K-SET committee to help us spread the word. Please, please if you think as we do, that this is vitally important for our grandchildren if not for ourselves, offer to come to our small fireside meetings, usually held about once every two months to discuss distributing advice.

Ring Maureen Lamb at 015396 20553 or e-mail

[maureenlamb@broadraine.plus.com](mailto:maureenlamb@broadraine.plus.com).

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## **SEDBERGH BOWLING CLUB**

We held our Coffee Morning on 19th October and raised £262.50. Many thanks to all who supported us.

The season was rounded off by the Annual Supper on 24th October at the White Hart Sports and Social Club. A delicious meal was provided by Sue and Matt of Smatts Duo. We held a raffle and played dominoes.

The Chairman, Tom Wilson, congratulated the Competition winners:- Spring Round Robin - Gillian Morton, Townson Trophy - Carol Thompson and Carole Townson, Pointz Wright Cup - Bryan Lewis, Leighton Ladies Bowl - Carole Townson, Men's Sheppey Bowl - John Haygarth, Ned Winn Pairs - Geoff Thompson and William

(Bomber) Lowther, Conchie Memorial - Carol Thompson, Iveson Doubles - Tom Wilson and Ted Morton, Presidents Prize - Gillian Morton, Sedbergh Pairs - Tom Wilson and Carole Townson, John Oughton Shield - Tom Wilson, Teal Trebles - Andrew Coates, Geoff Thompson and Carole Townson, Oughton Round Robin - Geoff Thompson.

The A.G.M., will be on Thursday 23rd February 2017. Further details will be placed in an advert in *Lookaround* in February.

We open the Green (weather permitting) in March. We will be holding free Taster Sessions during the season.

For more information please ring Linda Killops on Sedbergh 20279.

The Yorkshire Dales National Park Authority

# **Hedge Laying Competition**

*in conjunction with*

**Lancashire and Westmorland Hedge Laying Association**



**Saturday 7th January 2017**

**Settlebeck High School, Sedbergh, LA10 5AL**  
*Hedge located on east boundary of school playing field*

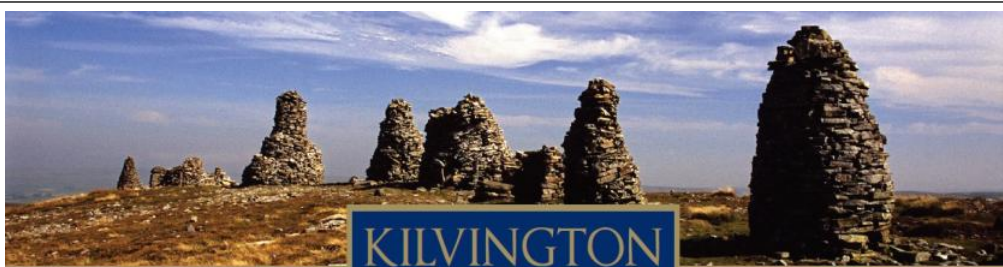
- The draw for the lengths to be worked will be made at 9.15.am and finish at 3.30pm
- The hedge will be laid in the Lancashire and Westmorland style
- The hedge will be judged as a living stock proof hedge
- Judging will take place at the time of the competition

**This competition is the 3<sup>rd</sup> competition in a series of 7 competition events forming the L&WHA Grand Prix with Championship, Open, Novice and Junior Class.**

**Spectators are welcome on the school field to view this fascinating countryside skill.**

Car parking for the event is available in the town of Sedbergh





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### **B4RN**

Not very long ago the idea that Dentdale and Garsdale might one day soon make the giant leap from snail-pace broadband (around 1 or 2mb) to world-class hyperfast broadband (1000mb) could be dismissed with a scornful "Dream on!" But barely a year after our community project got started it is now a fact. November saw the completion of the fibre-optic link from Casterton, through the rocky terrain of Barbondale, to Gawthrop and on to Dent primary school. By mid-way through the month the first group of houses in Gawthrop had been connected and their lucky occupants were waving goodbye to yesterday's

copper-wire technology and its out of date, out of touch providers. And on November 17<sup>th</sup> the school went live too.

As we write, half way through November, we are preparing for our public meeting in Dent Memorial Hall on November 23<sup>rd</sup>. If you were there you will know that work has started to bring the connections up the dale, with ducting already laid under the tarmac on Church Bridge. With substantial funding in place by mid-January the next phase will see the line extended southwards towards the Sedbergh boundary, then up the north side of the Dee to Newby Head, then up the south side of the river to Deepdale and Cowgill, and finally



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is now a necessity; the world of technological advancement is growing by the day. None of us want to see Cumbria being left in the technological dark ages. The future is coming much faster than we think.”



over the hill to Garsdale. It’s likely to take another year or so to get the job done, but it will be done!

An increasing number of dales people run businesses from home, and hyperfast fibre broadband will transform their working lives. As Sally Proctor, manager at The Majik Company in Kirkby Lonsdale, writes: “British Telecom and Members of Parliament have stated that rural fibre was a mere fantasy; the idea was implausible and would simply not work. However, local initiatives are proving them wrong. The area now has some of the fastest broadband in the world, available through a community project, B4RN, with speeds up to 1000mb... This service

A big thankyou to all the community-minded volunteers who have already invested a huge amount of time, energy and skill to make it all possible. Remember, B4RN is not a company or corporation but a not-for-profit community venture relying entirely on voluntary effort. Our Gawthrop team has shown the way. Now Deepdale, Cowgill and Garsdale can show that they won’t be outdone in community spirit! If you can help in any way – digging, investing, cheering us on – contact us on 015396 25321. Be part of the team that will put Dentdale and Garsdale at the top of the premier league of broadband users!

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## SETTLEBECK NEWS

On Sunday 13<sup>th</sup> November our Deputy Headteacher, Mr Beach, along with our Headboy and Headgirl Jay and Izzy, were honoured to represent Settlebeck at the Remembrance Service held in St Andrew's church. It was a particularly moving experience for us to hear the names of those from local communities who lost their lives in the first and second world wars read out. After the service we were proud to be able to lay a wreath at the war memorial, an important act which we will remember for a long time.

The District Cross Country Trials were held at Cartmel Race Course with a number of students competing in the event. Noticeable

performances were from Henry Hunter who came 3<sup>rd</sup>, being pipped in a sprint finish. Cally Lawson and Maisie Gough both finished 17<sup>th</sup> in their respective races, being selected to be reserves for the District team. Isaac Brewer (42<sup>nd</sup>), Luke Troughton (56<sup>th</sup>), Lewis Garnet (37<sup>th</sup>), Edward Thomas (64<sup>th</sup>), Ava Oxley (35<sup>th</sup>), Ellie Wells (44<sup>th</sup>), Amelie Pennington (34<sup>th</sup>), Carla Avery (49<sup>th</sup>), Bethany Beck (60<sup>th</sup>) and Abby Woof (69<sup>th</sup>) also competed fantastically well.

At Settlebeck we have two outstanding gymnasts who have really shone this year. Ava Oxley in Year 7 has recently competed in Acrobatics Gymnastics competitions for her team The City of Lancaster Acrobatics Squad. Acro Gymnastics

## A Beginners' Course in

Settlebeck

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6.30pm – 8.30pm for 5 weeks**

This course is aimed at people who wish to learn the basics of 3D printing using Sketchup design software. You will learn how to model 3D designs and build them on one of our 3D printers.

You will start by following step by step tutorials creating simple 3D objects. As you gain experience you will be able to develop your own designs using this exciting technology. In addition you will get advice and practical tips about the printers and study existing 3D printed components to inform your own learning. A basic level of computer literacy is required for this course.

**At Settlebeck School, Sedbergh with Dave Jermy & Andrew Allan. Cost: £50, no concessions  
Telephone: 015396 20383 or email [jermymd@settlebeck.org](mailto:jermymd@settlebeck.org)**



# Kentdale

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|--|---|

is a competitive gymnastic discipline where groups and partners work together to perform acrobatic moves, dance and tumbling to music. At the Northwest Acrobatic Championships in Wigan she performed her most technical sequence in a trio of gymnasts, winning bronze. Silver was awarded for her outstanding tumbling and gold for her duo acrobatics in the Lancaster Championships.

Sienna Middleton, also Year 7, is part of the elite squad at the Kendal Gymnastics Club. In a successful, as earlier in the year she gained team bronze competing with gymnasts from all over the North of England. She also struck gold at this year's club championships to become club champion, qualifying her to go to the County Championships at Carlisle where Sienna gained an individual bronze and team silver.

Naturally, these two girls are an integral part in the school's "Cheer"

club which is a combination of dance, gymnastics and acro-gymnastics. We have a great turnout, with 25 students attending the club.

Year 7 student Olivia Taylor qualified to compete at the Horse of the Year Show in the Mountain and Moorland First Ridden section on her pure bred Dartmoor pony, Dan. Olivia was experiencing this kind of judging for the first time and, in an unbelievable atmosphere, managed to control her pony's excitement and make it all look smooth and easy. Congratulations Olivia!

On 15<sup>th</sup> November we held our annual Presentation Evening to give exam certificates and prizes to our Year 11 students who left us this summer. It was a lovely evening and a chance for students to catch up with each other now they have all gone their separate ways. We wish them all the very best in the next stage of their education. Prizes were awarded

to:  
 English – Luke Wren, English Language – Tom Avery, English & Literature – Naomi Poynter, Literature – Charlotte Capstick & Megan Handley, Maths – Deanne Dunkinson, Additional Maths – Doyle Johnson, Core & Additional Science – Sean & Simon Ashfield, Separate Sciences – Tom Hall, History – Ciaran Tuohy, Geography – Stan Gough, Art – Tom Hall, Drama – Ben Ferguson, Music – Matthew Woodfine, Design & Technology – Liam Mason, Resistant Materials – Tom Avery, Psychology – Naomi Poynter, Catering – Phoebe Wharton, Child Development – Katie Barnes, Spanish – Ellie Jackson, Latin – Doyle Johnson, Business & Communication – Bethany Handley,

Outdoor Education – Bella Sunter, Sports Boy of the Year – Liam Mason, Sports Girl of the Year – Ellie Jackson, High Achiever Award – Doyle Johnson, Prize for Effort – Naomi Poynter & Luke Wren, Headteacher’s Prize – Stan Gough.

**SEDBERGH SCHOOL NEWS**

Sport

The sailors took part in the CCF Regatta at HMS Raleigh and achieved their best ever result, coming 2<sup>nd</sup> and 3<sup>rd</sup> in this national event. James and George Thomas (brothers, Hart House) held onto their national champion status at Rutland Water in the U18 3,000 national championships.

The 1<sup>st</sup> XV continued their winning




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streak, beating Barnard Castle 36-7, and the eight other Sedbergh teams also won against them. They won 41-0 against Wimslow, and 41-15 against Lancaster RGS.

The girls' hockey teams made a clean sweep in the County Championships at 14s, 16s and 18s.

The Year 9 tennis team has reached the Regional Finals, which will have taken place on 18<sup>th</sup> November. This means they reached at least the last 16 schools out of the original field of 3,000 schools that entered the competition.

An equestrian team from both the upper school and prep competed with 1,000 others (79 schools) at the National Schools Equestrian Association championships at

Addington during Half Term. The Prep School came away with someone placed in each event, making them one of the eight best schools in the country. The team's achievements included the National Dressage championship for Georgia Turner, and selection for England in the Nations Cup for Darcey Wilkinson.

On Remembrance Sunday, 350 school children from rugby clubs all over the North West took part in a development tournament on Buskholme. Children came from Leeds, Harrogate, Cheshire, Lancashire, Yorkshire and South Lakes to the event.

#### Arts

A very successful 'Night at the



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## ACCOUNTS FINANCE OFFICER

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- Hours: From 9:00am to 5:30pm (37.5 hours a week)
- Benefits, including contributory pension scheme with life cover
- Staff benefits package, including store discount cards
- Salary on application

The successful candidate will need to be a qualified (or partly qualified) member of ACCA or CIMA and experience in the following:

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- Statutory return
- Budget preparation and management
- Maintaining bank and cash records
- System review

Further details can be obtained from: [hadmin@sedberghschool.org](mailto:hadmin@sedberghschool.org)



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An application form can be obtained:

- as a download from this link: <http://www.sedberghschool.org/senior/Information/Vacancies>
- in email from [HRAdmin@sedberghschool.org](mailto:HRAdmin@sedberghschool.org)
- from the Sedbergh School Bursary either in person or by telephoning 015396 20303

Musicals' was held in Powell Hall just before Half Term and included orchestral, band, solo, choir and group items. Put together within only a few weeks of the new school year starting, it was a huge success and drew a large audience from the school and wider community.

The School has been taking part in the Big Draw (ie art not lottery!).

A successful Headmaster's Invitation concert took place on Remembrance Sunday afternoon. The School hosted a workshop and theatre production of 'The Wish House' on 16<sup>th</sup> November.

### Events etc.

The School Archivist, Katy de la Riviere organised a School collection

of clothes and equipment for Calais refugees.

The school recording studio is once more up and running after 10 months since it was decimated in the December floods last year.

The School choir gave a lunchtime concert in Ripon cathedral – including five ex-Ripon choristers.

About 50 candidates went in for the scholarships to the school after Half Term, and the School was very pleased with the high quality of the candidates.

The School held a short service on 11 November at 11 am at the Cloisters as well as the more public and formal service on the following Sunday. The wreath layers included

Second Lieutenant Nichol presently of, and Sergeant J Irvine formerly of, J Sidi Rezegh Battery, 3<sup>rd</sup> Royal Horse Artillery Regiment. This year marks the 75th anniversary of the winning of two Victoria Crosses by Old Sedberghians at the battle of Sidi Rezegh. A group also stood silent on the top of Great Gable at 11 am.

The School went on to the winter timetable after Half Term – with games etc. in the first half of the afternoon and lessons in the later half.

A truly magnificent fireworks display took place on Monday 7<sup>th</sup> November below Busk Lane with a perfectly splendid bonfire (but no Guy).

Lesley Smith, a Powell House parent, is looking for donations of handbags to sell to raise fund for the 1<sup>st</sup> XV's tour of New Zealand in 2017.

#### Prep School

The Prep School has acquired its own Prep School Greenpower racing car kit and are beginning to build it. Friday night touch rugby with "a blend of ageing fathers, even older staff and boys" is proving a success. The pupils have been heavily involved in Operation Christmas Child wrapping their shoe boxes in Christmas paper to send simple but practical gifts to children all over the world (the upper school have also been preparing boxes). Years 7 and 8 had a day with 4Para and entertained them to dinner afterwards. The viola and violin teachers gave a lunchtime concert in Holy Trinity. The equestrians held a poppy ride in memory the horses that died in WWI.

#### Coming events

The production of *A Christmas Carol*



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may have taken place by the time this is published as it is on 30<sup>th</sup> November, and 1<sup>st</sup> and 2<sup>nd</sup> December in Powell Hall at 7.30 pm. Tickets may still be available on the Trybooking site

[www.trybooking.co.uk/BFA](http://www.trybooking.co.uk/BFA)

The Advent carol service is on Sunday 4<sup>th</sup> December at 5pm and all are welcome.

The 1<sup>st</sup> XV play Millfield on Wednesday 7<sup>th</sup> December at 2.15 pm.

The Choral Society's concert *The Armed Man* will take place in Powell Hall on 11<sup>th</sup> December at 7.30 pm.

There will be a lunch time concert by pupils of the Prep School in Holy Trinity Church on 1<sup>st</sup> December.

The Prep School Christmas Fayre is on Saturday 3<sup>rd</sup> December 9.30-12.00.

The Prep School senior and junior choirs will sing in Kirkby Lonsdale at 9 am on 8<sup>th</sup> December.

Term ends at 8.00 am on 15<sup>th</sup> December for the Upper school and after the Carol service on 14<sup>th</sup> December for the Prep School. Both schools return in the evening of 8<sup>th</sup> January.

*K Bruce-Lockhart*

## CITIZENS ADVICE

"I'm worried by how much money I spend on gas. My home is cold and draughty. How can I cut my bills?"

The good news is that there are a few different ways you can use less energy, and also pay less for what you use.

Start by checking how much you're paying per unit (on your latest bill). Then use Citizens Advice's online energy price comparison tool at <https://energycompare.citizensadvice.org.uk/> to check if a different supplier is offering a cheaper deal.

If you do find a better offer, call or email the new supplier and ask to move to the tariff you've identified. They'll inform your old supplier and

switch you over to their supply. This normally takes 17 days.

You should also look into improving your insulation. Your local Citizens Advice can advise you on this, and on whether you are eligible for financial assistance.

*Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 03444 111 444 for an appointment and help. (Please note the new number.) 015394 46464 for on-going enquiries. South Lakes Citizens Advice is a registered charity,*

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### **HEDGE LAYING COMPETITION**

The Community Fund has made a grant towards the Hedge Laying Competition which is being organised by YDNP Warden Paul Wilkinson on the path adjacent to the Settlebeck School playing field. It will take place on Saturday 7th January and is one of the Hedge Laying Society Grand Prix of events.

The event is being run in conjunction with Lancashire and Westmorland Hedge Laying Association whose 2017 Calendar is as follows:-

Friends of the Lakes	21 <sup>st</sup> January
County Show	4 <sup>th</sup> February
Hy Fly	18 <sup>th</sup> February
Forest of Bowland	4 <sup>th</sup> March

### **ROSE COMMUNITY THEATRE**

Members of the RCT would like to thank all its supporters for all the kind and generous comments they have made about how they have enjoyed the shows over the years.

You may remember that the RCT were going to perform a WWI playlet in November 'Times at Wipers' as part of the Poppy Appeal fund raising for the British Legion. Unfortunately circumstances were such that it could not go ahead this year. The RCT very much hope that it will go ahead next year 2017 most likely on Sunday November 5 (*Entered into the L/A Diary in case*).

This coming year (2017) the RCT will present a review entitled 'The Story So Far'. The cast will revisit

some of its personal favourite songs for your amusement and delight. Many of you have expressed a wish to hear again songs from past Pantomimes and shows. Never let it be said the RCT disappoints its audience. Performances will be at the People's Hall on the Thursday, Friday and Saturday evenings of March 16/17/18. Audience participation will of course be encouraged and song sheets will be provided, Oh no they won't, Oh yes they will! And naturally there will be a cast of thousands from six years old to seventy six and beyond.

Of course all this frivolity costs money to arrange with Hall hire not just for the show but for rehearsals, then there are adverts, props and so

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forth. In order to help with these expenses a Coffee Morning will be held in support of the RCT on Wednesday February 15 in the Cornerstone Community Church rooms starting at 10 am.

By the way if you have been involved in the RCT at any point over the years or you would like to get involved, please do get in touch. The show takes place in March 2017. If you are not into singing or acting then we always need people to generally help out. Rehearsals start at the end of November so please do give me a call on 015396 21808.

*Sandra Gold-Wood.*

---

### **MIND IN SEDBERGH**

In the September and October issues, it was reported of a new Group being formed called MIND and everyone was invited to attend, first in the People's Hall then in St Andrew's Church.

Due to a lack of attenders, the Group has now been Cancelled until further notice.

Should it recommence, you will be informed.

*DJW*

---

### **DEMENTIA ACTION ALLIANCE**

*Sedbergh & District Group*

We held our latest meeting in November and discussed updating our "Services Directory" of which the most local events are listed below. While they are listed under a Dementia heading, these events are open to all who wish to come along. If anybody would like to join our meetings please contact us (see below)

We discussed our progress in making Sedbergh progress towards being a "Dementia Friendly Community" which includes running Dementia awareness sessions. We are pleased to report that both the Dentist's practice and the Craft Workshop requested and received a session for most of their members. In the near future we have also arranged to run a session for the Lower Sixth at Sedbergh School. We will be running a session for the general public on Saturday February 11<sup>th</sup> in the morning – more details in the February Lookaround. If anybody or organisation would like us to run a session (about an hour) for them, please contact us (see below).

Information and other resources are



*Yoga classes for all in Sedbergh*

*Wednesdays 6 - 7.30pm  
from 18<sup>th</sup> January  
at the URC Sedbergh.*

*Thursdays 6 - 7.30  
from 19<sup>th</sup> January  
at Sedbergh Primary School*

*Classes are suitable for everybody regardless of  
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available at the Health Centre, Library and Information office. Most of these are publications provided by the Alzheimer's Society.

Local Sedbergh based events:-

- Sedbergh Songsters – Gladstone House – 10.30 – 12.00 every Monday
- Soup and Stay- 2nd Monday of each month, 12pm-3pm at Methodist Church Hall. Contact Anne Wright 015396 21567
- Tea and Company - 2.30 pm Last Monday of the month at the Methodist Church Hall. Contact Anne Wright 015396 21567
- Knit and Knatter - Every Tuesday at Farfield Mill Café, 1-3pm
- Sedbergh Swimmers – Sedbergh Pool Swimming Pool, 11:45am –

12:15pm – Every Wednesday.

- Cream tea Group – Sedbergh Café, 2.30pm – 1<sup>st</sup> Thursday of every month
- CAMEO Club (Come And Meet Each Other), 2.30pm - Every two weeks from September to April at Methodist Church Hall. Contact June Allen 015396 20194
- Sedbergh over 50s Lunch Club – The Red Lion – 12 noon 2<sup>nd</sup> Thursday of every month.
- Wednesday Coffee Mornings at the Cornerstone Room 10- 12 noon every Wednesday

More information ? Contact Myles Ripley [mpr@sedberghschool.org](mailto:mpr@sedberghschool.org)

### AGE UK SOUTH LAKELAND

This month I enjoyed a delicious 2 course lunch at the Red Lion in very pleasant company. The lunch group meet every 2nd Thursday of the month so come along and join them - you will be made most welcome.

You could also try our Afternoon Tea Group at the Sedbergh Café which takes place every first Thursday of the month at 2.30pm. Enjoy sandwiches, scones, cakes and as much tea and coffee as you can drink...I guarantee it is worth it! The group however will not be meeting in January. From 4th Jan until the 8th Feb the swimming class for beginners will run at the later time of 1pm-1.30pm with the changing rooms being available from 12.50pm.

A date for the diary: we are holding an afternoon tea at the People's Hall on Tuesday 28th February at 2pm with entertainment provided by Rawthey Rhythm, who will get you singing along to some old favourites.

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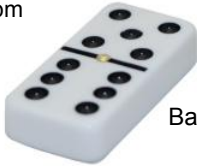
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Barbon & District Agricultural Society

## Domino Drive

Friday 20<sup>th</sup> January  
7.30pm



Barbon Village Hall  
Admission £3

There will be also information and advice stalls. So get in touch if you would like to book a place at this free event.

If you would like to find out more about any of the above, please get in contact with me via the Age UK Helpline on 01539 728180.

*Ruth Taylor*

### BOXES OF HOPE CUMBRIA

**Thank you** to everyone who was involved in any way in this year's Shoe-box Campaign, from individual knitters of hats to Santa's little helpers, aka Year Six, who smilingly helped to pack an amazing 61 boxes from the Primary School into my little car.



Amazing was the word for it this year, as the campaign seemed to take on a life of its own, resulting in 273 boxes and several bags of good quality "fillers" from this area finding their way to the warehouse at Kirkby Stephen. From there, safely packed

into cartons, they were transferred to Kendal to be loaded onto the truck which would take them over land (and sea) to Romania.

At the time of writing I do not have a final figure, but my feeling is that it will exceed last year's total of over 11,000. I'll let you know in the next edition of Lookaround, along with a report on this season's distribution trips in December and January.

Meanwhile, Happy Christmas everyone –Craciun Fericit!

*Pam Dent*

### ROYAL BRITISH LEGION

#### *Sedbergh Branch*

There was a good attendance at the Poppy Collectors Award Ceremony on Sunday 6th November in the People's Hall when the following recipients received their respective awards.

Mrs J Collison: 50 Year Badge & Certificate

Mrs B Douglass: 50 Year Badge & Certificate

Mr J Douglass: 50 Year Badge & Certificate

Mrs M Wood: 40 Year Bar

Mr M Moorhouse 40 Year Bar

Mrs E Skill: 35 Year Bar

Mrs L Cragg: 30 Year Bar

Mrs M Major: 30 Year Bar

Mrs G Cheetham: 25 Year Merit Award

Mrs M Middleton: 25 Year Merit Award

Mrs L Killops: 15 Year Brooch

Mrs E Griffiths: 10 Year Certificate

Mrs M Mawdsley: 10 Year Certificate

Mrs P Woof: 10 Year Certificate

Mr J Pease: 10 Year Certificate

Mrs R Pease: 10 Year Certificate



The weather was excellent for the Remembrance Service held on Sunday 13th November, a vast contrast to last years Service.

The Service was led by Rev. Andy McMullen which culminated with the laying of the Wreaths at the Memorial. DJW

## SEDBERGH GALA

### *Sedbergh Fireworks*

A great night was held on 5th November with the town fireworks event. It was a cold and dry evening, perfect for firework watching.

Lots of people turned out for the event, the final event organised by the Gala Group, with food and drinks available, and a double bill of fireworks.



Mr T Reed Screen: 5 Year Certificate  
 Mrs S Waters: 5 Year Certificate  
 Mr R French: 5 Year Certificate  
 Mrs A Mason: 5 Year Certificate

The Branch Committee are grateful for all the Volunteers who have helped over the years as well as the Schools and businesses which have helped to raise over £7,000 this year (final count will far exceed this and will be reported further in February).

Special thanks go to the Morphet and Lawson families for allowing the field to be used again (an apologies for last month's error).

And thanks to everyone who has supported the Gala and other events over the years - to all those who have been on the Gala Group and volunteered on the day, to the local companies and shops who have sponsored the Gala, and to many others who have provided valuable help in many ways.

Sadly, there will be no 2017 Gala, Children's Party or Fireworks, unless new people come forward to join the Gala Group and take on various key positions. Anyone interested in doing so should contact Margie McVoy via email - [sedberghgala@gmail.com](mailto:sedberghgala@gmail.com).

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## DENTDALE CHRISTIAN FELLOWSHIP

So much has happened during 2016 it is difficult to pick out any particular event. The main reason and purpose is to gather to worship God and seek His Way for our lives and this does not mean just singing!!

We meet on 4th Sunday eve (Not Dec!) For testimony sharing and a buffet supper and yes we do sing, usually accompanied by Brian from Blackpool on his accordion. We meet

Dentdale  
**Christian  
fellowship**

"Rhumes"

**Sundays 7pm**

**January 22nd**

*Kevin Smith*

**February 26th**

*John Sanderson*

**March 26th**

*Tracy Hurst*

**April 23rd**

*Pauline & Trevor Capstick*

*All welcome*

one Fri eve monthly and have a sit down meal or buffet and these evenings take different forms. In Nov included fireworks, sometimes games, films and always time to share and pray.

The annual Festival over the 1st weekend in Aug inc a film, bouncy castle, use of local cafe and a pub quiz.

Recently a DDCF team took part in a local pub Quiz.

The "Shepherds Dwelling" quiet

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garden ministry comes alongside with events in the garden and was part of the Tabernacles weekend which also included an eve with Godfrey Birtle.

Everything is open to everyone, and is usually free and informal.

We hope you all enjoy a lively and lovely Christmas and pray God will bless you as we begin 2017.

*John & Sarah (Dent 25212)*

## CHURCHES TOGETHER

St Mark's Church, Cautley

Our annual Carol Service will be on Sunday 18<sup>th</sup> December at 2.30pm. As usual a small band of wind players will help to accompany the carols, and Tan Yowes will sing, as well as

the Cautley Carollers. After the service refreshments will be served in Barbara Manwaring's house, across the road from the church.

The next Taize service will be on Sunday 22<sup>nd</sup> January at 2.30pm. All are welcome.

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

*The Vicar is leaving.....*

After 17 years as Vicar of Dent with Cowgill, I am moving on to pastures new. The Bishop of Carlisle has appointed me to be an associate priest in the Heart of Eden benefice, based at Appleby. I will have a particular role in developing the Church's mission and ministry in Appleby and the nearby village of Murton. I will also be part of a large

team of 12 parishes in the Eden Valley and part of my role is to assist the Team Rector and the other parishes in the group. I will also have a assisting role in the development of the emerging Mission Community in that area, working with the Methodist, Baptist and Catholic Christian communities . So it has been good to be involved in our Western Dales Mission Community.

Whilst I look forward to this new challenge, my family and I will miss you all greatly. I will never forget you and the wonderful experiences I have had in Dentdale - it has been a joy and could fill a book! You will always be in my prayers. Everyone is invited to my licensing at St Lawrence's Appleby at 3pm on February 11th

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*Peter Boyles*

**Church Services in December:**

St John's Cowgill:

Dec 4th: 9am Holy Communion

Dec 18th 2.30pm Evening Prayer

Dec 22nd 7pm Carols by Candlelight with the Dentdale Choir

Dec 25th 9am Holy Communion with Carols

St Andrew's Dent:

In addition to our regular 10.30am Sunday Communion, there are special services for Christmas:

Dec 16th: 1.15pm Christingle Service with Dent School

Dec 18th: 7pm Parish Carol Service with the Dentdale Choir

Dec 24th: 6.30pm Blessing of the Crib - a service especially for children

Dec 25th 10.30am: Family Communion for Christmas Day  
News from the Pews



On a miserable, cold wet Saturday morning in November what better way to spend the hours but cleaning the church with lots of cheerful company? Boon Day is when obscure and difficult places are reached and cleaned as best we can and we all go home tired and dusty. A handy "cherry picker" would be worth its weight in gold to reach the heights that no one dare, or is

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## **SEDBERGH MEDICAL CENTRE**

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

2017

Wednesday 25th January

Thursday 16th February

Wednesday 22nd March



allowed to go on a ladder and until one comes along we shall not even think about the cobwebs and dust gathering way above our heads, but keep the magic machine on our wish list.

The following day was bright and chilly and perfect for Remembrance Sunday. Over 200 people and around 40 children filled the pews for the service. As always Keith Wood played the "Last Post" beautifully, Rev'd Carole Marsden joined him following the traditional silence to play "Reveille". Two members of BOF (Barrel of Fun), Anna and Ben, read the names of the fallen in both wars beautifully and four delightful girls from Sedbergh Primary School sang,

"Let us have a minute's silence". I am sure we all appreciate the inclusion of our young people into our old traditions.

Lots of preparations and events for Christmas will be well underway in your homes and in the town by the beginning of December. The bellringers will be holding their annual Coffee Morning on Wednesday 14<sup>th</sup> in The Cornerstone Community Church Rooms (Main Street). We hope to see you there and also invite you to

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put the following dates into your diary joining us in St Andrew's for the children's Nativity Service on Christmas Eve at 6pm and the so-called "Midnight" Service on Christmas Eve beginning at 11pm. The Christmas Morning Holy Communion will be at 10.30am.

A very Happy Christmas to you all.

*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*



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**A Happy New Year ...**

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## **CUMBRIA WILDLIFE TRUST**

### *Slowing the Flow*

Storm Desmond caused misery for many Cumbrians only twelve months ago. Much thought has been given since to how we can cope in the future with similar events. Global warming is bringing more extreme weather phenomena across the globe. Nobody doubts that there have been fluctuations of global temperatures in the past but these have been over millennia not decades. Can anything be done to reduce some of the effects?

Assistance through government and local authority agencies are very expensive exercises but some smaller settlements in the UK have

taken it upon themselves to put practical common sense practices in place. Measures have to be taken to slow the flow after heavy storms before the floods hit built up areas and cause loss of livelihoods, homes and in some cases lives.

Few rivers still run in their natural courses. Look at a map of the Lune valley between Sedbergh and Kirkby Lonsdale. The Parish boundaries follow wavy lines based on former positions of the river's flow. So much has changed over the years. Rivers have been straightened in some cases to help transport links or canalised to avoid divided fields and make it easier to use machinery. Drains have been put in to make the

flow of water off the fields and into the rivers more efficient and woodland has been removed.

In Sedbergh, most flooding of the Rawthey spilled over into surrounding fields which made problems for livestock but once the water retreated there was relatively little lasting damage. There are no artificial levees built up on the river's banks which would have stopped the water



**Cumbria**  
Wildlife Trust

returning. Debris and vegetation lying in the various gills went some way to slowing the torrents and without these mostly natural obstructions there would have been an even greater concentration of flood

water pouring into our town.

Apart from checking and repairing ancient culverts and clearing drains of fallen leaves (as I write this I see huge accumulations of these efficient drain blockers already in place), we should try and implement various strategies to slow the flow. These have been recommended by a consortium of several official and other bodies and include the following:

- Plant more trees. Their roots slow groundwater which in turn is reduced by leaf evapotranspiration. Tree branches and leaves slow the rain as it falls reducing surface runoff. River banks are stabilised.
- Build "leaky" dams. Just a few branches and twigs can slow the river flow and reduce the volume that rushes down into built up

areas.

- Re wet upland peat moorland areas. Peatlands act as soggy sponges, holding water and storing carbon as well.

Millions of pounds have been spent building expensive flood control schemes in our towns but much of this could be saved if we paid more heed to river catchment areas. Dredging and straightening rivers just speeds the flow and causes greater problems downstream.

Have a look at Thacka Beck Reserve <http://www.cumbriawildlifetrust.org.uk/reserves/thacka-beck> to see a very successful flood control project on the fringes of Penrith and for an example of how some of the above strategies have been implemented in Pickering <http://www.forestry.gov.uk/fr/slowingtheflow>

Meanwhile get out there and start clearing those drains!

*Susan Garnett*

Cornerstone Community Church  
*(New Street)*  
Sedbergh Guild Home Missions Evening  
**7:30pm Monday 27th January**

**"MAKING RIPPLES"**

*with Gillian Grisedale*



Community Pastor of St Mark's, Barrow.  
Come along and hear Gillian talking about working with various organisations in the Barrow Community.  
Tea & Biscuits  
*All are Warmly Invited*

## CAN YOU HELP?

Clutterbooks and Clobber Charity Shops would love to hear from anyone who may be interested in volunteering in either of our shops. It doesn't have to be a regular commitment, people who are flexible and happy to cover the occasional unfilled space on the rota would also be much appreciated. It is a fun, rewarding and sociable way to give back to our local community, so please ring Caroline Taylor on 015396 21730 for more information. We would love to hear from you!

## SEDBERGH COMMUNITY SWIFTS

While we are preparing for the festive season, spare a thought for our swifts now enjoying warmer weather in Africa and a feast of insects as they fly above the forests of the Congo.

'Our' swift, the Common Swift (*Apus apus* is its scientific name), is one of only four African swifts that migrate to

Europe to breed. The others are the Pallid Swift which breeds in southern Europe, the larger Alpine Swift found mainly in more mountainous regions of Europe, and the rare White-rumped Swift in Southern Spain.

Altogether there are 22 species of African swift, the majority of which stay in Africa all year round. Our Common Swift is one of the 11 African swifts of the *Apus* classification (from the Greek meaning 'footless'- which is not strictly true as our swifts do have feet, but extremely short legs, which is why they cannot perch).

There are over 90 different species of swifts in the world, and many of these migrate between continents. For example the Chimney Swift, widely distributed in eastern North America, migrates to the north-west of South

America. It gets its name from nesting in chimneys and airshafts. The Pacific Swift is common in the western Pacific, breeding in Asia and wintering in Australia.

The Common Swift has an enormous summer breeding range extending from Ireland in the west to China in the east, and north to Scandinavia. All Common Swifts, wherever they breed, migrate to various parts of Africa. Our UK swift's migration via Spain and West Africa seems pretty amazing, but this is dwarfed by that of the Common Swifts that breed in Beijing in China. They cross the snow-capped mountains and hot deserts of the vastnesses of Asia to reach their



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Beijing has an active bird-watching society. To quote its president - "*Swifts have a special place in our hearts and their screaming flights at dusk around many of our major landmarks are one of the most enchanting features of summer*". A sentiment we heartily endorse.

When we next write in the February edition we will be looking forward to Spring, and the return of our swifts at the beginning of May. In the meantime it only remains to wish all our friends a Happy Christmas and prosperous New Year.

**To contact Sedbergh Community Swifts:** [ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring **01539 824043**.

**Tanya & Edmund Hoare**

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## **INFORMATION & BOOK CENTRE**

A happy Christmas and a peaceful and prosperous New Year to you all from us all!

You'll have read about Late Night Opening elsewhere; on the night, Father Christmas's grotto will be at the info centre and you can go and see him from 6.15pm on, straight after the Christmas lights are

switched on on Main Street. Even if you've not got children with you, if you're on Main Street for the evening please come in and say hello.

One thing, of course, that we do is look after parking permits for the Parish Council. A new kind of permit we're doing is the weekly permit; for £10 you can park in Joss Lane or Loftus Hill car park for seven days (this might be more for Lookaround's more far-flung readership!). We've also been asked to remind bed and breakfast and self-catering accommodation providers that they can get an ordinary parking permit for their customers to use while they're here (note that this doesn't apply to people with holiday homes who just lend the house to friends now and again).

We still have some copies of our 2017 calendar left – it's a lovely collection of images which were donated by various Sedbergh photographers. Now we're asking if people want to donate some images for the 2018 calendar. We're thinking about images with people in (you probably need to check with the people that they are happy to be in the calendar), probably portrait format, and they will need to be fairly high resolution (get in touch for the gory details). Please email images and Dropbox (etc.) links to [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk); you can drop images in at the Information and Book Centre on a USB stick or even on paper! We would like images by the end of February 2017 so we can get the calendar ready in good time.

Best wishes

**Andi Chapple**

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## SEDBERGH YOUNG FARMERS

Want to join Sedbergh Young Farmers?

Come along to Late Night Shopping on Wednesday 7th December to see us in the Business Hub to find out more about Sedbergh Young Farmers.

On behalf of Sedbergh Young Farmers I would like to thank everyone for supporting our fundraisers this year, including the Bingo Night which had a great turnout raising over £700. We still have a busy couple of months ahead with the Entertainment Competition in February and the big Young Farmers Field Day Competition in May. Hope to see you Wednesday 7th December

evening for a chat and drinks.

*Clare Thompson*

## SEDBERGH SPRING SHOW

April 1<sup>st</sup> 2017

It seems that winter has arrived and Christmas is creeping up on us but it is also time to start thinking about your entries for the Spring Show. This year we have some new classes to get your creative side thinking. In 2017 the show will be held on April Fool's Day so please put the date in your diary. The official entry forms will appear in the shops towards the end of January, but here is a list of classes to get your ideas started. We hope for a bumper year of entries so please get planning! Can we beat 718

the total number of entries last year? I am sure we can with so much talent around.

Any queries please ring Margaret Milburn (20610) or Wendy Fraser-Urquhart (21902)

### **Handicrafts**

- A patchwork or quilted item
- A new item from something old (any material)
- A wooden item
- A bag of any medium (not from a kit)
- A cross stitch article (indicate if own design)
- A pincushion
- Item of bobbin lace
- A piece of handmade jewellery
- A metal item
- A handmade card
- A decorated spring hat (any style or

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material)  
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### **Handmade Toys**

- A soft toy knitted, sewn or crocheted
- A toy from scrap material
- A dressed doll (the doll may be bought)
- Any handmade toy not included above

### **Flowers and plants**

- A house plant (not to have been exhibited before)
- "Fascinating Foliage" an exhibit with no flowers (W/D 60cm)
- An exhibit using 3 flowers (W/D 45cm)
- "April Fool" (W/D 60cm)
- Children's story or film (petite W/D/H 25cm)

A buttonhole for a lady or gentleman  
"Summer Holiday" (W/D 60cm)

### **Garments**

- A hand knitted garment in thicker yarn (double knitting or thicker)
- A hand knitted garment in finer yarn

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Six handmade chocolates  
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Four fruit scones  
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Round shortbread  
Six flapjack pieces  
Victoria sandwich (filled with

raspberry jam)  
"Free from" cake (e.g. gluten free or dairy free - please specify)  
Pot of jam or fruit jelly  
Pot of marmalade  
Rum or brandy butter  
Pot of lemon curd  
Pot of chutney  
Bottle of homemade wine, cordial or other drink  
A white loaf (handmade)  
A brown or wholemeal loaf (handmade)  
Speciality bread - sweet or savoury (handmade)  
**Art**  
Painting: Still life  
Painting: Portrait  
Painting: Landscape



KILLINGTON SPORTS

# DOMINO DRIVE

Refreshments



Good Prizes

7:30 pm

**Friday 3rd February**  
Killington Parish Hall

Painting: Mixed Media

### Photography

Wildlife

Pets

Local View (Cumbria or Yorkshire)

Other Landscape

Sky

People and Portraiture

Sport

Photograph that does not fit into any of the above categories

### Entries by school years

#### Pre-school

Poster by group of children

A decorated egg

An Easter card

#### Reception

A drawing of a person,

Car or tractor made from junk

Painting of spring flowers

#### Year 1 & 2

A drawing or painting of a zoo animal

Illustrated letter

Butterfly made from any medium

#### Year 3 & 4

First four lines, in own handwriting, of "All Things Bright and Beautiful" (For the W Milburn and Sons cup for handwriting)

Model made from plasticine or clay

Painting of a Spring scene

#### Year 5 & 6

Animal made of fruit, vegetables or foliage

Drawing or painting of a woodland scene

"April Fool" Card

#### Year 7 and above

Decorated Cake

Traybake

Scones

Item made of wood

3D printed item

Graphic representation of object

Art (subject to be announced)

Art (subject to be announced)

Art (subject to be announced)

#### Junior entries not created at school

Finger Painting (age 4-6)

Beaded craft item (e.g. Hamma or



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## YORKSHIRE DALES NATIONAL PARK

*New home for lost treasure from the  
Roman M6*

In its heyday – more than 1,900  
years ago – it stood at the side of  
what was then a ‘motorway’ used to  
move soldiers between the Roman  
town of Carlisle (Luguvalium  
(correct)) and the Roman fort of  
Bremetennacum (correct) near the  
Lancashire village of Ribchester

Then it spent hundreds of years  
buried in a farmer’s field at the side of  
the A683 south of Sedbergh – a  
rounded block of sandstone gradually  
being scarred time and time again by  
the blades of ploughs passing over it.

Finally, in 1836, it was accidentally

dug up by the then landowner – a  
man called Moore – as he worked the  
field.

On closer examination he saw it  
carried an inscription – M.P. LIII –  
which he discovered stood for ‘milia  
passuum 53’, or ‘53 miles’ and he  
realised he had uncovered a Roman  
milestone.

He decided it was important enough  
to see the light of day again and he  
had it re-sited at the top of a nearby  
hill over looking the Roman road. In  
the process, he hired the services of  
a historian to add a second inscription  
below the first – ‘SOLO ERVTVM  
RESTITVIT GVL MOORE AN  
MDCCCXXXVI’ – which roughly  
translates as ‘dug from the earth and



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restored by Moore in 1836'.

There the milestone stood – an ancient sentinel standing guard over the landscape – for another 180-odd years until the effects of weather and, finally, livestock took their toll and it fell over.

Playwright, screenwriter and actor Alan Bennett, who has a house nearby, was one of the people who alerted Cumbria County Council when it was knocked over.

Now the milestone, which was identified as a 'Scheduled Monument at Risk' by Historic England, has been moved to what will hopefully be its last resting place – the churchyard of the nearby Church of the Holy Ghost in Middleton. There it will be better protected and be more



accessible to members of the public.

The site of the milestone now lies within the extended area of the Yorkshire Dales National Park and the painstaking operation to lift it and then move it was co-ordinated by Historic England and the National Park Authority.

Miles Johnson, the Authority's

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Senior Historic Environment Officer, said: "This is the first major piece of heritage work that the Authority has carried out in the new area of the National Park and it was a real challenge.

"The milestone is thought to have been built around 79AD and the 'M.P. LIII' inscription probably refers to the distance to Carlisle in Roman miles, which were each made up of 1,000 paces.

"It was a feature along what was a major trunk road that ran from Ribchester to Carlisle – a Roman version of the M6 – and some parts of the road survive under modern roads including the A683, while others are visible as an earthwork.

"The milestone is a curious piece of cultural heritage with an interesting story behind it – and it was hugely important that each step of its restoration was carefully thought out and planned with all the organisations involved."

Steve Hastie, the Authority's Area Manager West, said: "We met with Historic England, residents, landowners and the Lunesdale Archaeology Society and came up with a plan to move it with help from the farmer.

"There was a very real risk we could damage or even destroy it while it was being lifted and moved down a slope and across two fields or when it was being installed in the churchyard.

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On top of that it was pouring with rain, which didn't help matters at all.

"We dug out the hole for its new site by hand and then we packed stone and earth around the base to securely pin the post and fill it in.

"It was a tricky job, and not without its hairy moments, but it's the first of many we will be doing in this new part of the National Park.

"Now that it's in the churchyard, we hope more people will come to see it – and it will be a great attraction for schools and archaeology groups."

Historic England Heritage at Risk Project Officer Sarah Howard said: "The milestone is significant because it is one of only around 50 surviving examples within Britain.

"As Middleton is in the Yorkshire Dales National Park extension area, this offered a fantastic opportunity to work with the National Park Authority to move the milestone, utilising their Rangers' experience of working in remote and often difficult environments.

"The next step will be to work with the local community and the Authority to create an interpretation board and exhibition in the church so that visitors can find out about Romans in

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the Lune Valley as well as the recent history of the Middleton moving milestone."

The Rev Richard Snow, the Rector of the Church of the Holy Ghost, said: "It's brilliant to see it there in the churchyard.

"It had been knocked down by some cows, I think, and it was going round the community that we ought to put it back up again.

"It's part of the heritage of the community so it felt appropriate to suggest it might be better to move it into the churchyard. It's close to where it was originally and it's a little more protected."

The National Park Authority produced a short film recording the

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## YORKSHIRE DALES NATIONAL PARK

### *The Visitor*

Free advertising is on offer to organisers of events taking place throughout 2017 in and around the Yorkshire Dales National Park.

A special online calendar – created and managed by the Yorkshire Dales National Park Authority via its website – has proved to be highly popular, and the number of entries it contains is growing every year.

And if event details are submitted before December 5, they will also be

considered for inclusion in the long-running and much-loved official guide to the National Park – *The Visitor*.

The website has more than 400,000 visitors a year as well as reaching a wider audience through its links with partners like the UK National Parks portal [www.nationalparks.gov.uk](http://www.nationalparks.gov.uk) and VisitEngland.

The events listing in the Authority's annual newspaper is compiled from the online database and 125,000 copies are distributed nationally.

The Authority's Communications Officer Sarah Nicholson, who edits *The Visitor*, said: "Our online events calendar is a fantastic way for local organisations, clubs and individuals to advertise what's happening – for free. Plus there is the chance for their

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event to appear in our annual newspaper, too.

"*The Visitor 2017* will once again be packed with useful information plus great features. It's read by people planning their trip as well as being picked up by visitors who have already arrived and are looking for great things to do in the Dales."

Providers are invited to upload their event using the online form, which, alongside all the criteria for displaying an event on the website and in *The Visitor* newspaper, can be found at [www.yorkshiredales.org.uk/add-an-event](http://www.yorkshiredales.org.uk/add-an-event)

Anyone who would like to take out a paid-for advertisement in *The Visitor 2017* to promote their business or activity should contact Sheila Ward at Bow House on 01347 825732 for rates and further information.

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### COMMUNITY ORCHARD GROUP SEDBERGH

Did you see the huge bright green banner on St Andrews railings last month advertising Sedbergh's first Apple Day? Many people did, and they brought loads of wonderful apples to press outside the People's Hall.

## Daphne Jackson

DO, MsC (Ost)  
*Registered Osteopath*

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We started pressing at 930am and by 10am, when the doors opened, we had many litres ready for people to taste - all at no cost. During the day 400 litres were pressed, 80kg of the gleaned apples gave the community 40 litres of juice to share and enjoy.

Our sincere thanks go to local residents and Sedbergh School who allowed us to glean apples from their trees to use at the Apple Day, not just to make delicious juice for everyone to sample, but also for children's games. Hopefully many of you would have seen two of our younger visitors with the apple scarecrows they had





made on the front page of the Westmorland Gazette the day after the event.

In total we gleaned 160kg of apples, lots of different varieties in all conditions were picked by volunteers, washed then dried to ensure plenty of activity on the day. Orchards from Cautley to Frostrow were picked, and plenty of trees in Sedbergh too.

In the People's Hall there were games for the children, wonderful music from Common Ground, yummy cakes to buy and lunchtime refreshments. You could even buy plants and apple trees for your garden! The information board showed the progress of the community orchard so far, and we were delighted to display our first Apple - not bad, when you know that the trees only went in the ground last March!

Our thanks too must go to The Woodland Trust, Sedbergh Beekeepers, the Red Squirrel Group and the Royal British Legion for bringing along their fascinating information stands, all of which attracted much attention.

South Lakeland Orchard Group (SLOG) were kind enough to come



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and identify a dozen mystery apples for curious owners, some easier than others! We have been given 10 new trees of Yorkshire origin by SLOG, so we will be having another planting day in the Spring, but this time they will be cordoned to display the varieties.

Watch this space for more information, please come if you can. Help is always welcome and you can also learn the art of cordoning.

Apple Day will take place again next October, so start saving your bottles and look out for friends or neighbours who may have spare apples for you to pick. We'll look forward to seeing you there and hopefully at the orchard too.

*Ann Parratt*

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## GREAT NORTH AIR AMBULANCE

As reported on Page 84 last month, the fantastic sum of £662 was raised for the GNAA.

On Thursday 3rd November, Sophie Weir, the Public Liaison Assistant (Cumbria) GNAA, attended Gladstone House and received a Cheque from Liz Easton which was gratefully received.

## DENT MEMORIAL HALL & DENT GALA

I have been very touched by the messages of sympathy I received re the end of the Gala ... and very pleased to be able to say they had the wrong Gala! DENT GALA IS NOT CANCELLED. It is SEDBERGH GALA there is doubt about!

These events take a lot of hard work and good will and can be great fun.

Our Gala figures at our Oct meeting

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were £2,494.47 and following a donation of £50 have just topped £2,500. WELL DONE EVERYONE.

Our committee needs a minute secretary and also someone local to assist our Treasurer who no longer lives locally.

Maybe you could help us with one of these, do get in touch.

Meanwhile any ideas or suggestions for 2017 Gala especially free things(!) Do get in touch.

Happy Healthy New Year to all.

*Chairman; Sarah E Woof (25212)*

## DECEMBER GARDENING

There is something extremely satisfying about having a good tidy up in the garden at the beginning of December. The fashion in gardening in the last 15 or 20 years has been to leave all the cutting back of herbaceous perennials until early spring – the idea being that the stems and leaves, if left in situ, provide homes for wildlife. This does seem to work in the drier and milder south and east side of the country, but here, with the exception of the Siberian iris, whose long, strap-shaped leaves provide perhaps as much cover as a badly laid thatch, the rest of the vegetation collapses in brown, soggy heaps, and, on investigation in spring, seems only to be providing homes for slugs and their eggs. Too much dankness also provides the perfect conditions for moss which grows apace and covers everything (even escaped clothes pegs which pinged off the line during the summer) with a shaggy green jacket.

My other good reason for an early tidy is that the borders here are crammed with snowdrop bulbs, and

unless I get onto the soil before they begin to grow too much, it is very difficult to find a place to stand or kneel without squashing several hundred new shoots.

Snowdrops are amongst my favourite flowers. They are hardy and resilient, and in a good year the earliest type here (*Galanthus* 'Sam Arnot') produce their cheerful flowers before the New Year begins. Once snowdrops are in bloom there will be an unbroken succession of other

flowering things until the last late blooms of summer bedding disappear with the year end, so whatever the weather in winter, spring and summer there will always be something in flower.

Snowdrops can be difficult to establish and the usual recommendation has been to plant them "in the green" ie in full leaf and just after flowering. Many garden centres also sell growing bulbs planted in pots of compost and these can be put in the ground straight away. If you are fortunate enough to be given clumps of bulbs from someone else's garden, try to bring a little bit of soil with them. Snowdrops, like many other plants, seem to establish much more successfully if they have the right soil, with its resident micro-organisms, around them.

*Elaine Horne*



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### **SEDBERGH IN BLOOM WINNER**

We have received news from the Skipton Building Society that we are amongst the winners of a grant towards the costs of our projects. We are obviously delighted to be informed of this news and WE OWE A HUGE THANK YOU TO ALL WHO VOTED FOR OUR GROUP on the Skipton Building Society web site.

As we are due to receive four new large planters this will go a long way to meeting the costs of compost, plants etc., for them and continue with the upkeep of our existing beds.

We are at present making our beds ready for the winter and will continue as the months go by.

We will always strive to make sure



The raised garden at 72 Main Street

the beds are looking their best.

If anyone would like to join us – we are a very small group of six – we would very much welcome you.

AGAIN THANK YOU TO EVERYONE WHO VOTED FOR US.

*Dorothy Blair*

### **PEOPLE'S GYM & FITNESS CENTRE**

The PG&FC committee is pleased to report that they have received an award from South Lakes Leisure of £5,200. This will enable the committee to purchase some new items of equipment for the gym. Work will begin shortly on hanging the mirrors, adding another exciting dimension to our gym facility. We have at last been lucky enough to engage a person with the necessary skills to carry out the work. However the gym will have to be closed while the mirrors are being hung. This should not take more than a few hours so the committee ask you to please bear with them on this it is after all for your safety. Members will also notice that there is now a paper

towel dispenser in the gym and in the toilets. Please remember to wipe down equipment you have been using with the cleaning spray to prevent the spread of germs especially in this the flu season. Members are also reminded to use head phones only in the gym as music is a matter of personal taste and we are all different, many thanks.

You will be pleased to hear that the membership fee remains a bargain (at £180 per year or £20 per month) with no real changes in 2017.

With Christmas rushing toward us why not consider surprising a loved one with a year's gym membership as a Christmas gift. No doubt many of us will probably need to shed a few pounds after the festive indulgences so why not join yourself and then you can work out together just for the fun of it. Believe me the benefits are considerable. Just recently I spoke to a member in the gym who explained that he has lost almost 4 stones and is no longer on medication for

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diabetes. Diabetes is something that is on the rise these days and many of us are not aware of just how much sugar there is in the food we eat. So while the government and the multi nationals put their heads together to try and wean us off all this sugar, we can help ourselves by making use of the gym, especially now the winter is upon us. Just pick up a membership pack from No6 Finkle Street or check out our Facebook page for more information.

*Sandra Gold-Wood*

### **St ANDREW'S CHURCH, DENT**

#### *Christmas Bazaar*

Christmas arrived early in Dent on 5<sup>th</sup> November at *St Andrew's* Christmas Bazaar and Coffee Morning..

Fine weather and good publicity gave us a sparkling, popular event. Local craftsmen attracted much attention with artistic displays and many of us bought our Christmas cards and presents and ordered festive wreaths and table decorations.

Dent's '*Ladies who Bake*' excelled themselves with a vast array of festive cakes and puddings, scones, biscuits, pies, jams and chutneys.

The Cafe was popular with friends

and families enjoying coffee and cakes - keeping everyone in the kitchen very busy.

Sales of raffle tickets were extremely brisk, thanks to the generosity of local businesses and *St. Andrew's* parishioners, who donated extra-special raffle prizes.

A special thank-you to everyone who supported *St Andrews* for making the day such a success; raising over £1,000 for church funds.

*Susan Johnson*

### **SEDBERGH & DISTRICT COMMUNITY TRUST GRANTS**

At their meeting in November the Grants Committee made awards to:

- Sedbergh Chamber of Trade and Business to help cover the costs of Late Night Opening
- St Mark's Church Cautley to assist the restoration of a brass plaque commemorating Private Orlando Garnett
- Sedbergh People's Hall to contribute towards the costs of remodelling the frontage area.
- The trustees also made a "Start up" award to the newly formed Youth Club

The next awards will be made in February 2017. The cut-off date for

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applications is Friday 10 February.  
*Tony Reed-Screen*

### **SEDBERGH GALA**

I am very disappointed to find out that the Sedbergh Gala is being suspended

For 2 years due to lack of support on the committee.

I am one of the original committee members and served with Jack Dawson, Teddy Morphet, Derek Wearing, Stan Haygarth, Tott Harper, Thomas Harper, Tom Steadman my father and several other people who I can not remember. At a later date I became Chairman and enjoyed the challenge and found it relatively easy to recruit helpers.

All you needed to do was ask!

I do however remember that the idea of the Gala was to generate a local fun day in which everyone was welcome.

Admission was free, we had a collection, and every stall was manned by volunteers, which were at that time Sedbergh School pupils.

Every penny generated was put into Gala funds and used to pay for the fireworks on November 5th and for the Children's party.

I believe that over the years the



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object of the Gala has changed by charging admission and allowing people from outside the town to run stalls, rides for their own profit there fore making the day out very expensive for families.

Why not go back to basics and try having a family fun day with a collection.

It does not take much organising to have a parade with our popular town band followed by fancy dress and floats. After that we could ask local groups to organise events like Sports, Howgill Harriers, Junior Football, Sedbergh under 9's and under 10's.

Various local sideshows and food and drink manned by volunteers with ever penny generating funds for the Gala. If enough support is generated



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then a Xmas party and fireworks could be considered.

Sedbergh is renowned for pulling together and making things work. Look at the efforts made to get over Foot and Mouth disease, save our Secondary School and Tourist Information Centre not forgetting the People's Hall or saving the Public Toilets.

All these things make Sedbergh unique and show our community spirit. Are you one of those people who says nothing happens in Sedbergh if so please look in your mirror because it could be you. Please come forward and help keep Sedbergh on the map

We can not allow our Gala to stop

after all the work put in by people in the past

Anyone interested in helping in any way please let me know.

*Garth Steadman*

## COMMUNITY OFFICER REPORT

*Logs of note for the area of Sedbergh*

14/10 – Criminal damage caused to a vehicle on Maryfell.

17/10 – RTC reported on Loftus Hill.

21/10 – Suspicious vehicle reported in the area touting for work.

29/10 – Hate incident reported in the area. A 2 year old child was racially abused.

29/10 – Criminal damage was caused to flowers/pots on Finkle St.

8/11 – Criminal damage caused to a

# W. MILBURN AND SONS

Building Contractors  
Tel: 015396 20342  
Mob: 07890 237845

vehicle on Main St and  
Castlegarth.

- 12/11 – An attempt burglary was made on Castlegarth. No entry was made, nothing taken.
- 14/11 – Theft of 4 x Swaledales off Howgill fell. Enqs still ongoing.
- 15/11 – Theft of a quad bike from the top of Dent. By working with Yorkshire police. 1 person was arrested. A good result.

Cross border criminals are still prolific in and around your area.

Kendal Police are looking for volunteers from your area to assist in targeting rural crime.

This is a multi-force operation held 4 times a year including Eden, Brampton and Kendal police, Durham police, North Yorkshire Police, Northumbria Police, Lancashire Police, and Cleveland Police.

The intention is to gather intelligence, identify and arrest any offenders, you will assist and have direct contact with the police via radio, take up static observation points in the area you know well. You will be trained how to use a radio and be able to pass any suspicious activity direct to all the officers involved.

If you would like any more information then please contact myself on [amanda.coleman@cumbria.police.uk](mailto:amanda.coleman@cumbria.police.uk)

This is a great chance to work together to combat rural crime.

Christmas is fast approaching, can we remind those when out shopping to make sure your purse/wallets are secure, for some its not the time for giving, it's the time for taking.. When out shopping please make sure your homes and outbuildings are secured.

*CSO 5244 Mandy Coleman*



## AUTUMN TERM YOGA

*Dent Meditation Centre*

**1<sup>st</sup> September – 15<sup>th</sup> December**

### CHAIR YOGA

**Thursdays 10.30 - 11.30am**

*No age limit.*

*Improve co ordination and mobility.*

### GENTLE YOGA

**Thursdays 5.15 - 6.45pm**

*All abilities.*

### ACTIVE YOGA

**Thursdays 7 - 8.30pm**

*Suitable for those*

*with reasonable fitness.*

### HATHA YOGA

**Wednesdays 5.15 - 6.15pm**

*One hour class similar to gentle yoga*

No classes 21 & 22 September  
and 12 & 13 October

Contact Elly Archer  
[ellyarcher@talk21.com](mailto:ellyarcher@talk21.com)  
07980 130077 or 015396 25458

*See main body text  
for further details and prices*



S	S	T	R	I	M	M	E	R	T	E	W	A	D
L	E	H	V	F	E	S	I	M	L	H	W	S	E
A	E	E	N	O	W	B	R	I	E	H	E	H	H
E	N	H	S	R	H	N	L	E	A	E	R	O	A
S	D	S	F	K	E	W	L	N	F	T	B	S	I
H	R	G	H	G	A	B	E	W	B	R	R	E	G
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E	R	N	A	C	G	N	I	R	E	T	A	W	R
C	W	H	L	A	W	N	M	O	W	E	R	L	E
W	T	G	R	T	E	W	S	O	E	O	R	W	N

B	T	R	E	N	E	E	S	O	P	E	R	R	R
O	I	R	T	A	U	G	B	L	E	N	D	E	R
T	E	E	R	C	N	T	A	R	T	U	X	L	R
T	P	L	H	O	E	W	C	A	Z	I	L	E	N
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E	P	E	N	R	R	I	S	T	A	T	T	P	R
O	L	P	L	E	R	S	L	P	U	C	K	S	E
P	U	O	L	T	P	K	K	C	A	P	K	R	T
E	I	T	A	A	B	T	A	C	A	T	I	E	A
N	L	A	R	E	D	Z	T	R	B	I	U	T	R
E	I	T	P	B	Z	L	L	H	R	I	P	L	G
R	E	O	R	I	G	R	E	P	P	O	H	C	A
E	T	P	P	R	T	R	E	H	S	A	M	R	E
E	P	C	T	Z	I	U	D	R	U	E	H	A	T

E	F	O	E	A	E	R	L	E	F	L	O	G	X
S	H	L	G	X	E	C	P	O	K	E	R	H	E
A	Y	D	T	A	E	P	A	B	K	A	O	O	I
O	K	O	D	P	C	R	P	R	D	H	R	B	G
U	Y	I	H	P	S	S	C	L	D	E	I	B	N
S	N	K	B	E	E	S	I	I	A	S	I	I	I
G	E	P	I	L	O	T	Z	T	S	Y	A	E	T
U	L	V	Z	K	R	O	S	S	S	E	I	S	A
U	O	Z	P	G	G	N	I	N	N	U	R	N	E
M	U	O	A	N	F	O	O	T	B	A	L	L	G
P	L	P	R	L	A	D	R	I	V	I	N	G	G
O	L	R	K	A	X	P	R	R	P	O	L	O	B
E	Y	G	N	I	K	L	A	W	I	R	W	O	U
R	A	D	G	I	L	O	N	L	I	C	L	S	G

Can you work out the theme for each wordsearch? Puzzle 1 = 15 Words; 2 = 13; 3 = 13; 4 = 17; 5 = 18; 6 = 20 (2 USA words)

K	I	R	E	H	A	B	T	R	W	P	E	T	M
S	N	E	R	S	R	M	A	B	T	R	S	R	L
Y	T	T	E	U	U	M	O	U	N	I	S	A	R
H	A	U	N	O	L	O	L	S	N	N	P	Y	A
H	B	P	N	N	O	O	M	D	T	T	W	A	R
M	L	M	A	P	P	P	A	R	O	E	T	S	M
T	E	O	C	B	R	P	T	P	A	R	O	W	A
E	T	C	S	O	R	U	S	B	K	E	Y	I	S
H	D	B	U	E	I	L	E	R	K	N	R	T	K
U	E	T	B	R	T	T	N	R	A	Y	R	C	B
B	E	M	P	I	T	S	O	B	T	T	R	H	S
R	U	A	T	K	E	Y	B	O	A	R	D	I	R
N	O	R	O	T	I	N	O	M	O	A	D	T	U
T	R	O	R	T	U	S	H	A	S	E	H	E	L

Z	E	E	T	I	R	U	Z	A	D	M	S	D	X
T	S	Y	H	T	E	M	A	T	I	X	Y	N	O
T	T	J	A	R	U	E	E	E	A	E	I	A	O
O	E	D	A	I	A	T	D	R	M	E	R	E	R
U	E	M	O	S	B	Z	A	I	O	A	U	T	S
R	H	E	E	E	P	Y	J	H	N	E	T	I	P
M	C	M	Z	R	U	E	L	P	D	P	E	N	E
A	I	T	O	U	A	Y	R	P	E	I	N	A	A
L	T	O	Z	P	T	L	P	A	R	I	R	Z	R
I	R	J	A	E	A	P	D	S	T	O	A	N	L
N	I	P	P	E	A	L	Y	B	U	R	G	A	N
E	N	H	O	K	U	N	Z	I	T	E	D	T	R
T	E	P	T	O	D	P	E	R	I	D	O	T	A
Z	S	E	E	E	N	T	T	N	R	U	A	J	N

S	O	T	A	E	H	W	C	H	W	T	E	S	S
C	O	C	H	I	C	K	E	N	S	E	C	U	E
S	D	U	C	K	S	L	A	B	O	R	E	R	S
C	R	O	T	T	P	E	W	A	T	E	R	T	T
O	R	S	S	L	S	R	D	H	A	C	S	H	E
R	O	R	O	O	P	E	O	S	T	A	S	A	C
N	S	W	C	E	L	R	S	R	G	T	T	Y	A
C	T	T	E	S	S	I	A	U	A	O	L	L	T
R	P	H	R	E	A	C	S	O	O	S	H	O	T
I	S	O	S	A	T	S	C	H	S	H	T	F	L
B	L	P	R	O	W	P	B	U	B	I	L	T	E
A	D	F	R	C	O	O	E	R	U	T	S	A	P
U	K	S	L	S	T	E	K	C	U	B	R	O	P
C	S	A	C	K	T	E	S	T	O	C	S	R	U

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

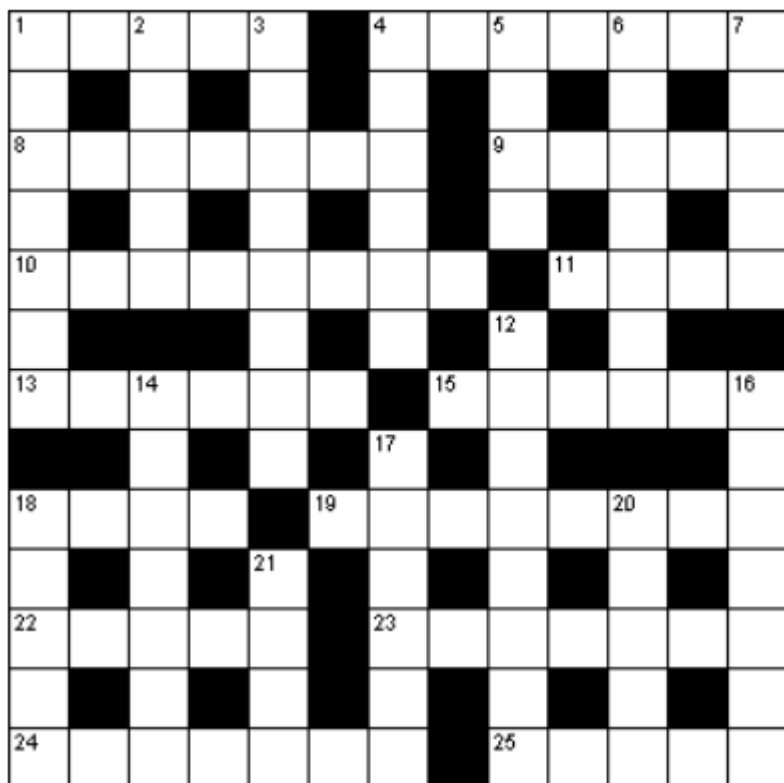
8	9		1				3
5			6				
	3		9			2	
1		7		5			4
		2				5	
3				4		9	2
		9			1		7
					7		9
6					2		5
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5		6		9			
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9		8	4				6
	5		7		6		4
	6				3	8	1
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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

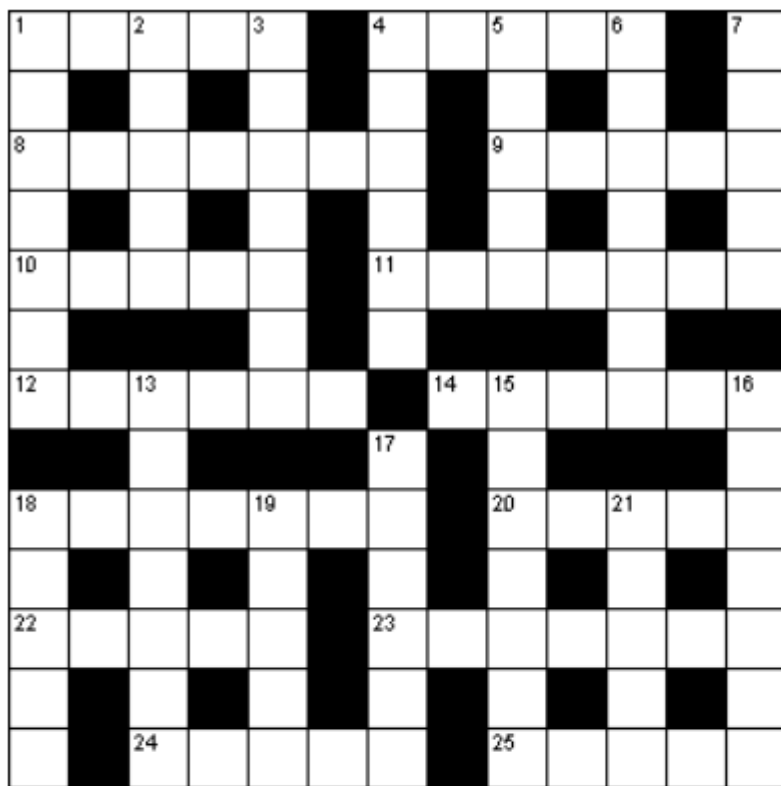


### Across

- Direction (5)
- Equilibrium (7)
- Brass instrument (7)
- Fruit (5)
- Beamed (8)
- Singing couple (4)
- Kind of lake (6)
- Movie house (6)
- Large and scholarly book (4)
- Precise (8)
- Tooth (5)
- Inactivity (7)
- Family name (7)
- Laconic (5)

### Down

- Notation cancelling a previous flat or sharp (7)
- A regular route (5)
- Seven-sided polygon (8)
- Dairy product (6)
- Jump (4)
- Planet (7)
- Choose by vote (5)
- Venomous (8)
- Risk taker (7)
- Norm (7)
- In operation (6)
- Domesticates (5)
- Theatrical performer (5)
- Song for solo voice (4)

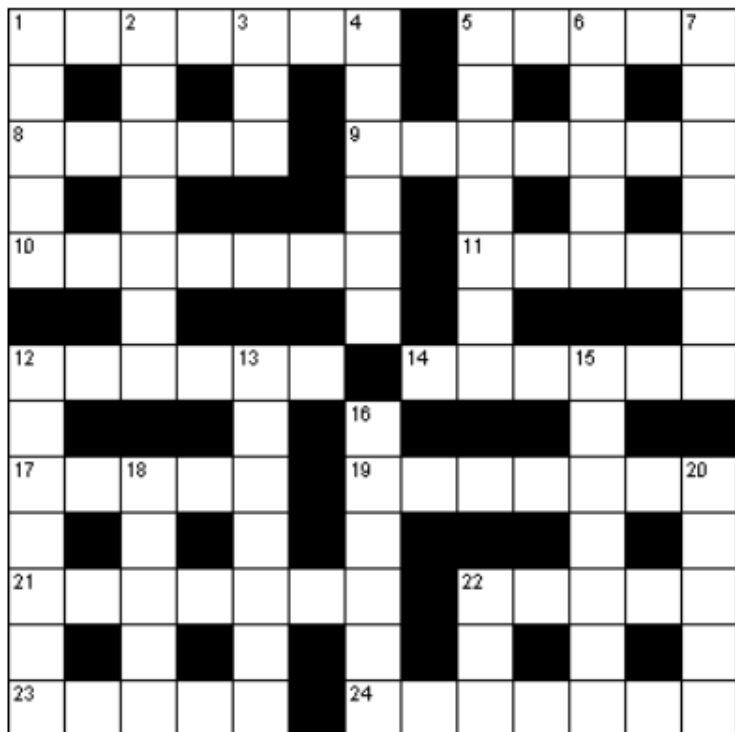


### Across

- Extremely cold (5)
- Out of fashion (5)
- Communication channel (7)
- Crowd scene actor (5)
- Part of a church (5)
- Unlawful (7)
- Natural abilities or qualities (6)
- Conundrum (6)
- Malleable (7)
- Irritated (5)
- Spear (5)
- Acute (7)
- Stringed instrument (5)
- Overheads (5)

### Down

- Chivalrous (7)
- Guides (5)
- Distinguish (7)
- Writing implement (6)
- Carapace (5)
- Lured (7)
- Intended (5)
- Curt (7)
- Ludicrous (7)
- Interminable (7)
- Sheep known for its high quality fleece (6)
- Greek letter (5)
- Paragon (5)
- Male monarchs (5)



### Across

- Chronicle (7)
- Proverb (5)
- Graphic (5)
- Cautionary advice (7)
- Help grow and develop (7)
- Free of impurities (5)
- Neckband (6)
- Systems of principles (6)
- Hackneyed (5)
- Facets (7)
- Gullibility (7)
- One of the senses (5)
- Larceny (5)
- Unprocessed or manufactured (7)

### Down

- Oasis (5)
- More than two or three but not many (7)
- Of long duration (3)
- Gaped (6)
- Fruit (7)
- Stage whisper (5)
- Machines (7)
- Piece of furniture (7)
- Complaint (7)
- Tooth (7)
- Ravine formed by a river (6)
- Racket (5)
- Hex (5)
- Toddler (3)

M	E	A	S	U	R	E		A	W	A	R	E
I		D		N		D		N		R		S
M	O	V	E	D		I	G	N	E	O	U	S
I		A		E		B		O		M		E
C	E	N	T	R	A	L		Y	E	A	R	N
		C				E		E				C
P	R	E	P	A	Y		A	D	V	I	C	E
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S	P	E	A	K		C	R	O	S	S	E	D
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E	N	S	N	A	R	E		E	X	A	C	T
S		U		R		N		G		N		E
S	P	E	E	D		T	R	A	C	T	O	R

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

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

Y	O	U	T	H		N	E	E	D	L	E	S
A		T		A		O		E		A		I
C	A	T	E	R	P	I	L	L	A	R		N
H		E		M		S		S		G		C
T	H	R	I	L	L	E	D		C	E	D	E
		E		E		S		S				R
M	O	D	E	S	T		F	U	T	I	L	E
A				S		C		R		C		
G	A	T	E		S	H	E	P	H	E	R	D
I		I		O		A		R		B		A
C		M	A	G	N	I	F	I	C	E	N	T
A		I		R		R		S		R		E
L	A	D	D	E	R	S		E	D	G	E	S

Wordsearch answers

- CHIHUAHUA
- BULLDOG
- TERRIER
- COLLIE
- SHEPHERD
- BOXER
- HOUND
- BEAGLE
- CORGI
- PINSCHER
- DALMATIAN
- SETTER
- MASTIFF
- DACHSHUND

- DOG
- CAT
- HAMSTER
- FISH
- MOUSE
- GUINEA PIG
- BIRD
- SNAKE
- IGUANA
- FERRET
- GERBIL
- CHICKEN
- LIZARD
- TURTLE
- RAT

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

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	CCCR
1000	<b>CANCELLED</b>	Mind	StAS
1030	Every Monday	Sedbergh Songsters	GH
1330	Every Monday	Knit 'N' Natter	DHC
1730	Every Monday #	Brownies	SMCR
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1200	2nd Monday	Soup & Stay	SMCR
1900	3rd Monday	Chamber of Trade	PH
1430	Last Monday	Tea & Company	SMCR
0930	Every Tuesday	Drop-in & Relax (6)	MCD
1300	Every Tuesday	Howgill Toddlers	HVH
1300	Every Tuesday	Knit & Natter	FM
1830	Every Tuesday	Cub Scouts	SHQ
1830	Every Tuesday	Swimming Club	SS
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	CCCR
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH
1930	3rd Tuesday	Ladies NFU	PH
0830	Every Wednesday	Sedbergh Market	JLCP
1000	Every Wednesday	Coffee Morning	CCCR
1145	Every Wednesday	Age UK Swimming	SS Baths
1315	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebras	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Beaver Scouts	SHQ
1800	Every Wednesday	Yoga for All (5)	MCD
1900	Every Wednesday	Sedbergh Town Band	SSBR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1830	Every Thursday	Swimming Club	SS
1830	Every Thursday #	Youth Club	CCCR
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	Every 2 weeks	Cameo Club	SMCR
1430	1st Thursday	Age UK Cream Tea	Sed Café
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Age UK Lunch Club	Red Lion
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1100	Every Friday	Mindfulness Course	MCD
1700	Every Friday #	Barrel of Fun	StAS
1800	Every Friday	Cub Scouts	SHQ
1930	Every Friday	Scouts & Explorers	SHQ
1330	1st Friday	Dentdale Club	DMH
1000	Every Saturday	Swimming Club	SS

# = School Term Time Only  
See Group Page for contact details & Diary Page for Keys

## PLACES OF INTEREST TO VISIT IN THE AREA

Bowling Green, Queens Gardens  
Bruce Loch Nature Area, Busk Lane  
Cautley Spout, A683 towards Kirkby Stephen  
Community Office, 72 Main Street  
Cumbria Wildlife Trust, Community Office  
Dent Heritage Centre, Laning, Dent \*  
Farfield Mill, A684 Garsdale Road \*  
*Free to LA10 Residents on Sundays*  
Friends Quaker Meeting House, Brigflatts.  
George Fox's Quaker Pulpit, Firbank  
Golf Club, Catholes, Sedbergh \*  
Information Centre, 72 Main Street  
History Society, Community Office  
Holme Working Farm, Middleton \*  
Holy Trinity Church, Howgill  
Jubilee Wood Nature Area, Castlehaw Lane  
Langstone Fell, A684 Garsdale Foot  
Methodist Church, New Street  
Motte & Bailey Castle, Castlehaw Lane  
Pepperpot Folly, Busk Lane  
Picnic Site, Ghyllas, Cautley Road  
Picnic Site, Settlebeck New Bridge  
Play Ground, Dent Village  
Play Ground, People's Hall  
Play Ground, Maryfell  
Queen's Gardens, Station Road  
St. Andrew's Church, Dent  
St. Andrew's Church, Main Street, Sedbergh  
St. Gregory's Church, Vale of Lune  
St. John's Church, Cowgill  
St John's Church, Firbank  
St. John's Church, Garsdale  
St. Mark's Church, Cautley  
Sedbergh Embroidery, StAS  
Tennis Courts, Guldrey Lane  
United Reformed Church, Main Street  
Winder Fell, above Sedbergh

\* = Entry Fee Applicable

# PERSONAL & SMALL ADS £1

## **BILL BROWN**

Florence, Gavin and Jennifer would like to thank relatives, friends and neighbours for the kind messages of condolence, cards of sympathy and to all who attended the service to say goodbye to Bill. We would also like to say how appreciative we are for all the care given to Bill over recent years by Sedbergh Medical Practice. Thanks also to Carol for the fitting service, Brian and team at JJ Martin Funeral Services, and the staff at Queens Hall for the lovely buffet. Lastly, on behalf of the Fire Service Benevolent Fund, thank you for all your generous donations

=====

## **BURBIDGE**

Happy Birthday Anika Burbidge on January 15 - with love from Mum and Dad.

=====

## **CHEYENNE GARDNER**

On the 1st October we suffered a huge loss when our daughter 'Cheyenne' died. We have been amazed by all the support we have been given to help us through this difficult time. Thank you for all the lovely messages, flowers, cards and food we have received. The kindness shown will never be forgotten. Also a huge thank you to Brian and Dot Goad for an excellent service and for all the donations received amounting to £1455.00 which will be going to 'Growing Well', Sizergh Barn. Pat and Steven Gardner

## **DENTDALE MEMORIAL HALL**

Thank you so much to the anonymous person/family who paid for DMH Broadband equipment to be installed. Happy Christmas!

=====

## **HALL**

Happy **18th Birthday** Ashleigh Hall on 29th December. Love you so, so much. Hope you have an amazing 18th Birthday. Your first legal drink is waiting for you at The Ritz Hotel, London. You've certainly earned it. All our love, Mum, Dad and Zak X



=====

## **HALL**

Happy **18th Birthday** Ashleigh Hall on 29th December 2016. Hope you have a wonderful day. Lots of Love from Aunty Sarah.



=====

## **NABB**

It is with sadness that, due to John's health, we are moving to family in Lancashire. Wonderful times and good friends have been made apart from one or two (they know who they are!). Special thanks to Chris and Les and Pauline, Chloe and Gareth who have kept us going when the going was tough. Miss you and love to all. Never forgotten. Ann and John. Nabb



# PERSONAL & SMALL ADS £1

## PRUCE

Thank you very much for all the cards and good wishes received for my Birthday in October. All good wishes to you for Christmas and the New Year. May Pruce.

=====

## Christmas Messages

### AIREY

Rose Airey would like to wish friends and neighbours a Happy Christmas and New Year

=====

### ALLAN

Ann, Bill, Andrew & Mark Allan would like to wish you all a Merry Christmas & very Best Wishes for 2017.

=====

### BROOKS

Jean and Rowly Brooks would like to send all family and friends Christmas wishes 🎄 and all the best for the New Year x

=====

### CAMPBELL

Maurice & Raymond Campbell would like to wish all their relations and friends A Merry Christmas & A Happy New Year.

=====

### CAPSTICK

Sheila & John Capstick would like to wish all their family & friends a Very Merry Christmas and a Healthy New Year.

=====

### COWIN

Diane Cowin would like to wish all her family & friends a Very Merry Christmas and a Happy New Year.

## CHAMLEY

Norris Chamley sends Seasonal Greetings to all his friends and neighbours in the Sedbergh area and thanks them for their help and companionship during the last twelve months

=====

## DAWSON

Jenny Dawson sends Christmas Greetings to her family and friends. May every blessing be yours in the coming year.

=====

## DEVINE

Merry Christmas & a Happy New Year to all my friends in Sedbergh, Dent & Manchester. Georgine Devine

=====

## DOUGLAS

Merry Christmas and a Happy & Healthy New Year to all my friends & neighbours. Special wishes to Helen, Kay and the 'Team'. Gladys Douglas.

=====

## FELL

Jean Fell would like to wish relatives, friends & wonderful neighbours a Merry Christmas and a Very Happy New Year.

=====

## GIBSON

Doreen & Terry Gibson would like to wish all Family & Friends at Sedbergh a Merry Christmas & a Happy New Year.

=====

## HALL

Alan and Judy Hall would like to wish friends and neighbours a Happy Christmas and New Year.

# PERSONAL & SMALL ADS £1

## HARPER

Marjorie Harper would like to wish all her relations, friends and neighbours a Very Happy Christmas and a Healthy New Year.

=====

## HARRISON

Janette Harrison would like to wish all her relatives and friends a Merry Christmas and a Healthy & Peaceful New Year.

=====

## LOWTHER

Julie Lowther would like to wish all family and friends a very Merry Christmas 🎄🎄 and a Happy New Year. ❤️. I am not sending cards this year I donated money to the poppy appeal instead. Love to you all. xx

=====

## MACDONALD - HAYGARTH

To our friends & neighbours, we wish you all a Merry Christmas and a Happy New Year. Eric MacDonald & John Haygarth.

=====

## MASON

Norman Mason wishes all who knows him all the best for Christmas and a Happy New Year.

=====

## MIDDLETON

Steven, Michelle, CJ, Sienna, Jody & Pippa Middleton would like to wish Family, Friends & Neighbours a Very Merry Christmas \* a Happy New Year.

=====

## MITCHELL

Ann Mitchell would like to wish everyone a Merry Christmas and a Happy & Healthy New Year.

## NABB

Ann and John Nabb send Christmas Greetings to all their Family & Friends and wishing them a Healthy and Happy New Year.

=====

## RAW

Edna Raw would like to wish all friends & neighbours a Happy Christmas and Best Wishes for the New Year.

=====

## SKILL

Elizabeth & Zander Skill wish all friends a Very Happy Christmas and Best Wishes for 2017.

=====

## STEADMAN

Garth & Jean Steadman wish all their friends a Very Merry Christmas and a Happy New Year.

=====

## TODD

Maggie Todd would like to wish all her family, friends a very Happy Christmas and a Prosperous New Year.

=====

## WHICKER

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

=====

## WOOF

Merry Christmas and a Happy and healthy New Year to all who partake of local committees and who help the community. Sarah and John Woof.

PERSONAL & SMALL ADS £1

**CHRISTMAS GREETING**

Georgina Devine wishes Laura & Nigel Garnett, Anne-Marie & Ben, Jenny, & Dawn a Merry Christmas and a Happy New Year.

=====

**FOR SALE**

Double bed, nearly new. May be able to deliver depending on location. £50 ono. Telephone Margaret 015396 - 20839 or Richard 07710 211975

=====

**WANTED**

1950's, 60's, 70's or older push bikes. Any condition considered. Contact Frank Williams 015396 22517.

**NICKY ROSS**

All types of heating, including underfloor.

Bathrooms designed, supplied, tiled & fitted  
Gas Safe registered

Mobile  
07810 582345  
Telephone  
015396 20753



***J N & E Capstick***

**Insurance Consultants**

**36 Main Street, Sedbergh LA10 5BP**

**Tel - 015396 20124 Fax - 015396 20791**

Market Street, Kirkby Stephen, CA17 4QT

Tel - 017683 72285 Fax - 017683 72346

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

HOME & MOTOR INSURANCE

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**SMALL ENOUGH TO CARE, BUT BIG ENOUGH TO COMPETE**

Open until 7.00 pm on Wednesdays  
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*J. N. & E. Capstick Insurance Consultants  
are authorised and regulated by the Financial Conduct Authority*

<b>Organisation</b>	<b>Updated</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Age UK South Lakeland	09/16	Helpline	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
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Citizens Advice Bureau *	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	06/16	Dr Ripley <a href="mailto:mylesripley52@gmail.com">mylesripley52@gmail.com</a>		
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
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
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	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
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 <a href="mailto:mylesripley52@gmail.com">mylesripley52@gmail.com</a>		
Labour Supporters Group	10/15	Mr Cross	01539	634139

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	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Over 60's - Dent	09/16	Mr Steele	Dent:	25054	
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	08/16	Mrs Hassam	07966	134554	
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	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723	
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723	
Scouts	01/09	Mr Mawdsley	Sed:	20723	
Scouts - Explorers	11/15	Mrs Colton	07789	906421	
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613	
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	03/16	Mrs Thexton	<a href="mailto:kate574@btinternet.com">kate574@btinternet.com</a>		
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	
Yoga	11/16	Mrs Hennedy	Sed:	20899	
Young Cumbria	01/09	Mrs Hartley	01524	781177	
Young Farmers Club	11/15	Miss Thompson	07590	115844	
Young Kidz	01/09	Mrs Baines	Sed:	21287	
Youth Club	09/16	Mrs Wilberforce	Sed:	21562	
* = Latest Amendments					

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

## **EDITORS COMMENTS**

### **FUTURE OF LOOKAROUND**

After very serious consideration, Jacky and I have decided to 'Retire' from putting the Lookaround together. After over 30 years of production, we feel that we should give up the reins and let someone else (younger?) take over.

If any person or group is interested in continuing Lookaround, please make contact with us.

Complete briefing and tuition would be given to the interested parties. It will not be easy for whoever takes over but we will always be on hand for help and guidance.

We are looking at our last issue being December 2018 which gives two full years for a new editor(s) to take charge. However, if the new editor is ready to take over earlier, this may be possible.

At this time, we would like to thank everyone for their continued and valued support of Lookaround since it started in March 1986 with a sheet of A4 folded. My, haven't we come a long way since then?

### **E-MAILS**

One or two people are dropping me an e-mail to the old address of [lookaround@whicker73.freemove.co.uk](mailto:lookaround@whicker73.freemove.co.uk). This is no longer in use and I cannot retrieve any messages from this address. Please use the current one on the front of every issue. Can you please check your system and remove the old address.

### **POSTAL LOOKAROUND**

Due to the continued large copies of Lookaround being produced at over 100 pages every month, it is also heavier and the cost of Postage has increased. It is therefore necessary to increase the Postal Lookaround from £2 to £2.50 per issue for Mainland and from £4 to £6 for overseas. Sincerest apologies for this increase. Existing Postals will be honoured.

## **LOOKAROUND INFORMATION**

The Sedbergh & District Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker & 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.

Current Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire). Back Copies are available at the History Society at 72 Main Street.

All items for Lookaround must be sent to 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to [editor@sedberghlookaround.org.uk](mailto: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 & place it in the Post Box. A receipt will be issued & 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 & the surrounding villages, but it is sent all round the country & the world.

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

February to November is printed black ink on white. The December/January issue is in full colour. All copies have a full colour cover to indicate a new issue & 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 & we can create an advert for you. You can supply an example in hard copy & we will reproduce it (please mention if a particular Font is required). You can supply an original using Microsoft Publisher, a Word, a jpg 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 & articles are 19th of every month.

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999. (over 17 years ago.)

### **PERSONAL MESSAGES**

These are £1 each & are for sending Good Wishes, Thank You's, Birthday Greetings, Anniversaries & any other celebration or congratulation. You may also sell personal items - not on a business basis, & 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 & 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 & can only be included as a boxed Advert.

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

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

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.

### **CAN YOU PLEASE INCLUDE THE INVOICE NUMBER WHEN PAYING BY BACS?**

Any receipts issued for Adverts will be left in the Lookaround Tray in the Information Centre for collection.

### **CHILDREN'S BIRTHDAYS**

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

Every month, a randomly selected child will receive a £10 Gift Voucher to be used in Sedbergh or Dent 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.

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

*Dennis J Whicker*

# BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme				
Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC
0940 (L)	1010	M - F	564	W
1015 (L)	1045	Wed	564A	W
1240 (L)	1310	M - F	564	W
Sedbergh to Kirkby Stephen				
1749 (L) (C)	1819	M - F	502	SCC
Sedbergh to Kirkby Lonsdale				
0945 (L)	1018	Thu	567A	W
Sedbergh to Dent				
1330 (L)	1345	Wed	564A	W

Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive			
1030	1056 (L)	M - F	564	W
1300	1330 (L)	Wed	564A	W
1330	1356 (L)	M - F	564	W
1705 (C)	1749 (L)	M - F	502	SCC
Kirkby Stephen to Sedbergh				
0738 (C)	0808 (L)	M - F	502	SCC
Kirkby Lonsdale to Sedbergh				
1215	1248 (L)	Thu	567A	W
Dent to Sedbergh				
1000	1015 (L)	Wed	564A	W
Last Update: October 2016				

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

S1 Kendal Shuttle Saturday from 1st October R = Request only						
Kendal Morrisons				12:45		
Kendal Blackhall Road [opp bus sta]		09:00	12:50	14:20	16:15	
Kendal Asda		09:06	12:56	14:26	16:21	
Westmorland Hospital		09:07	12:57	14:27	16:22	
Oxenholme Station		09:10	13:00	14:30	16:25	
Killington M6 Bridge		09:20	13:10	14:40	16:35	
Sedbergh Dalesman		09:35	13:23	14:53	16:50	18:40R
Sedbergh Maryfell		-	13:25R	14:55R	16:52R	-
Dent village		09:50		15:10	17:05	18:55R
Cowgill		10:03			17:18	19:08R
Dent Station		10:05			17:20	19:10R
<i>Dent Station</i>						
<i>Train from Leeds</i>		10:16				19:23
<i>Train from Carlisle</i>		10:38			17:32	19:20
Dent Station		10:20			17:50	19:30R
Cowgill		10:22			17:52	19:32R
Dent village		10:35		15:15	18:05	19:45R
Sedbergh Maryfell	08:15	-	13:38	15:28	-	-
Sedbergh Library	08:20	10:50	13:40	15:30	18:20	20:00R
Killington M6 Bridge	08:32	11:02	13:52	15:42		
Oxenholme Station	08:42	11:12	14:02	15:52		
Westmorland Hospital	08:44	11:14	14:04	15:54		
Kendal Asda	08:45	11:15	14:05	15:55		
Kendal Blackhall Road Bus Station	08:55	11:25	14:15	16:05		
Kendal Morrisons		11:30				

- At 1020 the bus will wait at Dent Station for up to 6 minutes beyond its scheduled departure time for a late running 1016 train from Leeds.
- R: The 1840 from Sedbergh and return 1930 from Dent Station runs only on request to the driver on the day.
- R: The bus will only stop at Sedbergh Maryfell at 1325, 1455 and 1652 on request to the driver on the day.



# BUS SERVICES

S3 Hawes Hopper					
Tuesday only from 27th September R = Request only					
Dent	-	0930	-	13:35	15:35R
Spar	-	0944	11:14	13:49	15:49R
Library	-	0945	11:15	13:50	15:50R
Maryfell	-	0947	11:17	13:52	-
Farfield Mill (entrance)	-	0949	11:19	13:54	-
Garsdale Street	-	0957	11:27	14:02	-
Garsdale Station Arrive	-	-	11:32	14:07	-
Garsdale Station Depart	-	-	11:34	14:09	-
Moorcock Inn	-	1005	11:37	14:12	-
Hawes Creamery	-	1017	11:49	14:24	-
Hawes Market Place	-	1019	11:51	14:26	-
Hawes Dales Centre	-	1021	11:53	14:28	-
<i>Garsdale Station</i>					
<i>Train to Carlisle</i>					
		10:21	12:17	14:20	16:16
<i>Train to Leeds</i>					
		10:02	13:02	15:13	
Hawes Dales Centre		10:28	12:33	14:38	-
Hawes Market Place		10:30	12:35	14:40	-
Hawes Creamery		10:32	12:37	14:42	-
Moorcock Inn		10:44	12:49	14:54	-
Garsdale Station Arrive		10:47	12:52	14:57	-
Garsdale Station Depart		10:49	12:54	14:59	-
Garsdale Street		10:54	12:59	15:04	-
Farfield Mill (entrance)		11:02	13:07	15:12	-
Maryfell		11:04	13:09	15:14	-
Library	09:10	11:06	13:11	15:16	-
Opposite Morphet's Garage	09:11	11:07	13:12	15:17	-
Dent	09:25	-	13:26	15:31R	-

S4 Kirkby Stephen Connect					
Friday only from 30th September R = Request only					
Dent	-	09:45	-	13:40	15:50R
Sedbergh Spar	-	09:59	11:29	13:54	16:04R
Sedbergh Dalesman	-	10:00	11:30	13:55	16:05R
Sedbergh Maryfell	-	10:02	11:32	13:57	-
Cautley Cross Keys	-	10:10	11:40	14:05	-
Fat Lamb	-	10:17	11:47	14:12	-
Ravenstonedale	-	10:22	-	14:17	-
Kirkby Stephen Station arr	-	10:29	11:54	14:24	-
Kirkby Stephen Station dep	-	10:37	11:57	14:27	-
Kirkby Stephen Town	-	10:43	12:03	14:33	-
<i>Kirkby Stephen Station</i>					
<i>Train from Leeds</i>					
		10:34	12:30	14:32	
<i>Train from Carlisle</i>					
			12:49	15:00	
Kirkby Stephen Town	-	10:50	12:35	14:47	-
Kirkby Stephen Station arr	-	10:56	12:41	14:53	-
Kirkby Stephen Station dep	-	10:59	12:44	15:03	-
Ravenstonedale	-	-	12:51	15:10	-
Fat Lamb	-	11:06	12:56	15:15	-
Cautley Cross Keys	-	11:13	13:03	15:22	-
Sedbergh Maryfell	-	11:21	13:11	15:30	-
Sedbergh Library	09:25	11:23	13:13	15:32	-
Opposite Morphet's Garage	09:26	11:24	13:14	15:33	-
Dent	09:40	-	13:28	15:47R	-

<b>December Church Services</b>							
St. Andrew's Sedbergh	4th	11th	18th	25th			
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP			
10.30 am	HC	HC	HC	Parish HC			
6.30 pm	EP	EP	United Carols Service @ CCC New St				
Wednesday	7th	14th	21st	28th			
11.00	HC BCP	HC BCP	HC BCP	HC BCP			
	4th	11th	18th	25th			
St. Mark's Cautley	2.30 pm HC	9.30 am MP	2.30 pm Carol Service	9.30 am Short Service			
St. John's Garsdale	10.00 am HC	2.00 pm Low Smithy	6.30 pm Street Chapel	10.00 am Short Service			
<b>Lune Parish Services</b>							
	4th	11th	18th	25th			
Holy Trinity Howgill	10.30 am Morning Prayer @ Howgill	2.00 pm Holy Communion @ Killington	2.00 pm Carol Service	10.30 am Holy Communion @ Firbank			
St John's Firbank			2.00 pm Carol Service				
All Saints Killington			4.00 pm Carol Service				
<b>Dent &amp; Cowgill Parish Services</b>							
	4th	11th	16th	18th	22nd	24th	25th
St. Andrew's	10.30 am Holy Communion	10.30 am Holy Communion	1:15 pm Christingle Service with Dent School	10.30 am Holy Communion 7.00 pm Parish Carol Service		6.30 pm Blessing of the Crib	10.30 am Family Communion
St. John's	9.00 am Holy Communion			2.30 pm Evening Prayer	7.00 pm Carols by Candlelight		9.00 am Holy Communion with Carols
<b>Cornerstone Community Church (CCC) Services (Formerly URC &amp; Methodists)</b>							
	4th	11th	18th	25th			
10.30 am	Main Street/PH	New Street	United Carols Service New St	New Street			
<b>Messy Church</b>							
			16th				
4.30 pm			CCC				
<b>worship@peopleshall</b>							
	4th						
10.30 am	People's Hall						
HC = Holy Communion			SS = Sunday School				
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer				
CW = Common Worship			M&P = Meditation & Prayer				
PC = Parish Communion			Taize = Modern Chants & Choral				
MP NC = MP with Northumbrian Community			NSV = New Sedbergh Version				

January Church Services					
St. Andrew's Sedbergh	1st	8th	15th	22nd	29th
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
10.30 am	Mission Community @ CCC Main St	HC	HC	Family Service	Choral Matins
6.30 pm	EP	EP	EP	EP	EP
Wednesday	4th	11th	18th	25th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
	1st	8th	15th	22nd	29th
St. Mark's Cautley	Mission Community @ CCC Main St	9.30 am MP (NC)	No Service	2.30 pm Taize	11.00 am @ Cautley Chapel
St. John's Garsdale	10.00 am HC by Extn	2.00 pm Low Smithy	6.30 pm Street Chapel	10.00 am HC by Extn	10.00 am MP
Lune Parish Services					
	1st	8th	15th	22nd	29th
Holy Trinity Howgill	10.30 am Ecumenical Service @ Cornerstone Community Church Main Street Sedbergh	Please note that Holy Trinity Church, Howgill and St John's Church, Firbank will be in 'Hibernation' from January till March.			
St John's Firbank					
All Saints Killington		10.30 am Morning Prayer	2.00 pm Holy Communion	2.00 pm Holy Communion	2.00 pm Holy Communion
Dent & Cowgill Parish Services					
	1st	8th	15th	22nd	29th
St. Andrew's	10.30 am Holy Communion	10.30 am Remembrance Sunday & Holy Communion	10.30 am Joint Communion @ St John's	10.30 am Joint Service for Mission Community @ St Andrew's Sedbergh	
St. John's	9.00 am Holy Communion	2.30 pm Evening Prayer			
Cornerstone Community Church (CCC) Services (Formerly URC & Methodists)					
	1st	8th	15th	22nd	29th
10.30 am	Main Street/PH	New Street	New Street	New Street	
Messy Church					
			16th		
4.30 pm			CCC		
worship@peopleshall					
	1st				
10.30 am	People's Hall				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
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](http://www.sedbergh.org.uk/churches/anglican)

### ROMAN CATHOLIC

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

**Rev. Dr. Peter Campbell Tel: 20918**

### CORNERSTONE COMMUNITY CHURCH

New Street/Main Street  
 Sunday 10.30

**Rev. Carole Marsden Tel: 22030**

**Rev. David Crouchley Tel: 20329**

### SOCIETY OF FRIENDS

#### QUAKERS

Brigflatts  
 Sunday 10.30

**Tess & Philip Satchell Tel: 20005**

### DENTDALE

#### CHRISTIAN FELLOWSHIP

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

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

### CHURCH OF ENGLAND

Cautley & Garsdale

**Rev. 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. Peter Boyles Tel: 25226**

### METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

**Rev. David Crouchley 20329**

**Rev. Carole Marsden 22030**

### SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

**Tel: 28151**

[www.sedberghchristiancentre.co.uk](http://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**

## 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	=	£2.50
Postal per month Overseas	=	£6.00

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 Advert Update August 1999.*

*Last Postal Update September 2016*



## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs Lappin	The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05) <i>4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL</i>	20200
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB; 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
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

## CAMPING, CARAVANNING & SELF-CATERING

Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	20360
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs Whitfield	Old Station Cottage, Station Road, Sedbergh LA10 5HP (2016/12) <i>Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage</i> www.oldstationcottage.co.uk	20799

## KEY

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

# DIARY OF EVENTS

*Dates are held up to 6th December 2017*

## DECEMBER

1 **1000 Nature, Skin & Bones Exhibition**  
 1 **1030 Textile Art Exhibition till 18/01 (10)**  
 1 1830 Sedbergh Youth Club (Sept)  
 1 1900 Christmas Carol  
 1 1930 WIH - Christmas Party  
 2 1930 Dent Folk Carols (6)  
 2 1900 Christmas Carol  
 3 0900 2 hours FREE PARKING (17)  
 3 1000 Dent Folk Carols (6)  
 3 1900 Flicks in the Fells - Pete's Dragon (4)  
 3 1930 Dent Folk Carols (6)  
 4 1700 Sedbergh School Advent Service (5)  
 4 1000 Dent Folk Carols (6)  
 4 1600 Christmas Fair (4)  
 6 **Flower Festival Starts (9)**  
 6 1930 Town Band Concert (7 & 33)  
 7 1000 Coffee Morning - Ladies NFU (8)  
 7 1800 Late Night Opening (1)  
 7 1930 HS North Craven (8, 41 & 44)  
 8 1200 Lunch Club  
 8 1830 Sedbergh Youth Club (Sept)  
 8 1915 Royal British Legion (11 & 60)  
 9 1530 SPS Christmas Fair (9)  
 10 0900 2 hours FREE PARKING (17)  
 10 1100 Town Band Carols  
 10 0900 Carolling Day (6)  
 11 **Flower Festival Ends (9)**  
 13 1200 WIK - Christmas Lunch  
 13 1930 Domino Drive  
 14 1000 Coffee Morning - StAS Bells  
 14 TBA WID - Christmas Lunch  
 14 TBA WIS - Christmas Dinner  
 14 SS End of Term  
 15 1830 Sedbergh Youth Club (Sept)  
 15 1930 Chris Lafferty Encore (15)  
 17 0900 2 hours FREE PARKING (17)  
 17 Town Band Carols  
 18 1600 Messy Church (18)  
 21 1000 Coffee Morning - Town Band  
 21 **1000 Nature, Skin & Bones Exh Ends**  
 21 1600 Winter Solstice Celebration (21)  
 21 1930 Christmas Domino Drive  
 24 1400 Toddler DIY Nativity Play (24)  
 25 Christmas Day  
 26 Boxing Day

2017

## JANUARY

1 **1030 Textile Art Exhibition till 18/01 (10)**  
 6 1930 SYF Domino Drive (46)  
 7 0900 Hedge Laying Grand Prix (47 & 57)  
 8 SS Start of Term  
 10 1400 WIK Mr Dickens, Murder & Mystery  
 10 1930 Domino Drive  
 11 1930 WIS Life in the Falklands  
 15 1600 Messy Church (18)  
 18 **1030 Textile Art Exhibition Ends (10)**  
 18 1800 Yoga Classes Start (58)  
 18 1930 HS Evacuation from Burma (8, 41 & 44)  
 19 1800 Yoga Classes Start (58)

20 1330 Art Society - Textures with Watercolours  
 20 1930 Domino Drive (20)  
 22 1900 Dentdale Christian Fellowship (62)  
 22 1930 North Westmorland Arts Concert (Sept)  
 25 1300 Medical Centre Closed for Training (65)  
 25 1930 CWT - History of Natural Beekeeping  
 27 1930 Making Ripples (67)  
 28 1600 PH 60th Anniversary Tea (14)  
 28 1930 PH 60th Anniversary Party (14)

## FEBRUARY

1 1930 HS Enclosure of Bluecaster (8, 41 & 44)  
 3 1930 Killington Sports Domino Drive (73)  
 8 1930 WIS Upcycling for Real  
 10 1900 Art Society - War Artists  
 10 1930 SSAT PTFA Domino Drive (75)  
 14 1400 WIK Slides of Old Sedbergh  
 14 1930 Domino Drive  
 15 1000 Coffee Morning - RCT  
 15 1930 HS Dickens, Charity & Cowgill (8, 41 & 44)  
 16 1300 Medical Centre Closed for Training (65)  
 17 1930 SYF Quiz Night  
 19 1930 North Westmorland Arts Concert (Sept)  
 22 1930 CWT - Madagascar  
 26 1900 Dentdale Christian Fellowship (62)  
 28 1400 Age UK South Lakes Party (59)

## MARCH

1 1930 HS The Home Front (8, 41 & 44)  
 7 1930 North Westmorland Arts Concert (Sept)  
 8 1930 WIS Listening with Intention  
 8 1930 CWT - Flood Prevention  
 14 1400 WIK Queen Katherine Parr  
 14 1930 Domino Drive  
 15 1930 HS Thomas Garnett (8, 41 & 44)  
 16 1930 RCT The Story So Far (57)  
 17 1930 RCT The Story So Far (57)  
 18 1930 HS AGM & Jacobs Join (8, 41 & 44)  
 18 1930 RCT The Story So Far (57)  
 22 1300 Medical Centre Closed for Training (65)  
 25 1000 Art Society Workshop  
 25 1930 Olde Time Dance (36)  
 26 1900 Dentdale Christian Fellowship (62)

## APRIL

1 1200 Spring Show  
 11 1400 WIK The Tide's the very Devil  
 12 1930 WIS Last Voyage to St Helena  
 12 1930 CWT - Butterflies in North West  
 23 1900 Dentdale Christian Fellowship (62)

## MAY

9 1400 WIK Resolutions  
 10 1930 WIS Resolutions Meeting  
 15 1930 WI Group Going for a Song

## JUNE

13 1400 WIK Making Lace  
 15 1930 WIS Summer Outing  
 17 1930 Olde Time Dance (36)  
 28 1000 Coffee Morning - WIK

## JULY

11 1400 WIK TBA  
 12 1930 WIS On the Rocks

## COVER PHOTO

Main Street

*By David Burbidge*

### DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CCC(R)	= Cornerstone Community Church (Rooms)
CDC	= Community Development Centre
CTIS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Church
FCH	= Firbank Church Hall
FM	= Fairfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HTCC	= Holy Trinity Church Casterton
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MCH	= Mansergh Community Hall
PH	= People's Hall
QG	= Queens Gardens
RCT	= Rose Community Theatre
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAD/S	= St Andrew's Church, Dent/Sedbergh
StJCC	= St Johns Church, Cowgill
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SHRF	= Shooters Hut, Rigmaden Farm
SIC	= Sedbergh Information Centre, 72 Main St
SSAT	= Settlebeck School Academy Trust
SYF	= Sedbergh Young Farmers
WID	= Women's Institute, Dentdale
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

*Month in Bracket indicates when info appeared*



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*Sedbergh Lookaround*

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fax 01539 730253

e-mail [info@strampress.co.uk](mailto:info@strampress.co.uk)

website [www.strampress.co.uk](http://www.strampress.co.uk)

# PUBLIC INFORMATION

## Sedbergh Medical Practice

01539 718191

Option 1 - 24hr Prescription line

### Surgery and Dispensary Opening Hours

**Monday – Friday 8am – 6.30pm**  
(Doors open at 8.15am)

### Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.00am

**(No appointment necessary)**

Late Morning – 10.30am -12.30pm

**(By appointment only)**

Afternoon – 2.30pm – 6pm

**(By appointment only)**

### **Surgery by appointment only –**

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

### **Dent Surgery by appointment only - Monday**

### Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

**(By appointment only)**

Baby Immunisations/Travel Clinic – Wednesday

afternoons **(By appointment only)**

Dressings Clinic – Friday afternoons

**(By appointment only)**

### Blood clinic

Monday – Thursday – 8.20am – 12pm

**(By appointment only)**

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

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

When we are closed please ring 111 or 999 if appropriate

### Collinge 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, Evan Hurst,  
Katie McKay & Sarah Boom (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](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125/20504

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

## SOUTH LAKES CITIZENS ADVICE BUREAU

03444 111 444 (*from Nov 2016*)

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

## PENSION SERVICE SURVEY

Stricklandgate House every Tuesday 1400 - 1600

01539 795000 or 0845 6060265

## COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

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

**CLOSED AFTER 14th NOVEMBER**

## 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