

## Sedbergh & District

# LOOKAROUND

April 2011

Issue 287

Donation £1

A big thank you to everyone that attended the Celebration Party and for all the flowers, cards & congratulations that we received. The only problem was that we could not invite everyone so if you were not invited, it was not personal, just no room.

Please note that this month sees Easter and the Royal Wedding which limits us at the end of the month for preparation so please submit your articles by 19th April to allow us to print the May issue in good time. Thank you.

*Dennis & Jacky Whicker*



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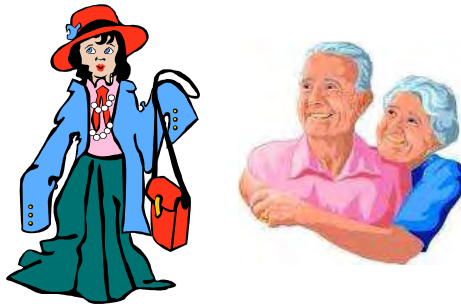
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# APRIL BIRTHDAYS

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

The recipient this month :- Isabel Metcalfe who is 8 years old on 10th April.

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



## NONAGENARIANS

We are now including the details of all those aged 90 years and over who wish to have their details included. To do this, we must have the persons permission, the correct Name & Date of Birth and a contact telephone number. Please supply these details and they will appear in the relevant month. Sadly, they will not qualify for the Birthday Voucher!

Day	Name	Age
3	Cameron MILBURN	5
4	Emily STANLEY	1
5	Katie COLTON	5
10	Isobel METCALFE	8
10	Brodie SWALLOW	11
18	Jasmine SEN	3
18	Tom ALLAN	7
21	Abbie ALLAN	9
22	Myles STANTON	4
22	Siobhan COUSINS	6
23	Zak HALL	4
25	Izzy NEWBOLD	5
25	Sienna MIDDLETON	6
26	Emily KITCHEN	9
27	Scott LAWSON	4
27	Emilia PAGE	10
28	Lucy CAPSTICK	5
29	Jessica ORR	10
	<b>Nonagenarian &amp; Over</b>	

## PERSONAL & SMALL ADS £1

### COOK

Dorothy would like to thank all friends and neighbours for their cards, flowers and support after her recent accident.

=====

### CORPE

Rita and Bill wish to thank friends and neighbours for the many cards, flowers, meals, phone calls and offers of help over the past few weeks during Rita's stay in hospital and convalescence. We also thank all at the Sedbergh Health Centre for their prompt actions and concern. We are grateful for the love and support shown to us both.

=====

### COUSINS

Maurice, Lesley, Ian, Clive, Claire and family would like to thank everyone for their kindness, support and cards received following our sad loss of Sue. It has been a great comfort to know that Sue had so many friends, the many messages of condolence have been greatly appreciated.

Thanks to Brian Goad for his efficient and sympathetic handling of the funeral arrangements, also to Dorothy and helpers for the lovely tea, Andrew Allan for playing the music in church and for all the help from everyone. It has been greatly appreciated.

Donations for Macmillan Cancer Care and Oncology ward Lancaster has raised over £900 so far but donations can still be made through J J Martin funeral directors.

### DEVINE

Happy Birthday Joyce. With love from Georgina, Laura, Nigel, Anne-Marie and Ben.

=====

### EASTHAM

To Robert and Katherine (nee Thomas) in Birmingham on March 3rd a son Edward James, a welcome brother for Thomas Andrew.

=====

### EASTHAM

Congratulations Robert and Katherine on the safe arrival of Edward James, and to Thomas on becoming a big brother. Lots of love from both families.

=====

### HALL

Happy 4th Birthday Zak on 23rd April 2011. Every day you amaze us, and by doing so little you teach so much. Happy Birthday little man, Love Mummy, Daddy and Ashleigh XXXX

=====

### HALL

Happy 4th Birthday to my beautiful godson Zak Hall, You are always in my thoughts, Hope you have a lovely day. Lots of love Aunty Sarah XXXX

=====

### WOMEN'S AGLOW

I enjoy going to Women's Aglow on the first Tuesday of every month. They give us a nice buffet and a good time or worship. There are a variety of very good speakers. Georgina Devine.

## PERSONAL & SMALL ADS £1

### LOOKAROUND

Happy 25th Birthday to Lookaround.  
From the Sedbergh People's Hall  
Management Committee

=====

### FOR SALE

Motorhome - Caravan - Camping accessories:- Fiamma Roll Tank Grey Waste Water Carrier 23L £20; Aquaroll £35; Aquaroll Bag £5; Pair of drive on levellers £5; Mains Lead with roller cord carrier £35; Movelite XL Drive Away Awning Teal Colour for heights 230-260 cm complete with figure 8 fixing strips as new. Weight approx 10 kgs £135; SAS wheel clamp ORIGINAL for 10"-15" wheels Cost £74 accept £50; Stoplock steering wheel lock Argos Price £29.99 accept £20; Pair Caravan/ Motorhome freestanding steadies £7; 2 x memory foam mattress toppers Width 67 cm, length 187 cm, depth 5 cm complete with removable covers can be used as singles or a double £50; Marks & Spencer mattress topper (double) £30; Rayleigh Parkway Lite Folding Bike Used once – trial ride on caravan site RRP £269 accept £195; (*I knew I couldn't ride a bike!!*); Folding Bike Bag £20. Enquiries for all the above items please phone 015396 21898 or 0776 9575482.

=====

### FOR SALE

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=====

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### WANTED

Spellbound Theatre urgently requires to rent or loan a dry shed, attic or cellar to store costumes. If you can help with conserving this community resource please contact Andrew Allan on 07788-688490 or Susa Ellis on 20344.

=====

### WANTED

Garden help required for two gardens in Cautley. Pay and hours to be arranged. Tel: 015396 20790.

### FAMILY MUSINGS

Thank you to those who thanked me for the Musings at the Lookaround Party, this prompted the thought which first came some time ago of compiling a book on Family Musings. I need help from anyone who has copies of the early Musings. Between us, the Editor and I have quite a number but not the very early ones as the computer with them saved on blew up! I am sure it wasn't the fault of the monthly column. I couldn't stay very long at the celebrations as we were invited to another party, which included as part of the entertainment four beautiful "ladies" dressed in their finery to sing to us. Those darling men took to their parts like Ducks to water and one in particular has better shaped legs than I have! Talking to one of our grown-up children about it made her comment on the best Harvest Supper entertainments were when the fellas dressed up as women and acted daft. Proves my point, which I often put into practice, it is fine to act "daft" at times!

Do you ever wonder at the speed of the passing of time? Or on a less serious note if all the blonde staff in the cafe are my daughters? To answer the second question first, no they are not, it is just a happy coincidence. Here we are in April, soon to be Mothering Sunday and Easter and a certain Royal Wedding which folk seem to be very enthusiastic about or couldn't care less, then it will be May which seems to be going to be a very busy month for me. Yes, I know people have the

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idea that I am really really busy all the time anyway, in fact I am busy for most of the time but "book in" gardening time and "replenish sleep time" and "me" time in the same way as work in my diary.

In theory I do, it never really works out like it should, but my new, ever changing routine has confused my darling cat so much she went off her food. Last eve, one of my late home-comings she must have been sat on the chapel path looking for me (prob thinking, sometimes she calls here) as I spotted her flying up the road & up our drive ahead of me, except I drove up to the Hall to check something. Before long Mitts had arrived there and then followed us home for an affectionate reunion and a good helping of cat food.

Enjoy your pussy cats and bow wows.

Sarah

### **DENT PARISH COUNCIL**

The March meeting discussed the threat to the Saturday bus service and awarded two grants to local organisations. It was also attended by PCSO Rachel Thomas who gave one of her regular updates on policing matters. A full account of the meeting is contained in the minutes, published on [www.dentdale.com](http://www.dentdale.com) (follow the parish council link) and obtainable as a hard copy on request from the parish clerk.

### **Bus Service Cut**

The March meeting discussed the County Council's proposed cut to the Saturday Bus Service from Dent Station to Kendal and surprise was expressed that a service which has

on occasions been over subscribed would qualify as one to be axed. It seemed strange that in the same week that the County announced its decision, it also received £288,000 from the government to support community transport schemes in rural areas. If only a small amount of this funding could be used to support the Saturday bus, there would be no need to axe it. The meeting agreed to write to press for the decision to be reversed, and a letter to this effect was subsequently sent jointly from Dent and Sedbergh parish councils.

Support has also been sought from Tim Farron, MP and County Councillor Kevin Lancaster. If you are concerned about the loss of this

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service, please make your views known by writing to these two people.

### **Tackling Vandalism with Local Schools**

It is often said that you can't do anything in Dent without someone knowing about it, and this was the case recently when some purple paint was sprayed on the walls of the bus shelter. The parish council phoned Settlebeck High School and QES in Kirkby Lonsdale as soon as the vandalism was discovered, and the response from both schools was excellent, resulting in the culprit quickly being identified.

### **Oil Thefts and a Suspicious Vehicle**

More heating oil has been stolen in Dent recently, bringing the total number of thefts in Dentedale to four. The police are asking householders to check their oil tanks and report any suspicious activity to them on 0845 33 00 247.

In addition, there have been reports of a suspicious white Ford Transit vehicle with metal sides collecting scrap in the Dent area, and any further sightings of it should also be reported to the police.

### **Playing Field Flooding**

Another attempt has been made to solve the drainage problem on the playing field. A rod has been passed through the drain that flows into Keld Beck but no blockage was found, so the next step will be to put in a larger diameter pipe with fresh gravel around it. It won't be possible to stop the field from flooding, but hopefully with a bigger pipe it will drain more quickly when it does flood.

## **Sunday 3rd April**

Mothering Sunday lunch served at

**DUO** *café Bar & Bistro*

2 Courses £9.50

3 Courses £12.00

To book a table please ring

015396 20552



### **Grants**

Two grants of £500 each were awarded at the March meeting: to the Memorial Hall Committee for the refurbishment of the kitchen, and to the Walking Festival for publicity material including leaflets. The new business forum's application for a grant was looked on favourably, but it was decided not to award a grant until the new organisation was properly constituted.

### **Recycling Changes**

New recycling bins installed in Dent Car Park mean that cardboard can now be put in with paper, and glass no longer needs to be sorted into different colours. Unfortunately there is still no facility for recycling plastic – the nearest point for that is the Joss Lane car park in Sedbergh.

### **Police Drop-in Sessions**

Dent is now covered by two PCSOs – Rachel Thomas and Karen Dakin – and they have changed the day of the drop-in session at Dent Stores. If you have an issue you would like to raise with the police, either Rachel or Karen will be there between 10am and noon on the 3<sup>rd</sup>

Saturday of each month.

### NHS changes

On April 4<sup>th</sup> in the Memorial Hall, Dr William Lumb from Sedbergh and Clive West, the practice manager in Hawes, will talk about how the proposed changes to the NHS will affect the Sedbergh and Hawes GP practices, and take questions from members of the public. The meeting is the Annual Parish Meeting, at which the parish council will also present its annual report for 2010-11.

### Royal Wedding

In response to requests from two members of the public, the March parish council meeting agreed to support any community initiative to celebrate the Royal wedding by

giving up to £100 for decorations.

### Next Meetings

As mentioned above, the next meeting will be the Annual Parish Meeting and will be held at 7.30pm on April 4<sup>th</sup> in the Memorial Hall. At this meeting, there will be an opportunity for members of the public to raise any issue about the parish council's work.

The next parish council meeting will be at 7.30pm on May 9<sup>th</sup> in the Sedgwick Room, when there will be a public forum at about 8pm.

All parish council meetings are open to members of the public.

Jock Cairns, Chair Tel: 25655 e-mail: [dentparishcouncil@btinternet.com](mailto:dentparishcouncil@btinternet.com)

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### **St GEORGE'S DAY PARADE**

This year, St George's Day falls right in the middle of the Easter Weekend but that is no deterrent for organising a Celebration Parade similar to last years inaugural one.

As it stands at the moment, everyone involved is requested to gather in the Bull Hotel Car Park on the morning of Saturday 23rd April. At 11am, the Parade will commence from the Car Park, left onto Main Street, right onto Back Lane, right onto Finkle Street, right onto Main Street then back into the Bull Yard. Last year, this started by the Telephone Exchange and ended up on Joss Lane Car Park but it is felt this would now be impracticable.

St George will lead the Parade and will be followed by the British Legion Standard (as last year) along with any Sedbergh Branch Members . ALL Groups in Sedbergh and District that have a Standard, Banner or Flag are

invited to Parade with the British Legion Standard. This is an Open Invitation to The Scouts, Guides, Women's Institutes (apologies if you are not mentioned) to show off your colours to everyone else. Other 'Walking Groups' similar to the Gala Parade are invited to join in to Celebrate this day of which we should be proud of. The Town Band will bring up the rear of the Parade to make it a lively and picturesque event.

Things are in the early stages at the moment but other entertainment is to be provided at the rear of the Bull Hotel.

If you would like to join in the Parade or have any suggestions, please contact me so that things can be organised to help make this a splendid Annual Event to celebrate St George's Day - unless you feel ashamed and embarrassed to be English!

*Dennis J Whicker*

### **Midday Supervisor Vacancy**

**Scale 1, point 5 - £6.3666 per hour**

**2 hours weekly - 12 pm to 1 pm - Monday and Wednesday**

Our friendly and successful school needs a Midday Supervisor to join our lunchtime team.

The main responsibilities of the post are to actively encourage healthy eating and safely manage and supervise pupils afterwards.

The role involves working from 12.00 pm to 1.00 pm on Monday and Wednesday, term time only.

Further details and application forms are available from  
Mrs P. Summers, Dent CE Primary School, Laning, Dent, LA10 5QJ.

References will be called prior to interviews.

Dent C. of E. School is committed to safeguarding and promoting the welfare of children and young people. We expect all staff and volunteers to share this commitment. The successful candidate will be subject to an Enhanced Criminal Bureau (CRB) check along with their relevant employment checks.

Dates for interviews to be arranged.

### SEDBERGH PARISH COUNCIL

Since my last report the Council has met at the end of February.

#### Planning Committee

- No planning applications were opposed by the council. However it was agreed that a number of concerns relating to the planning brief for land opposite Derry Cottages, Millthrop should be sent to the National Park Planners
- It was noted that agreement has been reached with the owners of the former Udales shop in Main Street for a window display by the History Society.
- It was agreed that in future, where possible, Planning Committee meetings will be held on the first

Wednesday of the month at 7.00pm at the Community Office. These meetings are open to members of the public.

Full details of planning applications can be obtained either from the council office or by application to the clerk.

#### Grants Agreed

Requests we agreed for £500 for the Town Twinning Committee and £100 for CAB both to be deferred until the new financial year.

#### Car Parks

It was agreed that parking permits would be reduced from £52 to £35 (overnight) and £32 to £20 (daytime) w.e.f. 1<sup>st</sup> March until 31<sup>st</sup> Aug 2011. Passes can be obtained from the



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Community Office.

### **Amenities Committee**

Hedging around The People's Hall has now been completed revealing the poor state of the boundary wall. This has been overcome by banking up earth which will be seeded in the summer.

Loftus Hill disabled toilets have been mended and are now open.

The rebuilding of the bowling club wall is 50% completed.

The Ghyllas Lay by picnic area has been started and good progress is being made.

The overhanging hedge at Toll Bar has been cut back.

### **Queens Gardens**

The Queens Gardens Committee has produced a new plan for the development of the Garden which was supported by the Council.

### **Sedbergh Townscape Initiative**

The Draft final report was submitted to the Project Board at a meeting on 15<sup>th</sup> March. The board was very pleased with the scope and quality of the report which will be finalised shortly.

The Initiative is now moving into the implementation stage and it was agreed that the initiative now be renamed the Sedbergh Townscape Project. The first project is to install new high quality cast aluminium street sign in the Town Centre. This is being funded by YDNPA (£4,000) and SLDC (£2,000) for which we are very grateful.

**The next meeting** will be on **April 28th** at 7.30pm at the People's Hall committee room. Members of the

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public are welcome and there is always an opportunity usually around 8.30pm for you to participate. The agenda will be posted in the Parish notice board and Community Office before the meeting.

For any further information please contact the Clerk Colin Robertshaw. (Tel 01539 730597 email [clerk@sedberghparishcouncil.org.uk](mailto:clerk@sedberghparishcouncil.org.uk) or at the Community Office around midday each Wednesday)

*Colin Robertshaw*

### COUNCILLORS CORNER

*The future of local authority housing:*

At the very end of the last parliament national government proposed to cast off all national housing debt to local housing providers. This was intended as a once and for all settlement of an issue which has grown un-noticed by virtually everyone since the First World War. The concern is that public sector housing has been built, effectively on public debt and this debt is dislocated from the resultant asset, the local authority housing stock.

Whether you buy into that argument or not, there is a large amount of housing debt nationally. It might be supposed that the debt would be distributed according to its creation. That would mean that most would go to major conurbations where hundreds of thousands of houses have been built since 1919. However, sadly that was not the model arrived at by the previous government. Instead, they calculated, authority by authority how much of the debt their housing stock could support. This was greatly

### SEDBERGH & DISTRICT CHAMBER of TRADE

**OPEN & SOCIAL EVENING  
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Speakers • supper • networking

At the Bull Hotel, Main Street  
Thursday 14 April, 7pm

**TICKETS £10**

from Sedbergh TIC, 72 Main Street

disadvantageous to shire districts.

Although the Housing Minister, Grant Shapps has not as yet made his views explicit it appears that by and large the present coalition intends to proceed with the programme on much the same terms as the previous one. The papers I have seen do not explore the reasoning and in spite of the magnitude of the problem they have not made the analysis sections of the national broadsheet press. Personally, I assume that the housing stock in some major cities simply would not bear the "fair" distribution of debt, but I await further information on that matter.

**DON'T MISS IT!**

**K-SET AGM**

Thursday 14th April @ 7:30pm

Killington Village Hall

**MICRO WATER POWER**

**What are the opportunities?**

Meet Spaan Babcock Engineering who are  
undertaking the Killington Design Study

**ALL WELCOME**

Refreshments?

Of Course!





The offshot of it all is that national government intends to park £77M debt on the South Lakeland housing stock. This would be a debt of about £27k per council tenant in the district. Now, it might be, that there is a way ahead and that involves transfer of the housing stock to a housing association. For reasons which take an inordinate amount of explaining this debt could then be paid off by the housing association over about 26 years. In practice if we were to go down that route then it would be to an independent South Lakes Housing, free from council control. It might be that we, the council attempt to do this in a very short time. That will involve a referendum of council tenants and will cost towards £3M in itself.

Because of the cost there would have to be widespread confidence that the referendum would pass and that all local political parties would support a “yes” vote. Many of my colleagues have long been persuaded of the advantages of Housing Transfer – it is no secret that I have always been more sceptical than most. We do not know as yet whether the option would be allowed. We do believe that under the proposals as voiced at present it is likely to be the only realistic option for council tenants within South Lakeland.

*Councillor Kevin Lancaster – 015396 20800, 07980 844 695, kjlanc@kjlanc.demon.co.uk, Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS*

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### COUNCILLORS CORNER

With the forthcoming District Council elections in May we are now entering the so-called Purdah period. This means that for the next couple of months any articles or literature stemming from myself in my capacity as a sitting Councillor needs to be free from any form of political complexion or bias. The safest way is not to write anything at all! However my colleague Cllr Kevin Lancaster and I have agreed to continue to write our respective articles for the Lookaround on the clear understanding that they will be free of anything which is overtly political or to do with the election campaign itself as such. This way we

do not disappoint our readers...!

On the 15<sup>th</sup> March I attended a meeting of the Sedbergh Townscape Initiative (now renamed Sedbergh Townscape Project to indicate that we are now moving from the planning stage to the "action" stage). This was another multi-agency meeting involving representatives from the Parish Council, Sedbergh Chamber of Trade, Sedbergh School, the Yorkshire Dales National Park Authority, officers from SLDC as well as the Project consultants. The draft of the final stage of the consultant's Report is now undergoing its final revision and as soon as this process is completed it will be made available for Sedbergh and District residents to

<p><b>bullhotel</b> restaurant • bar • accommodation</p> <p><b>sample menu items</b></p> <p><b>To start</b></p> <p>Grilled Goats Cheese En Croute Devilled Lakeland Lambs' Kidneys Tempura Battered King Prawns Asparagus wrapped in Smoked Salmon</p> <p><b>Main</b></p> <p><b>meat game &amp; poultry</b></p> <p>Pork Fillet, Apple &amp; Black Pudding Wellington Confit of Duck Leg Orange Marmalade Brushed Duck Breast Chorizo of Chicken Cumbrian Reared 10oz Sirloin Steak</p> <p><b>015396 20264</b></p> <p>reception@bullhotelsedbergh.co.uk bullhotelsedbergh.co.uk</p>	<p><b>spring menu 2011</b></p> <p>Functions, event &amp; buffet menus available upon request</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>country classics</b></p> <p>Black Sheep Beer Battered Haddock Local Cumberland Sausage Ring Bull Hotel Burger Braised Lakeland Fell Lamb Shank Homemade Luxury Fish Pie Calves Liver &amp; Onions</p> <p><b>vegetarian</b></p> <p>Fresh Spinach, Goats Cheese &amp; Mushroom Ravioli Spicy Mediterranean Vegetable Fajitas Creamy Leek &amp; Mushroom Risotto Mediterranean Vegetable &amp; Goats Cheese Tagliatelle</p> <p><b>seafood</b></p> <p>Oven Roast Pave of Salmon Pan Fried Solway Caught Plaice Fillet Oven Roasted Cod Loin &amp; Vine Cherry Tomatoes</p> </td> <td style="width: 50%; vertical-align: top;"> <p><b>sides</b></p> <p>All main courses can be ordered with two of the below:</p> <p>Fondant Potatoes Hand Cut Chips Creamy Mashed Potato Mustard Mashed Potato New Potatoes Homemade Beer Battered Crispy Onion Rings Fresh Vegetables Cabbage Pierre Kauffmann Honeyed Carrot Ribbons Mushy Peas Rocket &amp; Parmesan Salad House Salad Bread Basket</p> <p>We also offer a wide selection of daily specials, sandwiches, snacks and desserts.</p> </td> </tr> </table> <p style="font-size: small; text-align: center;">Main dishes start from £8.95. All prices are inclusive of VAT at the national prevailing rate. The Bull Hotel was recently awarded maximum Food Hygiene Rating of 5 stars = Excellent by South Lakeland District Council.</p>	<p><b>country classics</b></p> <p>Black Sheep Beer Battered Haddock Local Cumberland Sausage Ring Bull Hotel Burger Braised Lakeland Fell Lamb Shank Homemade Luxury Fish Pie Calves Liver &amp; Onions</p> <p><b>vegetarian</b></p> <p>Fresh Spinach, Goats Cheese &amp; Mushroom Ravioli Spicy Mediterranean Vegetable Fajitas Creamy Leek &amp; Mushroom Risotto Mediterranean Vegetable &amp; Goats Cheese Tagliatelle</p> <p><b>seafood</b></p> <p>Oven Roast Pave of Salmon Pan Fried Solway Caught Plaice Fillet Oven Roasted Cod Loin &amp; Vine Cherry Tomatoes</p>	<p><b>sides</b></p> <p>All main courses can be ordered with two of the below:</p> <p>Fondant Potatoes Hand Cut Chips Creamy Mashed Potato Mustard Mashed Potato New Potatoes Homemade Beer Battered Crispy Onion Rings Fresh Vegetables Cabbage Pierre Kauffmann Honeyed Carrot Ribbons Mushy Peas Rocket &amp; Parmesan Salad House Salad Bread Basket</p> <p>We also offer a wide selection of daily specials, sandwiches, snacks and desserts.</p>
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read and consider. Those of you who responded to the consultation held earlier this year will be particularly interested to examine it but I highly commend it to everyone. It is one of the best Reports of its kind that I have read and is a tribute to the consultants who prepared it (Urban Practitioners) and to all those who contributed to it. I cannot emphasise enough that as and when the recommendations in this Report are carried through it will affect the lives of everyone living in Sedbergh and I cannot urge you strongly enough to make yourselves familiar with the Report. IT IS IMPORTANT! Also as a matter of interest the way in which the Town has set about this exercise

is rapidly becoming recognised as an example of “best practice” and being cited as such both within the District and beyond. To have been advised by the iconic Council for Architecture and the Built Environment is also an important feather in the Town’s cap. Many congratulations so far to the Parish Council of Sedbergh whose initiative this primarily is.

On the 12<sup>th</sup> March I went to Kirkby Lonsdale to be present at the opening of their new Community Shop which is being run as a joint exercise between the Town Council and Made in Cumbria. It was officially opened by SLDC Chair Cllr. Sylvia Emmott. In the wider context this forms part of the Love the Lune project and in the

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longer term it is hoped that there will be a stronger tie formed between this project and the Sedbergh & District Tourism Initiative. A very positive start was made in this direction when a group from Sedbergh, Dent and Kirkby Lonsdale travelled to Manchester on the 5<sup>th</sup> March to participate in the "Great Days Out" Tourism Trade Show. The event was by all accounts a great success and will, I trust, form a firm foundation for further partnership working of this kind in the future.

On 18<sup>th</sup> March, I shall be attending a full day's Housing Conference being organised by SLDC to look at the housing needs of the District and in particular at the provision of more affordable housing. This looks to be a very well attended event with representatives from across the region and I am looking forward to learning a lot from it. Finally I was delighted to be able to attend the party last weekend to celebrate 25 years of the Sedbergh and District Lookaround. Apart from being a very enjoyable event with

plenty of live music and more than enough good food to go round it was also an opportunity to express our thanks to Dennis & Jacky Whicker for their sterling work which they have put in over this period. It would be difficult to imagine a more perfect example of a community newspaper / newsletter / magazine all rolled into one and without it Sedbergh and the surrounding area would be much the poorer. It is a local institution and I would guess that there are very few people from hereabouts who do not read it. Well done, Dennis & Jacky and every good wish for the next twenty five years!

As ever Peter Woof and I may be contacted at any time as follows:  
 Peter Woof: 015396 20857  
 e-mail: peterwoof@hotmail.co.uk  
 Ian McPherson: 015396 20648  
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**LUNE VALLEY**

A new website promoting the Lune Valley as a major tourist destination is being launched next month, and local businesses are being invited to sign up.

Over 21 million people a year currently visit the South Lakes, bringing over £910 million in revenue to this part of the county. Day visitors spend an average of £24 per head while the figure grows to over £50 for people making overnight stays. It is hoped the new website will help increase the Lune Valley's share of this tourist revenue, which will in turn stimulate new jobs and opportunities for local people.

The website, [www.visitthelunevalley.co.uk](http://www.visitthelunevalley.co.uk), is the innovation of the Love the Lune awareness campaign, designed to encourage an increase in economic prosperity in the area. Based in the historic market town of Kirkby Lonsdale, the campaign is part funded by the European Agricultural Fund for Rural Development: Europe investing in rural areas. It will be delivered through the Northwest Regional Development Agency with Defra as the Managing Authority. Part of the campaign's mission is establishing a Social Enterprise in Kirkby Lonsdale, a commercial business, which puts its profits back into projects identified by the

community.

Businesses in Sedbergh, Kirkby Lonsdale and surrounding towns and villages are being offered their own page on the enterprise's flagship website.

The website will highlight the natural beauty of the area, as well as the range of accommodation, experiences and attractions on offer to visitors. It will provide a comprehensive database of local businesses and attractions as well as a full search facility, and companies will be able to sell their products or tickets to events and attractions. Ongoing membership will give local people the chance to attend tourism orientated workshops and seminars, access the website's logo, photography and business tips, and be part of joint marketing initiatives to attract more tourists to the area.

Mark Fuller, co-owner of The Sun Inn hotel and restaurant in Kirkby Lonsdale said: "This website should benefit the whole of the community by raising the profile of the Lune Valley to tourists from around the UK and worldwide. With one click of the mouse, visitors will be able to see the remarkable choice of accommodation, food, drink, and activities we have to offer. They will realise what a beautiful and inspirational destination this is and hopefully extend their stay, as well as spending more while they are here."

For more information about the website, or to arrange an interview or photo call contact Project Leader Claire Benson on 078210 01352.

# even more Easter activities...

## Family sports night!

Weds 20th April...for All ages & abilities  
Multi sport fun for the whole family - give it a go!  
5.30-6.45pm.....£5.00 per family

## Stroke improvement course

Monday 18th - Thursday 21st April  
4 sessions.....9.00-9.55am.....£12.00\*

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## Junior gym coaching

Sat 9th & Sun 10th April.....Ages 14 & 15  
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## BROADLY GLAMPING

For a number of reasons I find myself a champion of broadband development in Sedbergh. People sometimes ask me why Sedbergh needs faster broadband, when they are perfectly happy with the internet speeds they have already. And that's a fair question, so I'll try to give some answers to it here.

Answer 1. Not everyone whose telephone comes through the Sedbergh exchange gets broadband, the further away from the exchange you are, in general the slower the speed, and there are many on the Sedbergh exchange who get no broadband at all. Changing this will almost inevitably mean faster broadband for those nearer the exchange.

An elaboration of this article is to be found on [sedbergh.broadbandcumbria.com](http://sedbergh.broadbandcumbria.com) where I give references to what I have to say in the following points, so you can look them up.

Answer 2. In The Economist's World in 2011 supplement, Julia Gillard, prime minister of Australia, gave a good description of why a high-speed digital future is so necessary for the development of a modern nation. (Sadly, the article by David Cameron in the same publication is rather bizarre and shows no such vision. Possibly he sees the point, I hope so.)

Answer 3. Farming. Demand for meat in the UK is considerably less than it once was, yet is rising rapidly worldwide as people in poorer



countries get richer. And raising animals requires high volumes of something that is in short supply in many areas yet we have plenty of: water. So our area should be well set-up to prosper from the changing conditions. Getting the product to the people who are asking for it will be a challenge I guess and if it is going to happen at all will require among other things a fast digital infrastructure, somewhat along the lines of what is being put in place with arable farming in Brazil.

Answer 4. Tourism. 'Glamping' is on the rise. It's short for 'glamorous camping'. To quote: 'GPS-enabled smart phones will feature applications that identify birds and purport to repel insects via high-frequency tones'. Free-to-use and high-speed wi-fi connections will be the expectation, then. Now I know there are some who yearn for the cold tap and midge-infused porridge; that is increasingly a specialised market and does not form the thrust of Sedbergh's current tourism strategy (I believe).

Answer 5. The management consultants in the hills. Remote working is a good thing because people who work that way tend to have minimal environmental impact and can sometimes bring in quite a lot of money. Such folk will increasingly be expected by their contacts to be able to participate in video-conferencing, requiring fast digital connection.

Answer 6. The small companies. Our own company at one time got away with selling itself as a high-tech

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creative industry, but would struggle more now as expectations have risen faster than has broadband provision in Sedbergh. (Mercifully, for a number of reasons, we no longer even contemplate government contracts, so we are not as worried as we might be).


So there we are, five and a half very good reasons to agitate for faster broadband in Sedbergh and district, even if you are entirely happy with what you've got. I hope that that, together with the references on [sedbergh.broadbandcumbria.com](http://sedbergh.broadbandcumbria.com), help explain why – it's for the community.

*Dave Collier*

### DENTDALE WI

There are signs of Spring all around in Dentdale. The allotment plots have been turned over, and while the snowdrops are covering the ground with flowers at the moment of writing, all sorts of shoots are beginning to appear in the gardens and hedgerows. So, our Speaker who in the event turned out to be not one, but two ladies from Kendal Castle WI, caught the moment with almost perfect timing with their subject: *Allotments*. Perhaps we were expecting some advice on choice of seeds, however, the talk opened with Gillian Price giving a little history of the allotment movement. She highlighted the Great Wars when one

was expected to "Dig for Victory." More recently with the trend for organic freshly grown produce, more and more people have turned to growing their own veg! Terry Doherty then continued the story charting the rise and progress of a group who were given an allotment at Canal Head. Kendal. All was going well and with great enthusiasm when a call from the police one very early morning, informed the group that their shed was ablaze! Well not daunted and with the story in the Westmorland Gazette bringing offers of another shed and tools, they began again but when that too was set alight by vandals, it was time to move to another plot! More publicity brought



### Sedbergh Community Development Centre

#### Courses for April to June

Subject	Tutor	Day	Wks	Start	Times
<b>Surface Expression and Texture</b> - an introduction to the use of texture in paint surfaces.	Frances Winder	Sat	1	11-Jun	10.00-16.00
<b>How Good Is Your Memory?</b> a taster session for anyone who is experiencing problems with their memory	David Walton	Tue	1	29-Mar	13:00-16:00
<b>Low GI Cookery</b> - a course to improve your diet and "tickle your taste buds". Great for weight watchers or diabetics.	David Walton	Mon	6	09-May	19:00-21:00
<b>Pilates</b> - join our popular ongoing classes	Teresa Hill	Mon	6	Ongoing	16:30-17:30
	Teresa Hill	Mon	6	Ongoing	17:45-18:45
<b>Feel Confident on Scafell Pike</b> - learn about navigation, weather conditions and equipment.	Tim Deighton	Sun	1	07-Apr	10:00-18:00
<b>Mountain Adventure Back o' Skidda</b> - a weekend mountain experience in the Lakeland fells	Tim Deighton	Sat/Sun	1	02-Apr	Meet 09:30
<b>French Day Out</b> - immerse yourself in a language for a day	Helene Shovlar / Florence Tourne	Sat	1	14-May	10.00-16.00
<b>Spanish Day Out</b>	Pilar Valera /Loiuse Muir	Sat	1	14-May	10.00-16.00
<b>Italian Day Out</b>	George Handley / Dianna Naracci	Sat	1	11-Jun	10.00-16.00

**Most courses are funded by Cumbria Adult Education**

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them a purpose built shed for free and offers of manpower to construct a concrete base. Fruit bushes have been transplanted to the new plot and it is to be hoped that this will be a bumper year! The competition was for a limerick beginning *There was an old gardener from Dent.....* and the line inspired a really good entry. Catherine read out the limericks and the winner was Chris Taylor.

During the business meeting Jean Haygarth unveiled the plans for a WI weather proof banner to fasten to the hall railings for WI events and she was able to show us the real thing a few days later on the morning of the Dent Run when many of us were preparing the refreshments in the

hall. We had written to Taylors of Harrogate thanking them for their sponsorship over the years, and received a box of tea bags which will be used for that all important cup of tea at the meetings. Details of the Group meeting were given. It is to be held on Monday May 16<sup>th</sup> at Peoples Hall Sedbergh when a Group of singers from Kirkby Lonsdale will entertain us with songs by Gilbert and Sullivan. At next month's meeting on April 13th we will welcome Christine Sheppey who is all set to take us through some Dance exercises. So comfortable clothes and shoes! New members and visitors welcome!

*Pat Allen*

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### **HOWGILL W.I.**

We were pleased to welcome four visitors to the March meeting. We hope they enjoyed the evening. President Mary Silva gave a warm welcome to members and guests.

Two members attended *Lookaround* 25th Birthday celebration and two will be representing us at the Council Meeting in April at the Town Hall in Kendal.

As highlighted in the County Newsletter and W.I. Life, we need to be aware of the low prices dairy farmers are being paid for their milk. As in 2005, we are urged to raise public awareness on the issue. Our singing group led by Helen Beare, have been invited to take part in the

Flower Festival at Cautley church on May 22nd.

We were pleased to welcome our speaker Andrew Lowe who is no stranger to us as this was his eighth visit to Howgill. A superb selection of slides allowed us to take a close look at churches in the national park area of the Lake District. We looked at 31 churches, each with a story to tell, each one being unique, highlighting features of design and craftsmanship. Each a focal part of the community. A church might look drab from the outside, but, take a look inside and you will be sure to see some fascinating architectural history, a haven of peace and tranquility.

Anita Carey thanked Andrew for

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teaching us a lot and packing so much knowledge into his talk

The competition for a homemade bookmark was won by Anita Carey with Mary Stainton second. The social half hour, devised by Tanya Hoare and led by Helen, was a sing together lifting our spirits and enjoyed by all. Our usual Jacobs Join and get together brought the evening to a close. The April meeting will be held at Firbank Church Hall on Thursday 7th. When Judith Dunsford will be showing slides of flowers around Sunbiggin Tarn. Visitors welcome.

*Audrey Hoggarth*

#### **KILLINGTON W I**

#### **THE AFTERNOON W I FOR THE ENTIRE DISTRICT**

*February*

It's good to get away from the wintry weather so February saw us off on our travels again. This time we headed for the South Atlantic in the company of Paul Sweeting, to Ascension Island to be precise. You may remember that last year Paul told us about his time as chaplain to the Falkland Islands, South Georgia,

ST ANDREW'S PARISH CHURCH, DENT

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#### **SALE**

**Monday 25th April**

Dent Memorial Hall

10am to 2pm

Refreshments all day

Home Baking ~ Plants ~ Nearly New

Books ~ White Elephant

Competitions ~ Raffle etc



and Antarctica. The journey to and from the Falklands includes a midway stop on Ascension Island. This volcanic island is geologically very young, having emerged from the mid-Atlantic ridge a mere million years ago. The last major eruption took place about 600 years ago. There is no indigenous population so it remained uninhabited until Napoleon was incarcerated on St. Helena, 800 miles to the south-east, in 1815 when a small British garrison was stationed on Ascension to deny it to the French.

Paul and his family chose to break their journey on Ascension, and take the opportunity to explore this unique place. There was more than enough

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to do to fill their days and we saw pictures of the rocky landscape, and the tunnels hewn through the lavas by Marines on the track up to the highest point on the island, Green Mountain at 2,814 feet, a perfect lookout point. The "green" was alien to the natural environment but trees including Norfolk Pines, Eucalyptus, and Bamboo were brought in and planted. We learned about the Mexican Thorn bush which is invading the islands and the problem for the native wild birds, caused by imported rats and feral cats. I am sure that we could find many persons who could tell us about life on the Greek islands, but I wonder if anyone

else in Sedbergh has visited Ascension? Thank you, Paul for this special insight.

The business of our meeting was rapidly dealt with. February seemed to be a month of many birthdays, but none more important than that of our President, Shirley, who has reached the grand age of "three score years and ten!" A splendid cake and tea celebrated the occasion. Our competition for "the three things I would rescue if the house were on fire", was won by myself, and the raffle of some superior chocolates was won by Mary Tallon.

*March*

Time to sit at home and improve our

skills! This month our demonstrator, Eileen Scholes, showed us the finer points of "Rag Rugging". I am sure that many of us, of my generation, will remember these when they were everyday items and not craft items as they are nowadays. I have to say that I was impressed by the range of articles which we were shown, rugs, wall hangings, cushion covers and much more. I learnt the difference between "prodding", and "hooking", and even felt inspired to try it for myself. (The road to hell is paved with good intentions!)"

The business as usual was dealt with and we look forward to the WI Cumbria/Westmorland Federation, "Speaking Aloud", competition which

is to be held in our own People's Hall at the end of March. We have chosen our prose and poetry extracts and intend to wow the judges in due course!

We were delighted to hear that Margaret Denton is making a successful recovery from her operation and look forward to seeing her dancing amongst us soon. Darcy Bussel watch out! Valerie Cann is also home and thriving and we look forward to seeing her too.

Next month we shall get active again, and look forward to Laura Harker's demonstration, "Springtime Soups". Let's hope there are a few slimming recipes among them! (Once again, 'the road to hell is paved with

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**arts & heritage, sedbergh**

**Easter Holidays – Kids Activities**

**Find the Easter Bunnies** - hidden all over the mill to win a sweet treat. Design and decorate an Easter egg shape, in our craft corner materials provided.

**It's a piece of cake!!**- Make a model of your dream Easter Cake and the winner will have their design baked and decorated by our Chef, Tracy.

**Workshops**

**7 & 8 May – Exploring Acrylic Painting Techniques:** with Rachel Greenbank  
£60 (£65 Friends of Farfield)

**21 & 28 May – Working from the Past:** with Stella Adams-Schofield  
£85 (£75 Friends of Farfield)

Please visit our website or phone us for more information or to book a place.

**Knit and Natter**  
Every Tuesday 1-3 in Weavers Café, come along for an informal get together over knitting needles, crochet, embroidery and coffee. Everyone welcome.

**Weavers Café - open Daily 10 till 5 (free entry)**  
Lovely cakes, teas and coffees. Soup, sandwiches and daily specials.

**Don't forget to book a table for Mothers Day on April 3**  
Phone Weavers Café direct to book your table: 015396 21159

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good intentions'). You are most welcome to join us on Tuesday 12th April, at 2-00pm in the People's Hall, along with your competition idea for "a slogan for self-raising flour". Now, don't let the excitement overcome you!

*Wendy Fraser-Urquhart*

### **SEDBERGH WI**

Seventeen members enjoyed a fascinating talk by Andrew Lowe entitled "Inside a Lakeland farmhouse". With slides to illustrate all the different features to be found in the farmhouses, Andrew took us on a virtual tour, starting with the outside and working inwards. The first requirement of these houses was that they should be weatherproof. They were built into the surrounding landscape rather than on top of it and the outer doors were made of thick oak. They were built facing South for

warmth. There was only one room in the house with a fire and this was known as the firehouse. The buttery was always on the North side of the house where it was much cooler. The parlour (from the French 'parler' – to talk/be intimate) was the master and mistresses bedroom and was situated downstairs. The fire was the focal point of the house and the fireplace was usually very large with space to sit in the inglenook. Sometimes the fireplaces had very decorative plaster moulding above them and this was a status symbol. By the 18<sup>th</sup> Century people started burning coal so they needed grates in the bottom of the fireplace. Black ranges and bread ovens started to appear. Spice and salt cupboards were situated at the side of the fireplaces. Salt was very expensive but it was necessary because food was bland and boring. Enough oat bread was made to last all Winter and this was stored in huge bread cupboards, some of which were elaborately carved.

Linda Hopkins thanked Andrew for a really interesting talk, saying she could well understand why this was his second visit to our WI !

Thanks to Christine Sheppey for providing wonderful home-made cakes to enjoy with our tea. We went on to have our business meeting after the refreshments and Rosemary Mason won the raffle.

Our next meeting will be on 13<sup>th</sup> April when Edith Holmes will treat us to "An evening with Joyce Grenfell". Visitors will be very welcome.

*Denise Thomson*

## FEBRUARY WEATHER

"February fill dyke" certainly lived up to its name! Most of it was the black version, i.e. rain, but just to remind us winter isn't over yet there was a bit of the white stuff as well above 1000 feet on 21<sup>st</sup> and some sleety showers down below. We had 7.2 inches of rain for the month of which 5.95 inches fell in the first week!! That first week was particularly stormy with gales as well as torrential rain. My highest gust was 37.8mph, which seems to be low considering the damage done, but as mentioned before I suspect nearby trees break the flow to my anemometer. Also on 12 days the maximum gust wasn't from the usually dominant North West. On only 2 nights during the month did the wind chill stay above freezing. The atmospheric pressure varied reflecting the changeable wind speed and direction. Temperatures varied from a balmy 50.7F maximum

## FOR SALE

Small bales of good meadow hay  
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to a 29.7F minimum. The first week was quite mild during the storms.

Haven't we had a marvellous show of snowdrops this year? Although a little later appearing than usual, perhaps, they certainly lasted longer when they came. Specie crocuses made an appearance later in the month, much to the delight of the bees that flew on the milder days. They flew for the first time on the 1<sup>st</sup> February. It appears that, at present, I still have the 3 hives that went into winter, including quite a small swarm I collected, though it has been so wet that the candy went soggy causing quite a few bees to get stuck and one hive to grow a bit of mould. I had to put a ladder in for them! The first oystercatcher was seen on the 7<sup>th</sup> of the month and first curlew on the 24<sup>th</sup>. On the 25<sup>th</sup> I saw my first frog but as yet no spawn has appeared in the pond. The daffodils continue to sprout and bud up. Most of our tulips we saved seem to be blind so obviously did not get a sufficient growing season to fill their bulbs. The winter jasmine has had another show of flowers. Towards the end of the month the dark red hellebore, often referred to as the Lenten Lily, was colouring up in spite of its foliage being badly damaged by the earlier frosts. I should be in flower in time for Lent.

### Sedbergh People's Hall

presents a fundraising concert for the Hall Redevelopment Project

## April Maybe May

with  
*Fen Thinks*

**Friday 29th April at 8pm**

Rosie Hillman and Matt Kassell are April Maybe May, an independent band from Barrow who write, record, perform and release their music on their own label. Formed in 2005 they have released one album and 3 EPs to date, and played festivals and concerts all over the UK. Although they describe themselves as the quietest band in the world, it's not something they like to shout about...

Fen lived in the area for many years and is currently studying music at the University of Cumbria. In her own words she is "just another teen musician trying very hard to get her music heard" and we think her music is worth hearing!

Have a listen yourself at:

[myspace.com/aprilmaybemay](http://myspace.com/aprilmaybemay) & [myspace.com/fenthinks](http://myspace.com/fenthinks)

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DENT PRE-SCHOOL ASSOCIATION

**MAY DAY WEEKEND**

SALE

Dent Memorial Hall  
**Saturday 30th April**  
 12 noon to 2:30pm  
 Home Produce ~ Crafts  
 Plants & Games  
 May Pole & Morris Dancing  
*Fun for all the family*

Lunch & Refreshments

Nearly New Books & Toys



**KIDZONE and COMIC RELIEF**

Firstly I would like to say a big thank you to everyone who helped us raise £240 at the Coffee Morning on March 2<sup>nd</sup>. Simon will take this money with him when he visits Kidzone at Easter and exchange it at the best rate. He will find out what they most need and let us know how it is spent.

Thank you also to those who have donated recorders, recorder books and other instruments for Kidzone. We now have enough to take out to Kidzone and for each child to have her own. We hope this will happen in the summer.

Some of you may have seen the BBC's Comic Relief documentary on children living in the Kibera slum. This, and similar slum areas, is where most of our children in the Schools Programme come from, and where they go home for the school holidays. Those in the Kidzone home come from there or equally poor backgrounds.

Comic Relief helps us because they give funds to the charity Hope for Children, now our main source of funding. This charity is currently

sending experts to train the Kidzone Manager and staff in the complexities of administration of a Kenyan children's home. They also pay the rent for the present building and the salary of a social worker. Before this Kidzone's basic needs had been only partially funded by Kidzone UK. Potter's Bar Parish, BA and other supporters would organise fund raising events from time to time to make up the shortfall. A real nightmare for all involved. Now it is on a firmer footing, due largely to Comic Relief funds.

Kidzone was started by Kenyans Mary and Richard Kinoti who also run Mary Happy School. It includes the home in the school for 20 orphan girls and sponsored education for 80 poor children. The Manager and staff are all Kenyans. So as we support this charity we are not giving handouts, we are helping Kenyans to help themselves. *Christine Wood, 21750*

SEDBERGH PLAYGROUP  
*are having a*

**DUCK RACE**



2pm  
**Saturday 30th April**  
 Holme Open Farm, Middleton  
*Everyone welcome*  
 Buy a Duck from Playgroup,  
 Caroline Capstick or Carol Moffat  
**Great Prizes to be won!**

### **CUMBERLAND SAUSAGE**

Thanks to a small and dedicated group of Cumbrian Sausage producers the Cumberland Sausage, famous for its long coiled appearance, coarse texture and distinctive seasoning has been granted Protected Geographical Indication status. After a 6 year application process the European Union has finally recognised the regional importance of the Traditional Cumberland Sausage adding it to an elite list of distinguished PGI protected products including Jersey Royal New Potatoes, Melton Mowbray Pork Pies and Stilton Cheese.

PGI legislation was created by the European Union in 1992 to protect the reputation of regional foods. The new legislation will prevent sausages from being sold as Traditional Cumberland Sausage unless they meet strict criteria for meat content, ingredients, production process and place of origin.

Speaking on behalf of the Cumberland Sausage Association, a group of 24 members producing Traditional Cumberland sausage Garth Steadman stated " We are absolutely thrilled to have reached this important milestone in our campaign to achieved PGI status for the much loved Traditional Cumberland Sausage. It's seen as the signature dish of Cumbria and we are passionate about protecting its long-established reputation. I should add that the achievement is in no small part due to the dedicated work

### **HARDWOOD LOGS**

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Oliver Higginbotham

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of John Anderson who co-ordinated the application who sadly died last year"

The Traditional Cumberland sausage would originally have been made from the indigenous Cumberland Pig which became extinct in the 1960's The long coiled appearance and coarse texture is believed to date back to the 16<sup>th</sup> century when it is believed German migrant miners started producing sausages in the style of the long meaty sausages they were used to back home. The seasoning which makes the Cumberland so distinctive is attributed to the influx of exotic spices from the Americas through the Cumbrian port of Whitehaven in the 18<sup>th</sup> century.

Many different Cumberland recipes exist as up until the 1950's it was common practice for householders to keep a pig as a means of self sufficiency, slaughtering in the autumn and using the products including Cured Cumberland Sausage, throughout the harsh winter months. Every butcher has their own secret seasoning blend making their product unique. The PGI status will allow for different producers to keep their own distinct recipe whilst ensuring they meet the common features of the Traditional Cumberland Sausage.



## CUMBRIA WILDLIFE TRUST

### Hedges

The stone walls and hedges of our landscape are charming and important features. Although they look so permanent, neither would survive for long without the hard work of the farmers. This time of year people can be seen working tirelessly out in the cold mending walls and laying hedges. The alternative is wire and post fences: not as permanent, not nearly as attractive and nowhere for sheep to huddle against the cold wind.

Once all field boundaries were called hedges. Some were dead - walls, dead branches and banks. Some were live, made from pushing

in cuttings of whatever trees and bushes were to hand. Hawthorn grows particularly well and gets its other name, "Quickthorn", not from its speed of growth but from the older meaning of the word "quick" which was "live". With its dense growth and thorns it produces a good stock proof boundary.

Cutting the shoots at the top and sides of the hedge promotes thickness and dense growth but eventually all hedges attempt to grow up into the trees that they really are, leaving gaps at the bottom that sheep can escape through. To create a stock proof hedge farmers have to employ the very skilful technique of laying. Tall shoots, even as thick as

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Fri 6 May - Sun 8 May

Pegswood Community Project  
Morpeth, NE61 6XG  
Fri 20 May - Sun 22 May

Dufton Village Hall  
Cumbria, CA16 6DB  
Fri 27 May - Mon 30 May

St Thomas' Church Hall,  
Stanhope, DL13 2UE  
Fri 3 June - Sun 5 June

11.00am - 5.00pm  
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rural touring scheme



small trees, are trimmed at the sides and then cut at the bottom, leaving just a thin strip attached at one side. The upright is then laid down on its side in the line of the hedge, the next on top and so on. A newly laid hedge just looks like a rough fence, with branches piled on top of each other, but the thin strip connecting the tree to its roots is enough for its survival and in the Spring it starts to shoot again from the laid trunk. The shoots grow upright, creating a dense hedge, with the bottom permanently filled by the horizontal boughs. As you look closely at the local hedges you can see them in all stages – newly planted and growing tall, newly laid with their bare structure showing and

old hedges with their horizontal framework just visible within vigorous, dense growth. You can even spot isolated trees that were once in laid hedges, with their trunk growing sideways along the ground.

Although landowners change over the years, boundaries tend to stay in the same place and many hedges are really ancient, possibly many hundreds of years old. When first planted they would have been made from the bushes readily available and generally created with just one or two species. Over the years gaps develop, seeds are dropped by birds, carried by mammals, blown in on the wind or nuts buried by squirrels and gradually more species invade, so the

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

oldest hedges are likely to have the most species. In 1965 an ecologist called Dr Max Hooper wrote his first article on dating hedges - what was to become known as Hooper's law. He discovered a very simple rule of thumb that anyone can follow. Pace out 30 yards of hedge and simply count the number of different woody hedge species making up its structure. There will be roughly 1 species for every 100 years age of the hedge. You don't have to include the flowers on the ground, just the big woody things, and you don't even have to be able to name them, just know that they are different. Anyone can do it and it makes a good Summer pastime for children. Obviously it doesn't always work. A garden hedge could have been started with lots of species and in some places there are few other species to colonise, but it has been tested in many parts of the country

and is remarkably robust for such a simple idea.

At one time this whole area would have been wooded. Now there are few woods left but in many respects hedges are just very long, thin woods. Look under them at the flowers. You will find primroses, bluebells, dog's mercury, stitchwort, ferns and many other typically woodland flowers, brightening the roadsides. Hedges also provide many of the habitats of woodlands for our native animals. Birds nest in them and find food, small mammals live in and under them, insects flourish. They are particularly important for the bats that fly along them in the dusk, finding the insects above.

Hedges work on all levels, for farmers, for nature and for pure joy and beauty in the landscape. Take a fresh look at them and enjoy them this coming spring.

*JH*

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### **KATIE WOOF**

Local girl Katie Woof, a member of Kendal Athletic Club, was recently invited to take part in county athletic trials in Kendal. She was chosen to join other athletes from all over the region to represent Cumbria in the North West Regional Aviva SportsHaH finals in Wigan on Sun 27th Feb.

The Cumbrian team competed against other regions including Merseyside, Cheshire, Lancashire and Greater Manchester.

Katie gave an outstanding performance as one of the youngest members of the under 13's girls team and was presented with two bronze medals, one in the team obstacle race and one in the individual vertical jump.

### **LAKELAND HOMEVISIONCARE**

Mark and Laura Roberts are a husband and wife team with plenty of energy and experience. Having qualified in 1999, they have worked in various settings including high street practices, hospital optometry departments and domiciliary fields. Mark has a keen interest in diabetic retinopathy, having worked within Ormskirk hospital's diabetic screening centre. Laura particularly enjoys working with patients living with age related macular degeneration. We are a family run opticians offering a personal, professional and friendly eye examination and dispensing service to patients living in their own homes. Based in Kirkby Lonsdale, we provide home visits throughout Cumbria and Lancashire.

We believe that visual problems are no longer an inevitable consequence of ageing. We feel that eyecare in any setting should focus on prevention, early detection and timely access to treatment. Many people live with sight loss even though all they need is a new spectacle prescription. Age Concern Research have detected that many older people are not receiving regular eyecare. "Transport Problems" was detected as a key barrier to eye tests\* The NHS will currently provide FREE eye examinations for older people and those with mobility problems who are unable to attend a high street opticians unaccompanied.

\*(RNIB report 2007 - "Older People and Eye Tests")



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## **SEDBERGH TOWN BAND**

### Spring Concert

The Town Band's playing commitments for 2011 commenced on Tuesday 8th March in the People's Hall with their Annual Spring Concert.

Of the fifteen pieces played all but two were heard in public for the first time. In the eight rehearsal sessions available to the Band prior to the Concert thirteen pieces, completely new to the Band, were distributed and rehearsed to bring them up to concert standard. The appreciative and responsive audience who attended on Tuesday were in agreement that a most imaginative and eclectic programme had achieved an

impressive standard of both entertainment and musical accomplishment.

Outstanding playing talent existing within the ranks of the Band was exhibited in two items featuring solo performances. In the first half Paul Gray, cornet, gave an excellent rendition of the jazz favourite 'Sugar Blues', most ably backed by the full Band. In the second half 'I Don't Know How to Love Him' from Andrew Lloyd-Webber's 'Jesus Christ Superstar' was beautifully played by Peter Packham on fleugal.

The remainder of the programme was remarkable for its diversity. A classical note was struck with 'Greig's

# Meeting *God* in Friend & Stranger

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Archbishop Emeritus of Southwark, the **Most Reverend Kevin McDonald**, has accepted the invitation of Kendal Ecumenical Group to speak at Castle Street Community Centre, Kendal on

**Saturday 21st May**

Bishop Kevin lead the preparation of this important teaching document of the Catholic Bishops' Conference of England and Wales on ecumenical interreligious dialogue

Coffee and tea from 10am. Address at 10.30am.

Free simple lunch followed by questions and discussion.

Close by 4pm

Entry **ONLY** by free ticket booked in advance from Kendal Ecumenical Group by email [contactkeg@gmail.com](mailto:contactkeg@gmail.com) or text 0784 747 7424 or post to 29 Kirkbie Green LA9 7AJ

*Capacity is limited to 140. Tickets will be allocated at the end of April and delivered or posted in the first week of May*

An annual interreligious day conference arranged by  
**KENDAL ECUMENICAL GROUP**  
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Morning Mood', J.S. Bach's 'Air from Suite No.3', and the encore number again featured J.S. Bach with 'Anna Magdalena's Song'. All these classical pieces had been most skilfully arranged for performance by a brass band.

Marches, film music and songs comprised the rest of this exceedingly entertaining programme. Particularly well received was the splendidly atmospheric piece that was the theme of the film 'Last of the Mohicans'. The more mature members of the audience were challenged to dig into memories of their youths to recall 'Music to Watch Girls By' and 'Great Balls of Fire', both played with infectious gusto.

At the end of the first half of the Band's programme and before the interval in which a raffle was held the Sedbergh Youth Band took the stage under the baton of their conductor and principal coach Carole Marsden. In rather less than three years since its creation the Youth Band now numbers twenty six players whose enthusiasm and willingness to attend regular rehearsals and indulge in private practice has seen a remarkable advance in accomplishment. Their programme was admirably presented and well received. Particular mention should be made of their most proficient handling of the very demanding 'James Bond Theme'.

#### Lookaround's 25th Anniversary

The Band were delighted to

participate in the celebration in the People's Hall to mark the 25th Anniversary of the first publication of 'Lookaround'. The occasion was an excellent opportunity to register the community's thanks to Dennis, Jacky and family for all their efforts in producing the magazine that provides such a comprehensive record of local activities, notification of what the future has in store for Sedbergh and District, besides articles of wide ranging general interest.

The Band are particularly indebted as it has enabled the activities of the Band from its inception eleven years ago to the present to be faithfully and officially recorded greatly assisting in the compilation of a record that will be doubt be of interest for years to come.

For the Anniversary the Band were able to contribute to the musical element that complemented the speeches and delicious spread provided for the many assembled guests. The recorder group and string quartet operated as 'background' musicians whilst the Band gave a short concert from the stage to conclude the celebrations. However restrained a twenty five piece brass band is it is unlikely to enable people to carry on a quiet conversation.

The Band entertained the guests with a selection of the music that had been heard in the same location at their Annual Spring Concert the ; previous Tuesday. *Gerry Blackwell*



## SEDBERGH & DISTRICT HISTORY SOCIETY

### *'Three Centuries of the Workhouse'*

Peter Higginbotham started his recent talk posing the question 'Did any of your ancestors end up in the Workhouse? Who knows?'

The Workhouse boom started with the Workhouse Act of 1723 which provided a legal framework for parishes.

By 1770 there were 2000 workhouses averaging 1 per every 7 parishes and by 1776 there were 99 in Yorkshire's West Riding alone.

Sedbergh's dated from 1732, first in 1,2,3 Settlebeck Cottages, later moving to the east end of Main St. and then to Loftus Hill, now Loftus Manor; Dent's from 1733 at Hallbank.

The 1834 Poor Law Amendment Act created a Union of Parishes. In January 1840 the Sedbergh Union consisted of Sedbergh, Garsdale and Dent serving a population of about 4,000, and continuing with the old workhouses. Sedbergh's, with 55 inmates, was described by the inspectors as 'not fit for purpose'. Eventually in 1854 a new one was built on Loftus Hill.

Going to the workhouse was a voluntary process, one 'fell back on it', but it was a last resort and carried a stigma. The complete family would go and would make its own way there. There was a long entry administrative procedure including a medical. It was not a prison and inmates could leave at any time via an official discharge. Stealing the uniform resulted in a prison sentence.

The routines made it sound like a religious community. For 6 days each week up at 6am; breakfast and prayers, followed by 5 hours work; then dinner and another 5 hours work until supper and more prayers; bed at 8pm. The sexes were segregated. The women did domestic work; the men stone-breaking for road-making or bone pounding and crushing for fertiliser. The elderly and infirm had a day room and exercise yard.

In the 'No. 3 Diet for Able Bodied Paupers' the menu and quantities were stipulated. Cooked meat on only 1 day per week; on other days it was bread and cheese or gruel and cheese. Alcohol and tobacco were forbidden. Gruel, a sort of watered

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## **USUAL OPENING TIMES**

Monday to Friday from 6pm, Lunchtime by arrangement for party bookings  
Saturday and Sunday open all day from 12 noon.

*Proprietors: David and Elizabeth Martin*

down porridge, consisted of 2oz oatmeal and half an ounce of treacle per pint of water.

In the 1881 Census the Sedbergh Workhouse had 2 resident staff, 46 inmates; 8 aged 70+ (all men), 5 with handicap, 3 imbeciles and 2 idiots.

The 1930 plan of the workhouse showed a T structure. Men were in the left wing and women the right with dormitories upstairs. The kitchen occupied the other wing, the master living above.

A separate building by the entrance was designated for vagrants. Vagrants were an important part of the system. Individuals could only stay for 1 or 2 nights, not returning

within a month. On arrival they had an obligatory bath and clothes were fumigated. They were up at 6am and sent on their way with a loaf of bread following a circuit, each workhouse being a day's walk away.

So this highly structured system put the care of the poorest of the poor firmly into the hands of each local community.

The system was phased out in the 1930's. The Sedbergh Workhouse was sold in 1952 to the W.R.C.C. for £1.

Tony Hannam thanked Mr Higginbotham for a most interesting and informative talk.

*Tony Hannam*

## COMMUNITY DEVELOPMENT CENTRE

### *Feel Fitter and Tickle Your Tastebuds with Low GI Cookery*

Sedbergh CDC is running a low GI cookery course at Settlebeck High School, starting on 9<sup>th</sup> May. Six light-hearted evening sessions will be spent learning, cooking and tasting. It is aimed at people who want to lose weight, have diabetes or heart problems, or who just want a satisfying healthy diet.

GI stands for Glycaemic Index, a measure of the impact of food on your blood sugar. Foods with a high GI raise your body's blood sugar levels quickly giving you a quick energy burst but soon leaving you feeling empty. High blood sugar peaks are a problem if you are diabetic and eating a lot of high GI food tends to contribute to weight gain.

By contrast, low GI foods release



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energy slowly without high blood sugar peaks. By eating meals that have a low GI content you will feel less hungry and can break the habits which lead to putting on weight and an increased risk of developing Type 2 diabetes.

Low GI ingredients include pasta, nuts, beans, pulses, oats, many fruit and vegetables. With a bit of knowledge these can be used in the preparation of fantastic recipes which are every bit as exciting as high GI food.

Our course will teach you about low GI foods and how to cook recipes for everyday and special occasions. You will learn how to change your eating habits so that you have a healthy low GI diet every day, every meal.

The course will be taught by David Walton, a keen cook who, as a diabetic himself, has a particular interest in low GI food. He loves experimenting and developing his own recipes. Just try his cakes!

For more information contact Sedbergh CDC on 015396 21031, [admin@sedberghcdc.org.uk](mailto:admin@sedberghcdc.org.uk), website [www.sedberghcdc.org.uk](http://www.sedberghcdc.org.uk) C. Wood

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FIRBANK CHURCH HALL 

# BBQ

6:30pm  
**Saturday 28th May**  
 Firbank Church Hall  
 Raffle ~ Games  
 Refreshments  
 Plant Stall ~ Cake Stall  
*All Welcome*



**HOMEMADE HARMONY - FAMILIES WHO SING TOGETHER**

We are also delighted to announce that this summer a family of singers will be joining us from Slovenia. I met them when I was in Zrece and they are friends of the other family of singers, the Pevke iz Brinjeve Gore sisters who came last year - indeed they sing together at the annual festival for singing families in September on the Brinjeve Gore, the hills which are alongside our twin town.

Not unlike the Sound of Music Von Trapp family - although from the mountains on the other side of the Austrian border - the **Repensek Family Singers** include 4 children - Florijan (aged 7), Blaz (aged 16,) Neza (aged 18) and Tilen (aged 21,) and mum Jelka and dad Jure.

They will be staying in Sedbergh from July 12-19 and we are planning

a weekend of events centred around families who sing together - or who would like to - including singing with pre-school children, nursery rhymes for small children, singing with older children, and singing with families who are grown up. As well as events where everyone can join in with the singing, there will be concerts and picnics to which all are invited. We have also invited some special guests!



If you would like to invite the singers to visit your home, I know they would be very grateful for your hospitality. To see how very pleasant this can be, see the video of the Zrece singing sisters visiting our house to give my daughter Anika a haircut - and then singing a song for her - on our video website

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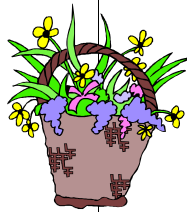
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**DENT FLOWER FESTIVAL**

Nearer and nearer draws the time and hopefully the excitement is mounting for this momentous event, the posters should be out and about by the end of April (*and an Advert in May Lookaround?*) and there are various ways people, you, can be involved. For example; we need home made refreshments to sell over three days, scones, cakes, tray bakes and savoury items, can you help? We need Stewards in the chapel all the time to "keep an eye", someone to be at the door to welcome visitors, someone to help with car-parking and people to serve the refreshments which we hope will be inside and outside.

Before all that we need photo's and memento's of yours or someone in your family if they/you were Christened or Married at Dent, Deepdale, Dent Head or Dent Foot Methodist Chapels IN LIVING MEMORY, (we are willing to stretch that a little!) or were part of Hunters or Jungle Club or even back in the dark ages of the 1970's the Dentdale



Youth Fellowship.

We do not need because we already are promised Christening Robe & Wedding Dress. Preparation will be done on the Friday but please can I KNOW ABOUT items you can loan by Mon May 2nd ( we are having a planning meeting on Wed May 4th in the chapel at 7.30pm) and then have the items (which can be collected) by Mon May 23rd unless you are bringing them and coming to help on Friday 27th.

At the recent Church Council it was greatly debated and finally decided to give away a % of the income from the weekend and one local organisation

which will benefit will be announced on the publicity.

One thing we hope to do is have the Loop system installed in the chapel.

So, the dates are; Details of items you are able to loan by May 2nd, items by May 23rd or on Fri 27th. Prepare 27th, Festival runs Sat 28th to Mon 30th. I look forward to hearing from you.

*Sarah E Woof. "Rhumes" Laning,  
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### **K-SET**

We have taken the plunge! If you will excuse the metaphor. A design study is now underway for an Archimedes screw turbine on the River Lune. The Environment Agency has been consulted, the planners think it is feasible - a planning application will come later - and we expect that feeding the electricity into the national grid will not be too difficult.

It will take us about a year to complete all the planning and if all goes well construction could begin in 2012.

There is a lot to do in the mean time.

We have about 130 Associate members supporting us, but we would welcome more. If you would like to follow our news by receiving newsletters, they can be e-mailed to you, or they can be posted to you - just ring or e-mail our membership secretary, on 015396 22128, or e-mail:- paulval@homecall.co.uk. Associate Membership is FREE.

When the turbine is up and running there will be an income which can only be used to further our trust's

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objectives and that could be by giving support to those wanting to install energy saving or energy generating equipment. If you become a FULL MEMBER, you will be the first to qualify for assistance and of course it would help us with our finances now. For a household the subscription is £20 and it is £15 for an individual.

What would also be useful would be a short term personal LOAN of say £50 or even £500. This would be repayable in three years time, but if you needed the money urgently we would consider repaying you earlier. This is to ease cash flow as the grants we are being offered often do not get paid to us until after we have had to pay out on invoices.

If you want to do your bit towards reducing the effects of global warming, this is a very practical way you can help. On the other hand if you have a small solar power, hydro or biomas scheme in mind, we might be able to help you in the longer term.

Do come along to our evening on hydro power, in Killington on April 14 (see advert) if you would like to hear more about it. *K-Set Committee*

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13.00-17.00	4	£14	4	£14	4	£14
17.00-19.00	2	£14	8	£42	6 ¾	£30
19.00-21.00	2	£14				
21.00-0100	4	£14				

**PEOPLE'S HALL**

*Registered Charity Number 523829*  
 Notice is hereby given that the **Annual General Meeting** of the People's Hall, Sedbergh will be held in the People's Hall on 4 April 2011 commencing at 19.00 to hear the Chairman's and Treasurer's reports of the past year's activities, to elect the Management Committee and to pass a proposal to set up a company limited by guarantee. All residents of

the Parish of Sedbergh over the age of 18 are entitled to attend. A meeting of the newly elected Management Committee will follow the AGM.

**Redevelopment**

The redevelopment planning continues. The most significant decision is to set up a redevelopment company limited by guarantee, possibly called "Sedbergh People's Hall



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Redevelopment Limited” to manage the redevelopment activities, such as design, contract administration, site supervision, payments, etc. This will allow the People’s Hall charity to achieve advantageous VAT treatment.

We are pleased to thank an anonymous donor for a gift of £100 to our redevelopment fund. There are many reasons why persons wish to remain anonymous when supporting a worthwhile enterprise. Anyone wishing to anonymously donate to our project can approach me or any other committee member with confidence.

The next fundraising event was the Springtime Café Concert on 31 March in the People’s Hall,

### **Increases in hire charges**

We are very sorry, but we have to announce an increase in hire charges effective from 1 May 2011 for all new bookings. This became an inevitable change as, for example, we have recently been informed that our

refuse collection charge has more or less doubled and the electricity charges are also going up. We have managed to keep the hire rates down for over two years. A straw poll of a couple of regular users considered the increases to be reasonable.

The Committee room charge is £10 per session.

*Dr Gina Barney, Hon Secretary*

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### **PICTURE DISPLAY**

Three paintings and drawings of Sedbergh will be displayed in the Community Centre from 9<sup>th</sup> April to 18<sup>th</sup> April.

These pictures are presents to Mr and Mrs Hirst, the previous Headmaster and Headmistress of Sedbergh’s senior and junior private schools, from the Friends of Sedbergh School and the Townsfolk of Sedbergh. They are given in appreciation of their work with both Town and School.

The pictures are due to be delivered to Christopher and Sara this summer by the artists. If you would like to see them before they go to Wales, do drop into the Community Centre.

*Douglas Thomson*

**SEDBERGH & DISTRICT  
COMMUNITY & HERITAGE TRUST**  
*An Update on the Acquisition of 72  
Main Street*

The National Park Authority initially valued the property at £130,000. However in the light of the neglected fabric of the building, as revealed in a survey commissioned by the Parish Council, and because the first floor has recently been recognised, in planning terms, as being for community rather than commercial use, they have agreed to reconsider that figure. We await the outcome with fingers crossed.

The Trust have submitted applications to a number of funding bodies and, despite the myriad

organisations that are feverishly bidding for a share of seemingly ever shrinking resources, we remain reasonably optimistic of the outcome.

However, should we fail to reach our target, consideration is being given to the possibility of raising the balance through a Community Share Issue, some other form of community investment scheme, or through individual benefaction.

*Please give the project your support by signing our petition*

A key ingredient of any successful funding application is that the project, in our case, securing the future and supporting the development of the Community Office, Tourist Information Centre and the History Society

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archive, can demonstrate that it has the backing of the local community.

To this end, the Trustees ask that you show your support by signing our petition which will be launched in early April.

The petition will also be used to lobby the Members of the Yorkshire Dales National Park Authority who are due to decide the future of our building in late May.

*The appointment of a Community Office/Centre Manager*

Elsewhere in this edition you will see that the Trustees are seeking to appoint a new Manager to lead the Community Centre through its next stage of development. For my part,

having enjoyed a number of years at the helm, I intend to continue my involvement with both the Community Centre and Clutterbooks the charity shop, in a voluntary capacity.

I would like to take this opportunity to say thank you to the dedicated team of volunteers, without who neither the Community Office nor shop, could function.

*Volunteering Opportunities*

Can you spare about 3 hours a fortnight (10am-1pm or 1-4pm) on a reasonably regular basis? If so your Community Office or Clutterbooks your charity shop would like to hear from you. Pop in or call 20504.

*David Ramsbottom*





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Perhaps you would like just a few hours during the week, week-ends or some evenings to fit around your other life commitments.

To find out more, please contact Michelle for an informal chat, she will happily detail all of our current opportunities and will answer any questions you may have.

We look forward to hearing from you

All positions will require a full satisfactory enhanced CRB application.

Call Michelle on 015396 20303 or email at:

[maw.bursary@sedberghschool.org](mailto:maw.bursary@sedberghschool.org)

### NEWS FROM THE PEWS



Our bellringers are quite excited as we wait for the final jobs to be completed before we are able to try out the recently re-hung bells of St Andrew's Dent. The bells were christened on March 1<sup>st</sup> by Lord David Hope of Thornes, former Archbishop of York on a bright sunny day outside the south door of the church. To celebrate, a barrel of Dent beer was poured into the upturned

treble bell and everyone was invited to a pint, except the schoolchildren, which was a shame as they had chosen the name, "Theresa" for that bell, the treble. When they have grown a bit taller perhaps they will learn to ring Theresa and her brothers, John, David, Patrick, Andrew and Big George, the tenor.

Meat and potato pies followed by a table groaning with puddings to tempt even the most fastidious of dieters during Lent was the key to encouraging 81 attendees to the Parish Supper on 18<sup>th</sup> March. In a dozen or more kitchens around the parish the cooks had been beavering away to provide the food, and in the

Peoples' Hall kitchen afterwards a dozen hands dealt with the washing up.

The Parochial Church Council Secretary began the preparations for the Annual Meeting several weeks previously when he reminded leaders of the various church groups to write their annual report and add it to the display board at the back of church where everyone can read it.

When all the various aspects of business had been despatched including the appointment of the Churchwardens, the election of the Parochial Church Council members, and Sidesmen, so began another "legal" year in the life of St Andrew's.

Food again: Lent Lunches on Wednesdays in the church room are going well. It is planned to share the proceeds with a significant list of missionary groups supported by our congregation.

We shall be welcoming Lord David



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Hope of Thornes, former Archbishop of York to St Andrew's on Monday 28<sup>th</sup> March when he will confirm five of our "young mums" as they have become known and a teenager from another parish. Our bells will ring out in celebration before the service. We look forward to the pews being filled with supporters and lots of people to celebrate with the newly confirmed and their families in the church room afterwards.

Whatever your age do come and celebrate Mothering Sunday with us on 3<sup>rd</sup> April at 10.30am. The times of services for Holy Week and Easter will be displayed in the church magazine and on the church notice boards.

We extend a welcome to everyone and look forward to worshipping with you soon.

Finally, for any "crafty" people who would like to sell their handicrafts at St Andrew's Summer Fair on Saturday 9<sup>th</sup> July. I should love to hear from you. Please contact me on 20754.

*Susan Sharrocks, Tony Reed Screen*  
Churchwardens

### **MAIN STREET 37/39**

#### *Fact and a modicum or opinion*

To misquote a wise proverb, fine opinions butter no parsnips; on the other hand, knowledge is power. I cannot promise that an opinion will not creep in here, but the intention of this article is to provide people with some of the knowledge needed to understand and to help solve the problem of Udales.

When 37/39 Main Street, Sedbergh was made a grade 2 Listed building in 1999 it posed an unexpected problem for the owner. It is a problem for all owners of listed buildings, but much more so for buildings that have been neglected. Repairs to the standards required by English Heritage are

expensive. The longer the building is neglected, the more expensive it becomes. At one time the owner could solve this by simply allowing the building to fall down, to become an eyesore. As the site was usually worth more than the building, that made financial sense, and by that time the planning authority were helpless to do anything about it.

The government in its wisdom felt this should not be allowed to happen. If the country wanted to conserve its prized historic buildings, something had to be done, so in Section 47-48 of the 1990 Planning (Listed Buildings and Conservation Areas) Act local authorities were given the right to serve a Repairs Notice on such

### ***Cobble Country Property – Potted History -***

Congratulations to the D T Close Garage and petrol filling station business who this month celebrated their 50<sup>th</sup> Anniversary since arriving in Sedbergh in March 1961

As founder of Cobble Country Property, I'd just like to briefly record (for those who are not aware of) my connections with the D T Close garage business.

I am Nigel Close, 2<sup>nd</sup> son of Derek & Hazel Close, and although raised in the garage business, and enjoying pulling engines apart and rebuilding them in years gone by, have developed a leaning to my fathers other great skill – property, building and construction.

Having acquired an indepth understanding of property, in particular that of our wonderful area of the Western Dales, I decided many years ago that Estate Agents of the time mostly failed to realise the special attributes of our area when marketing properties that we developed.

That led me to establish Cobble Country Property with a professional marketeer in 1992 and together with my local knowledge, the business grew. **Utilising secret modern methods brings top results.**

Cobble maintained it's position with a variety of Managers coming through the office.

With Estate Agency professionals now needing to be qualified through a series of rigorous examinations, I qualified myself (and read about Sian elsewhere) so that we are now the leading professional estate and property marketeers of the area.

**I have set out to build Cobble Country Property on the same ethos and principles as I was raised with in D T Close 30 years ago with good honest service at a fair price.**

I believe we now are recognised as the acknowledged local specialists with a strong reputation for achieving optimum value for property in the area.

We will build on that reputation beyond Sedbergh.

If you haven't already experienced our 'product', I hope that you will when you want the best deal for your Property. **Call Sian, Nigel or Nick at 015396 21000**

buildings. This would be followed by a compulsory purchase order if the repairs were not carried out.

Passing a new act of Parliament often produces more problems than it solves. How much would it cost a local authority to serve the notice and perhaps be burdened with the cost of an appeal? When it eventually owned the building, where would the money come from to repair it? Most of these buildings were in a conservation deficit situation - the repairs would cost more than the buildings were worth which is exactly why the owners had neglected them and which is exactly what has happened to 37/39 Main Street.

Very few local authorities are prepared to serve Repairs Notices and as far as I know the YDNPA has up to now avoided doing so. Certainly in law, there is no reason why such a notice should not have been served in respect of the Udale building some years ago.

There is an answer to this dilemma and this is where Buildings Preservation Trusts come in. These BPTs were set up early in the 20th century to save historic buildings, but they received a great boost in the 1970s when, with government money initially (but not now), a quango called the Architectural Heritage Fund was instituted to lend money and provide grants to Buildings Preservation Trusts to help them in their work. Since then many more buildings have been restored to their former glory.

What was I doing at the May meeting of the Yorkshire Dales

Planning Committee in 2009? I was speaking on behalf of the Cumbria Buildings Preservation Trust which had received a grant from the Architectural Fund to prepare a plan for 37/39 Main Street - an Options Appraisal. It may come as a surprise that the YDNPA had also contributed £4000 towards the cost of this Appraisal.

Did this Appraisal offer an answer? Well I think it did. It offered a way of using the premises which did not destroy their character, and which would have provided some residential and retail space as well as space that could be used by the community. This could not have been done by a private developer because of the

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cost, but the Cumbria BPT would have had access to grants and loans from the AHF and elsewhere. This was the solution applied to Farfield Mill.

When I attended the Planning Committee Meeting in June following the postponement of a resolution on the application in May we had hoped the Udale plan would be thrown out so that the Cumbria Buildings Preservation Trust could take the building on. However the Planning Committee were under pressure from the public, the Parish Council and the Chamber of Trade to get the building repaired and in use again. The Committee felt that an approval of the

application was the quickest way of getting 37/39 Main Street restored and used. With some regrets ("The proposed development remains less than satisfactory" ) the Committee gave a provisional approval to Udales for their plans for the building.

But as a Buildings Preservation Trust, we had concerns. What could happen next is what has happened numerous times elsewhere. An optimistic developer might now be interested to buy the building, to do a little work on it, and then to wait until property values went up sufficiently to make it worth while to develop it, or, to sell it again to another optimistic developer. It could still be years

before anything significant was done at 37/39 Main Street. Approving Udales planning application did not solve the problem and it is clear now that the Udales do not intend to develop the building themselves but to sell it on.

However it has to be said that the YDNPA and Udales, thanks to the pressure put on them by the Parish Council and public opinion (that petition has had the desired effect I believe) the building is now somewhat less of an eyesore than it was. Excellent! It is a step forward.

Can anything further be done?

This is not the time to play the blame game. You cannot blame Udales for wanting to make the most of the family legacy. You cannot blame the Yorkshire Dales National Park when they are walking a tightrope held up at one end by statutory constraints and at the other by the need to be fair to the applicant, with the wind of public opinion trying to blow them off the rope.

Now is the time for some creative thinking.

In my personal opinion, the Udale property is a pig in a poke. It is a difficult concept, but because the cost of the repairs demanded for this listed building exceeds the market value of the building after repair, it is actually worth nothing at present. There are now three options. Udales can sell the building to a developer. That will get it off their hands, but it is unlikely to solve the problem of getting the building repaired and in use. The YDNPA can serve a repairs notice

and if the repairs are not carried out, acquire the building and do the repairs themselves. Obviously the Authority is reluctant to do this. The third option is to ask for help from the Cumbria Buildings Preservation Trust who would work with all concerned to find a solution using experience gained in such situations elsewhere. This would take time - to get the grants and get the work done, but it would give the building a more certain future.

Let us be thankful that at least something has now been done to smarten up the building and let us hope that a long term solution is in sight.

*Maureen Lamb*



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## **D T CLOSE GARAGE**

*50<sup>th</sup> year of Sedbergh service from D T Close*

March 1961 saw the arrival of Derek Close and his family to the garage and petrol filling station that was formerly run by Mr. & Mrs. Dennison on the West side of Sedbergh.

Brought up farming on the high Pennines at Hazelgill Farm, Bowes, Derek had married Brough girl Hazel Kidd in 1950 and had peaked in his International Speedway racing career as World Championship finalist in 1952. A serious crash in 1953 resulted in him not feeling able to better his earlier achievements upon his return to racing and after retiring from Speedway in 1956, he turned to the building industry for a living working with a local firm from Bowes.

Always looking to 'move forward', Derek became aware of this Sedbergh garage for sale and with his acquired specialist tuning and mechanical skills gained from his racing years, made the offer that eventually secured his move to Sedbergh.

The family moved into Sedbergh and Derek and Hazel applied themselves to developing the garage business initially calling it Speedway Garage taking advantage of his earlier fame and working all hours to establish a solid reputation for good honest work from fair business people.

Many times throughout the early sixties prior to the M6 motorway, Derek would be up through the night repairing cars of North Easterners

who had made the annual pilgrimage to the West Coast mecca of Blackpool for their holidays or short break and struck disaster with their transport on returning. It was also amazing how many watches he acquired of dubious value due from people pledging their repair bills against the lodging of their 'extremely valuable' possessions.

Such is business that it was the equivalent of an employee being asked to work for no pay. It wasn't long before the garage name was changed to Service Garage, it being more meaningful to the Sedbergh locality. The business was booming.

Using his building skills, newer garage premises were planned and

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expansion into the former Jack Nicholson scrap yard next to the garage saw the road frontage double in size and allow the setting back of the petrol pumps from the roadside where they had been. Indeed, many times in the never-ending traffic flow through the Town that was pre M6, traffic used to bottleneck at the petrol pumps as cars queued on the road to refill.

Firstly, a new garage planned and built (apart from the Atcost main structure) by Derek and his boys, then a new house built nearby with his skills and can do attitude passed on to those around him. Eldest son Lester followed through in the business and took more say in the running until Derek took retirement. Still able to visit daily he keeps contact with customers by occasionally serving some petrol and passing a canny eye over some of the many cars bought in for selling through the busy car sales lot that Lester has developed.

Lester and Marylyn's son Simon has now made it 3<sup>rd</sup> generation of Close to be involved in the business that has developed so successfully in

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such changing times.

Who knows whether garages will still be servicing mechanical cars consuming petrol in another 50 years time but let's hope for the sake of Sedbergh that the ethos and commitment to service of this business - D T Close - set by Derek and Hazel Close continues through for another 50 years to their centenary following the likes of longer established local family firm W Dawson & Sons Ltd already celebrating over 120 years of doing business in Sedbergh.

Business start-ups can be difficult to get off the ground and even harder to go beyond a few years but most that survive do so by sheer hard graft and a determination to succeed that usually means providing the right thing at the right time and right price. A constant monitoring of those factors should ensure that they have a reasonable chance to build a successful business and pass it on for others to develop further. That seems to be the case.

Happy 50<sup>th</sup> Anniversary to D T Close, families and staff working therein.  
*Nigel Close*

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### OUR LIFE BLOOD

I am happy to report, that my Chinese medicine course at the Sedbergh CDC has attracted an intelligent and engaged group of students, with diverse life experiences, which makes for very interesting discussions. We are studying some aspects of Chinese medicine to help us understand how to stay well and gain a grasp of the factors which may lead to disease. We spent the first two sessions becoming familiar with some of the Chinese concepts and we shall be continuing next time by looking at the role of the blood in health and disease.

The functions of the blood, in Chinese medicine are:

- To nourish and moisten the tissues – skin, hair, eyes, muscles, tendons, as well as the internal organs.
- To regulate temperature – bringing warmth to the extremities and preventing the body from overheating
- To prepare the uterus for conception as part of a woman's

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### June M. Parker

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monthly cycle

- To moderate the flow of energy in the body, preventing, for example, migraines and facial tics
- To anchor the psyche – Chinese medicine understands the interplay between the material and non-material aspects of our being, between substance and movement, in this instance represented by the blood and the mind.

Symptoms as diverse as dry eyes, chronic injuries to muscles or tendons, tingling in the hands and feet, scanty periods, being easily startled, dizziness, anxiety and difficulty falling asleep can be ascribed to blood deficiency. I am sometimes asked if blood deficiency is the same as anaemia. They are similar, but blood deficiency is a much wider concept, indicating a general



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inadequacy of the blood in fulfilling its functions. This might be interpreted in the bio-medical model as a lack of a range of different substances in the blood.

One of the significant problems I have had in my acupuncture practice is persuading fell runners to eat breakfast (they are out on the fells before work, so there is no time to eat). Obviously fell runners only come for acupuncture if they have a chronic injury which fails to heal. Failure to heal and failure to eat breakfast both point to blood deficiency and this can be verified by taking the pulse. If the required nutrients are not in the blood when the legs are working, injury is more likely and healing will take longer. Specifically, people who take a lot of exercise, should have a substantial breakfast including some protein.

At the psychological end of the scale, anxiety and difficulty sleeping can result from a failure of the blood to anchor the mind. This may arise from a long history of an insufficiently nourishing diet (very often calorie reduction and low-fat take

precedence over choosing the most nourishing options) alongside chronic failure to balance work and activity with rest. Sometimes these problems can improve through simple physical measures such as taking a nap after lunch and paying more attention to nourishment in the diet.

In a normal diet, the most potent blood tonic is red meat. This information comes from ancient China, before the days of intensive farming, manufactured feed, treatment of animals with drugs and research into heart disease and bowel cancer. If meat from free-range animals having a natural diet is available, people with blood deficiency may be helped by eating regular small amounts. If you choose to eat meat, it is preferable to do so at breakfast or lunchtime when the digestion and metabolism are at their best.

More information on this is given in my "healthy eating guidelines". Please contact me if you would like a free copy. My telephone number is 015396 20972.

*June Parker*

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### TIM FARRON MP

Last month we saw a remarkable example of what I hope is a new style of Government when the Coalition listened to people and acted on what they heard and cancelled the planned sell off of the Forests. At the time I said that I hoped that this was a sign of things to come with the Government and, to be fair, so far I have not been disappointed very often.

I only hope that Cumbria County Council learns from this example of how our elected bodies should listen to the views of the people who voted for them starts to act accordingly. I say this because over the past month

my mailbag/inbox has been full of messages from people complaining about some of the decisions that the Council has taken recently. The two key ones have been a ridiculous idea to reduce the pay of teaching assistants and a unilateral decision to axe some of the bus routes in our part of the world.

Teaching Assistants are extremely valuable members of the teaching team in all of our schools these days. I know from the experience with my own children at Milnthorpe Primay School how much they are valued by teachers, parents and children. Arguably, given the time that many invest in training to get better

qualifications to enable them to be even more effective at their jobs, they are under paid for the work that they do in the classroom. So it defies sense that the County Council should have decided, as part of their regrading of all Council staff, that TAs are actually over paid and so that they should see their incomes fall by as much as 30% from September. To make things even more bizarre it seems that the best qualified will suffer the most in this exercise.

I fail to see how this can achieve anything other than harm the education that our children get in Cumbria. It certainly will not encourage the able and hard working people we need to fill these positions to think about becoming teaching assistants. I have raised the issue in Parliament and am currently working with all the other Cumbrian MPs (who share my views) to see what we can do to change the mind of the Council.

The second decision, to axe some of our rural bus routes, was disappointing not simply because of the difficulties it will cause many of the people who are least able to manage without a regular bus service. Another action, following on from Post Office closures and other blows to the villages around here, that make it ever harder for the elderly and disadvantaged to live in many of our small communities. To do this without any form of consultation with people to find out what they would like to see happen, what alternatives they can think of, even what could be done to increase the

level of passengers on the routes being axed, is frankly undemocratic. I have written to the leader of the Council to ask him to listen to the views of those affected before he makes any decision. Let's see if he does.

If you have any issues where you would like the Government or the Council to listen to your views then please let me know about them. As ever I can be reached by phoning 01539 723403, writing to Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk).

Thanks for your support

*Tim Farron MP*

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### **PROPERTY APPRENTICE**

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I don't know whether it's because I'm getting older (thankfully) or just more appreciative these days but when I said last month that I wanted to tell you about a bright young star in Cobble Country, well here she is. Sian Gilder.

Cobble Country had the pleasure some 5 years ago of being introduced to Sian when she came to us on work experience from Lancaster & Morecambe College.

Interested in the hospitality sector, we just pointed her in the direction of promoting Howgills Bunk Barn, (then still being converted at Castlehaw Farm) as a project, and she threw

herself into the task with such enthusiasm that I had no hesitation in offering her a full time job when she left school.

In that short project with us, she had seen how exciting the property and real estate market is and was keen to learn more. I started her on an Apprenticeship and she was student of the year at Kendal College before graduating with top marks in Business Administration. Keen for more, she enrolled into the studies of being an Estate Agent as all Estate Agents are now being encouraged to study and pass a set of exams before practicing.

She undertook that course with the same gusto and application as usual

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and it was no surprise to me that she sailed through her exams. She is now a student member of the National Association of Estate Agents and will become a Full Member after serving a period of practice under the observation of an experienced practitioner of the 'art'.

I can report that she is well and truly moving through that part of her professional development under the close watch of her senior colleagues at Cobble Country Property led by Nigel Close MNAEA and Nick Paxman who is an independent lifelong Property agent and Consultant.

Sian has all the attributes that will see any task accomplished with pride – she is hard working, willing and totally committed to customer satisfaction. You cannot believe how happy we are at Cobble Country that she is working with us to increase our standing as the most experienced and competent property professionals

in the area.

Cobble Country is the long established name for local expertise in all matters connected to property and successful property business dealings. We are happy to demonstrate to you at any time why Cobble Country is the leading team to choose when selling or renting your property.

I was brought up in business in Sedbergh and know that our success depends on delivering customer satisfaction at every opportunity. Your success in property depends on giving us that opportunity to deliver. Looking forward to your call to speak to Sian who will liaise with Nigel and Nick when necessary. *Nigel Close*

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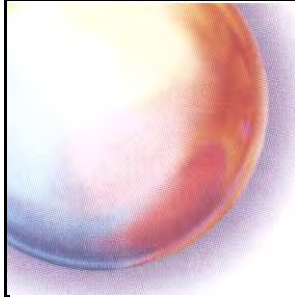
## QUIET GARDEN

We belong to an organisation called Quiet Garden Movement, formerly Trust, which has links with gardens all over the country and even the world, comprises different locations from small town gardens, rambling country gardens, prisons and schools. These provide opportunities for prayer, quiet reflection, silence and the appreciation of beauty. The organisation is Christian at heart and encourages the creation of local quiet gardens.

We have held themed Quiet Gardens, for example for Carers, sometimes we include a time of worship through praise and prayer, sometimes a speaker for just a short slot. A Pamper session is being talked over for this summer. This year we are open on Easter Saturday afternoon and plan a Christian Meditation day later in the summer. On Easter Saturday there is no "planned" programme, there will be pointers around the garden to guide thoughts and prayers, refreshments on a help-yourself-basis, undercover places if the weather is cool or wet and quiet praise music in the house. One thing these Gardens are NOT is for fundraising, there is never an admission charge.

For more info please contact Sarah on 25212. You do not need to book, however if you do let us know you are interested we can add you to our list and let you know of future events.

*Sarah Woof*



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### **APPLEBY HORSE FAIR**

#### *Community Drop-In Events*

The following two Drop In events in Sedbergh and Kirkby Lonsdale have been organised by Cumbria County Council working in partnership with Cumbria Police and South Lakeland District Council.

**5pm – 7:30pm, 6<sup>th</sup> April at The Institute, Kirkby Lonsdale**

**5pm – 7:30pm, 11<sup>th</sup> April at the Peoples Hall, Sedbergh**

The Drop In events will be an opportunity for people to meet representatives from all three organisations who will be able to explain the plans being made in the lead up to the Appleby Horse Fair.

You will be able to find out the

arrangements being made for gypsies, travelers and other visitors that will pass through the Sedbergh and Kirkby Lonsdale area in the weeks leading up to the fair and address any concerns you may have.

Since last year's fair all the agencies have been meeting regularly and planning in preparation for this year's Appleby Horse Fair to make sure that detailed plans are in place to ensure the weeks leading up to, during and after the fair run smoothly for both the settled and traveling communities.

For further information contact Jeff Tweddle, Neighbourhood Development Officer at Cumbria County Council on 01539 713405 or email [jeff.tweddle@cumbriacc.gov.uk](mailto:jeff.tweddle@cumbriacc.gov.uk)

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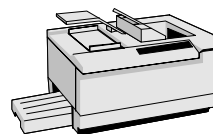
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### CHURCHES TOGETHER

April sees many joint events taking place in Sedbergh for Easter when Christians remember Jesus' death on the cross and resurrection. During Holy Week, Monday 18<sup>th</sup> to Wednesday 20<sup>th</sup> April, there will be evening services at St. Andrews Church at 7pm. On Maundy Thursday, 21<sup>st</sup> April at 7.30pm, there will be a United Communion Service at the United Reform Church and Eucharist and Stripping of Altars at St Andrew's. On Good Friday there will be a walk from St. Andrews to the URC where the open air service will take place slightly later than usual at 11am. All are invited to join this celebration where hot cross buns will be given out to attendees and passers by. This is followed by a Good Friday Devotions at St. Andrew's at 12.30pm, Good Friday Liturgy at 2pm at St. John the Baptist at Garsdale and Good Friday Liturgy at 6.30pm at St. Mark's at Cautley. In the evening there will be a service at Sedbergh Methodist Church at 7pm. On the 23<sup>rd</sup> April at 7.30pm there will be a service



at St. Andrew's. For those who like to be up and about early on Easter Sunday morning there will be a walk up Winder and a sunrise service held at the summit, starting at 5.45am!.

There will also be services at Sedbergh Methodist Church, Easter Communion at 10.30am and Easter Songs of Praise at 6.30pm. At St Andrews there will be a Holy Communion at 8am and 10.30am then at 6.30pm a Sung Evensong.

There will also be Holy Communion at 10am at St John the Baptist, Garsdale and at 2.30pm at St. Mark's, Cautley. Further details can be found in the advert on p.?

and a full programme of events is on display on the noticeboard on the URC wall, opposite the Chippy.

Advance warning for those of you who are ready to book your summer holidays, as dates have been confirmed for the annual holiday club. This will take place every morning between 25<sup>th</sup> July-30<sup>th</sup> July and is open to all children of primary school age.

*Emma Brown*

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### BOOKWORM

What I have been reading this month  
*The Hopeless Life of Charlie Summers* by Paul Torday (fiction)

This is the author's 4th book - it is a clever, unusual, intelligent read with an engaging narrative. Ex army Eck gets a job as a 'greeter' for an emerging investment company which was set up by an old school contact. Charlie is a dodgy salesman and loser when their paths cross and recross. This is the money world of selling debt or Japanese dogfood and the greed for more profit. But markets crash and lives unravel but with some surprisingly positive end results.

*From the Holy Mountain* by William Dalrymple (travel)

This is a journey through the Middle East locating the diminishing Christian communities. The route is based loosely on a 6th century guide to monasteries called 'The spiritual meadow' and covers Lebanon,

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Jordan, Syria, Turkey with tales, theological conversation, archeology and enlightening histories of religious communities. The inclusion of more and better maps would have helped those of us not familiar with the region!

*Hardball* by Sara Paretsky (crime fiction)

The latest addition to this acclaimed series featuring VI Warshawski private detective in Chicago. This is powerful top ranking stuff - a dying woman wants to find out what happened to her young nephew who disappeared after a snowstorm 40 years previously. The search takes VI into dangerous territory involving her young cousin, political campaigns, organised gangs, family memories and events surrounding Martin Luther King. Unputdownable and haunting after you have finished it.

*RM Bookworm*

Oliver Higginbotham

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At the Peoples Hall on Sunday 13th March David Robbins a local Gideon, told us of the work and gave us numerous examples of how by picking up and reading one of these Bibles, lives have been completely turned around!

Families and friends enjoyed the coffee and children's activities and opportunity to talk together afterwards.

It is a great way to start the week – why not join us – the next one will be on Sunday 3rd April 2011 at 10.30am on Mother's Day, with flowers for Mum and games for the children at Sedbergh Methodist Church.

*Rachel Pedley*

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### BEAT FUNDRAISING

I have organised a 10 mile sponsored walk In order to raise funds for **BEAT** - the national charity that helps people affected by eating disorders.

I decided to support beat because a few years ago I suffered from an eating disorder and witnessed its detrimental effect on those around me and ultimately myself; therefore I want to help others overcome and fight this illness and start living the life they truly deserve.

There are 1.6million people In the UK affected by an eating disorder. These illnesses have the highest mortality rate of any psychiatric condition and up to 20 may die. Early Intervention Is crucial In saving lives and beat can provide the first contact to guide and support people In accessing the treatment they need. The charity Is In direct contact with over 100,000 people a year through its helplines, messageboard and text services which all require funding. To sponsor Ami Baines go to <http://www.justgiving.com/Ami-Baines> or contact Ami on 07966 381790 for other ways to sponsor.

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### THE COBWEB ORCHESTRA

The Cobweb Orchestra now boasts nine locations where players meet on a regular weekly basis to rehearse. The nearest to Sedbergh is Tebay and local instrumentalists, a number who are members of the recently formed Sedbergh Orchestra, thoroughly enjoy participation in this splendid group.

The popularity of Sedbergh as a venue for a residential weekend of music is manifested by the fact that for the fourth successive year, in excess of 60 players will be gathering and completing an intense musical experience with a an Open Rehearsal in Sedbergh School's Powell Hall on Sunday 10th April from 2.30 onwards, where there will be a playthrough of the music played over the weekend. All are invited to come: Tea and biscuits will be available, there is no charge for entrance but a collection will be taken with the money being shared between the Freeman Hospital Cardiac Unit and Cobweb Orchestra funds.

The Orchestra has had a full year and groups have come together to

play in Germany and Hungary, whilst this summer sees them returning for a fifth time to Tuscany in Italy.

A national dimension has been achieved by the Orchestra being among the winners of a new prize awarded by the Making Music organisation, an initiative of Voluntary Arts England designed to showcase excellence and innovation in amateur arts groups across England. Ed Vaizey MP, Minister for Culture, Communications and Creative Industries presented the award in the House of Lords to Andy Jackson, Creative Director of the Orchestra, for a performance of Ravel's Bolero given in the busy bus station in Newcastle that became a YouTube sensation. This most original concept brought fine music to an unsuspecting but appreciative public as well as gaining amongst other rewards a cash prize and national recognition.

S. B.



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### **SEDBERGH TOWN BAND**

#### *Annual Spring Concert*

The curtains opened to a grand performance on Tuesday the 8<sup>th</sup> of March, when Sedbergh Town Band played their 13<sup>th</sup> annual Spring Concert at The Peoples Hall. Alan Lewis, Bandmaster amused everyone with his commentary before each piece and the Band were excellent, especially considering that the majority of the programme was new.

The Junior Band which has grown in the last three years to have approximately twenty five members with an age range of around 7-16 played just before the interval. Two of the junior members have even now been integrated into the adult band.

With such a wide variety of music on offer, both the adult and junior bands appealed to all ages and everyone had a fantastic time. At the end of the night the band played one last song and went off to whistles and cheers. For more information take a look on the Sedbergh town band website, [www.sedberghtownband.co.uk](http://www.sedberghtownband.co.uk).

If you would like me to report on

your event please contact me by either giving me a call on 25185 or alternatively by sending an email to [laurabm@sky.com](mailto:laurabm@sky.com) with dates and details.

*Laura Mottershead*

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### **CHAMBER OF TRADE**

The Sedbergh and District Chamber of Trade presents an Open and Social Evening on Thursday 14 April from 7pm at the Bull Hotel on Main Street. As part of its mission to support and inform people who run businesses or work for themselves in the area, there will be two presentations: Garsdale Design will talk about the work they do in the Dales and the Middle East, showing how it is possible to live locally and work internationally; and Hilary Hodge, Chair of the Parish Council, will talk about developments with 72 Main Street (the TIC/Community Office building) and progress on the Sedbergh Townscape Initiative, and take questions. There will be a buffet meal and a drink included in the ticket price, and the event will be a big opportunity for people to network. It is hoped that non-members will come along, along with non-active members, and find out more about the Chamber's involvement in the town and how it can help its members and the general business community. Tickets cost £10 and are available from the Tourist Information Centre, 72 Main Street, and Chamber members. See you there.

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### DENTDALE RUN 2011

Congratulations to Spiderman, the winner of the Dentdale run this year! The 14 mile 379 yard road race took place on Saturday the 12<sup>th</sup> of March and attracted around 400 participants including six men on a stag weekend dressed up as super heroes.

Luckily the weather stayed clear for the majority of the race, which is expected to have raised around £4000 for Dent C of E Primary School, a fantastic amount which will be greatly appreciated. It was also lovely to see the pupils doing such a great job of counting down the start of the race with drums and cheering the runners on as they left.

Of course none of this would be possible without all of the people who helped behind the scenes, the WI who provided refreshments, Dent Brewery and the rest of the local companies that sponsored the run, St John's Ambulance who were ready to help and of course the runners themselves, so thank you to everybody who took part.

The results are as follows; In the men's race 1<sup>st</sup> place went to Peter Parker D, 1:18:23, Altrincham, 2<sup>nd</sup> Steve Littler, 1:18:30, Wesham RR, 3<sup>rd</sup> Clark Kent, 1:19:45, Altrincham and in 4<sup>th</sup> P. Adam, 1:20:34, Altrincham.

As for the women's in 1<sup>st</sup> position was Joasia Zakrzewski, 1:30:19, Dumfries RC, 2<sup>nd</sup> Amy Green, 1:34:27, Keighley and Craven AC, 3<sup>rd</sup> Christine Hudson, 1:40:29, Southport-

Waterloo AC and 4<sup>th</sup> Carole Madden, 1:41:45, Royton Road. Well done to all who took part, the rest of the results can be found at [www.dentdale.com](http://www.dentdale.com). *Laura Mottershead*

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### SEDBERGH BOWLING CLUB

At the AGM in February John Oughton was elected President for our Centenary Year. Geoff Thompson who has just retired as 'Chippy' agreed to be our Treasurer and all other officers remain. We are planning a number of events for our celebrations, some special competitions, a Fun Day, and BBQ's.

We have had gates made, including the lettering Sedbergh Bowling Club and dates 1911-2011 which will be fitted shortly. There will be a photo of these in the June issue of *Lookaround*. The official opening will be on 4<sup>th</sup> June when the Band will ; play in the Gardens.

We are always happy to welcome new members for competitive bowling or casual and social events. For more information phone 015396 - 20279.

## **SIGHT ADVICE SOUTH LAKES SEDBERGH GROUP**

*For people with sight problems*

George Tomlinson was the first speaker at the March meeting and told us about his moments of fame due to the BBC. He recounted how he found himself appearing on the national news without having done anything wrong! The interview was to do with his association with Age U.K. and it was about his experience of having the help of carers. It took place at his house in Cautley and one of the things that surprised him was that the cameraman had captured lovely views from the house, some of which he had never really appreciated before.

This was followed by a fascinating quiz about the Second World War concocted by Sue Harper and conducted by Betty Harper. Topics ranged from doodle bugs to jitterbugs and rabbits that run, run, run. There was less cheating than usual (!). In fact, contestants occasionally found themselves helping the other team! The quiz produced a great deal of nostalgia with many happy memories as well as a reminder of the difficulties and horrors.

In March Jackie Foott will give a talk on behalf of the Cumbrian Wildlife Trust. This will take place at the People's Hall and the meeting starts at 2.00 p.m. All new members will be welcome and transport may be available. Contact 01539 742633 if interested.

*JL*

## **SEDBERGH HEALTH CENTRE**

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

No Session in April  
Tuesday 17th May  
Wednesday 15th June  
Thursday 14th July  
No Session in August



## **MUSIC FOR KIDZONE**

In the February issue of Lookaround, there was a request for Recorders for the Kidzone Orphanage in Kenya

Many thanks to people who have donated descant recorders for the children at orphanage.

If anyone has small percussion instruments these can also be used – tambourines, castanets, triangles, small drums etc. please leave them at the Community Office in the box in the corridor if you would like to donate. There are 24 girls in the orphanage and 1,000 pupils at the Mary Happy School near Nairobi. Helen Beare is hoping to visit later this year to help the children learn.

It's possible that some donated instruments may be too large or unsuitable, and if so they will go to Sedbergh Charity shop instead. Leave a note with your instrument with an address and phone or email number if you don't want this to be done, and it will be returned to you.

*Helen Beare*



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### PICTURE DISPLAY

Three paintings and drawings of Sedbergh will be displayed in the Community Centre from 9<sup>th</sup> April to 18<sup>th</sup> April.

These pictures are presents to Mr and Mrs Hirst, the previous Headmaster and Headmistress of Sedbergh's senior and junior private schools, from the Friends of Sedbergh School and the Townsfolk of Sedbergh. They are given in appreciation of their work with both Town and School.

The pictures are due to be delivered to Christopher and Sara this summer by the artists. If you would like to see them before they go to Wales, do drop into the Community Centre. *DT*

### SEDBERGH PRIMARY SCHOOL SWIMMERS

On Sunday 13th February 2011, we took nine children to Kendal to take part in the K.A.S.C. Schools Squadrons Gala. The children were both excited and nervous as this gala was a first for the school.

We entered 2 mixed teams, a boys and a girls team. We managed to get into 3 out of the 4 finals. The boys came away with a bronze medal and the girls missed out by 6 tenths of a second!



We also got to watch some of the club squad swim a 200 metre Individual Medley.

May I take this opportunity to say 'Thank you' to the parents for their support, the time keepers and poolside help, but most of all the swimmers who were fantastic and showed real team spirit cheering on the others.

If anyone would like to swim in competitions please contact me Janette Swallow at Sedbergh Primary School or 21034.

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**FIBRE GarDen**  
*the Garsdale and Dentdale  
broadband delivery initiative.*

There have been a number of articles in Lookaround and elsewhere recently about Cumbria becoming one of the areas for a government-funded pilot project to bring next generation access (NGA) broadband to rural areas. In Garsdale and Dentdale, a group called **fibre GarDen** has been formed to take advantage of this opportunity. The group consists of representatives of the two parish councils, and includes industry leaders in fibre optic networks and national broadband provision as well as those with experience in fund-raising, lobbying and communications.

The group's aim is to provide a fibre optic network and a broadband service in the two dales at a competitive cost. This is the only future-proof solution and is essential in securing the long term future of the dales by providing the same quality of communication infrastructure that urban areas enjoy.

**fibre GarDen** wants to achieve this by securing capital funding for the construction and maintenance of the network, but it also believes it is important that this network remains under community, rather than commercial, control. To maintain community cohesion, the group is very keen that the network is accessible to every property in the two dales.

At county level, the details of the Cumbria pilot project have been

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worked out by the County Council. At the end of March they were due to take decisions about the final shape of the scheme so they could obtain the government funding. Issues that have concerned them have been whether to use the government money just to link each Cumbrian community to the national optic fibre network, or whether to go further and try to fund a small number of community networks as well.

While the county has been taking these decisions, **fibre GarDen** has been developing a business model to support its aim of offering NGA broadband to every home in Dentdale and Garsdale. It will be seeking funding from a number of sources, but by doing its planning now, **fibre GarDen** will be ready with a feasible scheme at the same time as the County Council decides the scope of the Cumbria pilot project, and thus be able to seek funding from this project if enabled to do so.

Further information may be obtained from: Anne Fleck, Broadband Pioneer, Dentdale.  
e-mail: [anne@annefleck.co.uk](mailto:anne@annefleck.co.uk).



### **SOUTH LAKELAND CARERS**

Thousands of carers in South Lakeland face a life of isolation according to a new survey.

Research undertaken by the Princess Royal Trust for Carers has found that millions of carers in the UK experience isolation and loneliness, some struggling even to get out of the house.

And local charity South Lakeland Carers says the situation could be even worse in rural areas like South Lakeland.

An online survey undertaken by the Princess Royal Trust for Carers found that nearly nine in ten carers find it difficult to leave their home because of their caring role and over half feel alone and isolated.

Over 85% of carers surveyed said they are left to cope without enough support from family or friends and nearly half have no free time to visit support services.

Sally Percival from Kendal has been caring for her 19 year old son who has Autism, since he was born and now also cares for her mother. She said:

“As a carer, support is limited and it is very much left to the individual to seek support. When you are caring for someone who has autism it’s difficult to go out and you can’t mix with other people as easily. It does leave you feeling totally isolated.

“For the first four years of my son’s life I didn’t seek any support. Then when he was four years old I set up my own support group which led me to South Lakeland Carers.

“From South Lakeland Carers I can access the Carers Grant which makes a huge difference to my life, I receive massages which South Lakeland Carers organise and I attend information days where I get information about support services available to me. It also allows me to meet other carers and share experiences.”

South Lakeland Carers offer a number of vital services for carers in the area, providing them with free counselling and one-to-one support as well as sitting services and carer’s breaks, giving carers the strength to continue caring for longer

Steve Pollard, Director of South Lakeland Cares said findings like these are important in raising awareness of the demanding job carers face: “Too many carers face isolation in their caring roles, particularly in locations like South Lakeland where rural areas can make isolation a real issue.

“South Lakeland Carers is there to help carers, offering them breaks and giving them the support to continue to care for longer. Carers can self refer to us and we will see them in their own home. Our services offer support for carers who may feel they have no where else to turn”

The Princes Royal Trust for Carers have redesigned their website [www.carers.org](http://www.carers.org) to offer online support to carers and allow them to meet in other online.

For more information about South Lakeland Carers visit [www.slcarers.org.uk](http://www.slcarers.org.uk) or Tel: 01539 815970.

## **LOOKAROUND PARTY**

### *Happy 25<sup>th</sup> Birthday Lookaround*

The atmosphere of the night was a happy but emotional one as around 150 people came to The Peoples Hall on Saturday the 12<sup>th</sup> of March to celebrate the 25<sup>th</sup> anniversary of The Lookaround. The Peoples Hall committee ran the bar and organised the night to help it go smoothly and a wonderful buffet was laid on. As Dennis himself put it, there was a 'buzz' in the room as music was played by the Friday Consort and then followed a quartet from The Pepperpot Club who, amongst other songs, played a few different versions of Happy Birthday to which everyone sang along.

Dennis spoke sentimentally about The Lookaround and thanked everyone who had, not only assisted with writing and forming of The Lookaround over the past 25 years, but of course the readers themselves and also asked me to put in apologies for anyone he had missed. There was then a beautiful moment when Dennis presented his wife Jacky with flowers to say thank you for years for support.

The night's entertainment came to a close with Sedbergh Town Band who played songs that also included Happy Birthday. Valerie Finch thanked Dennis, on behalf of all, for the party, for Lookaround and for all he does for Sedbergh. A 25<sup>th</sup> Birthday Card was presented to Dennis and flowers to Jacky on behalf of the community for the support that she has given Dennis.

From March 1986, when the four

page newsletter was first produced to present day, The Lookaround has become an integral aid to the community and surrounding areas, helping to share information from people, groups and businesses alike. As newcomers to Dent, The Lookaround helped us tremendously and even after only six months, I have heard over and over how beneficial and essential The Lookaround has been to so many people. Therefore, I think I speak for everyone when I say a big thank you to Dennis and Jacky for starting the newsletter 25 years ago and for all the time and commitment that it has taken to produce such a brilliant newsletter!

For anyone who wishes to know more about the history of The Lookaround or find out any further information, please visit the website at [www.sedberghlookaround.org.uk](http://www.sedberghlookaround.org.uk).

*Laura Mottershead*

**Paul  
Hoggarth**



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### APRIL GARDENING

April is the month when many shrubs burst into leaf and flower. In amongst the more common things – *Forsythia*, Flowering Currant and Willow there are several more unusual plants which are worthy of inclusion in a garden border.

*Corylopsis pauciflora* is a delicate, spreading, deciduous shrub with pale yellow, bell shaped flowers born on fine bare stems in spring. The leaves, when they unfold, have a reddish tinge but soon turn green. *C.*

*pauciflora* is relatively slow growing and makes a small shrub (rarely larger than 3-4ft in 20 years) in this area. It has several similar relatives. *C. sinensis* and *C. willmottiae* have longer tassels of pale yellow flowers on more robust stems and make spreading bushes up to 8ft high and *C. spicata* has smaller flowers with red stamens born on thick stems. All of these shrubs like a semi shaded position in moist humus rich acid soil.

Coming into flower at the same time as Flowering Currant (*Ribes sanguineum*) we have three other Currants, *R. odoratum*, *R. aureum* and *R. x gordonianum*. The first two have yellow flowers with a rich, spicy scent and the third, a hybrid between *R. sanguineum* and *R. odoratum* has peachy pink racemes of flowers, very freely born amongst the new leaves. All make medium sized bushes, 4ft high, with spreading branches. They like sun or semi shade and will cope with most soils but they need to be fairly carefully placed as, when not in

flower they look very unexciting.

For a sheltered spot on a warm wall ( probably few and far between in this area this Winter) a small leaved, evergreen shrub called *Azara microphylla* is at its best at this time of year. The tiny yellow flowers which are born amongst the leaves are richly vanilla scented filling the air with great wafts of perfume.

Elaine Horne

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### CAUTLEY FESTIVAL

*St Mark's Cautley, Festival of Flowers and Music 20th, 21st & 22nd May.*

Many thanks to those of you who offered willow for our willow workshop.

We have now made the bodies of 7 fine willow sheep, by next month they will have heads, and in May they will be 'grazing' in St Mark's Churchyard for the duration of our Festival of Flowers and Music. We have other workshop days to make wall hangings, and other structures for the Festival, if anyone would like to be involved in any way, we would be most grateful, please telephone Linda Hopkins Tel 21455.

### EMILY'S FUND

Emily's Thank You Fund would like to say a big Thank You to everyone who helped, baked, provided goods and raffle prizes or attended the Coffee morning we held on 23rd February in the URC rooms. We made a fantastic £620 for the fund.

Our next fundraiser will be a Grand Draw to be drawn later in the summer with tickets going on sale soon!

## FIREWOOD



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### LADIES NFU

The March meeting was held on Tuesday 15th March with seventeen members present.

The President introduced Mr G Alinson from Lowgill who spoke about and showed slides of, the Settle to Carlisle Railway, which we all thoroughly enjoyed.

Being a friend of the line and a keen steam engine enthusiast he showed all the stations and viaducts from Settle to Carlisle. I'm sure it must be one of the most spectacular scenic journeys by rail in the country.

The next meeting is on April 19th and new members are always welcome.

### SEDBERGH BADMINTON CLUB

We are pleased to announce that our team has won its division in the Westmorland Badminton League, and will move up into the next division next season. We have had a successful year, winning all but one of our matches. Thanks to all the team for their efforts (David, Alan, Phil, Andy, Olive, Caroline & Rosie).

This season we have had to reduce our club nights to one night a week, nevertheless we still have a number of people, including a lot of youngsters, who regularly attend and enjoy playing badminton every Monday night. We have had a number of new members this year, and would welcome more new players next year - look out for our article in September's Lookaround for details of next season's club nights.

A big thank you goes to the Sedbergh Community Fund which generously gave us a much-needed donation this year, which enabled us to buy junior racquets, practice shuttles and new match nets.

*David Wheatley*

## GRAHAM J MOFFAT



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### DENT BUS SERVICE

I have recently heard that the 564B bus service run by Apollo 8 which connects Dent Station via Sedbergh to Kendal on Saturdays only has been axed as from 30/4/11

Obviously this is disappointing as this is the only service [once a week] and is well used by walkers going to Dent and Sedbergh and the only means of transport for some of the elderly residents of Dent. There will be no onward connection from the station.

Indeed due to capacity issues a larger bus and extra service was already being planned for the summer. It has therefore come as something of a shock that the service has been discontinued completely

This service also give residents of Sedbergh and Dent the possibility of gaining access to the Settle Carlisle route and onward to Leeds or northbound.

Without doubt this will have an impact on businesses – visitors would have spent the shops cafes and pubs in both Dent and Sedbergh

As the matter has only just been announced it would be worthwhile raising any objections to Cumbria County Council as soon as possible to see if this short sighted decision can be reversed

Kind regards

*John Carey  
Ilkley*



### BUS SERVICES

We would firstly like to thank all the passengers who use the above Service for their years of patronage. We are sorry that the County Council have decided to pull the plug.

When the County Council informed us that they would be stopping this funded Service, we phoned them to ask if they would consider decreasing the Subsidy to keep the Service running.

The answer was a definite NO.

We have looked into the possibility of running this Service on a Commercial (unfunded) basis, but with the cost of fuel as it is; it would not be economically viable at this time. This also means that the 17:08 Sedbergh - Kendal, which primarily only ran on Service as a positioning run to bring the 17:45 back from Kendal - will also have to be cancelled. As we do not have the amount of passengers using the 17:08 Sedbergh - Kendal, it is not viable to carry on with this either.

Lastly, we would just like to say that our Commercial (unfunded) daytime Service from Sedbergh Kendal & return will run as normal.

Sedbergh-Kendal: 09:40 12:40  
Kendal-Sedbergh: 10:30 13:30 16:10

We would like to say a Huge Thank You to all of you who use and continue to use this Service.

*Woofs of Sedbergh*

*The new Bus Timetable will be effective from 1st May and will be printed in the May issue of Lookaround. Ed.*

**DENT DALE  
CHRISTIAN FELLOWSHIP**

Continues in our home one Sunday evening a month at 7pm. Non-threatening presentation and sharing of the available love of Jesus for each and every person, very informal and welcoming. No collection, certainly no sermon and a lot of comfy chairs.

We are available to listen, to learn what troubles and worries you, to pray for you and walk with you, we do not have all the answers, we do not always get things right but we do know Jesus as our Saviour and commend Him to you.

For help anytime, or more information or to find out when the fellowship meets ring John/Sarah on 25212. *Sarah Woolf*

**ROYAL SCHOOL OF  
CHURCH MUSIC**



The Royal School of Church Music is holding their Spring Residential Course at Sedbergh School when 40 boy and girl choristers from RSCM affiliated choirs throughout England and Scotland will take part in an intensive three day programme. On the evening of Wednesday 13 April at 7.30pm the Course will sing Choral Eucharist in St Andrew's Parish Church. The setting will be the Mass of St Chad composed by the Course Director, Gordon Appleton who is the RSCM Musical Adviser for the North of England, and there will be anthems

by SS Wesley, Byrd and Philip Moore.

After the service there will be light refreshments and an opportunity to meet the young choristers. We are looking forward to the Eucharist with great enthusiasm and we hope that our congregation will be joined by many others from throughout the Deanery for a splendid choral occasion and to give their support to the young choristers

The Course will also be singing in the Sedbergh School Chapel on Monday 11th when the service will be Choral Eucharist, and on Tuesday 12th when they will sing Tokens of the Passion. These services will start at 7.45pm. *Tony Reed-Screen*

**SLOVENIAN VISITORS**

Many thanks for to those who got in touch offering accommodation and work for our visiting student from Slovenia this summer. We now have two students coming - Maya aged 20, and Miha aged 18, both of whom I met with their parents in Zrece when I was



visiting in February. Please keep your offers coming - although the students are here from July 9 to late August we would welcome any offers of accommodation even if they are only for a short period of time. Both students have experience of child minding, as well as working in cafes, pubs, and outdoor work, so if you can provide any work at all during the summer please get in touch.

*David Burbidge*



### **SEDBERGH & DISTRICT ART SOCIETY**

The last meeting of the 2010/2011 Winter sessions took place on the 11th March in the U.R.C. rooms.

Our scheduled speaker Lou Morton had to withdraw for personal reasons and was replaced at short notice by Kendal Artist Bob Henfrey.

Bob who's painting of Great Portland Street London. was recently selected by the Royal Institution of Painters in Water colour for its Exhibition at the Mall Galleries (March 30th to April 10) gave an excellent presentation of a landscape in oil of Butter mere.

The presentation involved the use of a camera, directed over the Artists shoulder and linked to a TV monitor enabling the members to watch the execution of the painting in great detail. Bob had also fixed his palette vertical along side his canvas so that his colour mixing technique could also be viewed. This excellent presentation, the last in our current programme brings to an end a series of first class demonstrations and our thanks, once again, go to our Programme secretary Sheila Hollaway.

The next meetings will take place in the Autumn and the Annual Exhibition will be from August 19th to Aug 30th from 10am to 5pm in Sedbergh School Library on Back Lane/Loftus Hill.

Meanwhile the informal Wednesday Group continues to meet in the Peoples Hall on Wed' from 1-15 to about 4-00 ish.

*Ron Gerrard*

### **APPLEBY FAIR**

I understand for logistical reasons the lay bys are to have the boulders put in place shortly after 11 April 2011. The posts are to be deployed along the verges, but they will only be placed in areas where vehicles could park and not elsewhere. This so "bow-tops" are not obstructed. So there will be less of them!

Comments can be made to the County, District and police officers at the "Drop In" on Monday 11 April 2011, in the People's Hall, from 17.00 – 21.30.

*Dr Gina Barney, CRAG*

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### **DENT PRE-SCHOOL**

Thank you to all who donated items to sell and helped on the 26<sup>th</sup> of February, when Dent Pre-School Association held a jumble sale at Dent Memorial Hall. There were some fantastic donations made and delicious bacon sandwiches on offer too, which all helped in raising a wonderful £685.15 for the Pre-School.

*Laura Mottershead*

### COMMUNITY OFFICER

There have been a number of reports of heating oil being stolen in the South Lakes area and in particular our area, please ensure that your fuel tanks are as secure as possible and we ask the public to be vigilant and report any suspicious vehicles or persons to the Police on 0845 33 00 247.

There was a report of a suspicious vehicle collecting scrap in the Dent area, the vehicle was described as a white transit with metal sides. It is important that suspicious incidents are reported as quite often this contributes towards crime prevention.

There has been a report of theft of copper wire in the Sedbergh area enquiries are ongoing, and we urge the public to continue to be vigilant and report anything suspicious.

Please feel free to contact us on 0845 33 00 247 or email us on [rachel.thomas@cumbria.police.uk](mailto:rachel.thomas@cumbria.police.uk) or [karen.dakin@cumbria.police.uk](mailto:karen.dakin@cumbria.police.uk). Or alternatively you can speak to us during our regular drop in surgery at Sedbergh Library at the new time and date of the 3<sup>rd</sup> Saturday of each month between 10:00 – 12:30 or the first Saturday of the month between 10:00 and 12:00 at Dent stores. We are also at Gladstone house every other Friday from 13:00.

We would be pleased to meet you all to discuss any issues or simply for a chat.

CSO 5206 Karen Dakin and CSO 5245 Rachel Thomas.



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### WOMEN'S WORLD DAY OF PRAYER

On Friday 4<sup>th</sup> March a wave of prayer will sweep around the world, with services from Tonga to Trinidad, Wisconsin to Western Samoa, to celebrate and demonstrate solidarity with fellow Christians in other countries and this year in particular with the people of Chile. Over 5,000 services will be held in England, Wales and Northern Ireland. The service has been written by the women of Chile under the title "How many loaves have you?" a theme to unite all humankind, and men and young people are as welcome as women! The service for this area will be at St Andrew's Dent at 2.30 and we will welcome the Revd Mabel Parr from Low Bentham as our speaker. Do come and join us.

*Monica Cleasby*

*(There was an Advert which was submitted with the article that appeared last month but was omitted in error. I blame the dog!!! I apologise on behalf of the dog. Ed)*

## BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0740 (C)	0817	M - F	564	KLC	0825	0858	M - F	564	KLC
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1007 (C, H)	1049	M - S	564	KLC	1055 (C)	1128	M - S	564	KLC
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	A8	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	KLC
1310 (C)	1347	M - S	564	KLC	1425 (H)	1500 (L)	Sat	564A	A8
1545	1620	M - S	564	KLC	1610 (C)	1640	M - F	564	W
1708 (C, H)	1745	M - F	564	W	1625 (C)	1658	M - S	564	KLC
1827 (C)	1904	M - S	564	KLC	1745 (C, H)	1818	M - F	564	W
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0858	0932	M - F	564	KLC	0705	0740	M - F	564	KLC
1128	1202	M - S	564	KLC	0940	1007	M - S	564	KLC
1443	1505	M - S	564	KLC	1235	1310	M - S	564	KLC
1658	1732	M - S	564	KLC	1510	1545	M - S	564	KLC
					1800	1827	M - S	564	KLC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Cowgill					Cowgill to Sedbergh				
1330	1355	Wed	564B	W	0950	1015 (L)	Wed	564B	W
0940	1009 (DS)	Sat	564A	A8	1020 (DS)	1050 (L)	Sat	564A	A8
1500	1530 (DS)	Sat	564A	A8	1545 (DS)	1615 (L)	Sat	564A	A8
1645	1715 (DS)	Sat	564A	A8	1735 (DS)	1805 (L)	Sat	564A	A8
Last Update: July 2010									

L = Sedbergh Library  
 C = Via Kendal College  
 H = Via Westmorland General Hospital  
 DS = Dent Station

W = Woof's of Sedbergh  
 KLC = Kirkby Lonsdale Coaches  
 A8 = Apollo 8

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

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

*All times are from and to Thorns Bank*

# M WINN & SONS LTD

(Established 1894)

**Sedbergh**

**General Builders & Joiners**

Now

**Kitchens**

**Supplied & Fitted**

Contact R. M. Winn  
015396 20649



## FUN SPORTS

Fun Sports is now on tour across the south lakes during the holidays from Sedbergh to Ulverston.

Nicola, Calvin and Laura, Lakes Leisure Development Team, you've seen them at after school club, now come and join them on Tour.

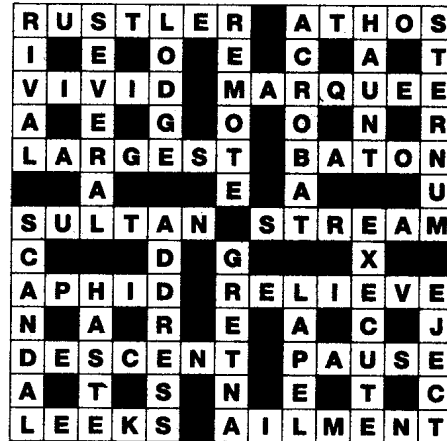
Over the last 2 years Lakes Leisure have been developing the Tours using information from parents and children across our region. 2011 got off to a great start with Fun Sports on Tour during Feb Half Term!

Easter will see Fun Sports return to Sedbergh 12<sup>th</sup> – 14<sup>th</sup> 10-3pm and Kirkby Lonsdale 19<sup>th</sup> -21<sup>st</sup> 10-12 noon.

Fun Sports on Tour is all your



Been Potholing?



favourite sports delivered by our qualified coaches, in a fun friendly way! We also have Garry Holmes local community Rugby Coach and James Nicholls from Kendal Town Football that will be delivering some sessions and talent spotting!

Come on...join in the fun, get active, get involved and who knows where it may lead!

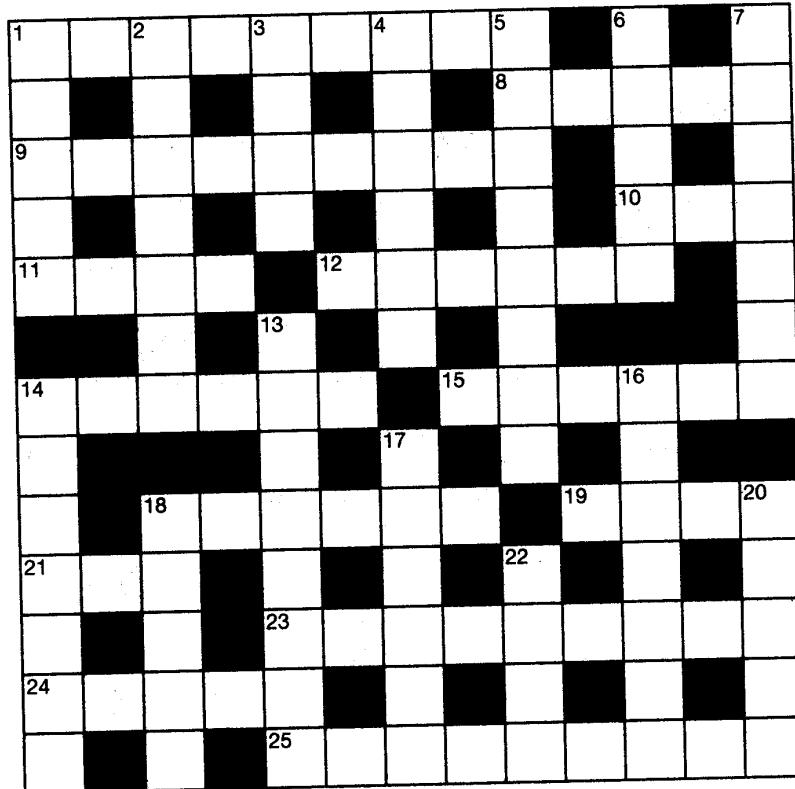
*Diane Knowles*

*Development Officer*

*d.knowles@lakesleisure.org.uk*

*Call 01539 729777*

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



## ACROSS

- 1 Safeguard against infection (9)
- 8 Over (5)
- 9 Cargo ship (9)
- 10 Have debts (3)
- 11 Charity for the blind (inits) (4)
- 12 Swordlike weapon (6)
- 14 Fisherman (6)
- 15 Religious building (6)
- 18 State without proof (6)
- 19 Large weighty book (4)
- 21 Mother (3)
- 23 Former name for Sellafield (9)
- 24 Loud (5)
- 25 Inattentive (9)

## DOWN

- 1 Deduce (5)
- 2 Uncovering (7)
- 3 Incite (4)
- 4 Missing (6)
- 5 British prime minister 1830-34 (4, 4)
- 6 Engine (5)
- 7 Retribution (7)
- 13 Mistress of Charles II (4, 4)
- 14 Insistent (7)
- 16 Approval of a will (7)
- 17 Alcoholic drink (6)
- 18 Scope (5)
- 20 Wield (5)
- 22 Sparkling Italian wine (4)



### BED & BREAKFAST

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

### CAMPING, CARAVANNING & SELF-CATERING

Mrs Durie .....	Crossthwaite, Garsdale, Sedbergh (2011/06) ..... <i>Sleeps 6/7 D, F, T, CH, TVL, P, NS, DW, DR, CW</i>	07900 531043
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2011/11) ..... <i>Self-Catering Sleeps 6-8</i>	20360
Sycamore Cottage, Lunds, Sedbergh (2011/09) .....	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356
Borrett Barn Flat, Marthwaite, Sedbergh (2010/10) .....	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	21175
Borrett Barn Caravan, Marthwaite, Sedbergh (2010/10) .....	<i>4 Berth; H+C Shower; WC; TV; NS</i>	21175

### KEY

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



## Religious Services in Sedbergh

### CHURCH OF ENGLAND

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

**Canon A W Fell Tel: 20283**

*Church Wardens:*

Tony Reed Screen 21081 & Susan Sharrocks 20754

### ROMAN CATHOLIC

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

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

### METHODIST CHURCH

New Street  
 Sunday 10.30 & 18.30

**Rev. T Widdess Tel: 20329**

### UNITED REFORMED CHURCH

Main Street  
 Sunday 10.30

**Rev. C Marsden Tel: 22030**

### SOCIETY OF FRIENDS

#### QUAKERS

Brigflatts  
 Sunday 10.30

**Tess & Philip Satchell Tel: 20005**

### UNITARIAN & FREE

#### CHRISTIAN CHAPEL

Market Place, Kendal  
 Sunday 11.00  
 Wednesday 19.30

**Rev. G Jones Tel: 01539 722079**

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

### CHURCH OF ENGLAND

Firbank; Howgill & Killington  
 Cautley & Garsdale

**Canon A W Fell Tel: 20283**

*Church Wardens:*

Cautley: Judith Bush 20058 & Linda Hopkins 21455  
 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723  
 Dent & Cowgill

**Rev. P Boyles Tel: 25226**

### METHODIST CHURCH

Dent; Dent Foot;  
 Cautley; Fell End;  
 Garsdale Street; Garsdale Low Smithy;  
 Hawes Junction & Frostron

**Rev. T Widdess Tel: 20329**

### SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

**Tel: 20588 or 20503**

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

### WORSHIP@PEOPLES HALL

10:30 am Sunday 6th February  
 10:30 am Sunday 13th March

**Beth & Sandy Roy Tel: 20785**

*Would you like to know that someone is  
 praying for you? Or do you have a  
 relative, friend or neighbour in special  
 need of prayer? In the Churches, we pray  
 every Sunday for this community and we  
 should like to hear of any special needs.  
 Please ring any of the above telephone  
 numbers so that we may pray for you and/  
 or others.*

## Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£2.00
Postal Overseas	=	£3.00

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

## DIARY OF EVENTS

*Dates are held up to 14th December 2011*

Entries marked (*) see Advert in previous Lookaround.		22	Good Friday		
<b>APRIL</b>		22	1300 Easter Craft	DCMH	
1	SS Term Ends		23	St George's Day	
2	1200 Spring Show	PH	23	1100 St George's Day Parade	Bull Hotel
2	1900 Flicks in the Fells (*)	PH	23	1330 Pathfinders	DCMH
3	Mothers Day		25	Easter Monday	
3	1030 Worship @ People's Hall	PH	25	1000 StAD Annual Easter Monday Sale (25)	DMH
4	1930 PH AGM	PH	26	SS Term Starts	
4	1930 Annual Dent Parish Meeting	DMH	26	1900 Buzz in the Meadows	DCMH
6	1000 Coffee Morning Dent Oral Society	URCR	27	1000 Coffee Morning Garsdale Village Hall	URCR
6	1700 Appleby Fair Drop In	KLI	27	1930 CWT Freshwaters of Cumbria	SHS
7	1700 Appleby Fair Drop-In	PH	29	Public Holiday (Royal Wedding)	
7	1930 WIH Flowers around Sunbiggin Tarn	FCH	29	1400 Victorian Kitchen	DCMH
9	1000 Junior Gym Coaching (20)	KLC	29	2000 April Maybe May (29)	PH
9	1900 Sedbergh Wanderers Ladies Night (70)	SSQH	30	Dentdale Craft Tour (32)	DMCe
10	1000 Junior Gym Coaching (20)	KLC	30	1100 Dentdale Monthly Walk (33)	DMH
12	1000 Funsports on Tour (20)	PH	30	1200 May Day Weekend & Sale (30)	DMH
12	1400 WIK Springtime Soups	PH	30	1400 Duck Race (30)	HOH
12	1400 Spinning in the Foyer	DCMH	30	1400 Making a Mini Meadow	DCMH
13	1000 Funsports on Tour (20)	PH	<b>MAY</b>		
13	1000 Coffee Morning StAS Missionary	URCR	1	Dentdale Craft Tour (32)	DMCe
13	1400 Discover & Do	DCMH	1	1030 Worship @ People's Hall	PH
13	1915 WID Dance Exercise	DMH	1	Dentdale Walking Festival/Craft Tour	Dentdale
13	1930 WIS An evening with Joyce Grenfell	PH	2	May Bank Holiday	
13	1930 Royal School of Church Music	StAS	2	Dentdale Craft Tour (32)	DMCe
14	1000 Funsports on Tour (20)	PH	4	1000 Coffee Morning dent Methodist Chapel	URCR
14	1200 Lunch Club	Red Lion	5	0700 Referendum	PH/DMH/GVH
14	1900 Chamber of Trade Social Evening (14)	Bull	5	1930 WIH Swallows & Amazons	HVH
14	1930 K-Set AGM (14)	KVH	7	1300 Auction & Table Top Sale (61)	PH
15	1930 Life in the 1950's	DCMH	7	1900 Flicks in the Fells (*)	PH
16	1930 The Armed Man (53)	StAD	10	1400 WIK Resolutions & Musical Quiz	PH
17	1300 Dilys McCaffrey Weaving	DCMH	11	1000 Coffee Morning Firbank Church	URCR
17	1530 The Armed Man (53)	StJCC	11	1330 HS Holme Village	LHCP
18	0900 Stroke Improvement Course (20)	KLC	11	1915 WID Resolutions	DMH
19	0900 Stroke Improvement Course (20)	KLC	11	1930 WIS WI Resolutions & Jacobs Join	PH
19	1000 Funsports on Tour (20)	KLRC	12	1200 Lunch Club	Red Lion
19	1300 Easter Craft	DCMH	14-19	Christian Aid	URCR
19	1400 Dry Stone Walling	DCMH	16	1900 Chamber of Trade	L
20	0900 Stroke Improvement Course (20)	KLC	16	1930 Group WI Meeting	KLI
20	1000 Coffee Morning North West Cancer	URCR	17	1230 Health Centre Closed for afternoon	
20	1000 Funsports on Tour (20)	KLRC	18	1000 Coffee Morning Christian Aid	URCR
20	1730 Family Sports Night (20)	KLC	20	Cautley Flower Festival	StMC
21	0900 Stroke Improvement Course (20)	KLC	21	Cautley Flower Festival	StMC
21	1000 MP Tim Farron Surgery	CO	21	1000 Meeting God (36)	Kendal
21	1000 Funsports on Tour (20)	KLRC	21	1230 Sedbergh Gala	Lupton Field

*The S & D Lookaround is edited, published & distributed monthly by  
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The content of The Lookaround does not reflect the views of the Editor.  
Whilst every effort is made to ensure that information is correct, the Editor cannot  
accept any responsibility for any inconvenience caused through errors or omissions.  
Copies are available from Sedbergh Office Services, Sedbergh Tourist Office,  
Green Door, Premier, Howgills Tea Room, Post Office and Dent Stores.*

<b>COVER PICTURE</b>			
<b>Wild Garlic in Akay Wood</b>			
<i>By Stuart Manger</i>			
22	Cautley Flower Festival	StMC	
25 1000	Coffee Morning WIK	URCR	
28	SS Half Term Starts		
28 1100	Dentdale Monthly Walk	DMH	
28	Dentdale Flower Festival	DMC	
29	Dentdale Flower Festival	DMC	
30	Dentdale Flower Festival	DMC	
30	Spring Bank Holiday		
30 1900	Duck Race	HVH	
?? 1830	Barbecue (Date to be announced)	FCH	
<b>JUNE</b>			
1 1000	Coffee Morning Dent Foot Chapel	<b>Cancelled</b>	
2 1230	HS Skipton Castle & Leeds Canal	LHCP	
2 1930	WIH Members Evening	FCH	
2 - 6	Appleby Fair		
4	Bowling Club Celebrations	QG	
4 1900	Flicks in the Fells (*)	PH	
4 1930	Killington Sports Ceilidh	BK	
5	SS Half Term Ends		
5 1030	Worship @ People's Hall	PH	
8 1000	Coffee Morning WIH	URCR	
8	WIS Mystery Outing		
<b>Regular Events/Meetings</b>			
1000	Every Monday	Free Entry to Locals	FM
1200	Every Monday	The Monday Club	SMCR
1315	Every Monday	Howgill Toddlers	HVH
1930	1st Monday	Dent Parish Council	DMH
1900	3rd Monday	Chamber of Trade	L
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1400	1st Tuesday	SL Carers Association	CO
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Group	PH
1930	3rd Tuesday	Ladies NFU	PH
1000	Every Wednesday	Coffee Morning	URCR
1300	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebra	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday	Brownies (term time)	SMCR
1930	Every Wednesday	Sedbergh Seniors	PH
1000	1st Wednesday	Age UK	CO
1930	1st & 3rd Wednesday	History Society	SHS
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh (Frostron) WI	PH
1930	1st Thursday	Howgill WI	FCH
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	1st & 3rd Thursday	Toy Library	PH
1200	2nd Thursday	Lunch Club	Red
1915	2nd Thursday	Royal British Legion	WHC
1930	Last Thursday	Sed. Parish Council	PH
1330	Every Friday	Dent Over 60's	DMH
1930	Every Friday	Monkey House Café	Library
8 1915	WID Sedbergh Art Society		DMH
9 1200	Lunch Club		Red Lion
14 1400	WIK Mums Junk		PH
15 1000	Coffee Morning Barnardo's		URCR
15 1230	Health Centre Closed for afternoon		
15 1815	HS Tearside, Kirkby Lonsdale		LHCP
19	Fathers Day		
22 1000	Coffee Morning Garsdale Church		URCR
25 1100	Dentdale Monthly Walk		DMH
29 1000	Coffee Morning WIS		URCR
<b>JULY</b>			
1	Sedbergh Wanderers Big Weekend		Sedbergh
1	Promise Auction		CHI
2	Sedbergh Wanderers Big Weekend		Sedbergh
3	Sedbergh Wanderers Big Weekend		Sedbergh
<b>DIARY KEY</b>			
BF	= Brigflatts		
BK	= Becksides, Killington		
BVH	= Barbon Village Hall		
CDC	= Community Development Centre		
CHI	= Country Harvest, Ingleton		
CO	= Community Office, Main Street		
CTiS	= Churches Together in Sedbergh		
CWT	= Cumbria Wildlife Trust		
DCMH	= Dales Countryside Museum, Hawes		
DCP	= Dent Car Park		
DMCe	= Dent Meditation Centre		
DMH	= Dent Memorial Hall		
DMC/S	= Dent Methodist Chapel/Schoolroom		
FCH	= Firbank Church Hall		
FM	= Fairfield Mill		
GVH	= Garsdale Village Hall		
HOF	= Holme Open Farm, Middleton		
HS	= History Society		
HVH	= Howgill Village Hall		
JLCP	= Joss Lane Car Park		
KLC	= Kendal Leisure Centre		
KLI	= Kirkby Lonsdale Institute		
KVH	= Killington Village Hall		
L	= Library, Main Street		
LHCP	= Loftus Hill Car Park		
PH	= People's Hall		
QG	= Queen's Gardens		
SHS	= Settlebeck High School		
SLSB	= South Lakeland Society for the Blind		
SMC(R)	= Sed. Methodist Church (Room)		
StMC	= St Mark Church, Cautley		
StAS/D	= St Andrew's Church, Sedbergh/Dent		
StJCC	= St John's Church, Cowgill		
STO	= Sedbergh Tourist Office, Main Street		
URC(R)	= United Reformed Church (Rooms)		
WHC	= White Hart Club		
WIB	= Women's Institute, Barbon		
WID	= Women's Institute, Dentdale		
WIH	= Women's Institute, Howgill		
WIK	= Women's Institute, Killington		
WIS	= Women's Institute, Sedbergh		

## PUBLIC INFORMATION

### Sedbergh Medical Practice

015396 20218

015396 20239 24hr Prescription line

### Surgery and Dispensary Opening Hours

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

### Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.30am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Dent surgery by appointment only - Monday

Workers surgery by appointment only –  
Monday/Tuesday evening

### Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday

afternoons (By appointment only)

Dressings Clinic – Friday afternoons

(By appointment only)

### Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

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

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

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

### Collinge Optometrist

Friday only

0900 to 1300 & 1400 to 1730 by appointment  
only.

### DENTAL SURGERY

Finkle Street ☎ 20626

Mr I R Dawson, Ms G Turner & Mr B Houghton

Monday to Thursday 0900 - 1700

Friday (*Time changed 02/11*) 0830 - 1400

Saturday \*

### 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 1000 - 1700

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

### COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)

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

### RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 01539 738772

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

### PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

☎ 01539 795000 or 0845 6060265

### Age UK SL @ Community Office

1st Wednesday every month

10 am to 12 noon

☎ 01539 742627

### COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

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

### POLICE

☎ 0845 33 00 247

### PUBLIC TOILETS

Main Street & Loftus Hill Car Park, Sedbergh

Main Street, Dent

### VETERINARY SURGERY

14 Long Lane

☎ 015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 \*

1400 - 1500 \*

Other times by appointment only \*

MARKET DAY

WEDNESDAY

HALF-DAY CLOSING

THURSDAY