

Sedbergh & District

LOOKAROUND

March 2008

Issue 253

Donation 50 pence

Yet again we are amazed as to how things are developing within these pages. Also as to where the *Lookaround* is sent to around the world.

Technology moves on and over the last 6 years, an Audio version of *Lookaround* has been produced on Audio Tape. We

are now moving into the Digital Age and listeners will hopefully appreciate the development very soon. If you know of anyone that would appreciate receiving an Audio or Large Print version, please let us know and we will organise a copy.

Dennis & Jacky Whicker

Welcome to the first

Flicks in The Fells - DENT **Friday 7th March**

Dent Memorial Hall

THE PURSUIT OF HAPPYNESS (12a)

Starring Will Smith

Doors open 6:30pm

Film starts 7:15pm

*Licensed Bar, tea, coffee & soft drinks
available before & after the film*

Tickets - *Including Light Refreshments*

Adults - £5 Children (u16) - £3.50

Family - £12.00

(2 Adults & up to 3 Children)

Available from Dent Post Office

& Sedbergh Community Office

Profits to Dent Memorial Hall

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 5th March

Rome's Northern Frontier in Britain

Professor David Shotter

Saturday 15th march

Annual General Meeting

followed by a Jacob's Join

Wednesday 19th March

Coniston Coppermines

Peter Fleming

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

EVERYONE IS MOST WELCOME TO ATTEND ANY
OR ALL OF OUR LECTURES

Chairman: Richard Cann 20771

Secretary: Mike Beecroft 21878

Treasurer : Marlene Mason 20509

Member Sec: John Sibley 25024

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

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

e-mail: lookaround@whicker73.freeserve.co.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

CHILDREN'S BIRTHDAYS MARCH 2008



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

Due to recipients not collecting their Birthday Vouchers recently, we have an additional receiver.

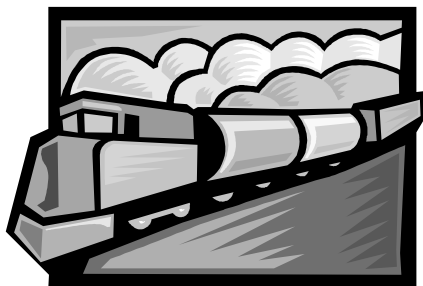
The recipients this month are:-
David Goad who is

11 years old on 7th March and

Scott Middleton who is

11 years old on 10th March

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



Day	Name	Age
1	Alisha BREWER	7
1	Sam OVERSBY	10
2	Joseph DICKIE	9
3	Thomas THEXTON	10
5	Willow ASHWORTH	1
5	Ethan CLARK	5
6	Cameron HORNER	6
7	Melissa HARTLEY	7
7	David GOAD	11
8	Tess PRALL	7
9	Aaron CAPSTICK	8
10	Alana WILLIAMSON	3
10	Scott MIDDLETON	11
10	Sam FIDDLER	10
12	Kate BROOKSBANK	7
12	John WOOF	10
12	Liam BALL	10
13	Emily BAINES	3
13	Sam LABBATE	4
14	Kate THOMPSON	6
16	Kathryn LAWSON	9
18	Danny HUNTER	3
19	Wesley BREWER	10
20	Holly HAMLETT	1
25	Kayleigh BROWN	10
27	Zoe COWIN	2
27	Jack GARNETT	2
27	Jessica LABBATE	7
29	Callum FERREIRA	10

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2009/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB;</i> e-mail: sangold.kwood@virgin.net	21808
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2008/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2008/10) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2008/09) <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*)</i> ; Di (min 4 by arrangement) e-mail: kathryn.vigar@btopenworld.com	20447
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2008/12) <i>F/D (4 poster); ES; CH; TV; P; NS; DW; CW</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2008/05) <i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	21012
Miss S Thurlby	15 Back Lane, Sedbergh (2008/12) <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amsolve.net	20251

CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Sycamore Cottage, Lunds, Sedbergh (2008/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2008/03) <i>Sleeps 6-8 1D; 1T; ES; PB; CH; L; TVL; P; NS; NP(*)</i> e-mail: ali@interact.co.uk	20360
Primrose Cottage, 17 Back Lane, Sedbergh (2008/04)	<i>Sleeps 4; sunny, south facing, 2 bathrooms.</i> <i>Available from April 2008. Tel Enq's after 7th March</i>	21339

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;
 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; FC = Fire Certificate; TL = Table Licence; DFB = Dairy Free Breakfast

Lookaround Advertising Rates

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

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

PERSONAL & SMALL ADS £1

BRACKEN

The family of the late Betsy May Bracken would like to thank everyone for their prayers, cards, letters, flowers and kind expressions of sympathy received during their recent sad bereavement, and for the generous donations given in her memory. We are also very grateful to all who attended the funeral and to those who contributed towards it. We would especially like to thank Rev. Carole Gotham for leading such a beautiful and uplifting service. The family would like to record their sincere thanks to Brian Goad for organising the funeral with such care and sensitive efficiency. Thank you also to the caterers for putting on such a fine spread in the Church Hall afterwards.

DEAN

Congratulations Rachel on the Birth of little Evie Dean. 7lb 4oz on 14th February 2008. Lots of love. Kyle, Peter, James, Christine & Grandma & Grandad.

GARNETT

Happy 2nd Birthday son Jack. Have a great day. Love you lots. Mummy. Xxx

GARNETT

To Jack. Happy 2nd Birthday Grandson. Love Gran and Grandad. xxx

TROUGHTON

Stephen would like to thank everyone who helped him celebrate his 40th birthday. Over £1,000 was raised in donations, to be split between the Oncology Unit at RLI and Wrigley Ward at the Royal Manchester Children's hospital.

FOR SALE

New 7ft x 5ft Hen Cabin. Laying boxes, perches, etc., included. Telephone Sed: 21771.

FOR SALE

Silver Cross coach built pram. Sun Canopy, mattress etc. £80. Full sized bottle gas cooker. £10. Telephone Sed: 21567

FOR SALE

Elgam electric organ. Needs some attention or may be suitable for parts. Offers. Tel: 015396 - 25308.

FOR SALE

3 light Rustic Wooden Chandelier plus 2 single wall lights. £50. Sed: 20616.

FOR SALE

Child's red Bike. 16" wheels, stabilisers provided. Vgc. £20. Child Carrier Seat for bike. Blue vgc £20. Tel: 20195 evenings

FOR SALE

White round triple spotlight light fitting complete with 3 x 60w spot bulbs. As new. £10. Tel: 20444.

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DENT PARISH COUNCIL

The February meeting considered further evidence of housing need in Dentdale in connection with the proposed affordable housing development above Ghyllside. It discussed the closure of the Business Forum and reviewed the current budget situation. As usual the full minutes are published on the Dentdale website www.dentdale.com.

Proposed affordable housing development above Ghyllside

The February meeting looked at new evidence of the housing need within the dale, as this has always been one of the central issues about the proposed affordable housing development above Ghyllside.

When it was announced that the Bradford diocese were going to build two houses in the village, the Church and the Parish Council received nine informal enquiries about housing in the Dale, including some about shared equity housing. Eight of the nine were from families living within Dent parish (the ninth was from Sedbergh), and seven were from young couples or families with young children. All of them appeared to be from people who are serious about finding a place to live in Dent.

Since then, the Bradford diocese has so far received five formal applications for these rented houses, and as the application process is still open this may not be the final total.

The Parish Council agreed to send this further information to the National Park's planning department, so that it

MUNCHEON MUSIC



SEDBERGH SCHOOL WEDNESDAY LUNCHTIME CONCERT

at 1:15pm

Wednesday 5th March

Strings

The Queen's Hall

Admission Free

Soup and a roll provided

could be taken into account alongside the survey of housing need SLDC conducted a few years ago.

Since the meeting, the Parish Council has received amended plans for the proposed development, showing some changes to the design of the houses and their layout. These can be inspected on the National Park's website, www.yorkshiredales.org.uk.

Electricity Supply

In response to a request from a resident, the Council agreed to write to United Utilities to ask why they had not fulfilled their promise to fell the trees near Littleton that were being blown down by high winds and

damaging the power cable. The legal responsibility for keeping the power line clear of trees was unclear, and so it was also agreed to ask United Utilities for a clear statement of the position.

Dentdale Business Forum

Following the closure of the Dentdale Business Forum, the Parish Council agreed in principle to take over the administration of the Forum's remaining funds and the Hidden Britain exhibition. This is subject to clarification of the grant awarded to the Forum for signage, and of the Bier Room lease.

Budget monitoring

The meeting received the income and expenditure figures for the period up to December 31st, which showed that the car park revenue for the last three months of that period was down by £1,227 compared with last year. Overall, the projection to the end of

SEDBERGH & DISTRICT ANGLERS ASSOCIATION ANNUAL GENERAL MEETING

will take place on

Friday 7 March 2008

at 7.30 pm at

The White Hart Sports and Social Club

Everyone Welcome

the financial year showed that the Council was likely to stay within its budget.

Annual Parish Meeting

The Annual Parish Meeting will be held at 7.30pm on Monday April 7th, when Dr. Lumb will talk about the proposals for a new Health Centre in Sedbergh. Details will be posted around the Dale when they have been finalised.

Colne to Skipton Railway

The Parish Council agreed to send a letter of support to the Skipton-East Lancashire Rail Action Partnership in its attempt to re-open the Colne to Skipton rail link, as it was felt that any improvement in rail services in the area would be of benefit to the Dale.

Next Meeting

The March meeting will be at 7.30pm on Monday March 3rd in the Sportsman's Inn, Cowgill. The public is welcome to attend as always, there will be an opportunity to raise any matter of concern in the Public Forum which takes place about 8pm.

*Jock Cairns
Chair, Dent Parish Council*



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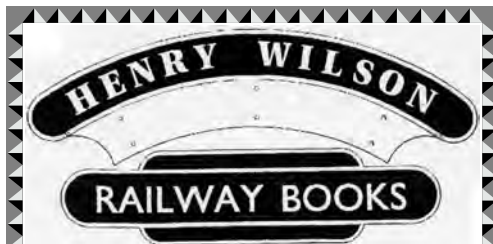
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SEDBERGH PARISH COUNCIL

Summary of the Minutes 31 January.

All the Councillors were present. Before the Meeting started Councillors stood in silence for one minute as a mark of respect to the memory of Cllr Alan Pratt. Cllr Blair was elected unanimously as the new Chairman of the Parish Council. Cllr Hopkins was elected Vice Chairman unanimously.

Sedbergh War Memorial. Mrs Elspeth Griffiths and Cllr Gorst provided a paper setting out in detail the need for the War Memorial's refurbishment, and some ideas they have to generate interest and support from the wider community. The Council thanked them (and Jack Hill)



Henry Wilson Books

Now in Sedbergh and opening at Easter with a large stock of antiquarian, secondhand and new books on transport and industrial history with some general titles. Book Tokens sold and exchanged.

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www.henrywilsonbooks.co.uk
e-mail: hwrailwaybooks@aol.com

SLOVENIA DAY

March 8th

Learn to cook Slovene Cakes & Savoury dishes & join us for an evening meal with singing & dancing with Harmonija.

Also a River of Songs (8th & 9th)

Learn English & Slovene songs about rivers round the fires of a Riverside Cottage & sing them on a walk up the Clough.

David Burbidge, Farfield Tel: 21166

for all of their efforts and assured them of their full support, including financial assistance, when requested.

Cllr Blair welcomed Mr. C. Hirst, Headmaster of Sedbergh School and P.C. Orr and P. C. S. O. Karen Dakin, who were attending to discuss recent violent and destructive incidents between local young people (average age 14-17) and pupils of the school.

Mr Hirst acknowledged that skirmishes have always occurred throughout the school's 500 year history, and that in general Sedbergh school pupils were as culpable as local teenagers. However, there were some violent incidents at the end of last term, things then settled down over Christmas, but then there was a serious incident in early January when a few local teenagers 'invaded' the school library and caused some serious damage, as well frightening the schoolgirls present at the time.

Since this last incident, the situation has returned to 'normal' and Mr Hirst commended the work of PC Orr and the local police for apprehending those teenagers responsible. The

The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Barbara Pickles and all the staff
offer you a very warm welcome



We are open daily for home cooked food,
(a particular favourite is Ham 'n' Eggs)
and we offer an extensive menu for
both residents and non-residents.
The two guest rooms are *en-suite*.
There are fine views of
Cautley Spout and the Howgills.

Opening Hours.

Tuesday to Sunday 9.30 am - 4.30 pm (Closed Mondays unless BH)
Wednesday to Saturday nights from 7.00 pm. **Booking essential**

police have reinforced their presence in the town on Friday and Saturday evenings when the trouble was most prevalent. PC Orr explained that much of this had been fuelled by teenagers consuming alcohol, together with two or three particular troublemakers (some from outside the town) who had been the main instigators. The police have been taking some of those involved back to their homes and confronting their parents with the results of their sons or daughters consuming alcohol under age. The main instigators have been isolated and are being processed through the criminal justice system.

Mr Hirst reported that the he has consulted the Police Chief Superintendent and the school is taking measures to improve its security. He has also spoken to the young domestic workers from the town to ensure that they refrain from colluding with these known troublemakers, for instance by affording them access to the school houses. He has also had discussions with the new Head of Settlebeck School with a view to improving inter school relations through joint sporting, educational and cultural activities. This, he hopes, will help to create a more harmonious

(Continued on page 10)

relationship in general between the town and Sedbergh school.

South Lakeland Housing have given permission for a street light to be placed on the wall of 13 The Folly, subject to the Parish Council assuming responsibility for its maintenance.

Cumbria Highways are removing the flags from the carriageway on Main Street and replacing the tarmac to the level of the kerbstones so as to facilitate disabled crossing.

Mr Andrew Allan has been appointed by the Car Parks Committee as the Council's new Car Parks Assistant. Cllr Blair offered the Council's thanks to Cllr Allan for her voluntary support in the

administration of the car park monies.

The County Council have assumed responsibility to clear the blocked drain under the highway at the bottom of Joss Lane. However, the Parish Council remains concerned about the potential hazard from the surface water on Joss Lane car park.

The difficulties in progressing the purchase and erection of playboards as a protective barrier for the children's playground were outlined to the Council. These include high cost, making grant applications and gaining planning permission.

The vacancy on the Council will be publicly notified on the Council's notice board in Main Street. This notice will also state that a bye

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Ian Higginbotham
PAINTER & DECORATOR

Telephone 015396 21073 Mobile 07813 818958
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election will be held if, within 14 days from the date of this announcement, 10 electors from the parish write to the Returning Officer claiming an election. If no such notice is given, the vacancy will be filled by co-option. If more than one person puts themselves forward for cooption, the vacancy will be filled by the candidate who receives an absolute majority of votes from within the Council.

The Council shall adopt 'Public Participation at 8.30 pm' as a standing agenda item. Should any member of the public wish to address the Council on any specific matter they should give the Clerk at least 7 days notice prior to the meeting; that they will be permitted 3 minutes to address the Council; and it will be at the Chairman's discretion as to whether they be permitted to speak again at the same meeting.

The Council's Planning Committee made comments and recommendations in respect of the following applications:

- High Brigflatts, Sedbergh - application to demolish

outbuilding and create a studio – *no objections.*

- 6 Sycamore Avenue, Sedbergh - application to erect 3 metre high fence - *site visit - we object as the fence at 3 metres is far too high, and even if a fence of that height were erected, it would still be possible to see into the garden of number 6 from the garden of number 7 at almost every position, as the garden of number 7 is built on such a steep sloping site.*

- Masonic Hall, Sedbergh - application to demolish garage - *In favour but we would like to see the pavement extended in front of this site to link up with the Peoples' Hall. Application for erection of single storey extension to create living space at ground floor level. In favour but we would like to see the wall between the terrace and the Peoples Hall "stepped".*

- 6 Settlebeck Cottages, Sedbergh - application for

(Continued on page 12)



Sedbergh Community Development Centre Courses for Coming Up

CIEH Level 2 Award in Food Safety, 2 sessions Wed 12th & Thu 13th March, 6:30 – 9:30pm (SED).

Silver Art Clay Day Workshop, Saturday 12th April, 10am - 4:30 (SED)

3D Felt Making Day Workshop, Saturday 26th April, 10am – 4pm (KL)

Paper Making Workshop, Saturday 10th May, 10am – 4pm (KL)

Dry Stone Walling, 24th & 25th May , 9am – 4pm (Garsdale)

Holiday Spanish, 10 weeks, from Mon 14th April, 7 – 8:30pm (KL)

Beginners Digital Photography, 5 weeks from Wed 14th May, 7 – 9pm (KL)

How to Buy & Sell on eBay, 2 weeks from Wed 16th April, 7 – 9pm (KL)

SED - Sedbergh, **KL** - Kirkby Lonsdale

Please ring for details of all courses, or look at our web site

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email:admin@sedberghcdc.org.uk

Tel: 015396 21031

- | | | | | | |
|---|---|------|---------|-----------|---------|
| <ul style="list-style-type: none"> replacement windows and internal alterations - <i>In favour - the proposed windows will be an improvement</i> • Riddings, Howgill, Sedbergh - amended plans for conversion of property – <i>in favour</i> <p>Decisions received from YDNP</p> <ul style="list-style-type: none"> • Telecommunications Site at Joss Lane, Sedbergh - application for additions to mast – <i>Granted</i>. • 29 Havera, Sedbergh - application for 2 storey extension - <i>Granted</i> • Craiglands, Joss Lane, Sedbergh - application for erection of porch to north and conservatory to south – <i>Granted</i> | <ul style="list-style-type: none"> • Warden Caravan at Ingmire Caravan Park, Sedbergh - <i>Granted</i> • Appeal - Aqua Engineering, Guldrey Lane, Sedbergh - erection of 3 low cost houses and 1 'open market house' - <i>Granted</i> <p>The minutes of the Audit Committee meeting of January 27 were accepted by the Council. Those invoices delegated to the Audit Committee for consideration were confirmed. The Council then authorised the payment of the invoices from:</p> <table border="0" style="width: 100%;"> <tr> <td>NALC</td> <td style="text-align: right;">£ 65.00</td> </tr> <tr> <td>M. Hinson</td> <td style="text-align: right;">£240.00</td> </tr> </table> <p>The proposed dates of the Farmers Market by the Chamber of Trade for</p> | NALC | £ 65.00 | M. Hinson | £240.00 |
| NALC | £ 65.00 | | | | |
| M. Hinson | £240.00 | | | | |

2008 were agreed to, but the daily charge is to be raised to £75. Ormrod Signs will supply and install two Pay-and Display signs on either side of the entrance /exit. Three estimates for the installation of new doors in the public toilet block have been received. The Council delegated the decision to the Car Parks Committee.

The Council agreed to make a further grant of £2000 to the Community Office. Cllr Allan agreed to fill the vacancy on the Management Committee. However, concern was expressed that the Management Committee has not been functioning, and that some form of short term support was necessary to ensure accountability of public funds.

Age Concern have closed the old people's Day Centre in the People's Hall and moved it to Barbon on the basis of incorrect information supplied by Age Concern, ie that there were no suitable access or toilet facilities for disabled people in the People's Hall. It was also apparently justified on the basis of there only being two old people from Sedbergh and three from Garsdale attending. The Parish Council expressed its disappointment that this had been done without any local consultation or consideration of alternative venues such as Gladstone House. It is also concerned about the inappropriateness of transporting frail and disabled old people all the way to Barbon. The Parish Council resolved to write to the County Council Adult Services expressing its opposition to

Sedbergh People's Hall

Available for Hire

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or call 015396 20788**

Details & availability:
www.PeoplesHall.org

this move. The Council also expressed concern about the lack of referrals being made by Sedbergh Health Centre to the Day Centre, especially when at a time when claims are being made about Sedbergh having an ageing population and demand for local services is likely to increase.

The Parish Council has been given two bicycle racks, and has sought permission from Cumbria Highways to install them on the pavement on Main Street outside the White Hart and on the corner of Joss Lane. Cllr Lancaster asked that the Parish Council inform Cumbria Highways of serious pot holes on the Cautley road near the Cross Keys and by Orchard House at Ingmire. He also raised the structural weakness of the old Burnt Mill Bridge at Cautley.

Mrs Dorothy Pratt has given the Parish Council a picture of Alan Pratt at the town-twinning signing ceremony and a copy of the formal Twinning Charter. It was agreed to have them framed and to hang both in the Community Office.

COUNCILLOR'S CORNER

It is towards fifteen months since the first suggestion that twelve more local affordable houses be built at Ghyllside in Dent. The matter will finally be heard by the Yorkshire Dales Planning Committee at its March meeting, Tuesday 11. There was a committee site visit in December and since then there have been a number of amendments to the plans arising from that visit and from concerns expressed by people responding to consultation.

For the last eighteen months I have not been a member of the planning committee but I will be attending that meeting and I intend to speak in favour of this application. No-one who has served any length of time as a councillor can have any doubt that there is a very real need for local affordable housing in our area – these houses will be filled before they have been completed.

On another aspect of planning I am concerned by the number of disputes and enforcement issues which I am being drawn into at the moment. There have always been some but there have certainly been many more this last few months. Some arise from the policy concerning re-occupation of former houses. This is not being interpreted as I expected when it was being drafted. Applicants are being put to great expense to prove the self-evident and even when they have proved it to the satisfaction of some of the most eminent experts in the country the proof is being

farfieldmill

Arts & Heritage Centre

the Shanties of Ribbleshead by Philippa Troutman

Saturday 14th March
to Sunday 27th April

**A beautiful exhibition
combining the best of
contemporary printmaking
by Philippa and exquisite
bookbinding by Esther Primrose.**

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Saturday 14th March
to Sunday 27th April

**Featuring work from
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Nigel Cheney, Stephen Dixon,
Isabel Dibden Wright, Nina Edge,
Kate Egan, Rozanne Hawksley,
Alice Kettle, Jane McKeating,
Melanie Miller, Susan Platt,
Sally Morfill, Lynn Settrington
and Alison Welsh**

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last admission 4.30pm

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rejected. This is contrary to good sense and it is also contrary to the clear wishes of the vast majority of people who have ever responded to planning questionnaires. Time and time again respondents say they wish to see these former houses rebuilt and re-occupied.

Other disputes arise from a lack of clarity from applicants as to what a particular permission allows them to do. Please be careful, once done some things are very difficult to undo. I am not saying that is right but like it or not it is the law of the land. I always try to help but there are an awfully large number of cases where it would have been better to have taken advice before sending in the bulldozer.

On a more positive note, suddenly everyone is talking about water turbines for micro generation of electricity. YDNP is putting some money towards a practicality survey. To my mind these turbines offer immense potential with very little visual intrusion, unlike the giant windmills.

By the time you read this the public meeting concerning the possible new Health Centre on the Auction Mart site will have been held. I am led to believe an all encompassing plan which will combine a Health Centre and a Spar Retail Centre on the auction mart site is to be submitted. The majority of people who have spoken to me have expressed concern at the Health Centre being moved but do want to see the town

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have the best possible health facilities. As to the Spar Retail outlet I don't think we have sufficient information to come to a view as yet. However, it would seem strange to me to be supporting rural shops and rural post offices and then to permit a development which would further undermine their customer base.

Last week the Chief Constable of Cumbria, Craig Mackay attended a couple of briefing meetings with small groups of people from Sedbergh and Dent. These meetings were very worthwhile and questions and comments received thoughtful and helpful replies. After leaving the

(Continued on page 16)

Merchant Navy Mr Mackay began his police career in Swindon, Wiltshire. He has come to Cumbria after a stint in Gloucestershire, also a very rural area. I was impressed.

Since my last article National Park members have had their briefing, in Barbon on the possible alterations to the boundary of the Yorkshire Dales. I can't say that I learnt much new but it was very clear that Natural England intended to press ahead with consultation in March. It was something of a surprise then to learn last Friday that the whole process was being put on hold until some issues concerning the proposed South Downs National Park boundaries have been resolved. In

Barbon it was implied that they were working to a timetable which would result in new boundaries by May 2010 – obviously they won't meet this date now.

Craig and I have also had further talks in the last month concerning the Travellers. I am hopeful, not least because of the words of the Chief Constable that this will be managed more satisfactorily this year than last.

I was delighted to learn at the last meeting of Garsdale Parish Council that another tranche of money has been made available for more works on the A684, not before time. I see today that the closure signs are going up, lets hope that the improvements are as good as last years.

Like last year this will be the last of my articles until the District elections on May 1. Sedbergh, Garsdale, Dent and Middleton will become part of a three member ward which will also include Kirkby Lonsdale, Barbon, Casterton and Mansergh. This will be almost exactly the same as the county division. I will be standing again and if I am re-elected I would hope to resume these articles in the June Lookaround. As always I would like to thank everyone for their kind words of support. I hope that at least some of the advice I have offered has been of use.

To contact me please ring 015396 20800 or 07980 844 695 (preferred) or email kjlanc@kjlanc.demon.co.uk or else write to me at Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS



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FROSTROW W. I.

The February meeting was presided over by Linda Hopkins who welcomed two new members - Moyra Folk and Ruth France. Our sympathy is with our President, Ann Petyt, whose mother has died. We also remembered Josie Templeman who was still in hospital, but it is with deep regret we have since heard of Josie's death. She was a valued member and will be greatly missed. Our Secretary, Pauline Mather, was indisposed, so we trust she will soon be fit again.

The January walk had been mainly on roads as the ground was so waterlogged, but, nevertheless, it had been enjoyable.

A Craft Day at the Paper Warehouse has been arranged for 10th March, so several members will be trying their hand at some kind of card craft.

It is time to consider what classes we might enter for the Spring Show and we were encouraged to think

seriously about this!

Linda had completed the Carbon Challenge questionnaire and, although she feels she is eco-friendly, the result said she could do better.

Anne Burrow, our speaker, who runs courses in Embroidery and Textiles, enthralled us with many examples of her work which included hangings, pictures, jewellery, bags and 3D articles such as caskets. Anne was born into a family of fine needlewomen and has developed her talent using modern techniques and materials, some of which are waste items. She was thanked for her inspirational talk by Marjorie Fishwick who won the competition for "A Sample of Embroidery". Margaret Copestake won the raffle.

On 5th March at 7.30 pm in the People's Hall Committee Room our speaker will be Gareth Marshall of the Bath House. Visitors and prospective members always welcome.

M.F.

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**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Old Kendal by Trevor Hughes

On 6 February, the Sedbergh and District History Society enjoyed a fascinating evening when Trevor Hughes took us photographically on a historical tour of the southern part of the Auld Grey Town, from Howard Home (now Stonecross Manor) to the Moot Hall (now Thornton's), comparing old views and recent pictures and recounting the history of some of the buildings and various interesting anecdotes. Trevor explained the reason for the siting of the medieval town on the west side of the river where springs in the limestone provided necessary water

supplies. We saw the changes which have affected Romney House, Nether Bridge and Kirkland, while Trevor gave brief details of George Romney's life, explained that the old packhorse bridge had to be widened to take coaches, and showed where the earlier ford had been. An picture of the Parish Church showed the old vicarage beside it, while the modern photograph showed the many widenings of the church, the last being the vestry. Trevor recounted a tale about the building of the vestry - one of the workmen, having bought a pint of beer at the Ring-o-Bells, quickly hid it in the wall on the approach of the teetotal vicar. The vicar stayed watching so long that the

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pint was completely walled in and is supposed to be there yet.

Abbot Hall was built in 1759 for Colonel George Wilson who also gave his name to the paved walk alongside the river, Colonel's Walk, nowadays more often called Waterside. Abbot Hall changed hands several times and was standing empty when it was bought by the Kendal Ladies Savings Bank and donated to the Borough of Kendal.

The Borough turned the grounds into a park but left the building to decay until after the 2nd World War, when a trust was formed to turn it into an art gallery.

The original and later Grammar School buildings were featured, as



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well as Blind Beck in flood, Dowker's Hospital, and Sandes Almshouses. The photograph of the latter had a strange object in the foreground which turned out to be a hydrant for supplying water to steam traction engines. We were shown some of the old yards, many demolished in the 1960's but a few saved and restored, such as Dr. Manning's Yard and Collin Croft. Among the few unaltered frontages is a shop in Highgate, formerly a bakery, where lived an eighteenth century botanist, John Wilson. A triumphal arch across Highgate, was a celebration of the 300th anniversary of the granting of Kendal's first borough charter in 1575, after the barony of Kendal came to an end. The one o'clock gun used to be fired remotely from a jeweller's shop in the town, but was stolen during the war and never replaced. Finally, we saw the Town Hall, and its predecessors: the old Moot Hall on the corner of Market Place and the White Hall Assembly Rooms, which were subsequently extended to form the current Town Hall.

Judith Robinson

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SORTING OUT MAIN STREET-

An open letter to everyone who cares about Sedbergh.

As you know Udales continues to be a blot on our landscape and seemingly YDNP are the people to make things move on. Now is the time to make sure that YDNP know just how weary all of us are with this dreadful dilapidated building which is slowing the whole development of Sedbergh by making the town look so tatty and unkempt.

This latter phrase 'tatty and unkempt' also applies to the state of some of the paving on Main Street, guttering that has no outlet into drains and just flows onto the pavement, blocked grills which are supposed to drain the pavements, blocked or smashed guttering showering passers-by with whole bucketsful of rain, chewing gum, litter, etc.

The Parish Council pull-out section in the centre of Lookaround last month was a call for action and this is your chance to really make a BIG NOISE about Main Street, the PC know something has to be done and are listening.

Here is a copy of a letter recently sent by the Chamber of Trade to YDNP Planning, Mr. A. McCulloch and Colleagues, YDNP Planning Department, Yoredale, Bainbridge, Leyburn, North Yorkshire DL8 3EL Main Street Sedbergh was recently described as being 'very fragile' in terms of its trading situation, there is a huge and growing threat to the continuing prosperity of the town

and that is Udales buildings.

In our opinion the site is a tremendous danger to Sedbergh –

1) the state of the buildings is dangerous, please note the stones falling out of the side wall in Weaver's Yard, the rotten wood fascia on Main Street, the guttering etc.

2) the street is difficult enough with many breaks in its retail nature with shops having been converted to houses; churches, school boarding houses etc. all breaking up the retail run and so consequently making the atmosphere of a bustling retail street difficult to hang on to. Visitors are still wondering where the centre of Sedbergh is!

3) if permission was given to change

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the buildings into residential point 2 would be even more obvious, but we would also have a tremendous problem with more cars trying to have access from both directions.

4) if and when eventually something is decided and work start, this will prejudice business on Main Street for probably at least a year as lorries with heavy deliveries try to manoeuvre, again we are sure the residents of Weaver's Yard would be extremely angry if all deliveries went up the driveway behind and indeed as we constantly see with Main Street any heavy vehicle crossing york stone paving as in Weaver's Yard would simply destroy the whole surface.

We consider that it is inconceivable

that when the possible removal of SPAR to the mart site comes up in 2 years time, that we are still looking at a totally unresolved Udales situation.

We urge the planning department to take all necessary steps to move things on quickly and suggest that for the safety of the people of Sedbergh YDNP Planning make sure that the buildings are put into good repair as soon as possible.

Please be assured that the Chamber and its members will support YDNP in any moves to restore this valuable commercial site to its proper use and this historic building to its rightful place as one of the more elegant buildings in Sedbergh.....

If anyone would like to express their own thoughts about Udales to YDNP please write to the address above.

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Applications should be in writing and addressed to: The Honorary Secretary of the Trust, 6 Guldrey Fold, Sedbergh LA10 5DY and should be made without delay.

Mrs Jean Cope, Hon. Secretary

FACIAL REJUVENATION

There were two articles on the use of acupuncture for facial rejuvenation in the latest edition of the European Journal of Oriental Medicine. As a practitioner it is easy to feel that "mere" cosmetic acupuncture is less worthwhile than "proper" health problems. But many complementary therapists combine therapy with beauty treatments – for example Cathy Scott at the Ginger Tree in Hawes offers both homeopathy and leg waxing – and why not?

In fact, the acupuncture methods for facial rejuvenation are not very different from acupuncture for a frozen shoulder, for example. In both cases acupuncture points would be used to improve the person's general health in such a way as to support the treatment for the presenting problem. In the case of a frozen shoulder one might want to improve the blood

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circulation generally as well as in the area of the shoulder. Similarly, if a person was concerned about puffiness in the face, it might be appropriate to treat a general tendency to fluid retention in the tissues. Or if treatment were required to lift the cheeks and jowls, it might be appropriate to consider the muscle tone in the body more generally.

The face is a reflection of the general health of a person in several ways. The brightness of the eyes tells a lot about the mental state of the person. The tone of the complexion gives information general health and certain colours in the face can be the result of imbalances in the organs. Dark circles under the eyes relate to deficiency of the Kidneys in Chinese medicine and a yellowish tinge can indicate digestive problems.

As well as treating a person's general health (this is called the root treatment in Chinese medicine), both in the case of a frozen shoulder and in the case of facial rejuvenation, some acupuncture points would be used in the actual area of the problem

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(this is called the branch treatment). It might sound daunting having acupuncture on the face, but it is probably much better tolerated than either cosmetic surgery or botox injections. The needles are very fine (much finer than a sewing needle) and are used to stimulate the circulation in the face, improve the muscle tone and to relax the muscles which cause deep lines or wrinkles.

Of course it is also necessary to look at a person's lifestyle. Diet, exercise, consumption of alcohol, sweets, coffee and cigarettes, sleep patterns and work-life balance all play a part. The aim would be to create a package of treatment and lifestyle changes so that a person not only looks better but also feels better.

If you would like further information about this, please contact me. My telephone number is (015396) 20972.

June Parker

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MABEL HALL

Mabel's 100th Birthday



Wednesday 13th February was a glorious sunny day, perfect for family and friends to join Mabel in celebrating her 100th birthday.

Fell Close was decked out with balloons and banners and everyone was invited to Gladstone House to party with bucks fizz and hot pot.

Mabel was amazed and delighted by the number of people who called to wish her happy birthday – she ended up with more than 100 cards, including one from the Queen – and said she “had never been so happy.”

A huge thank you to everyone who helped to organise Mabel's big day, especially Anne Fearn and the lovely Wardens at Gladstone House – it really was a day for her to remember.

The celebrations continued into the weekend. On Thursday night her bingo friends at the White Hart called ‘house’ with a buffet, cake and rousing “Happy Birthday”, and on Saturday family joined Mabel for a meal at the Red Lion. She's loved every minute and is still smiling!

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Competitions

Dear Editor,

As I am probably becoming well known in Sedbergh for reporting negative issues of late, chiefly concerned with inconsiderate parking restrictions and speeding motorists, I think it might be time to look on the positive side of life in Sedbergh, and to give some praise where it is due !

Firstly, the Xmas lights in Sedbergh were the best for many years. In the opinion of myself and many others, they even beat Kirkby Lonsdale's renowned display this season. Despite some criticism that they didn't appear to be new and were late being installed, 2007's Christmas lights brightened up the town for many weeks during a prolonged spell of gloomy Winter weather.

It is also encouraging to see the Community Support Officers walking the streets of Sedbergh. It could be said that they present a poor substitute for 'real' police officers, with only a fraction of the rigorous police training, but their reassuring presence alone can do a lot to dispel potential issues and incidents on the town's



streets.

Excellent work has been (and is being) done regarding the gritting of roads around Sedbergh and district so far this Winter. For those of us who commute to work, our daily journeys are made so much smoother and safer by regular, consistent gritting of the roads overnight and in the early morning.

As reported in the February issue, the pantomime 'Puss in Boots' was a real tonic, particularly being staged as it was in early January, when most people were back at work after the Xmas festivities. We bought tickets in advance for the Friday evening performance. When the day arrived, we honestly did not relish the thought of turning out on a wet and wintry evening, having experienced an horrendous journey to work that morning in the snow. However, we walked home after the performance laughing and feeling uplifted !

Congratulations to all involved for staging such a well-written and enthusiastically performed show.

With our excellent recycling facilities, friendly residents, cheery postmen, helpful shop assistants and willing and responsive local councillors, we in Sedbergh have a lot to be thankful for. The beautiful, crisp and sunny Winter weather over the past 2 weeks has also helped to make Sedbergh and its surroundings look their best, an area in which it is a pleasure to live.

Yours sincerely

Colin Cowperthwaite

HOWGILL W. I.

We met at Firbank Church Hall for the February meeting. President Mary Silva gave a warm welcome to members and one guest.

Along with neighbouring W.I.'s we are to support our local butcher on March 11th in recognition of the Guild of Q Butchers commitment to sourcing local produce and supporting local producers.

Following on from the consultative meeting at the Bryce Institute in January the six resolutions were read. These are to be put forward at the A.G.M., in Liverpool in June.

Several members are keen to take part in the "One Step Further" competition. This is a follow up of "Stepping Out". To continue the awareness and enthusiasm for walking. The next Howgill Hikers walk will be led by Liz Moore on March 3rd with a choice of two walks to be decided on the day.

Suggestions for a summer outing to be put forward to Anita Carey. A visit to Storrs Hall is to be pursued.

Guest speaker for the evening was David Oates from North Country Wills. He gave us an insight into the legal profession highlighting the importance of making a Will. A modern well written Will can help to ensure that wealth passes on to the next generation. Covering mainly Inheritance Tax, long term care, re-marriage and the benefits of having Enduring Power of Attorney in place.

Audrey Hoggarth thanked David for an interesting talk, teaching us a lot

on a subject that affects us all. The competition for an old legal type document was won by Mary Stainton, Shelagh Dennis was second. Bridget Postlethwaite won the raffle.

The Social to name the word out of Play Doh was won by the yellow team.

On Thursday March 6th we meet at Howgill Village Hall for a make-up demonstration by Julia Toner. If you feel you need "The Finishing Touch" why not join us. Visitors welcome.

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WHERNSIDE FELL RACE

11 am 27th September 2008

If you can help to marshall this event (high or low level) please contact John Hyde on 015396-25503.

Briefly the route is from Dent to Whernside summit across to Great Combe and back to Dent, a distance of about 12 miles.

The race has not been held for 10 years and your help would be appreciated.

If you have any records or photos of previous races please also let me know.

A PLAN FOR DENTDALE

Many thanks to everyone who returned the Parish Plan questionnaire – the response has been tremendous, and well above average for parish plan surveys. The forms were delivered to 398 addresses in the Dale by a team of volunteers, who then collect them from homes and collection points. 51% of the questionnaires were returned altogether, and if holiday cottages are excluded, this is probably represents about 70% of resident households. Over 25 people have been involved in the production, distribution and collection of this survey, and this response is a tribute to their considerable efforts.

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All the data is now being entered into a spreadsheet, and this process is well under way. When it is completed, a small group of people will take on the job of writing it up into a report - a process that is likely to take a couple of months.

SarahM

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This report will then form the basis for a series of discussions. The first of these will be at a public meeting in Dent, when the findings of both the survey and various meetings will be presented to the community. This meeting will begin to set some priorities for action, by discussing which of the issues raised are the most important.

Because many of the issues may involve working with other bodies, the next phase will be to hold discussions with them, and when these have been completed we will be in a position to produce an action plan and present it to community.

In the end, we hope we will produce a plan that has the support of as many people and organisations as possible, and it will take some time to achieve this properly.

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DENTDALE METHODIST CHAPEL

The wonderful Millennium Quilt made by children at the Primary School eight years ago is hanging in the chapel for all to see. We are taking part in two services at Cowgill church at the end of Feb and beginning of March and will be back on home ground for our Anniversary on March 9th. During the remainder of Lent a simple cross will be in the chapel along with symbols which relate to Christ's time in the Wilderness and the events of Holy Week, the cross will be stripped and then decorated with flowers for Easter Day. Do call in to look at both the Quilt and the Cross.

After many years of hoping and praying we are meeting during the week in homes for Prayer and Bible Study, Tim is taking us through the "I Am's" of Jesus during Lent and after a possible break in lambing time we will resume again.

Our garden is joining the Quiet Garden Movement/Trust as part of our contribution to HOPE 2008, and will be "open" for people to enjoy peace and quietness with/without

prayer on the second weekends of the months May-Aug, details nearer the time.

It is hoped to put together a team for the Network Quiz evening at Sedbergh, as one member commented "Questions are only hard when you do not know the answers!" We are often faced with things we cannot understand or answer but we serve a Risen Saviour who is in the world today and we seek to serve Him both inside and outside of the chapel building.

We will be having our Church Council meeting at Dent Foot Chapel on March 6th to which all members and friends are welcome.

S E Woof (Secretary)



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**SOUTH LAKES
SOCIETY FOR THE BLIND**

Sedbergh Group

As Gordon Axford was not well, the role of chairman was taken by Keith Levitt.

The group was saddened to hear of the death of Cyril Noble. He was initially a Volunteer Driver and then Chairman of the group. He also acted as host at his own home for some very enjoyable Christmas parties each year. David O'Brien led the tribute of a minute's silence in memory of a kind and delightful man.

Rosemary Handley, Elspeth Griffiths and Trish Weatherill, aided by Betty Harper and Dennis Whicker gave a talk and demonstration of the new method of recording of the audio version of the 'Lookaround'. As cassette tapes are now obsolete, the group, now known as the 'Audio and Large Print Lookaround', is in the process of moving on to the use of USB pen drives and a lap top computer. It has bypassed the use of compact discs as these may also become obsolete in the near future, and decided to grasp the new technology. This means the need for pen drives and active speakers for all the people who take the audio editions and these are being supplied free of charge. New technology is also needed for copying the recordings. Considerable expense is involved, and the recording group is trying to raise the money for the transition.

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In order to demonstrate the use of the equipment, Betty and Rosemary read extracts of poetry and prose and these were recorded using the laptop computer. These recordings were then relayed to the group using the new pen drives and speakers. The operation of the speakers was demonstrated to individuals in the group. There followed a discussion and some feedback from the group about the audio and the large print versions of the 'Lookaround', as most of the members are recipients of one or both of the formats.

The next meeting on March 18th in the People's Hall is entitled 'Schooldays' in which the members of the group are invited to describe a memory of their days at school (and also bring along any items that they have kept from those days to accompany the description). New members with sight problems, and also volunteers are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633.

JGL

MARCH GARDENING

In Natal Province, South Africa, the winters are cool and dry, and the summers are warm and wet. Is it any wonder then that *Agapanthus* do not choose to thrive (or even survive) outside in my garden. They hate the winter rain and the soggy cold soil which our cool wet winters bring. They will thrive, though, if grown in pots which can be put under cover when the winter rains begin, and kept cool but dry until late April or May.

The hardiest of the *Agapanthus* are the broad leaved, deciduous cultivars belonging to the group known as the 'Headbourne Hybrids'. These are tall (2-4ft) plants which bear heads of rich blue flowers in July/August.

Agapanthus are most widely available at this time of year and are usually sold, along with Dahlias and Begonias, as bare root plants enclosed in dry peat or compost. New plants should be potted into John Innes 2 compost, spaced 4-5" apart in a clay pot. Three plants should fit into a 9" pot. They like to be under rather than over potted, but don't let the

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roots get too restricted – they will need re-potting every 2-3 years as the roots fill the available space, and they also need regular feeding with a high potash fertilizer through the spring and summer to encourage flowering. Large mature plants which are becoming too cumbersome to re-pot should be chopped into pieces with a sharp spade (or the bread knife if you prefer) and re-potted separately into smaller pots.

Agapanthus are just one of the South African natives which have taken a dislike to the damp here in Firbank. *Kniphofia*, (Red Hot Poker), *Diascia*, *Nerines* and *Phygelius* "Cape Fuchsia" have all bitten the dust so far and the *Schizostylis* (Kafir Lilies) only hang on because they grow in a nice, gravel, free draining raised bed. Given the weather this winter, I don't envisage any more success with them in the future – unless I move all the South Africans into the greenhouse, but then, where would the tomatoes go? It seems you just can't have everything. *E Horne*

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**SEDBERGH & DISTRICT
SPRING SHOW**

Saturday 12th April

*Sedbergh's own Spring Show for the
Town and the Local Community*

As you will see the full Show Schedule is printed with this Lookaround. So look carefully at the classes and see if there is something you could enter. More entries make for more interest and a positive boost for our community. Your exhibits do not have to be new, just something which has not been entered in the Sedbergh Show before – so dig out your arts and crafts. We would love to see them.

Happily, our local primary school supports the Show but individual entries from children are particularly welcome. Certificates are awarded for 1st, 2nd, 3rd places and also Highly Commended. They would look splendid displayed on your wall! Children are also welcome to enter any adult class but must only enter their own year group in the children's section. Only one entry fee is payable by a child for as many entries as they make.

The timetable for the show is included in the schedule. You will see that the Town Band plays at 2-00pm. People come from miles around just to hear them! Don't miss it.

This year we are inviting entrants to donate their exhibits for auction at the end of the show **but this is entirely voluntary.**

*Finally we hope that lots of you will
come along and enjoy yourselves.*

WFU. Secretary

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SEDBERGH CRICKET CLUB

A new season is almost upon us, with much more optimism than there has been for quite a number of years. The 1st X1 had a good season last year, just missing out on promotion in their first year in Division 3. Steve Cayley is to captain the team again with Richard Oughton vice. All senior games are played at weekend, and there is to be a new 20/20 cup competition this year.

We are pleased to say that there is to be 2 junior teams this year. Ben Close is to run the Under 16's and Dick Gorst is in charge of the Under 13's.

Junior coaching (7.00) and cricket nets (seniors, 8.00) start on Tuesday April 1st in Sedbergh School Sports Hall until April 22nd. Junior coaching will then move down to Settlebeck field (day and time to be confirmed). All Under 16 games will be on a Wednesday evening, whereas Under 13 games are much more flexible.

Anyone interested in playing in any of the teams ring Dick Gorst on 07870895054.

DRIVING TIPS

Are you "too laid back"?

One of the most important aspects of driving a modern vehicle is achieving a perfect driving position every time you get behind the wheel.

This is especially important if you share the driving: using somebody else's settings for the mirrors and seats can quickly leave you tired and at needless risk of a nagging muscular pain as you find yourself "straining".

Good seat positioning may sound boring, but it takes literally seconds, and will keep you comfortable and more alert on longer journeys. It's also the position adopted by racing drivers, especially rally and touring car drivers.

- Sit in the car with the base of your spine in the back of the seat to prevent back problems.
- Hold the wheel at ten to two or quarter to three - keep your thumbs vertical
- Can you adjust the steering wheel for improved control?
- Make sure your arms are slightly bent
- Legs should also be slightly bent with your feet on the pedals
- The back of the seat should be fairly upright, giving you a good view of the road ahead, and of course mirrors (rear and door) display and dials
- Ensure the head restraints are adjusted so they align with the top of your head.

Being "too laid back" compromises vision and car control. It shows a lack of interest in your driving and makes you more likely to doze off on a long journey. Thousands of accidents and near misses are caused by drivers giving in to the effects of fatigue.

On the other hand, if you position yourself too close to the wheel, as well as looking slightly strange, you will have less car control, poor reaction times and - in the event of a crash - you will be hit by the airbag cover exploding out at more than 200 mph instead of cushioned by it as it deflates - which is what it is designed to do for you.

From the IAM Newsletter

JOHN SOUTER

21 Fairholme, Sedbergh

☎ 20904



ALL RUBBISH
REMOVED

MISS HEATHER WILLIAMS M.B.E.

Died January 14th aged 97 years

The Thanksgiving Service was held at Sedbergh Methodist Church on January 24th and was conducted by the Rev. Dwin Capstick.

Although having resided in Windermere for many years, she always regarded Sedbergh as home. Her ashes are to be scattered on her beloved Winder Fell.

Miss Williams association with Sedbergh began in the early 1920's when her father The Rev. F. Chenhalls Williams was appointed Minister of the Methodist Church. She fell in love with the area, recalling the many times on which she rode pillion on her fathers motorcycle going to the village chapels in Garsdale, Garsdale Junction, Grisedale, Frostrow, Cautley and Fell End.

Miss Williams spoke of very happy times haymaking at Green Hollins with Marjorie Harper daughter of Richard and Agnes Harper, Marjorie remained a life long friend and Heather lived with her for a time at the beginning of the second world war, when working for the Chemist Jack Lewis. She then volunteered for war work at Short's Factory in Windermere, building Sunderland Flying boats. In 1942 she joined the British Red Cross Society and worked with them as a volunteer for over 50 years. In 1957 Miss Williams founded the Windermere Stick and Wheel Club for people with

disabilities, organising weekly meetings with talks and slide shows. In the summer there outings to places of interest all over the area. The Club celebrated its Golden Jubilee in 2007.

In 1988 Miss Heather Williams was awarded the M.B.E. in the Queen's Birthday Honours List for services to the community in Cumbria. Although she travelled far and wide Heather, who was a member of Sedbergh Historical Society, never lost her affection for Sedbergh.

SEDBERGH PARISH PLAN

Open Meetings

The information from the questionnaires submitted by members of the public following last month's Lookaround insert has now been processed. The next step in formulating the Parish Plan is to hold two public consultations where Sedbergh and district residents can see the areas that have already been identified as important for the future of the town and add their own views to those already submitted.

These meetings will be held as follows:

Thursday 13 March from 6pm to 8pm in the Committee Room, Peoples Hall.

Tuesday 18 March from 2pm to 4pm Peoples Hall.

These are 'drop in' meetings so please come along and spend a few minutes adding your comments to those already received.

Tea and biscuits will be served to those attending.

**LARK RISE TO CANDLEFORD?!
NO. SEDBERGH TO KIRKBY
LONSDALE**

I wonder how many Sedbergh residents know that every Thursday morning a bus leaves Sedbergh Library at 9.45 am and goes to Kirkby Lonsdale, returning from the Market Square at 12.15 pm. If you have a bus pass you go free. Sometimes I have been the only person on the bus! But not having a car it means I can do my shopping at Booths, and don't have to carry it about with me. Sometimes the bus picks up passengers at Barbon or Casterton. If it's a fine day maybe five people will go from Sedbergh. I am worried that if we "don't use it, we will lose it".

So come on. The bus will drop you off going into Kirkby in the Market Place. Then goes up to Booths, past the W.I. Market, where again you can be dropped off. The bus stays at Booths so when you have done your heavy shopping you can put it on the bus, and stroll down to the town. Lovely shops and cafes, and usually a good market. So come on have a Thursday morning out for a change. I saw my first snowdrop on one journey, and now the lambs are in the fields, it will be soon bluebell time!

Why take your car, when its cheaper by bus! So lets help the environment, not only by re-cycling, but saving on air pollution.
Mrs A R

SETTLEBECK HIGH SCHOOL

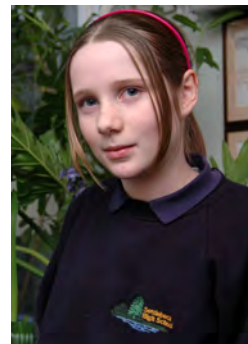
Becky Barnes Y8

In the DEFRA 'Tomorrow's Climate, Today's Challenge' competition for

students aged 11-18, recently judged in London, Becky Barnes from Hawes has won £500 for her to spend on environmental initiatives at Settlebeck High School, Sedbergh, where she is a high-flying Y8 student. Covering issues of renewable energy resources and climate change, her Power Point and Interview presentations in front of high-powered judges in London was impressive enough to reach the finals out of literally hundreds of entries, eventually finishing just one place outside the eventual winners. Science teacher Stephen Burrowes, who has involved

Settlebeck High School in a highly productive sequence of creative partnership environmental schemes with academics and film makers called Becky a 'real live wire, who knows her own mind'.

When the judges asked Becky what sort of question she'd like to ask the Prime Minister, knowing that he was going to ask her what she had done for the project, her answer to the judges was 'well, I'd like to ask him what useful things HE had done today for the environment'. Her lively sense of humour and seriousness about the issues impressed the judges. With the money, Becky plans to have a small pond habitat built at Settlebeck.



SEDBERGH MEDICAL PRACTICE

Proposed new Surgery times & patients' Forum

PROPOSED WORKING PATTERNS

At a recent practice meeting we discussed our current working patterns and shortage of space. It was pointed out that during surgery opening hours the Doctors and Nurse Practitioner consult at the same time, leaving no lee way for calls that require urgent visits or consultations without disrupting already busy surgeries. In addition, we are also short of space and this leads to pressure on our consulting rooms. In order to take account of these factors, it has been proposed that we straddle the surgeries across the working day. The daily 8.30-10.30 walk in surgery would remain, as this is popular with Doctors, staff and patients and continues to provide same day access. Booked surgeries would begin after 10.30 am and continue until 6pm with additional bookable appointments being offered between 8.00 and 8.30 am for patients who need to be seen early before they go to work.

LATE SURGERY

We plan to introduce an evening surgery starting at 6.30 pm one evening a week. These sessions will be covered by either Dr Hunt or Dr Lumb with a receptionist only. Appointments for these surgeries will be bookable in advance and preference given to patients who work and find it difficult to get into Sedbergh during normal working hours. For security reasons, access

will be by a buzzer system which will allow the receptionist to open the door for booked patients.

(Emergencies and visits will continue to be dealt with by Baycall and Accident and Emergency.) The dispensary will not be open during these sessions.

PATIENTS' FORUM

These are significant changes to the patterns that have evolved in The Sedbergh Medical Practice over the past few years. Consequently we would like to set up a patients' forum and will invite representatives from various groups in our community to contribute to our decision making process, not only on the issues raised here, but also on other evolving issues. If in due course you feel that you interest group has not been offered representation, please contact our Practice Manager – Mrs Tracey Thornton at the Sedbergh Medical Practice.

Dr Chrissie Hunt

MUSIC FESTIVAL

June 13th. - 29th

The Town Band has become a central feature of Sedbergh's musical life and it is appropriate that band music should be an important element of the Festival. There will be two band concerts during the Festival. The opening concert will be given by the well known Besses o' th' Barn Band. The Band was founded in 1818 in the quaint Lancashire village of Besses o' th' Barn and the village's main claim to fame is that it has given its name to one of the oldest established and most famous brass

bands in the world. It was in 1818 that the reed band based at Cleggs Cotton Mill was first mentioned and it was later converted into an all-brass ensemble in 1853.

Besses, as the band is affectionately known, has always been at the forefront of brass band activity, embarking on two extensive world tours between the years of 1906 and 1911, both trips lasting an incredible eighteen months.

The band has appeared frequently on television and radio and has played in prestigious venues throughout the country.

Many great names in brass band history have conducted Besses, including Ifor James, during whose time the band won the BBC Band of the Year competition.

They will undoubtedly get the Festival off to a rousing start!

Then in the second week our own Town Band under Alan Lewis's splendid leadership will be equally uplifting!

For Organ lovers there will be two recitals. Damian Howard, now organist of Lancaster Cathedral, will be giving an interesting programme of Buxtehude, Franck, Messiaen and Ogden and the second will be given by Christopher Tambling, known to many in Sedbergh, and now Director of Music at Downside Abbey and a noted recitalist and composer.

Reminder: .Rehearsals for Trial by Jury begin on Monday March 3rd.

Meet at Guldrey Lodge (Music School) at 6.30 for a DVD and sing-through.

DC

DENT PRE-SCHOOL ASSOCIATION

Staff and children at Dent Pre-School are eagerly awaiting the completion of alterations to the Haygarth Room at Dent Memorial Hall, to enable them to provide continuous access to outdoor play. This has been achieved by replacing a full-length window panel with sliding doors to open onto a secure outdoor play area. This area also has the benefit of a canopy to give shelter from rain and strong sunshine. The work was financed by a grant from Cumbria Community Foundation Local Network Fund.

Staff are starting to equip the area with a play house (generously donated by Mr. John Fawcett), a sensory/garden area with herbs, vegetables and flowers, a 'weather station', sandpit and seating area. Many thanks to GB Builders for their advice and hard work.

This project comes on top of a recent good Ofsted inspection. "Right from the start, staff find out about children's skills, interests and needs, and build on this information to help children achieve as much as they can. As a result, they have a good understanding of individual children's learning needs and abilities."

Dent Pre-School offers sessional day care. It is open from 9am till 12 noon, Monday to Friday, in term time only. If you would like any information, please contact Jill Mitchell on 015396-25432 or 07966-564032.

S. Owen

COBWEB ORCHESTRA

The Cobweb Orchestra are having a residential weekend of music in Sedbergh, the last weekend in March at Sedbergh School.

The Cobweb Orchestra, now in its 11th year was originally formed under the wing of the Northern Symphonia Orchestra. It offers the opportunity to instrumentalists of all ages and abilities to play together in an orchestra for fun.

There are now six groups, meeting regularly in Durham, Middlesborough, North Yorkshire, Northumberland and Cumbria. As well as regular rehearsals and concerts there are residential weekends, trips abroad, and study days.

It has recently become an independent organisation but still has close links with Northern Symphonia. On March 28th/29th/30th the Cobweb Orchestra will be in Powell Hall, Sedbergh School, for a full weekend of music making. We will be giving a short informal concert on Sunday March 30th at 4.00 pm. All are most welcome.

The former head of Cumbria Music Service, Ian Potts has conducted the Cumbrian Group that meets in Tebay on Tuesday evenings. Ian says that the main reason for the success of Cobwebs has been that players are playing for fun. "The fact that they also improve their playing is just part of the fun." (One player, who has been encouraged to return to playing after a break of 20 years, has just won the prize for the top amateur flautist in Britain) "You have

experienced players, and those with more limited experience, playing alongside each other with the chance to work with professional musicians. The atmosphere at Cobwebs rehearsals and events is the most friendly I have experienced in all my years as a professional musician and educator."

If anyone is interested in joining the orchestra ring Ian Potts on 017683 - 51934 Sheila Blackwell on 015396 - 20056; or Rosemary Handley on 015396 - 21411.

RECYCLING NEWS

This month we will look at how the cardboard we collect is processed and recycled.

The cardboard recycling facilities are provided in partnership with Barrow Borough Council and a contractor based in Barrow. There are cardboard collection banks at 16 locations around South Lakeland; each bank can hold around 75 kilos of card. The banks are emptied by hoisting the full bank above the collection wagon and releasing doors in the base of the bank, allowing the contents to drop into the wagon. The card is then taken to the depot in Barrow for baling.

After baling the card is taken to a mill for processing. The card is put into a hydropulper, where it is mixed with water to break down the fibres. It is then cleaned and any contaminants, such as staples, are removed. The resulting pulp is then dried and ready to be used in the manufacture of new cardboard

products.

There are many uses for our recycled cardboard, including notepad backs, plasterboard, animal bedding and in the manufacture of training shoes.

More information about cardboard recycling is available at <http://www.recyclingexpert.co.uk/RecyclingCardboard.html>

If you have any questions about recycling or waste minimisation please contact us either through the Customer Contact Centre on 0845 050 4434 or by emailing us at customer.services@southlakeland.gov.uk

Thank you for recycling.

JANUARY WEATHER

Well January is often one of our wetter months but this one was rather excessive. On only 4 days in the month did we not register any precipitation. Our heaviest downpour was 1.54 inches in 24 hours. We ended the month with 9.81 inches but this pales into insignificance compared to other parts of the country. Mallerstang recorded 17 inches! We had a couple of snow flurries leaving the fell tops white. On the 9th we had been at a meeting in Kendal and only just got back over Kendal Fell because of several inches of snow. When we managed to get back Black Horse Hill it had only rained to the east. It just shows how localised our weather can be due to terrain and prevailing winds. It was again a windy month with a maximum of 32.2mph whereas the more

exposed Mallerstang recorded 60mph! Atmospheric pressure reflects this with 10 days being under 29 inches of mercury. With these winds the wind chill factor was noticeable with a low of 5F(!!!!!!!). On 11 nights the minimum stayed in the 40sF with a low of 27.0F. The "highest" minimum was 47.8F. On only one day did the maximum not get into the 40sF with a maximum of 57.8F!

I have now killed 6 rabbits dying from myxomatosis in the garden. Sadly it looks as though it has got into my rabbit shed also. Never before has the disease gone into a shed it is as though the mosquitos would not go through the wire mesh doors. In the BBC Wildlife magazine a "rabbit expert" says myxy is a summer disease! There has been a lot of activity on the nesting front. Rooks and crows are back at their nest sites. I have seen robins and blackbirds in the shippon as if they are thinking of starting early. I hope you all did your garden birds survey on the last weekend of the month. Owls continue to call and get response so hopefully they will be successful. The male sparrow hawk continues to hunt around the garden. It actually flew off with a jackdaw which seemed nearly as big as himself!! Fieldfares are moving about as are odd skeins of geese as if the urge to move north is starting. On the floral front the snowdrops have put on a grand display again. Other bulbs push upwards and towards the end of the month the first Iris reticulate came into bloom.

YDNP

Owners of traditional buildings in the Yorkshire Dales National Park will have a chance to get maintenance tips and information from the experts at a special, free seminar being staged on March 8th.

The day, being organised by the Yorkshire Dales National Park Authority (YDNPA), covers a range of subjects and is intended to give owners a deeper knowledge of how to look after traditional buildings.

Topics will include:

- damp
- timber decay
- the way individual buildings develop over time

- employing an architect and running a building contract
- sharing a house with bats and wild birds
- the importance of lime.

Don McLellan, the YDNPA's Assistant Building Conservation Officer, said: "Traditional buildings are different because they were not built using modern principles and they do not work in the conventional way.

"Although most of them have functioned perfectly well for several hundred years, we do need to think about maintenance in a different way and the seminar will offer owners the opportunity to learn more about the way traditional houses were built and

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Closed Monday to Thursday Lunch times

Saturday open all day 12 noon to 11 pm

Sunday open all day 12 noon to 10.30 pm

Proprietors: David and Elizabeth Martin

about how they should be managed.

“At the YDNPA we are regularly in contact with owners of historic buildings, particularly those that are listed. We recognise the need to offer more information about the potential impacts that building work could have on the structure and appearance of their homes.”

The idea of offering training or education days grew out of requests from owners and from a collaborative event in 2004 when the YDNPA hosted the Society for the Protection of Ancient Buildings’ course for home owners at the Dales Countryside Museum in Hawes.

The Authority held a two-day historic

environment information course in April 2006 which was followed by a similar one day event in March last year. Both were successful.

“We are hoping that the seminar will become a regular occurrence,” Don said.

The event on 8 March – called Living with a Listed Building – will be held in the Octagon Room at Grassington Town Hall. Because numbers may have to be limited, anyone interested in attending should book a place by writing to Don at YDNPA, Yoredale, Bainbridge, Leyburn, North Yorkshire DL8 3EL, telephone 01969 652337 or e-mail don.mclellan@yorkshiredales.org.uk.

<p style="text-align: center;"><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £4.10 Garlic Mushrooms on Toast £3.65 Pate with Garnish, Toast & Butter £3.50 Soup of the Day £3.30 Egg Mayonnaise £3.40 Grapefruit Cocktail £3.40 Garlic Bread £2.50</p>		<h1 style="margin: 0;">THE HEAD AT MIDDLETON</h1>  <p style="text-align: center;">Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h2 style="font-size: 2em; margin: 0;">Menu</h2>	<p style="text-align: center;"><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £9.70 Grilled Rainbow Trout £9.70 Breaded Scampi £6.99 Breaded Haddock £6.99</p>	
<p style="text-align: center;"><u>Extra Special Main Courses all £11.45</u></p> <p>Loin of Pork in Cider & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Port & Dill Sauce Venison Steak with Red Wine Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod & Prawn Crumble</p>			<p style="text-align: center;"><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £6.99 Stilton & Vegetable Crumble £6.99 Vegetable Lasagne £6.99 Mushroom & Nut Fettuccini £6.99 Broccoli & Cream Cheese Bake £6.99 Vegetable & Pasta Bake £6.99 Vegetable Tikka Masala £6.99 Macaroni Cheese £6.99</p>	
<p style="text-align: center;"><u>Main Courses</u></p> <p>Roast Dinner of the Day £6.99 Mixed Grill £12.40 Fillet Steak £12.40 Sirloin Steak approx. 8oz uncooked £10.30 Half Roast Chicken £7.99 Chicken Kiev £6.99 Lasagne £6.99 Steak & Kidney Pie £6.99 Cumberland Sausage £6.99 Gammon & Pineapple £6.99 Barnsley Lamb Chops £9.99 Marinated Lamb Steak (6oz) £9.99 Pork Chop in BBQ Sauce £7.60 Cheese & Ham Pasta £6.99 Tuna Pasta Bake £6.99</p>		<p style="text-align: center;"><u>Rice Dishes</u></p> <p>Chilli £6.99 Chicken Tikka Masala £7.99</p>		
		<p style="text-align: center;"><u>Salads</u></p> <p>Ploughman's Lunch £5.99 Cold Meat Salad & Roll & Butter £6.99 Prawn & Rice Salad £6.99</p>		
		<p style="text-align: center;"><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.80 Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad from £2.90 Toasted Sandwiches from £3.10 Portion of Chips £1.70 Mixed Side Salad £1.70 Portion of Mushrooms £1.70 Roll & Butter £0.65</p>		

SEDBERGH TOWN BAND

Brass Band Lessons

Since 16th February, the Beginner Band and Brass Lessons have undergone a change. The Beginner/ Learner Band with Tony Crofts continues to be held on Mondays, starting at 6.00 pm in the Sedbergh School Band Room. In addition there is now a Saturday session from 10 am to 12 noon, of brass lessons and small group playing in the United Reform Church rooms, Main Street. Players from the Sedbergh Town Band are available to tutor and guide new players.

We can't emphasise enough that ALL AGES ARE WELCOME - you are cordially invited to come along and

give brass instruments a try. Instruments will be provided. Feel free to drop in the URC rooms on Saturday or alternatively call Hilary on 20314 for further information.

Scholarship Success

Town Band members, twin's Henry and Samuel Wray, are to be congratulated on gaining music scholarships from the Sedbergh Junior School, Bentham to the Senior School, Sedbergh. They take up their awards in September

Town Band's 10th Anniversary

At the Christmas Concert, Town Band Secretary Hilary Hodge announced that a professionally recorded C.D., would be put together in May at an hotel in Dumfries.

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Further events to mark this occasion are now taking clearer shape - on Saturday 27th September there will be an Anniversary Concert in Powell Hall: a commemorative programme will be produced to accompany the concert. Thanks to a generous grant from the Arts Council in the course of the year, nationally recognised top brass instrumentalists will be holding master classes for members of the Town Band and local bands. The same grant allows for a piece of music to be specially commissioned for the Town Band.

Towards the end of the year a history of the original Town Band (pre 1914) and the ten years of the present Band will be published. A

number of individuals and organisations have been circulated inviting comments/observations on the Town Band (value, contributions to the Town, impact on the image of the Town, in particular any anecdotes involving the Band etc.) for inclusion in the publication. It is hoped that many comments will be forthcoming, especially where the Band has been involved with some local activity - be it fund raising or entertainment/background music. Contributions are arriving but we would welcome comments from any members of the community. Please send to: G. R. Blackwell, 13 New Street, Sedbergh, LA10 5AF.

G R

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SETTLEBECK HIGH SCHOOL

Settlebeck Visits Zrece 2008

29 students and 6 adults set on the fourth Settlebeck School Exchange trip on January 28th at the comparatively civilised time of 8.15 am. Various unknowns lay ahead. Would our unlucky experiences with coach transport be repeated? Would Venice/Treviso airport be as obstructive as before and most importantly would the inclusion of a disabled teenager in our party pose any insurmountable difficulties. Happily our fears were unfounded. Treviso has completed its shiny new terminal with both attitudes to groups in transit and spaces broadened in

equal measure. Emil, the centre warden met us there and, after the 4 hour transfer across Slovenia and much to the obvious relief of our leader, we arrived without incident at the Gorenje Youth Centre. There we were warmly welcomed as old friends by Emil, Grigor, Snezene, Dana, Ivan and all the centre staff. A hot meal awaited then we settled in.

Next day dawned bright and sunny. The morning was spent at the Zrece "primary" (6-14 years) school, meeting student contemporaries and learning essential phrases like "What is your mobile number?". Our students lost no time in making friends and were on first name (or

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nickname?) terms almost immediately. Peter their teacher and Ivan the headmaster who have both done so much to facilitate the exchanges made us very welcome. After lunch mixed teams played football, volleyball and, a novelty to the Zrece students, netball. Eventually all headed for the spa whose naturally heated mineral waters were thoroughly investigated on slides, in jacuzzis and various pools, indoors and out varying from the warm to the extremely cold. Traditionally all this exertion is followed by a Slovene speciality, very thick hot chocolate. That evening we

..... were joined by our young friends from Zrece for a drama exercise, writing and acting jokes. A novel and most entertaining activity.

..... Wednesday saw us on the ski slopes for cross country and downhill skiing with Grigor, Ivan, Dana and Ales, the latter bearing an unsteady resemblance to George Clooney. Great courage and determination was shown by all especially those who found staying upright a real challenge. One should also mention the extreme athleticism demonstrated by our leader in retrieving a renegade ski. After all that

(Continued on page 44)

excitement an evening of board games and general relaxation was both welcome and appropriate.

The next day was spent at the school. First, following some visual prompts, a discussion was held about the need for harmony and co-operation amongst European nations and the possible means of achieving this. This was in preparation for a later visit to a historic site. Our students had previously visited war graves in France and were very aware of the tragedies of conflict. This was followed by a general knowledge quiz and, after lunch, an orienteering exercise around the town. A short coach journey then took

us to the Francolova memorial, the site of an atrocity perpetrated by occupying forces during the Second World War. 100 partisans, some from the same families, were hanged from roadside apple trees in retaliation for the assassination of a local district officer and collaborator. A quiet and thoughtful coach party returned to Gorenje. After dinner, project books were updated and an introductory talk given on the Slovenian Karst and its limestone features in preparation for the morrow.

Friday was a sightseeing day. First a visit to the Postojne caves. This awesome series of caverns has no equal as a show site. A railway takes

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the visitor 1¾ km underground to the first of several vast caverns filled with remarkable limestone formations. These caves are home to the proteus or “human fish” a colourless unsighted salamander-like creature which can live to 100 years and survive without food for months. After lunch we headed for the capital city Ljubljana. Our students explored in groups, shopping, sightseeing and succumbing eventually to the ubiquitous “golden arches”. A new perspective this year was the gradual onset of dusk with lamps and lights along the streets and on the riverbank. The castle above emerged floodlit in a sequence of colours. The

effect was magical.

Saturday was another skiing day. This time the weather was decidedly inclement. Enthusiasm undimmed, the party took to the slopes again although one had to keep in tight formation as visibility due to snow fall and low cloud was virtually nil. The grand finale was the really scary toboggan ride. Every student had a ride without exception. It is to credit of all both British and Slovenian that our young disabled friend was able to join in with practically every activity. This is inclusion at its best. Once again the unselfish and caring attitude displayed by most Settlebeck students was so impressive. That evening we were entertained by young musicians and dancers. Some of the Folklorna Skupina group who visited Sedbergh in August also performed for us. Then we all dined en masse with the Slovenian students, the mayor and various local dignitaries. Gifts were exchanged and the cause of twinning advanced: a very convivial occasion.

After some packing and clearing rooms the group assembled for doughnuts and hot chocolate thoughtfully provided by Emil and his staff before we set off in the early hours for Treviso. All transfers worked like clockwork and tribute must be paid to our leader for her meticulous organisation. No detail was overlooked and this volunteer helper had a very easy and hugely enjoyable week in great company. My thanks to you all. SG

highlights rural touring scheme

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Bookings (Sedbergh Tourist Information)

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**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Sedberghians in Tibet, 1904 – 2004.

On the evening of Jan. 30th members of the Local History Society and the local support group of the Cumbria Wildlife Trust gathered in Sedbergh School's Heritage Centre and the room was packed to capacity for a two part presentation.

Before giving us an historical account of connections between Sedbergh and Tibet, Steve Smith described what life is like now in Lhasa, illustrated by his own photos taken on a visit in 2004. Parts of the city look superficially much as they have for centuries, where it has pleased the occupying Chinese to

allow it. The Potala Palace is still the magnificent building which the first western visitors would have seen and there are still monks in traditional dress, but much of the indigenous quarter nearby is squalid and dilapidated. It is disorientating to find this cheek by jowl with modern Chinese shopping malls filled with 21st century goods in a large modern city. Here and there are signs of the old Buddhist faith persisting, and Steve showed us photos of religious paintings in vivid colours on large rounded rocks near the Jokhang Temple.

At the beginning of the 20th century there was rivalry between Britain and Russia for influence in central Asia,



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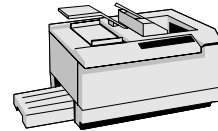
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and as part of this Francis Younghusband led an armed party into Tibet from Sikkim in 1903, reaching Lhasa in August 1904 after numerous battles and having crossed several high passes in winter; a great story in itself. Lt. William Bruce Dunlop, an Old Sedberghian, was one of the officers in charge of the supply lines employing 3000 ponies, 5000 yaks, 3000 bullocks and 7000 mules, which shows the scale of the operation. The next connection was in 1922 when Arthur W. Wakefield, Old Sedberghian, was doctor to the Everest expedition which went in from the north, Tibetan, side. He himself reached camp 3 at 21,000 ft, but

didn't acclimatise well to the altitude and was unable to go further. We were shown a photograph of him, and Mallory "with his kit off" for crossing a river, which had been hidden from public view until recently, when perhaps people have become less sensitive!

"Freddy" Spencer Chapman was in Lupton House at Sedbergh School before going on to St John's College, Cambridge. While on a Himalayan climbing expedition in Sikkim in 1936 he met Basil Gould, who offered him a post as his private secretary on a trip to Lhasa. On this trip Chapman took about 2,500 still photos, some in

(Continued on page 48)

A RECIPE FOR SEDBERGH AND DISTRICT

Return this form by April 31st 2008

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Story (60 words or less, please attach)

Please send or bring entries to (photocopy accepted)
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72 Main Street, Sedbergh, LA10 5AD
or e-mail to : office@sedbergh.org.uk

remarkably good colour for the time, and also cine film. He had become an excellent photographer and recorded all aspects of life in Tibet, and his photographs, now in the Pitt Rivers museum in Oxford, form a wonderful record of a vanished society. In his spare time he collected plants which he sent back to Kew, and these included four previously unknown species. On his way back in 1937 he almost casually climbed Chumolari, 24,000 ft; alpine style, a first ascent.

George Sherriff was in Evans House at Sedbergh School from 1912-16. He was posted to the NW Frontier in 1919. Then in 1929 while vice-consul in Kashgar he met Frank Ludlow, with

whom he later explored for twenty years, visiting Tibet between 1933 and 1938. In 1943 he became British Resident in Lhasa and was there for two years, and he was back again in 1946 with Frank Ludlow.

In 1950 40,000 Chinese troops "liberated" Tibet. Bringing us up to date, in 2003 Jim Fisher led a Sedbergh School party to Camp 2 on Everest from the Tibetan side, the highest ever reached by a school party.

Vicky Aspin has been a volunteer worker at the Holehird gardens, headquarters of the Lakeland Horticultural Society where there are

plants from all over the world, for a number of years, and during the second half of the evening she told us about George Sherriff, Reginald Farrer and William Purdom. They collected plants from Tibet and its borders during the first half of the 20th century and have connections with this area.

George Sherriff sent back over 21,000 specimens, mainly to Kew, the Natural History Museum and Edinburgh Botanical Gardens. He was a meticulous man, recording not only details of plants, but also medical equipment and treatments (30 grains of quinine plus whisky as a cure for malaria), food and weather. He mapped and photographed an area of Himalayas along the northern border of Bhutan and the Tsangpo, a region of steep sided valleys which has given rise to a large number of endemic species since there was little opportunity for interbreeding across the ranges. In an unlabelled photograph it was possible to identify George Sherriff as the man in the shorts (Sedbergh training!) while his companion Ludlow wore breeches. Vicky showed us how the herbarium specimens were mounted and carefully labelled, even to the extent of having colour panels to show what the flowers were like before they faded. It was amazing to learn that even in those days his plants and seeds were air freighted back to Croydon.

Vicky then showed us wonderful

photos of many of the plant species collected by George Sherriff and now growing here. He was particularly instrumental in discovering Primulas, Meconopsis and Saxifrages. Among those well known in gardens today were *Primula florindae*, *Meconopsis betonicifolia*, *Clematis orientalis*, *Euphorbia griffithii* ("grow it in a dustbin so it can't escape!") and *Gentiana sino-ornata*. George Sherriff and his wife Betty spent their later years in Kirriemuir, Angus, where they developed stunning Himalayan gardens containing many of the species which he had himself discovered. Alas, these gardens have fallen into decline since they died.

Between them our two speakers had spent many months researching their talks, and it showed. We are very grateful to them, and to Elspeth Griffiths for all her work behind the scenes, including accompanying Vicky to the archives at Edinburgh Botanic Gardens. Those who were unable to be present missed a treat.

John Mounsey

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KILLINGTON WI

February 12th found us assembled once again at the People's Hall. Our speaker for the occasion was Richard Cann whose subject was, "Church and Charity in Sedbergh". I have to admit that I was not quite sure what to expect. Were the two topics to be closely linked or each developed separately? As it turned out it was a little of both plus a lot else besides. Richard showed us, with the use of wonderful old photographs and sketches of old Sedbergh, how and where the churches had been built and changed through the years. We saw pictures of the octagonal design of the early Methodist Chapel in New Street, next to the gasworks, and

identified those parts of it that we can see today incorporated into the present chapel. We looked at pictures of St Andrew's Church in the days when the old box pews still existed, and also of the gallery which formerly occupied the west end of the church. We looked at the development of the Widows' Hospital, now the almshouses on Palmer's Hill, and at the various pieces of land in which the trustees invested to support the charity. It was fascinating and gave use another angle from which to view our town. Susan Sharrocks thanked Richard most warmly for his talk. I heard at least one member say, "I really must join the History Society". Our speaker was preceded by WI

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business –things to do, meetings to attend, Spring Show to be entered, letters from important places to read. What would we be without it? We were very happy to welcome two visitors to our meeting, one a cousin of Sue's and the other Audrey ? (sorry) and trust that they enjoyed themselves. Considerable time was taken up by a discussion of our ongoing involvement with the Thandi project in South Africa. Although Alan and Chris Clowes full time commitment to Thandi is drawing to a close they will continue to help, and maintain their links most strongly. We have been raising money and needed to decide how we wish to use our support. Finally we decided against sponsoring a single child's education in favour of something to help the whole school community. We hope to enable the school to buy protein rich food to supplement the "fill belly" mid-day meal which they already receive.

Now the time has come, I can delay it no longer, when I have to confess that I have "erred and strayed", in my last month's report. "Not again", I hear you say, especially Christine Simpson in her distant fastness in Norwich! Item 1 - Our birthday girl in January was not Brenda Nolan, it was Norma Cheeseman! Belated and corrected "Congratulations to you Norma!" Item 2 – Our super Christmas Hamper in December was not won by Barbara Kooper but by Elspeth Griffiths. (I was only a year out. Excuses, excuses! Actually I am practising for government!).

Now here is some reliable up to date information. February is the month in which lots of our members have birthdays (summer passion behind the bike sheds?). However our special birthday girl was Dawn Stevens – many happy returns! and thank you for a piece of your chocolate cake. Our competition for a favourite plant pot, was won by Mary Cargill and our raffle was won by Sue Sharrocks. And as Treasurer I am celebrating because everyone has paid their subs –well done!

Our next meeting will be in the People's Hall at 2-00pm on Tuesday 11th March. Our scheduled speaker (or perhaps "entertainer" would be more appropriate) is Rita Williamson whose subject is "Belly Dancing". Las Vegas has nothing on Killington WI.

WFU

THE ROSE THEATRE GROUP

The RTG are planning to have a workshop on Sunday March 30. We need help with making animals heads and masks for this years Panto, Noah's Lark. The session will run from 1pm to 4 pm, in the committee room at the Peoples Hall.

Materials will be supplied. If you have any know how in the area of getting cardboard, foam and such like to resemble animals heads then please get in touch, no need to wait until the workshop just gives me a ring. If anyone has some old sheets, duvets, curtains or blankets they don't want please think about donating them for RTG costumes.

Sandra Gold-Wood 21808

COUNCILLOR'S CORNER

Last month, I shared with you that I wrote a letter to the Chief Constable of Cumbria, drawing his attention to a 'strained infrastructure' and invited him to visit our area. I wrote that I was waiting a response; well that response arrived and soon after that so did Craig Mackay, Cumbria's new Chief Constable, on February 14th!

On hearing that he accepted my invitation, I was able to set up meetings between the Chief Constable and representatives from both Sedbergh and Dent in back to back sessions. Firstly, with representatives from Sedbergh Parish Council, Sedbergh School, and retired Community Police Officer, Dennis Whicker and then an hour later, with members of the Dent WI, the Chair of the local School Governors and members of Dent Parish Council. Kevin Lancaster, co-SLDC Councillor was also able to attend both meetings. At a time when terrorism and organised crime are absorbing large slices of the police



L - R: PC G Whitfield; Mrs S Hirst; PS P Mellard; Mr S Longlands; Mr K Lancaster; Mr C Stephenson; Mr C Mackay; Mr D J Whicker; Mr V Hopkins

budget and limited resources have to be focussed on high crime areas (of which we are not one), the Chief Constable understandably could not promise extra Officers on the street. However, he did assure us that he was concerned that there was a growing lack of confidence in the infrastructure, and along with the various local authorities would take a more collaborative approach, particularly with regard to the annual migration of travellers to Appleby Fair. He also assured us this would not be the last time we would see him. The meetings were important for me, because now our area is on his radar and our concerns have registered with him personally and this can only but be helpful when rural policing matters are being considered from Penrith.

The meeting also prompted Kevin and I to ensure South Lakeland District Council works more collaboratively with Eden District and the County, as well as the Police, in order to ensure a more coordinated approach to managing the migration. Indeed Kevin, I and the Chair of Sedbergh Parish Council, Dorothy Blair, hope to have a further meeting in mid March with the Police, Eden and SLDC Enforcement staff to ensure a coordinated and active approach to managing traveller and gypsy migration in the Cautley/Sedbergh area. The Police are also working with me, the Playground Committee, Sedbergh Parish Council and Cumbria County Council, via the local PCSO, Karen Dakin, to

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redevelop the Gazebo on the Sedbergh playground for use by young people at night and non school days. Because it would be used at night we are looking at potential lighting options (planning permission allowing), but the work to make this structure wind and water proof should be occurring shortly.

The District Council's first full Council Meeting of the Year will have taken place (February 28th) by the time you read this, and it promises to be a very interesting and significant one in many ways. You may have read in the Westmorland Gazette recently, that SLDC's Cabinet has recommended the lowest council tax rise since the tax was introduced in 1994. Cabinet members will be recommending to full Council that the District Council's portion of the 2008/09 council tax bill is increased by 3.4 per cent which is lower than the 3.49 per cent last year; in both instances the rates are below the annual rate of inflation. In real terms, for you and I, a 3.4 per cent increase would mean that South Lakeland's share of the council tax bill for an

average band D home would be £166 a year (£5.50 more than last year), for band A properties around £111 a year (£4 more a year) and for Band H properties, £332 per year (£11 more). The cuts are due to what the Leader of the Council, Brendan Jameson, refers to as 'sound financial management, efficiency savings and more effective performance by [the] authority'. This is heartening stuff to hear and one of the reasons I got involved in the first place, to ensure that our tax monies were spent wisely and effectively, but I will need to scrutinize the detail and assess what this means, in real terms, for our community services and general provision. Rest assured, I will report back next time, with a full update!

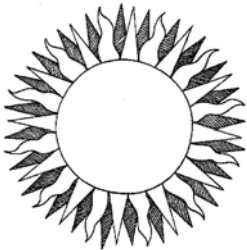
If the weather remains as good as it has been in mid-February, then I hope to see many of you out on the streets, hills and bye-ways, and if not and you have a concern, question or thought, please don't hesitate to get in touch ... I am only a phone call away on 015396 - 20080.

Best Wishes!

Cllr Craig Stephenson

SEDBERGH YOUNG FARMERS
Entertainment Competition
 Since Christmas Sedbergh Young Farmers have been practicing for the Southern District Entertainment Competition which was held at Powell Hall, Sedbergh School on Saturday 9th February. Four local clubs entered (Grayrigg, Crook, Kent Estuary and Sedbergh), each having to provide half an hours entertainment in front of 2 judges and an audience of 300 people. Powell Hall provided a perfect setting for the competition, it was the first time the competition had been held in Sedbergh, normally its held at the Brewery Arts Centre, Kendal. Sedbergh Young Farmers did The

Royal Sedbergh Variety Show. Eddie Lord and Graham Harper were our hosts, giving an excellent commentary throughout our half an hour performance. First act was the Jazz Dance which was choreographed by Susan Sedgwick. The 10 members that took part in the dance kept the routine in time but the judges commented that we needed to smile more. (I think we were all concentrating so hard, that we totally forgot about smiling). Next we had the 'I've got a brand new Combine harvester', which was sung by Graham Harper, Mark Hartley and Craig Capstick (They knew all the words, bless them). Our Sedbergh Young Farmers Girls Tug of War team



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then performed their version of The Hakka which is normally performed by the New Zealand Rugby Team before a match.

After these three entertaining acts, followed by three instrumental pieces and they all sounded excellent.

Emma Postlethwaite played Old McDonald has a farm on her flute and Emma Rowlinson played a piece of music on her Clarinet. Claire Hunter then sung a song by Cascada accompanied by Pam Stainton on the Grand Piano. Claire Hunter and Pam won Best Female Performance of the night, they got given a nice silver plate and certificates. Our lads then gave us a treat and entertained us with the Full Monty, complete with velcro trousers. Great performance lads the audience loved it. At the end of our half an hour, we got all our members that took place in the competition on stage for our finale

song, which was 'Rocking all over the World' by Status Quo and got all of the audience to join in.

The results were as follows, 1st Kent Estuary, 2nd Crook, joint 3rd place was Sedbergh and Grayrigg. There was only two points between 2nd and 3rd place. This was the first time Sedbergh YFC had entered the competition in a long time, so I think we were all pleased just to be there competing and we know what to expect for next year.

Most of all I would like to thank all the members of Sedbergh Young Farmers that took part, all the hours of practicing were worth it. Also thanks to Susan Sedgwick, you've been a great help and to John for coming to watch on a Sunday afternoon. Thanks to Sarah Kitching and to all the other past members who came to watch the practices to give us help and advice.



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NEIGHBOURHOOD FORUM

Sedbergh Youth Club

Paulyne Hartley, Young Cumbria, introduced youth club members (Claire, Matt, Charlotte, Stew, Craig, Becky and Beth) who explained that they would like to see more facilities for young people in Sedbergh. The youngsters have met with local councillors, police, representatives from the People's Hall and other agencies to discuss the development of provision for young people, in particular, a youth shelter and a youth café. The youth club currently meets one night a week and activities have included fishing; football; ice skating; quad biking; horse riding; gill scrambling and the cinema, but ideally young people would like to meet socially more than once a week.

Members have taken part in a youth participation project which included a trip to Brussels to look at provision for young people in Europe.

Grants

Sedbergh Bowling Club	£800
Sedbergh Playing Field Playground Committee	£800

And Thanks

Thanks were received from representatives of Garsdale Village Hall for funding towards a new roof and from Spellbound Theatre for funding towards new lighting.

Police

Sergeant Sizer, one of the two sergeants responsible for the Kendal Rural Team area which includes Sedbergh, explained a move in resources away from uniformed

officers into protective services. He also suggested that whilst the area is fortunate in having low crime figures, there is a big increase in thefts of scrap metal and roofing materials, particularly lead, and asked everyone to be aware of this trend, particularly if they see anyone working on a church roof! Quad bike thefts continue to cause concern and Sgt. Sizer reminded people never to leave keys in the ignition.

Sergeant Sizer said it was good to see young people at the Forum. He mentioned some ongoing problems between local youths and Sedbergh School boys, adding that the police view this seriously, and commented how easy it is for a few young people to give a whole group a bad name.

Sergeant Sizer was asked if arrangements have been made for the Cautley area (similar to those in place for Kirkby Lonsdale and the Appleby area) when the travellers visit in the summer? Dorothy Blair confirmed work is going on behind the scenes; one meeting has been held, another is planned and an article on this issue will appear in *Lookaround*. Sergeant Mark Jacobs is involved and will be passing information on to Sergeant Sizer when they meet next week. It was stressed that problems arise because of the length of time travellers remain in the area and deteriorating standards of behaviour. Local people do not want to stop anyone, but would like to see the event managed better.

Alan Day asked that consideration be given to refusing police leave during the Appleby Fair period so that the Force is at full strength and for better co-operation between Lancashire and Cumbria Forces.

OPEN FORUM

Day Care Dorothy Blair expressed concern over Age Concern's decision to relocate day care provision for Sedbergh's elderly resident at Barbon instead of at the People's Hall.

Dianne Whitehead will look into this and liaise with concerned parties.

Highway Issues It was suggested that the work of the quick response team is not good. Councillor Joe Nicholson and Dianne Whitehead explained the new system to be introduced which comprises 2/3 'hot box' teams who will fill and seal potholes properly and other teams who will spend time in each area working through jobs identified by the Parish Council. Councillor Nicholson acknowledged there are plenty of potholes between Sedbergh and Kendal and asked that issues be reported to him and to the Highways Hotline 0845-609-6609. It was queried whether there is a system for refilling salt boxes? These are filled on request only.

Dianne Whitehead will get a definitive explanation from highways engineers of a mystery road sign sited on the Kirkby Lonsdale road. The explanation will be included in *Lookaround*.

Better signage is needed to Gawthrop - both to highlight the turn

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and warn of the nature of the road in bad weather.

The issue of the bus shelter in Sedbergh was raised. People do not use the shelter because they cannot see the road from it. Consequently, people have to stand on the pavement. A 'see through' shelter is needed.

Parked cars - obstruction and visibility problems caused by parked cars at various locations in Sedbergh were raised. The Parish Council have addressed this issue in the past, and whilst things improve for a while, they soon slip back. Sergeant Sizer will look into this problem, but said there is little the police can do if cars are taxed.

Dog Fouling the issue of dog fouling on footpaths and subsequent penalties was raised. Dorothy Blair said it was necessary to have proof, i.e., a photo of the offender before any action could be taken.

Border TV Alan Day appealed for signatures supporting the retention of the Border TV Lookaround programme.

HENRY WILSON BOOKS

Henry Wilson, trading as Henry Wilson Books has recently bought the shop and flat in Main Street which was occupied until recently by Howgills Sweet and Gifts. Henry moved in early in December and work to transform the building into a bookshop began almost immediately. Passers by will have seen new signage and new shelving, the latter becoming filled with a wide selection of new and secondhand books on transport (mainly railways) and industrial history.

Henry and his late wife established the business in 1983, initially trading from home but moving twice to larger premises as the business grew. Always trading mail order by catalogues, book fairs and internet sales added new dimensions. The most recent development was joining the Dales and Lakes Book Centre (sharing premises with the Sedbergh Tourist Information Centre) now a co-operative of some 20 bookdealers from all over the North of England. Having become part of Sedbergh's new role as England's Booktown (where we have joined Hay-on-Wye and Wigton, buying a shop in Sedbergh seemed a natural progression.

Henry is delighted with the welcome he has received from almost all traders and passers by, one exception being the old lady in a wheelchair who stopped her companion to read the announcement in the shop window

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Must have own transport



and exclaimed "Not another bookshop"! Rising to the challenge, Henry went out and asked what was wrong with "another bookshop" only to be told that the old lady would much rather have a shop which sold knickers and socks! Residents with cars do not of course have a problem as such things are readily found in Kendal shops but even buses pose problems for the disabled.

What the old lady had overlooked is of course that Sedbergh Booktown needs more bookshops, not less in order to maximise its appeal as a destination for bookbuyers. Unlike walkers, cyclists and motor tourists, this group is making the trip to Sedbergh specifically because it is a Booktown and they are likely to find particular books for which they may have been searching for some time. Once here, bookbuyers will be able to make good use of the many cafes, shops and pubs and thus trade overall will benefit. Who knows, in the future someone may well open a shop which will offer knickers and socks for old ladies!

MP TIM FARRON

I guess that I should know better by now but still it never ceases to amaze how little understanding there is of our area in Government. I met with the Transport Minister, Tom Harris, before Christmas to discuss putting one of those brown signs that direct visitors to tourist attractions on the M6 at Junction 37 to encourage people to turn off to visit the Yorkshire Dales, so bringing more tourism into Sedbergh, Dent and Garsdale. When I went in to the room he was a bit confused as to why there was any need to put a sign on the M6 at all. He seemed to feel that the Yorkshire Dales was somewhere near Scarborough and so, not unreasonably, he believed that taking the M6 to reach this wonderful part of the world was rather bizarre. When I showed him and his civil servants, on the map I had brought along, exactly where the Dales were and that turning off the M6 was in fact a very sensible way to reach the area, they were rather surprised. As a result his attitude to the proposal changed markedly from being opposed to being "minded to approve" (Ministers never commit themselves as easily as that). Anyway I have now had confirmation that the Highways Agency are planning to put up the brown sign for both North and South bound traffic. Unfortunately, they claim the regulations currently prohibit the mention of Sedbergh or Dent on the sign so if the plan goes ahead it will say "Western Dales". Taking my lead from the Minister

when I was asked what I thought of this proposal I was fairly non-committal and promised to consult with interested parties. I have written to the councils in the area to ask for their views but if anyone has some thoughts then please let me know.

My view is that we accept the plan as it stands currently and once the sign is up and the precedent is set we can start to press for a review of the wording – I noticed the other day that Lancaster gets a mention on its brown sign.

I have said on many occasions how much I respect Sedbergh and see it as a bit of a model for other rural communities. So I was very pleased to be given the chance to congratulate your Town Band on its tenth anniversary. The way that the band brings together players of all ages and backgrounds is not simply good for enabling a variety of people to gain pleasure through playing their music but is another thing that binds the many different elements of the town together. You are very lucky to have them and must be justly proud of them. I hope that their tenth anniversary takes them to new heights of musical achievement.

As ever if there are any other issues you would like me to raise I can be contacted by writing to at Tim Farron MP, Smokehouse Yard (new name same yard), Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

SEDBERGH SCHOOL



Sedbergh School has maintained its strong Academic traditions with a fine performance for this year's Oxbridge candidates. Four pupils have been offered places at the Universities of Oxford and Cambridge.

Tom Seddon, a local boy, previously at Sedbergh Junior School, has a place to read Medicine at St Catharine's College, Cambridge. Catherine Hirst, also local, will read Earth Sciences at St Peter's College, Oxford. She follows in the footsteps of Laura Priestley who has recently been awarded a Double First in History at Cambridge.

Fred Strachan has a place to study History at Girton College, Cambridge (in the footsteps of recent Head of School, Henry Johnson) and Constantin Boye will study Economics at Churchill College, Cambridge.

All four have pursued Music, Drama and Sport to a high level while at Sedbergh. They are a part of a long tradition of outstanding Sedbergh all-rounders. A delighted Headmaster, Christopher Hirst, commented "Sedbergh has always prided itself on developing the whole individual, looking to achieve both Academic

excellence and fulfilment in the world beyond the classroom. These four outstanding young people represent all that is best at Sedbergh.

LIFT SHARING

"Over ten million cars travel each day in the UK at rush hour with no passengers, which translates to around 38 million empty seats." (Halifax Insurance 2006)

Commuting is often a part of rural life. Of course, there's public transport, cycling and walking, but a new option is rapidly growing in popularity - lift sharing. The steady increases in fuel prices are helping to focus the minds of motorists on alternative ways of getting from A to B. Lift-sharing is a brilliantly simple idea that helps reduce the number of cars on the road, cuts air pollution and can save you money - and stress.

If you've thought about giving up your car but still feel you need access to one occasionally, then car-sharing could be for you. If you are interested, you can register with www.liftshare.org and record your journey. The system matches you with a potential driver or passenger who is travelling in the same direction or to the same destination. No money changes hands; people just take it in turns to drive.

I have been liftsharing for nearly two years, and the benefits go beyond the financial and environmental. I travel everyday from Sedbergh to Lancaster, and share most days. The journey seems much shorter with

company, particularly over the dark winter months. Moreover, I estimate that I have saved around £1000 per year since I started. I am happy to talk to anyone thinking of lift sharing, about how our group works, about joining our group, and to give encouragement to set up similar arrangements to other destinations. Contact me on 015396 20950 or e-mail: t.ormerod@lancaster.ac.uk

Tom Ormerod

CHARITY RUN

I shall be running the London Marathon on April 13, and am seeking sponsorship for the N-W Air Ambulance.

We all know how vital a service this provides for the people of this area, as well as the rest of Cumbria. What is less well-known is that it is entirely dependent on charitable donations, with no central funding. The annual cost is about £1.9 million and if I can raise - with your help - a contribution to that I shall be very happy. My target minimum is £1,500, but clearly more would be better!

I have completed the London three times before (1997, 1999 and 2001), as well as numerous 1/2 marathons (Nottingham Robin Hood (15), Great North Run (6), Royal Victoria Half, Great Eastern, Derby Ramathon), and I'm confident of finishing, but at age



70, I won't be breaking any records!

Please support me and the Air Ambulance. You can do so by letter, email or phone call, or direct through my website www.justgiving.com/johnioannou3

John Ioannou, Birk Rigg, Cowgill, Sedbergh LA10 5RH 015396 25023
jandgbirkrigg@uwclub.net

PHOTO CALL

Last month I received one very welcome phone call from David Baines - the Dent one, with 2 names for the football team.

Front Row now reads Gary Bowman, Alan Winn, Glen Bowman, xxxx, David Baines (of dent) missing name possibly a Todd someone must know.



In this month's photo, I recognise quite a lot of these lads but not all ... David Hobart, John Harris, Brian Haygarth, Harold Bainbridge to mention a few. A full set would be great so I can finally file the photo and add ALL the names.

Details if known to Shirley Tebay, Walnut Bungalow, Dent, LA10 5QT. Tel (015396) 25001 or by email shirley.tebay@btinternet.com

MUNCHEON MUSIC

On Wednesday 30th January, 10 pupils from Sedbergh School performed excellent pieces of music for Woodwind to a very full Queen's Hall.

Most months during school term time, Mr John Seymour organises a group of enthusiastic pupils to play their 'Party Pieces' to an equally enthusiastic audience consisting of members of community of Sedbergh and staff and pupils of the School. This is always preceded by free refreshments of soup and sandwiches.

The next performance will be on Wednesday 5th March and will

consist of 'Strings'. Everyone is most welcome to join an ever increasing crowd of followers of fine music.

D J Whicker



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LADIES N. F. U.

The first meeting of the New Year was on 15th January with a good attendance. The speaker was Miss Sarah Scarr who told us about her life as a children's nanny in various parts of the country and abroad until she came back home when her father was ill to help her mum care for him.

It was then that she started her business Sarah 'M' baking cakes etc., and making jams and chutneys with which she has won various awards at shows and markets.

We all sampled her delicious nibbles which she had brought with her.

Our Christmas meal was enjoyed by 27 members and friends at The Gallery on 29th January.

Meetings are held on the third Tuesday in every month in the People's Hall Committee Rooms at 7.30pm. New members welcome.

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PARKINSON'S DISEASE

On Friday 28th March the Parkinson's Disease Society are holding a "Drop-In" at the Castle Street Centre, Castle Street, Kendal between 11am and 2.30pm.

Information will be available from Benefits and Pensions advisors, Parkinson's Disease Nurse, Carers organisations. Staying Put, Home safety, representatives from the Parkinson's Disease Society and others who will be happy to talk to you and answer your questions.

A wide range of information will also be available free of charge.

Refreshments will be provided and

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For more information please contact: Jill Strickland on 0161 724 7718 or Ronnie Farrow on 20663.

CRICKET IN CRISIS

Dentdale Cricket Club urgently needs more players to enable us to fulfill our fixtures this year.

If we do not increase our pool of players, cricket in the Dale will come to an end.

We play 40 overs friendly games at 2pm on Sundays.

If you can help call John Hyde on 015396-25503 or David Hunter on 07713-787515.



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FROM THE EDITOR

Every month, I am receiving more and more information from you by Internet e-mail. My system is set up to discard rubbish received but occasionally, it deletes a 'genuine' file. I do go through these deleted files and re-establish them but every now and then, one will slip through and be permanently deleted. Every e-mail that I do receive, I respond to, so if I have not responded to yours within a few days, please send me another with nothing attached and we will try and sort things out.

On 19th December, I slipped on ice and ruptured the tendons in my left

knee. I was operated on on 24th December and got Plastered on Christmas Day before being allowed home. Since then, I have had so much support from everyone for which I wanted to say a big Thank You. The biggest thanks (and sympathy) goes to Jacky who has given me 100% TLC (although I think it is wearing a bit thin now!!!)

Lookaround is still in full production and we continue to be amazed as to how things are still developing within these pages.

One happy story this month is that I was contacted by a lady in America who saw the report on our Web Site from the History Society in October about Thomas Mawson, a gardener in the Lake District. It appears that she is the Great, Great Niece of Mr Mawson and she has now gained some more information regarding her family tree.

Thank you again for all the support and contributions.

Dennis J Whicker

COUNCIL ELECTIONS

South Lakeland District Council are wanting to encourage people to stand in the forthcoming District Council Elections on 1 May. Anyone interested can pick up an information pack from the Community Office.

YDNP

Please note that there will be no Planning Surgery on Wednesday 5th March.

Andrea Burden

SETTLEBECK HIGH SCHOOL

Settlebeck students mourn Joan Campbell

Joan Campbell, a known and well loved character from Sedbergh, has sadly passed away. Our thoughts and prayers are with her family. Joan, 58, was a hardworking cook at the school and had worked with children of Settlebeck for 4 years, she will be missed terribly.

A close friend of Joan's said "Joan was the sort of person to cheer everyone up - she would always have a smile on her face".

Joan will always be remembered for her smile and her ability to befriend children. She will be greatly missed and shall never be forgotten.

Adam Roberts & Llana Fearn

Paul Hoggarth

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GARDEN SURVEY

How did your garden grow?

Memories of plants grown, gathered and used in the Dales 1900- 1960

The Yorkshire Dales National Park and Hawes Countryside Museum are trying to record local knowledge

handed down through generations about Dales plants and gardens and recreate these gardens at the National Park's centres and museums .

If you have garden memories you are happy to share either by interview or questionnaire please contact Rosemary Marsden (015396 21729) or rosemary.marsden@btinternet.com. Thank you.

Sample questions: What plants were grown? What were they used for? How was food preserved? What was picked in the wild?

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The County Council are looking for 'supported lodgings' for young people leaving care. They want to recruit households with a spare room and an interest in supporting these young people who often have no family to help them mature and become independent. Please contact the 'Supported Lodgings Project' on 01900 325 383.

**FREDA TROTT
MEMORIAL SERVICE**

A service will be held at Howgill Church on Saturday the 26th April at 2-30pm to celebrate Freda's life.

If anyone wishes to suggest items for inclusion or to take part in the service please call me, Frank Wright my telephone number is 01740 630706.

JUNIOR DOMINO DRIVE

Many thanks to all who came to the Domino Drive. Thanks also to those who donated prizes and helped on the evening and a special thanks to John Capstick from Killington who was our M.C., for the evening and made it such a successful evening.

Sedbergh Playgroup

Dear Editor,

I would like to add to the comments concerning Mr. Dave Gent the former bus driver. I always found him to be very happy and cheerful. He would help anyone. He was very caring of the children and any other passenger on the bus. All the passengers liked him and we all signed wishing him well when he left.

G. Devine

SEDBERGH PEOPLE'S HALL

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Notice is hereby given of the Annual General Meeting on Monday 7th April at 7.30 pm.

All residents are encouraged to attend, especially in view of proposed developments to the Hall. A full report of the meeting will appear in the April issue of the *Lookaround*.

**SEDBERGH SCHOOL GIRLS'
FUND**

A Meeting of the Committee will take place on Wednesday 12 March at 4pm, in the Bursary, Sedbergh School.

Applications for Grants should be made to the Honorary Secretary/ Treasurer, Miss J Tomkinson, The Bursary, Sedbergh School, Sedbergh LA10 5RY by Tuesday 11 March 2008.

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ROAD CLOSURE

Cumbria Highways have stated that the A684 Garsdale Road will be closed intermittently for repairs from 25 February for 2 weeks between New Bridge and Badger Dub. Expect delays.

LOOKAROUND OUTLETS

The *Lookaround* is available from the following locations:-

Sedbergh

Sedbergh Office Services; Post Office; Green Door; Sleepy Elephant; Nisa; Ellies Bakery.

Farfield Mill Tearoom

Dent

Post Office; Dent Stores; Meadowside

DENTDALE W.I.

There was a good attendance at the February meeting of Dentdale WI.

President Catherine Sugden mentioned that our best wishes had been conveyed to Nancy Murdoch and Doris Foster both recovering and unable to be with us. The business part was busy with plans for the year ahead and reminders of courses and outings on offer in the WI News.

The committee has summarised ideas for the summer outing and it is now over to the membership to make their choice from the wide selection available. Dentdale WI at it's most democratic!

Our main fund raising event this year should be very enjoyable as a Fashion Show has been booked for the 25th July.

Much nearer in time is the Dent Run, Saturday 8th March which raises much needed extra funding for Dent School. Members were asked to volunteer a helping hand in preparing the refreshments and maybe supply baking or help with the serving of teas after the race.

Three of us had attended the consultative meeting at the end of January and Anthea Boulton gave a brief summery of the afternoon. Cumbria Westmorland had voted for the following two resolutions –“ inappropriate imprisonment of the mentally ill” and “the need to ban the harmful practice of bottom trawling.” These two resolutions were also chosen nationally and they will go forward to the National AGM.

Our speaker, fellow member, Gill



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HAPPY 10th BIRTHDAY!

Yes it's my 10th birthday –

R Lewes

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Ioannou gave an illustrated talk entitled "Around the Horn." Gill and husband John had joined friends for a cruise flying out from England to the port at Lima in Peru and then sailing along the coast of Chile in a luxury cruise liner. From the north of Chile the Atacama Desert hugs the coastline and is the driest desert in the world being sheltered by the Andes. On then, to the fertile central third of the country which is called the Lake District before south to glaciers and fjords. Gill illustrated her talk with stunning photography of the interesting places where the cruise ship had docked. She mentioned ancient civilisations of the Incas and showed examples of the art work to be seen. On then, to the Horn, that is at the southern most tip of South America, notorious for stormy seas. The cruise also called at the Falklands, to Sparrow Cove and Devil's Nose each place teeming with nesting penguins and albatross. Gill's photographs included the King, Gentoo, and Rockhopper penguins and they saw other unusual birds, vultures, rhea and the condor. At Devil's Nose the young albatross chicks were only inches away from the observers and absolutely unafraid. Their parents were not in the least agitated by the peeping humans! The talk was excellent including historical, geographical and wildlife details where they fitted into the narrative. Judith Newsham thanked Gill for a fascinating evening. Catherine Sugden won the competition for a photograph of the sea and Anthea Boulton the raffle prize. Next month Kendal College will be demonstrating "A two course meal." On the 12th March in the Memorial Hall. All welcome.

FAMILY MUSINGS

The baby which is to be my "honorary" grandchild, and please remember the "honorary" bit of all this or there will be trouble from certain quarters, is due to be born on March 5th, of course they might have different ideas but that is the plan. Mummy-to-be is booked in for that afternoon. I spent a lovely Saturday recently looking after the other three children of that family, we played with clay and mud, and I have found a new talent, playing two games with two children both at the same time!

By the time you read this we should have all survived .. oops I mean enjoyed a day at the Wild Animal Park at Dalton with tickets I bought at the school promise auction last year, it caused a bit of comment as the tickets were to take 10 children and as we don't have any grandchildren as yet folk probably wondered who I

would take. One of our offspring was heard to moan that "mother never took me to the Zoo yet she's taking random children now" actually dear, I did take you to the zoo, lots of times, it is just that for some reason the one trip you remember was the one I did not go along on, possibly because it was to a zoo I had already been to many times. Strange what our children can remember .. and not remember isn't it?

Talking of remembering who remembers the clockwork monkey which used to sit in Sedgwicks shop window from mid December every year? In its good days a few turns of the key and it would attempt to bite an apple, in old age it just sat there watching the world go by. Local men away in the First World War asked, in letters home to Sedbergh, if the Monkey had arrived in the window. Sadly it is no more, another bit of

Kay Whittle

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local history gone without trace. We should all write down things we remember about local life, about growing up in the villages and dales, about people we have known and heard about, who knows someone might write about us!

Good weather has had me out in the garden making a start on all the many jobs, we haven't been out on the bikes much we are waiting for a bit warmer air and the roads are quite busy with all the folks training for the Run. But with the aid of a trailer we plan to find some flat stretches of road once the summer comes, perhaps not around here unless we head for Fell End, which reminds me of something probably best forgotten

L

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but what the heck.. Many years ago when I was about 16 my then boy-friend picked me up from Mums shop and we went for a drive up towards Fell End, then a nice walk up on "clouds" and back to the car, no indication that anything was wrong. He asked me to stay out of the car to check if his lights were working .. and drove off and left me! Needless to say the next time I set eyes on him he got the frostiest glare I could muster and that was that. A kind lady gave me a lift back to the shop where the staff fell-about laughing and although Mum tried to be supportive her lips twitched a bit too! She told me to put it down to experience but as the years have gone by it seems "experience" has a lot to answer for. Enjoy your experiences and hopefully no-one will copy the above method of dumping their girl/boy friend.

Meanwhile I await the arrival of Baby Galbraith with great interest and excitement, and hubby? He just lets me get on with it, he has had a lot of practice at that being married to me for over 25 years.

Sarah

SEDBERGH & DISTRICT HISTORY SOCIETY

At the first meeting of 2008, Martha Bates spoke about a very influential nineteenth-century lady called Harriet Martineau. Harriet who was born in 1802 was a writer and philosopher, and became renowned as a political economist, journalist, feminist and abolitionist. Martha began by telling us about her early life, which was spent in Norwich as the sixth of eight children in a family of Huguenot extraction and Unitarian views. Evidently Harriet suffered from a weak constitution for most of her life. Furthermore, she had no sense of taste and smell and began to lose her hearing from an early age, eventually having to use an ear trumpet. The austere atmosphere of her home with its emphasis on hard work coupled with a lack of warmth shown by her mother combined to make her childhood quite unhappy.

Nevertheless, she was interested in learning, read widely and developed a strong sense of justice.

Martha described how Harriet's life became more fulfilled when she began to spend more time away from home. When she was sixteen she passed some months with an aunt and uncle in Bristol, enjoying the company of intellectual and congenial people. In her early twenties, she began to write anonymously for a Unitarian periodical. However, life became difficult for her when her father died leaving very little money to support his wife and daughters. When the bank in which their money was invested failed, and the man to whom she was engaged died, Harriet had to look for ways to earn her living. Martha gave an account of how she gradually managed to do this by writing reviews and stories and eking out her income by needlework. Eventually, a breakthrough came with

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her publication *Illustrations of Political Economy* which was very popular and successful.

When Harriet moved to London in 1832 she became acquainted with the leading writers and thinkers of the time, including George Eliot, Charlotte Bronte, Elizabeth Barrett Browning and Charles Darwin. She went on a prolonged visit to the United States and made herself unpopular with her outspoken support of the Abolitionist party. She also had strong views on a range of current affairs like Catholic Emancipation, Chartism, women's rights and educational methods, and her books and articles continued to be well received.

Periodically Harriet suffered from ill health, and in 1839, fearing she had a tumour she left London and spent a few years with her sister and brother-in-law in Tyneside. After a course of mesmerism, an alternative health treatment, and with her health much improved, she moved to Ambleside where she spent most of the rest of her life until she died in June 1876. Although she continued her writing, her reforming zeal was also put to good use in local projects, such as the improvement of housing for working class people.

The Society were grateful for Martha Bates' introduction to this inspirational Victorian lady, who was so ahead of her time.

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 Dent & Cowgill

Rev. P Boyles Tel: 25226

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DIARY OF EVENTS

Dates are held up to 10th December 2008

<i>"Lookaround Diary" What's missing?</i>		UR	21	Good Friday	
For all entries marked (*), see Advert in last Lookaround			21	SHS End of Term	
MARCH					
1	St David's Day		21	1400 Storytelling for all the Family	DCMH
1	1000 Same Difference Exhibition (*)	FM	22	1000 Scouts Coffee Morning	SHQ
1	1930 SS Choral Society (*)	Carlisle	23	0452 Easter Service (*)	Winder Fell
2	1900 SS Choral Society (*)	SSPH	24	Easter Monday	
3	1930 FCH AGM	FCH	24	1000 Annual Easter Monday Sale (24)	DMH
4	1930 CTiS Lent Course	DMC	25	1400 Dry Stone Walling Demonstration	DCMH
5	1000 Sedbergh Playgroup Coffee Morning	URCR	26	1400 Discover & Do	DCMH
5	1300 Muncheon Music (6)	SSQH	30	1000 Patchwork & Quilting Demonstration	DCMH
APRIL					
5	1930 HS Rome's Northern Frontier (1)	SHS	1	1000 Shanties Exhibition (14)	FM
5	1930 WIF The Bath House	PH	1	1000 Duo Tones Exhibition starts	DCMH
6	SS CCF Band Charity Concert	SSPH	2	1000 WIF Coffee Morning	URCR
6	1930 WIF The Finishing Touch	HVH	2	1930 WIF It Started in Sedbergh 1652	PH
7	1830 Flicks in the Fells (1)	DMH	3	1930 WIF WG Cartoonist	FCH
7	1930 KVH Domino Drive	KVH	7	SHS Start of Term	
7	1930 Sedbergh Anglers AGM (7)	WHC	7	1930 PH AGM	PH
8	1000 Living with a Listed Building	Grassington	7	1930 Annual Dent Parish Meeting	DMH
8	1000 Duo Tones Exhibition starts	DCMH	8	1400 WIK British Folk Songs	PH
8	Dentdale Run	Dentdale	9	1000 NW Cancer Coffee Morning	URCR
8	1400 Sed Cricket Club Jumble Sale	PH	9	1915 WID Hanging Baskets	DMH
8	1930 Art Society	SSC	9	1930 CWT Bird Migration Walney Island	SHS
8	Slovenia Day River of Songs (8)	Farfield	12	1200 Spring Show (Centre Pull Out)	PH
9	1000 Same Difference Exhibition Ends (*)	FM	13	1000 Duo Tones Exhibition Ends	DCMH
11	1400 WIK Belly Dancing	PH	17	1930 Noah's Lark	PH
11	1930 FCH Domino Drive	FCH	18	1930 Noah's Lark	PH
11	1930 CTiS Lent Course	StAS	19	1400 Noah's Lark	PH
12	1000 URC Coffee Morning	URCR	19	1930 Noah's Lark	PH
12	1915 WID A Two Course Meal	DMH	20	SS Start of Term	
12	1930 CWT AGM & Mountain Flowers	SHS	23	St George's Day	
13	1800 Sedbergh Parish Plan Drop In	PH	23	1000 StAS Mission Coffee Morning	URCR
14	1000 Shanties Exhibition Starts (14)	FM	26	1430 Freda Trott Memorial Service	HC
14	1000 The Schiffli Project Exhibition Starts (14)	FM	26	1600 Community Cinema (*)	PH
14	1930 SHS PTFA Quiz Night	SHS	26	1900 Community Cinema (*)	PH
14	1930 Places, Names & Landscapes	DCMH	27	1000 Shanties Exhibition Ends (14)	FM
15	1000 URC Jumble Sale	URCR	27	1000 The Schiffli Project Exhibition Ends (14)	FM
15	1600 Community Cinema (*)	PH	30	1000 GVH Coffee Morning	URCR
15	1900 Community Cinema (*)	PH	30	1000 Producers Market	JLCP
15	1930 HS AGM (1)	SHS	MAY		
16	1100 SS Coffee Concert	SSQH	1	District Elections	
18	1400 Blind Group Schoolday Memories	PH	1	1930 WIF Quigong	HVH
18	1400 Sedbergh Parish Plan Drop In	PH	2	1930 Jazz in Sedbergh (45)	PH
18	1500 SS Wilson Run	Back Lane	3	Open Garden	GFK
18	1900 Neighbourhood Forum	KL	4	Open Garden	GFK
19	1000 CA Coffee Morning (19)	URCR	5	May Bank Holiday	
19	1000 Touch of Elegance	PH	5	1430 CWT Duck Race	Busk Lane
19	1930 HS Coniston Coppermines (1)	SHS	7	1000 Barnardo's Coffee Morning	URCR
20	SS End of Term		7	1930 WIF Advisor - Resolutions	PH

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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.

12	1000	Christian Aid Week	URCR	
13	1000	Christian Aid Week	URCR	
13	1400	WIK Resolutions & Music Quiz	PH	
13	2030	SS Collegium Musicum	SSPH	
14	1000	CA Coffee Morning	URCR	
14	1915	WID Burnley to Hollywood	DMH	
15	1000	Christian Aid Week	URCR	
16	1000	Christian Aid Week	URCR	
17	1000	Christian Aid Week	URCR	
17	1230	Sedbergh Gala	Sedbergh	
17	1900	Community Cinema (*)	PH	
18	1130	Coffee Concert	SSQH	
21	1000	Firbank Church Coffee Morning	URCR	
23	1445	Young Kidz Football Tournament	PH	
24		SS Start of Half Term		
24		SHS Start of Half Term		
24		Walking Festival	Sedbergh	
24	1830	FCH Barbecue	FCH	
24	1900	K Shoes Male Voice Choir	URC Kendal	
25		Walking Festival	Sedbergh	
25	1000	Annual Charity Truck Pull	KL	
26		Walking Festival	Sedbergh	
28	1000	WIK Coffee Morning	URCR	
28	1000	Producers Market	JLCP	
31	1930	PH Dance	PH	
JUNE				
1		SS End of Half Term		
2		SHS End of Half Term		
4	1000	Dent Foot Chap Coffee Morning	URCR	
4		WIF Outing	TBA	
5	1930	WIH Members Evening	FCH	
10	tba	WIK Edenlea Garden	Penrith	
11	1000	Garsdale Church Coffee Morning	URCR	
11	1915	WID Felting	DMH	
13		Music Festival Starts	Sedbergh	
13	2000	Ceilidh	PH	
14	1930	Besses o' th' Barn	StAS	
15	1030	SS Choir	StAS	
15	1500	Bach Cello Suites	URC	
16	1300	Organ Recital	StAS	
17	2000	String Music	StAS	
18	1000	Playgroup Coffee Morning	URCR	
18	1300	Muncheon Music	SSQH	
18	2000	'Cornerstone' Folk & Jazz	Westwood Bks	
19	1300	Cheetham School of Music	StAS	
19	1900	Trial by Jury	PH	
20	1900	Trial by Jury	PH	
20	1930	SS Concert	SSQH	
21	1030	Pepperpot Morning	StAS	
21	1930	The Abbey Singers	StAS	
22	1700	Choral Evensong	StAS	
22	2000	Schubert Song Recital	StAS	
23	2000	Piano Recital	StAS	
24	1300	Four Hands - One Piano	StAS	
24	2000	Sedbergh Town Band	StAS	
25	1000	Dent Methodist Coffee Morning	URCR	
25	1000	Producers Market	JLCP	
25	1300	Violin Sonatas	StAS	

DIARY KEY	
BF	= Brigflatts
BS	= Baliol School
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC/S	= Dent Methodist Chapel/Schoolroom
FCH	= Firbank Church Hall
FM	= Fairfield Mill
GFK	= Grassrigg Farm, Killington
GH	= Gladstone House
GVH	= Garsdale Village Hall
HC	= Howgill Church
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KL	= Kirkby Lonsdale
KVH	= Killington Village Hall
LHCP	= Loftus Hill Car Park
MCCCKL	= Methodist Church Centre KL
PH	= People's Hall
SHS	= Settlebeck High School
SLSB	= South Lakeland Society for the Blind
SMCR	= Sed. Methodist Church Room
StAS	= St Andrew's Church, Sedbergh
SHQ	= Scouts Headquarters
SS	= Sedbergh School
STO	= Sedbergh Tourist Office
URCR	= United Reformed Church Rooms
WID	= Women's Institute, Dentdale
WIF	= Women's Institute, Frostraw
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington

Regular Meetings			
Howgill Toddlers	1315 Every Monday		HVH
SL Carers Association	1400 1st Tuesday		PH
Dent Parish Council	1900 1st Tuesday		DMH
Killington WI	1400 2nd Tuesday		PH
Ladies NFU	1930 3rd Tuesday		PH
Coffee Morning	1000 Every Wednesday		URCR
Zebbras	1315 Every Wednesday		SMCR
Sedbergh Juniors	1730 Every Wednesday		PH
Sedbergh Seniors	1930 Every Wednesday		PH
Toy Library	1430 1st & 3rd Wednesday		PH
Frostraw WI	1930 1st Wednesday		PH
History Society	1930 1st & 3rd Wednesday		SHS
Dentdale WI	1915 2nd Wednesday		DMH
SLS Blind Group	1415 3rd Wednesday		PH
Sed. Parish Council	1930 Last Wednesday		PH
Howgill WI	1930 1st Thursday		FCH

All entries are free

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218
 Repeat Prescription ☎ 015396 20239
 Out of Hours ☎ 01539 781999
 Bay Call ☎ 0845 0524 999

Dr W Lumb

Monday	0830 - 1100	1500 - 1800 *
Tuesday	0830 - 1030 *	
	1230 - 1300 *	Dent
Wednesday	0830 - 1030 *	1430 - 1730 *
Thursday	0830 - 1100 *	
Friday	0830 - 1100 *	1430 - 1730 *

Dr C Hunt

Monday	0830 - 1030 *	1500 - 1800 *
Tuesday	0830 - 1100 *	1500 - 1800 *
Thursday	0830 - 1030	1430 - 1730 *

H Pilling Nurse Practitioner

Tuesday	0830 - 1100	1400 - 1700 *
Wednesday	0830 - 1030	1400 - 1700 *
Thursday		1500 - 1800 *
Friday	0830 - 1030	1400 - 1700 *

*The Health Centre reserve the right to offer any
 Doctor/Nurse practitioner at any time
 in the Open Surgeries*

Practice Nurses

Monday	0845 - 1300 b	1400 - 1730 b
	0840 - 1030 c	
Tuesday	0845 - 1300 b	1400 - 1730 b
Wednesday	0830 - 1300 a	1400 - 1730 a
Thursday	0830 - 1300 a	1400 - 1730 a
		1400 - 1730 b
Friday	0845 - 1300 b	1400 - 1730 b
	1200 - 1330 c	

a = Joanne Batty
 b = Anne Crome
 c = Kay Lumb (Blood)

District Nurse	Health Visitor
☎ 015396 21690	☎ 015396 20979

A Collinge Optometrist

Every Friday	0900 - 1300	1400 - 1730 *
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* = *By Appointment Only*

DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Ms G Turner, Mrs D Ross
 & Mr B Taylor

Monday to Thursday	0900 - 1700
Friday	0830 - 1500

LIBRARY Main Street ☎ 20186

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

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day
 0900 - 1700

www.sedbergh.org.uk/booktown/dlbc.html

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600
 Thursday 1000 to 1300

e-mail office@sedbergh.org.uk
www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 0870 1264061

www.cabkendal.ndo.co.uk

PENSION SERVICE SURGERY

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

SLCVS @ Community Office

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

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

☎ 0845 33 00 247

PUBLIC TOILETS

Main Street, Sedbergh & Main Street, Dent

VETERINARY SURGERY

22 Long Lane ☎ 20335

Mr N. Preston & Mr J. Bramley

Monday to Friday	1400 - 1430 *
Mon, Wed & Fri	1900 - 1930 *
Saturday	1330 - 1400 *
Sunday *	

* = *By Appointment Only*

MARKET DAY	WEDNESDAY
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HALF-DAY CLOSING	THURSDAY
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