

Sedbergh & District

# LOOKAROUND

April 2012

Issue 298

Donation £1

First and foremost, please bear with us as we have had computer problems over the last few months culmination in a complete failure during the week of putting Lookaround together. Fortunately, we were able to retrieve Master Files

which enabled us to continue on another machine but everything was slowed down by checking and rechecking everything so if we have omitted you this month, please accept our apology but let us know.

*Dennis & Jacky Whicker*

**Sedbergh Wanderers Football Club invite you to**

*AN Evening AT* **The MOULIN ROUGE**

**Ladies Night**  
On 7th April 2012  
Queens Hall, Sedbergh

Doors open at 7.00pm, food served at 7.30pm

**Free Cocktail for all on entry**

Three course meal, tea or coffee and a glass of champagne followed by amazing big prize draw and disco

Tickets available from Premier, Sedbergh. Please reserve your table and place food orders when purchasing tickets. Strictly no under 18's or Men!

*Teerie* 

\*Moulin rouge inspired dress optional- think black, red, lace, feathers and sequins\*

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

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788  
e-mail: [editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

## Table of Contents

|                                |    |                              |    |
|--------------------------------|----|------------------------------|----|
| Advertising Rates              | 77 | Ladies NFU                   | 67 |
| Bed & Breakfast                | 76 | Local Athletes Success (+P?) | 45 |
| Bus Time Table                 | 73 | Murder at Millthrop Mill     | 22 |
| Cartoon                        | 74 | News from the Pews           | 48 |
| Crossword                      | -  | Painter P Hanson             | 68 |
| Groups                         | -  | Parish Council Dent          | 10 |
| Places of Interest             | -  | Parish Council Sedbergh      | 8  |
| Religious Services             | 77 | Pendacol Dog Training        | 64 |
| Regular Meetings               | 74 | People's Hall                | 24 |
| Sudoku                         | 74 | Queen's Diamond Jubilee 1897 | 42 |
| 72 Main Street                 | 66 | Queen's Diamond Jubilee 1897 | 73 |
| Age UK                         | 7  | Red Squirrels                | 13 |
| Art Society                    | 63 | Retired Teachers             | 47 |
| Birds Beasts Bugs & Trees      | 23 | Rose Community Theatre       | 38 |
| Bookworm                       | 46 | Running for Rainbow (+P?)    | 41 |
| Brain Fog                      | 26 | Scouts                       | 40 |
| Clutterbucks & Clobber         | 32 | Sedbergh Orchestra           | 34 |
| Cobweb Orchestra               | 68 | Sedbergh Town Band           | 28 |
| Community Officer Report       | 70 | Settlebeck High School       | 54 |
| Councillors Corner             | 8  | Shrinking Spar               | 44 |
| Denise Paul                    | 40 | Sight Advice SL              | 47 |
| Dent Football Club             | 66 | South Lakeland Carers        | 39 |
| Dentdale Christian Fellowship  | 69 | Sports Evening               | 69 |
| Dentdale Diamond Jubilee       | 66 | SPS Swim Success (+P?)       | 37 |
| Dentdale Memorial Hall         | 31 | St Georges Parade            | 65 |
| Diamond Jubilee Music Festival | 33 | Thandi Tales                 | 58 |
| Editors Notes                  | 69 | Tim Farron MP                | 14 |
| Family Musings                 | 36 | Trott Musical Foundation     | 68 |
| Filling the Gap                | 67 | True Nature of the Howgills  | 35 |
| Firbank School Hall            | 69 | Weather                      | 43 |
| Gardening                      | 50 | WI Dentdale                  | 18 |
| Health Centre                  | 74 | WI Howgill                   | 21 |
| Hobbies                        | 65 | WI Killington                | 16 |
| Home Made Market               | 62 | WI Killington Cookbook       | 64 |
| Howgill Harriers               | 25 | WI Sedbergh                  | 19 |
| HS Cumbrian Churches           | 52 | worhsip@peopleshall          | 46 |
| Kidzone                        | 27 | YDNP Have Your Say           | 56 |
|                                |    | Yummy Mummys                 | 69 |

## Table of Adverts

|                                  |    |                              |    |
|----------------------------------|----|------------------------------|----|
| Able Memorials                   | 52 | Kay Whittle Chiroprapist     | 41 |
| Andrew Allan Video Transfer      | 46 | Kevin Bateman                | 43 |
| Austin Brown Computing           | 53 | Malcolm Sedgwick Carpenter   | 31 |
| Bath House                       | 21 | Man Friday                   | 49 |
| Brian Goad Funerals Services     | 43 | Mel Cragg                    | 70 |
| Bull Hotel                       | 48 | Middleton Head               | 17 |
| Butler Interiors                 | 13 | MK Conversions Builders      | 16 |
| Capstick Insurance Agent         | 59 | Nicky Ross                   | 24 |
| CDC                              | 7  | Oliver Higginbotham          | 24 |
| Chris Whelan Estate Agent        | 8  | Oliver Higginbotham Logs     | 6  |
| Cobble Country Estate Agent      | 50 | Other Options                | 36 |
| Cross Keys Hotel                 | 60 | Paul Hoggarth                | 26 |
| Cumbria Stoves                   | 66 | Paul Winn Electricals        | 55 |
| Dalton Woodland Burial           | 31 | People's Hall                | 47 |
| Daphne Jackson                   | 65 | Peter Woof Tradesman         | 51 |
| Dawsons Coal Yard                | 11 | Philip Horner                | 33 |
| Dentdale design                  | 22 | Richard Hoggarth             | 35 |
| Dentdale Heritage Centre         | 6  | Roger Winn Builders          | 49 |
| Duncan Law                       | 63 | S Stephenson                 | 38 |
| Edwin Middleton Carpenter        | 72 | Sam Knowles                  | 56 |
| Ellison Wood Supplier            | 45 | Sam Konczynski Carpets       | 72 |
| Farfield Mill                    | 10 | Sedbergh Office Services     | 62 |
| Fresh Aspects                    | 45 | Sedbergh School              | 61 |
| Garsdale Design                  | 34 | Sheila Shuttleworth          | 41 |
| Gary Allan                       | 25 | Songs from the Riverbed      | 67 |
| Gavin Charlesworth Wood Supplier | 44 | Stefan Kliszat Decorator     | 12 |
| George Baines Builders           | 39 | Stephenson & Wilson Builders | 46 |
| Graham Moffat Builder            | 40 | Stramongate Printers         | 71 |
| H&M Craftsmen                    | 58 | The Chair Upholsterers       | 72 |
| Hay For Sale                     | 14 | Tilk Wilkinson               | 66 |
| Hayton & Winkley                 | 23 | Tom Dutson Heartwood         | 57 |
| Heaps of Fun                     | 70 | Trade Binders                | 15 |
| Holme Farm                       | 18 | Wenningdales 1 Home          | 68 |
| House to Let                     | 64 | Wenningdales 2 Heritage      | 40 |
| Ian Higginbotham Decorator       | 49 | Windermere Windows & Glass   | 54 |
| Irving Joiners                   | 27 | Workshop for Rent            | 79 |
| Josephine Lade                   | 64 | Yvonne Cervetti              | 30 |
| June Parker                      | 26 | Zen Cabins                   | 42 |

# 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 recipients this month are:- Tom Allan who is 9 years old on 18th 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                | 6   |
| 4   | Emily STANLEY                  | 2   |
| 5   | Katie COLTON                   | 6   |
| 10  | Isobel METCALFE                | 9   |
| 18  | Jasmine SEN                    | 4   |
| 18  | Tom ALLAN                      | 8   |
| 21  | Abbie ALLAN                    | 10  |
| 22  | Myles STANTON                  | 5   |
| 22  | Siobhan COUSINS                | 7   |
| 23  | Zak HALL                       | 5   |
| 25  | Izzy NEWBOLD                   | 6   |
| 25  | Sienna MIDDLETON               | 7   |
| 26  | Emily KITCHEN                  | 10  |
| 27  | Scott LAWSON                   | 5   |
| 27  | Emilia PAGE                    | 11  |
| 28  | Lucy CAPSTICK                  | 6   |
| 29  | Jessica ORR                    | 11  |
|     | <b>Nonagenarian &amp; Over</b> |     |
|     |                                |     |

## PERSONAL & SMALL ADS £1

### BAINBRIDGE

A big Thank You to everyone for their gifts, cards, visits and prayers received during Pat's recent stays in Chorley and Furness Hospitals. Your kindness is very much appreciated. Pat & Harold.

=====

### DEVINE

Thank you to Jess and Craig from the White Rose Chip Shop for collecting some shopping for me when I was unable to get out because of the ice. It was a great help to me. Georgina.

=====

### DEVINE

Thank you to Joel and Catherine, David and Claire and Tim and Cathy for helping me. Also Sarah Woof. Georgina.

=====

### GORNALL

Happy 60<sup>th</sup> Birthday, Rose, 26<sup>th</sup> April. Love and best wishes on your special day. John, Linda, Paul, Anthony, Gwyn, Graham and Jolene.

=====

### PICKTHALL

Jean and Jill wish to thank everyone for their kind messages, support and prayers following the sad loss of their Mum, Florence. Special thanks to the Rev. Tim Widdess at Sedbergh Methodist Church for his perfect service. Grateful thanks too to Brian Goad and his colleagues for their kindness and guidance. Many thanks for the generous donations to Action for Children and the Great North Air Ambulance.

### McVOY

Shirley would like to say thank you for all of the cards, visitors and good wishes that she received during her rather prolonged stay in hospital. They were very much appreciated.

=====

### WILSON

Ronnie would like to say thank you for the generous donations received on his **70th Birthday**. A figure exceeding £700 is being divided between the four churches in Dentdale. Also, thanks to Dorothy Goad and helpers for the catering and to all who came to make the day special.

=====

*The following two 'For Sales' were omitted last month due to a computer error.*

### FOR SALE

2 Ton Trolley Jack £18. 2 Raleigh folding bikes. £20 each or £30 the pair. Tel: 21931.

=====

### FOR SALE

Calloway Golf Clubs 'Big Bertha' titanium; Driver; 3 Wood and 5 Wood. All with head covers. Only £99. Tel: 20829.

=====

### FOR SALE

York Discover Cycle Exercise Bike. Superb condition. Hardly used. Built-in Heart Rate Monitor. Mechanical Resistance Adjustment. £60 ono. Call Scott 07779-415985.

PERSONAL & SMALL ADS £1

**FOR SALE**

Traditional meadow hay. Small bales. Excellent for horses and sheep. Tel: Dent 25453.

**FOR SALE**

Piano. Broadwood, Iron frame, neat case. Offer considered. Buyer to collect. Tel: 015396-20612.

**FOR SALE**

4' Childs Pool Table £40. Childs Bed Settee £20. Childs Desk £20. Tel: 07765 735182.

**FREE**

Pool Table 72" x 37", folds to store easily. Small repair needed to one stand, cues, balls, etc. Also Punchbag, needs strong hook to hang from ceiling. Both vgc. Having a clearout. To collect from Cautley. Tel: 015396 20713.

**WANTED**

Photographs of The Old Smithy, Firbank. Any received will be returned. Please also ask family or friends of any knowledge of the history of the Smithy which would be most welcome. Many thanks. Tony Healy 07980 667454.

**HARDWOOD LOGS**

Large & Small Loads  
Oliver Higginbotham

07815 899 994 ~ 015396 21073

# DENT VILLAGE

**HERITAGE CENTRE**  
& Flintergill Outrake Nature Trail  
*on the Scenic Yorkshire Dales Route*

The  
"Terrible"  
Knitters  
Of Dent



**Traditional Arts & Skills**

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

*Featuring*

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

*Opening Times*

11am to 4pm Every Day

Tickets valid all day

Dogs Welcome

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

*Also visit*

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



One Adult Free Entry on  
production of this Advert

### AGE UK

Age UK South Lakeland are going to start two walking groups in April, our first adventure will be to go up to the top of Winder, we will go slowly and take a picnic, and we have a volunteer who is First Aid qualified who will join us just in case!. We encourage people who have never been up to join us and experience the beautiful view from the top. We will also offer a more gentle walk by the River Rawthey, with no stiles or hills, with a focus on enjoying the fresh air. I have a number of people who have already expressed an interest in having a regular walking groups both for hill walking and more sedate walks and we will play it by ear as to

setting a date and time, as obviously it will depend on the weather. Please contact Linda Greensmith on 07919 152526 if you are interested in joining us.

We had 7 people for our first cream tea on the 7th of March in the Bull Hotel, everyone enjoyed themselves and we have decided that we will visit different venues each month. We have decided that the last Thursday in the month at 3.00pm is a good time and therefore our next cream tea will be in Duo on the 26th April at 3.00 pm, for sandwiches, cake, scone, tea or coffee is really good value - so if you would like to join us please call Linda Greensmith on 07919152526

*Linda Greensmith*



## Sedbergh Community Development Centre

### Workshops & Courses April to June

| Subject                                | Tutor               | Day | Start  | Times |       | Wks |
|--|---------------------|-----|--------|-------|-------|-----|
| Yoga                                   | Fran Fryer          | Thu | 19-Apr | 18:00 | 19:30 | 12  |
| Pilates                                | Teresa Hill         | Mon | 16-Apr | 16:30 | 17:30 | 6   |
| Rag Rug Workshop                       | Pamela Bolton       | Sat | 28-Apr | 10:00 | 16:00 | 1   |
| Landscapes Pictures in Felt Workshop   | Debbie Lucas        | Sat | 19-May | 10:00 | 16:00 | 1   |
| Exploring Colour in Paint, Any medium  | Frances Winder      | Sat | 26-May | 10:00 | 16:00 | 1   |
| Expressive Drawing (Kendal)            | Jill Pemberton      | Sat | 12-May | 10:00 | 16:00 | 1   |
| Basic Printmaking (Kendal)             | Jill Pemberton      | Sat | 28-Apr | 10:00 | 16:00 | 1   |
| Painting Kirkby Lonsdale's Landscape   | Jill Pemberton      | Sat | 26-May | 10:00 | 16:00 | 1   |
| Start Digital Photography              | Chris Wood          | Wed | 18-Apr | 19:00 | 21:00 | 6   |
| Nature Photography (Kendal)            | Frank Balaam        | Wed | 18-Apr | 19:00 | 21:00 | 9   |
| Seaside Photography Day (Morecambe)    | Frank Balaam        | Sat | 26-May | 10:00 | 15:00 | 1   |
| Buy & Sell on eBay                     | Chris Wood          | Sat | 26-May | 10:00 | 15:00 | 1   |
| Keep Up Your Italian                   | Catherine Bond      | Thu | 19-Apr | 10:15 | 12:15 | 6   |
| Dry Stone Walling Weekend (Sat & Sun)  | Oliver Higginbotham | Sat | 21-Apr | 10:00 | 16:00 | 1   |
| Upland Navigation Day (Dentdale)       | Tim Deighton        | Sat | 21-Apr | 10:00 | 17:00 | 1   |
| Feel Confident on the Fells (Langdale) | Tim Deighton        | Sat | 26-May | 10:00 | 18:00 | 1   |
| Healthy Mediterranean Cooking          | Nela Geuer          | Sat | 18-Apr | 10:00 | 15:00 | 1   |
| Easy, Healthy, Inspired Summer Cooking | Nela Geuer          | Sat | 16-Jun | 10:00 | 15:00 | 1   |

**All courses are in Sedbergh unless otherwise stated**

[admin@sedberghcdc.org.uk](mailto:admin@sedberghcdc.org.uk)  
 [www.sedberghcdc.org.uk](http://www.sedberghcdc.org.uk)  
 Tel: 015396 21031

### **COUNCILLORS CORNER**

There isn't one for the next two months due to the Purdah from 16th March to 4th May.

There will be the usual updates from the June issue.

### **SEDBERGH PARISH COUNCIL 72 Main Street**

This is in the process of being purchased by a group of individuals on behalf of the community for £80,000. A community Trust is to be set up to purchase the building and four years has been allowed in order to raise the £80,000 required. The Parish Council has set aside £7,500 towards this target and has budgeted a further £5,000 p.a. for the next four

years.

### **Sedbergh Townscape Initiative**

A further meeting of the group has been held. Schemes have been submitted to Cumbria Highways to widen footways in 'the narrows' and to improve signage at the entrance to Main Street to make it more welcoming. SLDC have agreed to make £2,000 available to progress the recommendations of the Final Report and, in particular, to enable drawings to be done of the proposals for improvements to the open space outside the Tourist Information Centre.

### **Car Parks**

Negotiations with SLDC for the new lease at Joss Lane Car Park have

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

70, Main Street, Sedbergh, Cumbria.  
LA10 5AD

Tel: 015396 20293 Fax: 015396 21650  
Email [property@chriswhelan.co.uk](mailto:property@chriswhelan.co.uk)  
[www.chriswhelan.co.uk](http://www.chriswhelan.co.uk)



### **Residential & Commercial Property Sales**

### **Residential Letting & Management**

### **Caretaking Services**

### **Property Finding**

### **Negotiations**

### **Advice on:**

- Preparing your property for sale or letting
- Free assessment of value for sale and asking price





now reached a conclusion and we have been informed that the transfer will take effect from 1<sup>st</sup> April.

Negotiations with Sedbergh School for an alternative to Loftus Hill Car Park are still ongoing. Several options have been proposed both by the School and the Parish Council/ community representatives. We are hopeful that an agreement can be reached which will accommodate both the parking needs of the town and the future development of Sedbergh Junior School. All parties are agreed that there is now some urgency in resolving this issue.

#### **Planning**

No objections were made to planning applications but suggestions were made to improve the design for S/03/522 -pumping station for new water supply on land adjacent to the A683.

It was agreed that, following letters received from residents of Queens Drive, the Planning Authority should be contacted again regarding application S/03/519 - Proposed telecommunications tower - and clarification requested that the technical issues have been fully explored.

It was noted that the planning authority have not yet received a submission from the developers to discharge condition 21 of the decision relating to the Auction Mart Development. This concerns the provision of waste recycling facilities at the new Spar store.

#### **The Queens Diamond Jubilee**

ST ANDREW'S PARISH CHURCH, DENT

### **ANNUAL EASTER MONDAY SALE**

10am to 1pm

Monday 9th April

*Refreshments*

Home-Baking - Plants - Nearly New

Books - White Elephant

Competitions - Raffle etc

#### **Celebrations**

A town committee has been formed under the chairmanship of Margie McVoy with a view to co-ordinating events.

#### **Highways**

Cumbria Highways have been reviewing all outstanding requests for alterations etc to the highway many of which are now several years old. These will be prioritised and the Parish Council should be in a better position going forward to monitor.

**The next meeting** will be on April 26th at 7.30pm at the People's Hall committee room. Members of the 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, at the Community Office and on the Council Website 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)

### DENT PARISH COUNCIL

Among other items, the March meeting heard a report from the police about current issues, discussed the damage to Stonehouse Bridge and awarded a grant to South Lakeland Citizens Advice Bureau. The minutes of the meeting will shortly be published on [www.dentdale.com](http://www.dentdale.com) (follow the parish council link) as well as being available as a hard copy from the Parish Clerk.

### Police Report

Police Community Support Officer Karen Dakin attended the meeting and discussed the problem of parked vehicles causing an obstruction in Dent, both on the cobbles and around The Green. Information has been

circulated to officers and checks will be made when possible, and anyone with evidence of vehicles blocking the road was asked to report them to the police using the new 101 phone number. Since the meeting, the police have agreed to make the Dent parking issue a policing priority for this area.

### Damage to Stonehouse Bridge

Once again the parapet of Stonehouse Bridge has been badly damaged. Two requirements need to be met before it can be repaired: permission to put scaffolding in the river has to be granted by the Environment Agency to take account of spawning fish; and the repair has to be prioritised by Cumbria Highways, who will pay for it. So



**THE COPPICE ASSOCIATION NORTH WEST**  
**WORKING WOODLANDS: The Story of Coppice**  
Sat 31 March - Sun 29 April A celebration of coppicing with interactive displays, FREE daily adult workshops & children's activities (some twice daily during Easter holidays), exhibition of paintings and prints, demonstrations of coppice crafts with hand-crafted items for sale.

For information about exhibitions and workshops programme 2012 please visit our website [www.farfieldmill.org](http://www.farfieldmill.org).  
Next workshop: 19 May, Ruth Lee - Textile Patterns & Multiples

Visit **Weavers Café** - Open daily 10 - 5, for teas and coffees, lovely homemade cakes and scones, lunches and daily specials.  
Weavers fabulous **Sunday lunches** served 12 - 3, booking advisable  
Bring wine or alcohol if you wish (no corkage)! Call **015396 21159**. **(Free entry)**

Farfield Mill is open daily 10.30 - 5 £3.50/£3 (conc)/FREE for 16's & Under  
Garsdale Road, Sedbergh LA10 5LW [www.farfieldmill.org](http://www.farfieldmill.org) 015396 21958  
**FREE PARKING** Don't forget LA10 residents get free entry on Mondays!

much as the parish council would like the parapets to be replaced straight away, realistically it may be some time before this happens.

Although local people reported that the damage appeared to have been done by a timber lorry, investigations by the police suggested that no extraction was taking place at either the Cowgill or the Dent Head plantations on the day the damage occurred.

#### **Road Repairs**

Cumbria Highways have announced their resurfacing programme for the financial year 2012/13. In Dentdale, they are planning to patch or resurface two stretches of road: the main road between Dent and

Denthead at an estimated cost of £49,335, and the back road between Dent and Cowgill at an estimated cost of £25,789.

#### **Deepdale Road Signs**

After the accidents that occurred in the icy conditions this winter, successful lobbying by the parish council has persuaded Cumbria Highways to change its mind about providing 'Road Closed' signs on the road through Deepdale. Two signs have now been delivered to Hilltop Farm for placement on the Deepdale to Deepdale Head section when future adverse winter weather presents a danger to road users.

#### **Jubilee Beacon**

Chris & Lynn Comerie from Tofts

## **W. DAWSON AND SON LTD**

### **Solid Fuel and Agricultural Feed Merchants**

Station Yard, Sedbergh LA10 5HP

Tel: 015396 20210

e-mail: [office@dawsonsofsedbergh.co.uk](mailto:office@dawsonsofsedbergh.co.uk)

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

60 litre Multi Purpose Compost - £4.50 or 3 for £11.00

60 litre Multi Purpose Compost with John Innes - £5.50 or 3 for £14.00

60 litre Ericaceous Compost - £5.50 or 3 for £14.00

50 litre Decorative Woodland Bark - £5.50 or 3 for £14.00

34 litre Grow Bags - £2.00 each or 3 for £5.00

20 litre Enriched Top Soil - £3.50 or 3 for £9.00

*We also stock a variety of dry and tinned dog foods.*

have responded to the parish council's request in the December Lookaround to host a Queen's Jubilee Beacon and their offer will be registered as the Parish Council's official Queen's Jubilee Beacon site. In addition, the Memorial Hall Committee are intending to discuss other ideas for Jubilee celebration events at the Memorial Hall AGM on April 25<sup>th</sup>.

#### **Grant to Citizens Advice Bureau**

The parish council decided to award a grant of £100 to the South Lakeland Citizens Advice Bureau in Kendal as it serves the Dent community. The Bureau is situated at the front of the multi-storey car park, next to the bus station and is open from 10am to 2pm on weekdays.

#### **Grass Cutting Contract**

The contract for cutting the grass on both the playing field and the car park came to an end in 2011, and so the playing field committee and the full

council have spent some time recently discussing what the requirements would be for this year. With very little demand for use by the Cricket Club at the moment, it was felt that it would be possible to make financial savings by cutting the grass fortnightly rather than weekly during the growing season, provided that extra cuts are made if cricket fixtures require them.

#### **Next Meeting**

The next meeting is the Annual Parish Meeting at 7.30pm on April 2<sup>nd</sup> in the Memorial Hall, when the council will present its annual report and members of the public can raise any matter that concerns them.

Future meetings are on the first Monday of each month, unless it is a bank holiday, when they are on the second.

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



**Painting & Decorating**

DOMESTIC & COMMERCIAL  
**Interior & Exterior**

Excellent Rates ? References Available

Call Stefan Kliszat  
for a **FREE** Quotation today on  
015396 20524 or 07971 666 785

## RED SQUIRRELS

There is some really good news in Sedbergh at the moment in the form of red squirrel sightings in places where they have not been seen for a long time. Around the town, there are sightings from Loftus Manor, Pinfold and Settlebeck School whilst further afield, red squirrels have returned to the Cross Keys Hotel, and new areas of Howgill and Firbank. This is in addition to the established populations in Garsdale, Dentdale, Cautley and Mallerstang. Do you know of other locations where reds are regularly or occasionally seen in or around Sedbergh?

It is not by chance that we still have red squirrels in this area but rather

because of the hard work controlling the greys by a network of volunteers. Non-native, introduced grey squirrels have displaced reds in most of England by out-feeding our smaller native species, by generally harassing them and by carrying a squirrel pox virus which is harmless to the greys but fatal to the reds. Grey squirrels also do immense damage to trees, crops and bird populations whose nests they plunder. The north of England is one of the last strongholds for the red squirrels and wherever there is consistent grey control, the reds are surviving and thriving.

Sedbergh Red Squirrel Group is now part of a huge network of volunteers under the umbrella organisation of Northern Red Squirrels. Member groups cover Cumbria, most of Northumberland, parts of Lancashire and parts of Yorkshire (Hawes area) with new groups joining from Northern Ireland, Wales and even Cornwall, where they hope to re-introduce the reds. (Go to [www.northernredsquirrels.org.uk](http://www.northernredsquirrels.org.uk) for more information.)

If you would like to find out more about how you can help the red squirrels, you would be very welcome at our next meeting at 7.30pm, Tuesday 24 April, in Garsdale Village Hall. In the meantime, please send any and all sightings of reds and greys in the Sedbergh area to 015396 25453, [jfoott@btinternet.com](mailto:jfoott@btinternet.com) or text 0758 207 6469 with the location, date and your contact details.

*Jackie Foott*



**butler  
interiors**

Suppliers and installers  
of quality German kitchens,  
bedrooms and bathrooms.

Visit our showroom  
Kitchen Installations (North West) Limited  
Unit 3, Low Mills, Mill Lane  
Low Bentham, LA2 7DA

015242 63388  
[mark@butlerinteriors.co.uk](mailto:mark@butlerinteriors.co.uk)  
[www.butlerinteriors.co.uk](http://www.butlerinteriors.co.uk)

**FOR SALE**  
 Good Quality Hay & Straw (Small Bales)  
 Haylage (Large Bales)  
 Tel: 015396 20668  
 Mob: 07960 210336

**TIM FARRON MP**

It may be a few weeks ago but I want to thank everyone who attended the march in support of our campaign for a new radiotherapy unit the Westmorland General Hospital. Well over 2000 people turned out to march from Abbot Hall Gardens up to the top of Finkle Street. The sight looking back down Highgate and seeing people still coming over the top of Highgate Bank was one I will keep with me for some time. We had a total of over 11,000 signatures on our petition for the new unit to present to Professor John Ashton, Cumbria's Director of Public Health which is a further sign of how strongly people feel about this.

What struck me particularly was the range of people supporting the campaign, of course there were older people with friends with this dreadful disease or even suffering themselves. But there were also a great many younger people who felt strongly enough about this issue to come out to join the march, there were a number of messages on my Facebook page from people who were sorry not to be able to get along.

Cancer is something that touches many many families. I have heard from a number of people with tales

about the treatment that friends, relatives or even they themselves have had and how difficult it has been to travel for over an hour each way to receive it. I heard of one person the other day who had had to make 38 journeys to Preston for their radiotherapy treatment.

It is important to realise this is not simply about the convenience of having treatment somewhere nearby so it does not take so much time out of your day and you use less petrol. It is much more important than that. Cancer is a particularly challenging disease but its treatment can really take it out of you, many say that the treatment is often as difficult to deal with as the disease itself. Facing this

SEDBERGH CRICKET CLUB

**JUMBLE  
SALE**

**Saturday 14th April**  
 2pm  
 People's Hall




*Donation of goods morning of sale.  
 For collection of goods,  
 Tel: Sandra 07815 069394*




# • THE TRADE BINDERS LTD •

## Can you spot the difference?

Contact Ant or Catherine Steele for a brochure 01524 230033

Trade Binders Ltd is a family run local business



Answer  
(Only the duck... Oh yes and the price!)

We sell a huge range of quality traditional and contemporary baths, showers, basins, towel rails, radiators, toilets, taps and tiles etc...

We work locally and are proud to offer great ranges to suit all budgets. 2D plans can be drawn up, helping you visualise and the plumber to fit.

Or simply you can just purchase great quality products at trade prices.

Free delivery and full guarantees at our best possible price.

and having to travel down to M6 to get it is simply too much for some people. I am convinced that one of the reasons we have such a poor record on cancer care in this part of the world is that some patients or doctors simply do not think that the sufferer can handle the effort involved in making the drive, particularly if they do not have anyone to go with them.

Anyway I don't think that we could have done a better job at getting our message across. However, the fight continues, the week after the march I was lucky enough to be called at Prime Minister's Questions and had the chance to ask the Prime Minister to also support the campaign, in

return he offered to set up a meeting with the Health Secretary to discuss the issue. Since then we have seen the arrival of a new Chief Executive for the Hospitals Trust, I can't think of a better way for him to start that to get behind our campaign too.

If you came along to the march or signed the petition thank you so much, let us ensure that it really makes a difference. In the meantime if there is anything else I can do to help then please write to me, Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or email me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk).

*Tim Farron MP*

## **KILLINGTON W I**

*The Afternoon WI for the entire district*

I am glad to say that we all turned up at the correct venue, the Methodist School Room, and greatly admired the changes which have taken place since we last met there – a “makeover”, I believe it’s called.

Before anything else happened we were updated on Elspeth’s progress by Avril who had recently visited her. Things seem to be moving in the right direction, albeit much more slowly than Elspeth would like. We can all imagine how frustrating it must be for such a bundle of energy to be confined and restricted. Avril reported that Elspeth has received over 200

cards of good wishes which may surprise Elspeth but no-one else. You continue to be in our thoughts, Elspeth, and 50,000 bees think of you while going about their flowery tasks.

Our speaker, Pat Ascroft, is likewise a lady of considerable dynamism. She had asked to speak to us at the beginning of our meeting as she had another engagement in Garstang at 5 o’clock. She had a ‘walking festival’ to organise. Her subject for us was the Great Wall of China, and although she brought some photographs and mementos with her, it was not a talk illustrated with slides. She had undertaken this five day autumn trek along the Wall, as a sponsored event raising money for MenCap. Her costs



## **M K CONVERSIONS LTD**

Four Lane Ends, Marthwaite, Sedbergh, LA10 5ES

### **GENERAL BUILDING CONTRACTORS**

NEW BUILD - EXTENSIONS - CONVERSIONS - HERITAGE WORK  
RENOVATIONS - ROOFING - JOINERY

**WINNERS OF THE  
2010 YORKSHIRE DALES NATIONAL PARK AWARD  
FOR THE ‘RESTORATION FOR RE-USE’ CATEGORY**



Tel: 015396 22038      Fax: 015396 22039  
info@mkconversions.co.uk  
www.mkconversions.co.uk





# THE HEAD AT MIDDLETON

*Nr Kirkby Lonsdale, Cumbria*

*Tel: 015396 20258*

A Charming Country Inn in an area of outstanding natural beauty  
situated on the A683 between Sedbergh and Kirkby Lonsdale  
www.middleton-head.co.uk ~ e-mail: enquiries@middleton-head.co.uk

## **Accommodation available**

*Special Offer for 3 Nights or more*

All Rooms En Suite, TV, Phone, Tea/Coffee Facilities

BAR MEALS or RESTAURANT and an OUTSIDE EATING AREA  
ENQUIRIES WELCOME FOR GROUP PARTY MENUS & BUFFET PRICES

FULL MENU available for Take-Away

## **WINTER OPENING TIMES**

From Noon Saturday & Sunday

Monday - Thursday by Bookings only

Friday 12 - 2pm then 6pm until close

\* **Crafts ~ Gifts ~ Fabrics ~ Plants** \*

*Bookings Advisable*

*Proprietors: David and Elizabeth Martin*

she bore herself and all her sponsorship money went to her charity. She was an amusing and informative speaker and gave us an insight into conditions away from the area usually visited by tourists. Her group enjoyed hospitality in the homes of the local people, and despite language difficulties, Pat became firm friends with a Chinese woman who helped her along the way. Not all of the wall is as well maintained and easy to walk along as the parts we see in brochures. Indeed, Pat described it as being more like Striding Edge in places. Her friend had an unpronounceable name so she settled on 'Leah' as a suitable

substitute. Leah called her, 'my lady'. We were left with the firm impression that knowing Leah had been the highlight of the whole enterprise for Pat.

Then it was on to our business meeting. Anne Jones brought back news of her visit to Thandi. She had almost been knocked off her feet as the children rushed to welcome her. During her visit she was interviewed by the local paper out there but had to leave for home before it was published. We are now contributing to meals for 618 school children. Anne also took 31 bags for 'new mums' which she filled with soap, wipes, nappies, and baby clothes. Our little

teddies were given to the children in the crèche.

Susan brought us up to date with plans for our summer outing. In order to accommodate Lord Carlisle we have had to change the date to **Wednesday 20<sup>th</sup> June 2012**, when he will show us around Naworth Castle, a rare and exclusive treat. We will also have a tour around Brampton with a Blue Badge Guide and a visit to Lanercost Priory. It will be a very full day but members and their guests will be able to 'pick and mix', though I am sure that no-one will choose to miss tea.

When all business was dealt with, it was time for our tea. Greatly enjoyed and thanks to our hostesses. As 'Big

Chief' I am excused this duty for the year. My offering would be Digestive Biscuits and a cuppa, so be thankful for small mercies.

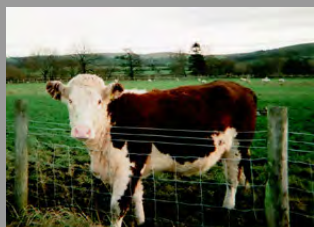
*Wendy Fraser-Urquhart*

### **DENTDALE WI**

This month the Memorial Hall had the feel of a busy market with the members milling round looking at the stalls for the competition lyrics, the WI Market stall, a table with the lists and notices of future event and a table festooned with over 50 crowns.

Eleven members had got together over two mornings in early March to make the crowns in preparation for the Cumbria and Westmorland WI Federation Diamond Jubilee Flower

## **H o l m e   O p e n   F a r m & Café**



Come hold, touch and feed the animals on our guided tours, which run continuously during opening time.  
**IT'S LAMBING TIME**

### **INDOOR PLAY AREA**



**NATURE TRAIL  
PICNIC PLAY AREA  
CAMPING AVAILABLE ON SITE**



**Holme Open Farm, Sedbergh, Cumbria LA10 5ET  
Tel: 015396 20654 [www.holmeopenfarm.co.uk](http://www.holmeopenfarm.co.uk)**

Festival in Kendal Parish Church at the end of June. There were psychedelic pink ones, blingey red and gold ones, patchwork ones and lots of glittery, sparkly ones. Some members had confessed to being artistically challenged at the start of the sessions, but by the end they were producing some stunning and unusual creations, all sustained by lively conversations and plenty of cups of tea and coffee plus cakes.

March has been a busy month for the members of Dentdale WI as we also helped with the catering and refreshment for the Dent Run. This event always heralds the start of spring in the valley and our new headmistress gave a special thanks to the WI for their continuing support in this venture.

At the meeting members were asked for ideas about how to celebrate Dentdale WI's 70th anniversary next March: if they would like to fund raise for the Community First Responders new Training Defibrillator and to run a Mini Market in July. As the work of Dentdale WI continues to give support to our community we sat back and enjoyed an illustrated talk about a much treasured feature at the heart of Dentdale; "The Settle to Carlisle Railway". David Ellison gave members and visitors an insight into the history of the railway from its conception to its near closure and the work done by the Friends to reverse the closure order and make sure it will run through the Dales for years to come. There were some stunning scenic slides inter dispersed

**Quay Change**  
*playing at the*  
**George & Dragon Dent**

**Third Thursday of the month**

9pm start, two sets  
 11pm finish

**April 19<sup>th</sup> May 17<sup>th</sup>  
 June 21<sup>st</sup> July 19<sup>th</sup>  
 August 16<sup>th</sup> September 20<sup>th</sup>**



**FREE EVENT**

with pictures of steam trains shooting through the hills.

The evening was brought to a close with two of our new members helping to serve tea and biscuits. The lyric competition was won by Chris Taylor and the raffle was won by our former treasurer and visitor Judith Newsham.

**SEDBERGH WI**

The March meeting took place in the Methodist Hall where Andrew Lowe, a most interesting and amusing speaker entertained the group. Members and guests watched a slide show narrated by Andrew of some of Lakeland's finest churches. He pointed out the various features that

## Annual Dinner, Sedbergh Branch, The Royal British Legion

Friday 20<sup>th</sup> April 2012, The Weaver's Café, Farfield Mill, 7pm for 7.30pm.



Access is available via the lift in the main entrance.

Price of tickets: £17.50,

available from The Green Door from 1<sup>st</sup> April or phone Rose.



No alcohol is served at Weaver's but guests are welcome to bring their own.

Members & non-members welcome

Anyone needing transport contact Rose Pease 21575 or John Douglass 21536

help date a church and offered clues to its history, like the differences in arch styles, roof beams and even how to spot restorations and additions to churches. Andrew used examples of Grade 1 listed Lakeland churches dating from the 11<sup>th</sup> century through to the area's many Victorian Churches. He further illustrated his talk with some unusual churchyard features which included two Celtic crosses, John Peel's gravestone and the Dacre bears. These are four ancient carved stone bears standing in the corners of St Andrews churchyard, Dacre. Andrew then talked about his appreciation of the workmanship of the stained glass in the many Lakeland churches. Slides were shown of some of the stunning windows designed by Pre-Raphaelites Henry Holiday, Edward Burne-Jones and William Morris along with some beautiful examples of early stained glass. You can see these windows in the Jesus Church, Troutbeck and the Church of St James at Staveley. After this enjoyable and stimulating talk we were all ready for the delicious cakes

and tea provided by members and we went home fired with enthusiasm.

Many of us intend to go and view the churches and windows ourselves.

The following day the Book Group met to discuss *Cat's Eye* by Margaret Atwood which was given mixed reviews and prompted a lively discussion which covered the subject of bullying amongst other things.

The walking group enjoyed its circular walk around Scout Scar last month ending up conveniently at Kendal Golf club where on the recommendation of Linda Hopkins's grand daughter they chose the healthy option of cherry flapjack, apparently it's the oats you see.

Members are now looking forward to hearing Anthea Bolton speak on "Recording Oral History" on Wednesday, April 11 at 7.30pm back in the People's Hall committee room. New members are always welcome so why not join us for a pleasant evening. Just a call either President, Linda Hopkins 21455, Vice Chair Anne Pitt 22095 or Sec Pat Ramsden 20828 or come along and introduce yourself. *Sandra Gold-Wood*

### HOWGILL W. I.

We met at Howgill Village Hall on March 1st. Vice President Dilys McCaffrey gave a warm welcome to a new member Pauline Speake and to Sarah Scarr back with us following her ankle operation.

Anita Carey has confirmed the Summer Outing will be on Thursday 28th June with a visit to the recently restored Lowther Castle and Gardens.

Our Speaker Malcolm Petyt gave us an informative and interesting evening of slides touring the Yorkshire Dales. Limestone is at the heart of the dales appearing as cliffs, gorges and pavements. Features which provide a landscape of valleys with dry stone walls, barns and stone

built villages. Sedbergh is well placed for exploring the western dales with several walking routes which include the Dales Way. There are easy walks around the waterfalls at Aysgarth and Ingleton and several caves are open to the public. Helen Beare thanked Malcolm for a fantastic journey, reminding us how lucky we are to live in an area of such outstanding beauty.

The competition "The Best Feature of the Yorkshire Dales" was won by Helen Beare. Bredget Postlethwaite went home with the raffle prize.

We meet again at Firbank Church Hall on April 5th when Elaine Horne will be presenting the Gardeners Calender. Visitors welcome/. A.H.



*Bath House*  
fragrance • skincare • bathing

Our new Sedbergh shop is now open!  
At our mill on Busk Lane.

Experience our fragrance, skincare and bathing  
collections made in Sedbergh.

You are warmly invited to visit us and experience  
Bath House for yourself!

**15% discount** on all products until April 14th!

Opening Hours: Tues - Fri: 10.30 - 16.30 Sat: 10.30 - 17.00

The Grain Store, Busk Lane, Sedbergh,  
Cumbria LA10 5HF tel: 015396 21992  
[www.thebathhouseshop.com](http://www.thebathhouseshop.com)



**St George's Day**  
**Parade**  
 1pm  
 Sunday 22nd April  
 from and to the Bull Hotel  
*followed by*  
**St George's Day Concert**  
*with*  
**Sedbergh Town Band**

**MURDER AT MILLTHROP MANOR**

'My old man said follow the van and don't dilly dally on the way!' How apt these words seemed on Thursday night 15<sup>th</sup> March, the day we moved house out of Millthrop after our seven years residence there.

It was a perfect farewell and a wonderfully upbeat ending living close to our family in Sedbergh, especially as our grand-daughter and grandson, Isabel and James Abbatt appeared in the amazing 'Murder at Millthrop Manor' with the Rose Youth Theatre. This talented group of youngsters then went on to merge with the Community Theatre and take some part in the marvellous 'Mayhem & Music Hall' in the People's Palace (aka The People's Hall.)

The Youth theatre deserves particular praise, the melodramatic poise of 'Lizzie the under-Parlour Maid', the Sherlock look-a-like 'Inspector Street of the Yard' and long suffering Sergeant Vic Woof trying to get down all the evidence. Boot boy Charlie was such a cheeky chappie he almost outdid 'Maximilian Miller' in the second half of the programme.

The Music Hall format provided great opportunity for locals to shine and step out of their conventional persona to become, perhaps, what they really would like to be. Wigs and moustachios have a great deal to answer for. Wild West Willie was a star as was Antonio that beguiling ice cream seller. Adam Hopkins will never seem the same to me again.

Other moments that particularly pleased was the number 'Swimmin with the Wimmin,' those bobbing belles taking to the water were a joy to behold, and 'I'm Shy Mary Ellen' was absolutely 'made' by the embarrassed antics of Keith Wood.

Huge praise must go to the scenery production team, this was really professional work and brought a great deal to the overall production, likewise the costumes and the music.

As usual, great work has been done by writer Sandra Gold Wood and director/producer Viv Hailwood. What will they come up with next???

I could go on and on, everyone on the programme deserves a mention, but suffice it to say .....

**SEDBERGH'S GOT TALENT!**

*Elizabeth Germany*

**DENTDALE DESIGN**  
 ~ Furniture Makers ~ Cabinet Makers ~  
 ~ Antique Restorations ~  
*Established over 25 years ago, Dentdale Design are makers of free standing and fitted furniture. We also restore antiques*



We would be delighted to discuss any furniture requirements you have with no obligation  
 Call us on  
 015396 25368, email [cheetham@smithyfold.co.uk](mailto:cheetham@smithyfold.co.uk)  
 or visit [www.dentdaledesign.co.uk](http://www.dentdaledesign.co.uk)



### **BIRDS, BEASTS, BUGS & TREES**

As part of "The Write Idea" mini festival in February, a group of wildlife poets who had come together at Janni Howker's workshops, presented an evening of their poems. This event was one of several that are taking place across Cumbria to celebrate Cumbria Wildlife Trust's 50 Anniversary. The local support group of the Trust awarded a prize for the poem that we thought best described our local wildlife. Amongst a number of excellent poems we decided that this one by Paula Day best fitted our criteria. SG

*Crataegus monogyna*

Crone, I squat, wizened by wind's  
whipping,  
sheeps' gnawing, frost biting me  
brittle.

Hair a tangle, skin ochre-blotched  
with lichen,  
or sprouting pale tufts, knobbed fossil  
fingers

gesticulate to my sisters flocking up  
the fell,  
and huddled dense against the  
fences:

we'll grip fast this pasture, we'll crab,  
claw you, intruder,  
we will last out the winter.

And, quick by March, I blush green  
before all others,  
fringeing with soft bristle, a boy's  
stubble.

May I marry, assuming his name,

yet, banned from the house - 'it would  
kill my mother' -

I traipse my dress dingy along the  
hedgerows,  
smooching milk smuts of scent,  
making myself common.

By September I'm throwing a party.  
Robed in stiffly beaded gown I proffer  
plenty,

waitress arms stacked to the elbows  
with boojuns, asogs, arzy-garzies,  
agags, hoppety-haws, the fieldfares'  
bread-and-cheese.

**Who am I?** Answer Next Month

©Paula Day

## **Did you know?**

If you become incapable of dealing with your affairs - who will deal with them? Without the legal right to do so, even your closest family can't do this. A Lasting Power of Attorney can give you peace of mind. Contact us for more information.

Home visits  
can be  
arranged if  
required.



**Hayton Winkley Solicitors**

Contact [Nicola.Steadman@hwlegal.co.uk](mailto:Nicola.Steadman@hwlegal.co.uk) or  
[Jean.Cowling@hwlegal.co.uk](mailto:Jean.Cowling@hwlegal.co.uk)

**Tel: 01539 720136**

## PEOPLE'S HALL

### *Elspeth*

As most readers will know Elspeth Griffiths, one of our long serving and hard working Committee members, was suddenly taken ill last month. It is amazing the things she used to do for us at the People's Hall. This writer took over as Secretary from her four years ago and I am most grateful for the help she gave me, including her particular "Lynne Truss" mode of making sure I used the correct relative pronouns, etc., in the grammar of the minutes of our meetings. We will struggle on filling in the gaps, but hurry up Elspeth and get better, the Committee's best wishes and thoughts are with you.

### *Redevelopment*

In November we reported that we were drawing up plans to refurbish the sports changing rooms and to add

## NICKY ROSS

All types of heating,  
including underfloor.

Bathrooms designed,  
supplied, tiled & fitted

Gas Safe registered

Mobile  
07810 582345  
Telephone  
015396 20753



## Oliver Higginbotham **Farm & Garden Contractor**

Stone Walling ~ Fencing ~ Decking ~ Paving ~ Landscaping  
Strimming ~ Tree Surgery/Felling ~ Hedge Cutting ~ Hedge Laying  
Planting ~ Weed Control ~ Grass cutting

### Pest Control

We are able to complete many tasks of which are not listed - just call/email  
**015396 21073** (Evening) - **07815 899 994** (Any time)

**e-mail: oliverhigginbotham@hotmail.com**

**Hardwood logs** - Seasoned & stored undercover. Bags, large & small loads (always available - delivered)

**Woodchip** - Ideal for mulching (delivered)

**Manure** - Horse manure delivered

\*Garden machinery repairs and service\* - (Collection and return)

We offer a dedicated & reliable service. All work is guaranteed subject to acceptance of written quotation.

Competitive rates. Work tailored to a budget.

Metre pricing where applicable.

Photographs of relevant completed tasks - emailed.

### **Insured**

Site visits + no obligation quotes. Ample references available.

an extension with new toilet facilities on top. The plans have gone in to the YDNP planners together with the inevitable fee. A draft specification of 100 plus items has also been drawn up based on these plans. We will use this draft specification to obtain estimates to quantify the amount of money we need. It is hoped local builders will be interested in the work, who may contact me.

At the present time the group, who have bought 72 Main Street are looking for money as well as us. A close liaison has been established with this group to ensure we co-ordinate our fundraising projects and bids to grant giving bodies and around the Town.

### *Old Tyme Dance*

An Old Tyme Dance with Kenny Bell is to be held in the Hall on 28th April 2012 (see advertisement elsewhere).

*Dr Gina Barney, Hon Sec 20790*



### HARRIER NEWS

It has been a good start to the year for Howgill Harriers. Not too much ice around and well-attended training sessions inside and out. Many a headtorch battery has been replaced and many more people have discovered that a good night out can involve black tights and mud...

The racing year kicked off, appropriately, on New Year's Day, with the 8 mile Nine Standards fell race from Kirkby Stephen. 14 Howgill Harriers completed the course and our very own Carl Bell led from the start to finish first, only half a minute outside the record. Howgill missed out on the team prize to Keswick, but made up for this by consuming more soup afterwards. The winter social and prize-giving was also deemed a great success, with food playing another important role.

There have been further racing successes too, with strong finishes in the Kendal Winter League for seniors and juniors. Harriers have competed in local races organized by Sedbergh School, as well as foreign locations such as Florida and Ilkley Moor, all bringing personal successes as well

as high placings. The inaugural running of the Crosby Commoner race brought yet another win for Mr Bell, as did the High Cup Nick race, where the 'two Jacks' (Walton and Oakley) took first and second in the U17 category and Annabel Brewer came second in the U14. Both races enjoyed good Harrier turnouts and performances. As the racing calendar starts to get busier, Harriers will be travelling around to challenge for top places as well as personal targets, representing the best that local runners have to offer: in both speed and attitude.

Sadly the Pennine Bridleway relay in February was cancelled due to ice, but by the time you read this the club will have completed its very own all-ability relay in the Howgills on 24<sup>th</sup> March. This is a great example of the friendly, inclusive approach of the club and new members are always welcome. Check the website for the next sessions this month, and just come along if you want to try it out. Running experience and black tights are not necessary, although there is a reasonable risk that you might enjoy yourself. You have been warned!

## GARY ALLAN

*Welding & Fabrication*

*Structural Steelwork, Farm Equipment,  
Farm Buildings Erected or in Kit Form,  
Specialist Ornamental Gates & Railings,  
Fabricated Steel supplied to the Building Trade,  
On-Site Welding & Repairs.*

*Light Oaks,  
Killington  
Kirkby Lonsdale  
Carnforth  
LA6 3EY*

Tel: 015242 76426    Mobile: 07968 411787

### **BRAIN FOG**

There was a very interesting article in the Observer Food Magazine in January. A young man decided to eat only food advertised on TV for one month, to see what would happen. "Would it be fun, or would it be miserable?" he asked himself. His doctor advised him, "Physically I think you'll be back on your feet quickly. The effects, if any, will be mental."

After 60 hours he noticed he was slowing down mentally and decided to try having a pizza, as it at least contained some vegetables. His doctor said what I have often said to patients about cheese sandwiches, that if you designed a food specifically to fog up the brain, that would be it. He went on to say that compounds called gluteomorphins in wheat and caseomorphins in cheese are responsible. Perhaps now we have this new vocabulary, people will

**Paul  
Hoggarth**



**Building Contractor**

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

**015396 21413**

**07968 977429**

be more inclined to believe it.

Chinese medicine has been saying this, in a slightly different way, for centuries. Certain foods, notably wheat flour and dairy produce, cause "internal damp", so called because it mimics the effect of damp weather on the body. Internal damp produces not only brain fog, but also lethargy, heavy headedness, aching muscles and abdominal bloating. The prolonged damp, grey weather this winter and spring has made us particularly susceptible to internal damp. In our climate, cheese sandwiches and pizzas are probably best avoided. If you see food in the supermarket, "as advertised on TV", it is probably best to avoid that as well.

Internal damp can also arise if the digestion and metabolism are weak. This is a type of deficiency in Chinese medicine – the body does not have

## **ACUPUNCTURE**

BACc Member  
[www.acupuncture.org.uk](http://www.acupuncture.org.uk)



Experienced practitioner  
Initial assessment free of charge.

Please phone for details.

**June M. Parker**

Dip Ac, MBACc

49 Bainbridge Road, Sedbergh

Tel: 015396 20972

enough energy to process food efficiently. Nutrients are not properly digested and absorbed and bi-products of this inefficient process lead to internal damp and the associated symptoms.

Brain fog due to internal damp is usually relatively easy to treat with acupuncture however it may take longer to strengthen the digestion and metabolism. Avoiding damp-forming food and eating in a way which promotes the function of the digestive system would be the most important element of recovery.

I have produced a "Healthy eating guidelines" sheet, which outlines this. If you would like a copy, please get in touch. (My telephone number is 015396 20972.) If you are interested in how your diet affects your health, you might also like to read, "The Tao of Healthy Eating" by Bob Flaws, which contains this and much more information.

*June Parker*

**Irving Joinery & Building**  
*All aspects of  
joinery & building carried out*

Free estimates on any job  
large or small:  
*House building  
Barn conversions  
Roofs, Bespoke joinery  
Doors fitted  
Kitchen installations  
Every aspect covered*

**Tel: 01969 663074  
Mob: 07773 096335  
07837 907596**

### **KIDZONE COFFEE MORNING**

A big thank you to all who supported the Coffee Morning for KIDZONE on Feb 29th. Donations included, we raised the splendid sum of £246. Thanks to everyone who came along, helped with coffee and tea, made cakes, brought goods to sell and raffle prizes. Thanks to all who gave donations, including the anonymous donor who kindly left an envelope in my shopping trolley!

With money already in our account, we were able to send £360 to Kidzone for the large spin dryer they need in wet weather for all their bedding. There is no indoor heating in Nairobi, it's not needed, but a long spell of wet weather makes drying laundry difficult. The November wet season is getting longer with climate change.

We are grateful for the double knitting wool you have donated. It is going to the girls who are now able to knit. They have knitted a blanket themselves, each girl knitting one or two squares. They can use more wool and would like simple patterns too. So if you have any please either leave them in the Community Office or ring Christine on 21750. Also if you have any more spare descant or other recorders or percussion instruments, these will be put to good use for the girls.

If we find anything in the box we can't use, it will be given to the Charity Shop unless you indicate otherwise.

*Christine Wood & Helen Beare*

# ZEBRAS

## CRAFT & TABLE TOP SALE

*All proceeds go to Zebras Baby & Toddler Group*



Sedbergh Youth Band 10-11am  
Cake Table ~ Raffle ~ Light Lunches  
Face Painting ~ Handmade Rag Rugs  
Handmade Cards  
Raffle ~ Clothes ~ Books ~ Toys

Saturday 28th April

10am to 2pm

People's Hall

*Adults entry £1 includes drink and biscuits*



### SEDBERGH TOWN BAND

#### Annual Dinner

Thirty seven members and friends of the Town Band attended the 2012 Annual Dinner held in the Red Lion on Monday 20th February. An excellent, well served meal provided a first class starting point for a busy year's engagements that continued at the end of the week with the joint concert in which the Town Band joined up with the Ulverston Choral Society.

Two-fold entertainment was provided at the conclusion of the meal. First Douglas Thomson, President of the Band, most amusingly made a number of 'awards'

to members of the Band - foibles and specific characteristics were highlighted in qualifying for the awarded certificates. Secondly a small group from the Sedbergh School C.C.F. Band, resplendent in their scarlet concert uniforms, played a selection of popular items from their repertoire that was much appreciated by all.

#### Concert at Ulverston

The first few rehearsals of the New Year have been spent polishing up a programme for a joint concert with the Whitehaven Male Voice held in the Coronation Hall, Ulverston, presented under the auspices of the Ulverston Rotary Club.



A shared fund-raising concert on behalf of various charities is an annual event and the Town Band were most willing, and indeed flattered, to be invited to perform in Ulverston's famous Hall. The Coronation Hall is a fine building - both externally and internally. It was built on the site of the once famous County Hotel to commemorate the coronation of King George V and to meet the need in Ulverston for a place of entertainment capable of hosting major events. The foundation stone was laid in 1914 and the building was officially opened in 1920 with a grand masqued ball. World renowned orchestras, opera and drama companies bands, pop artists and groups, lecturers etc., have appeared at the Hall. To name just a few: Laurel and Hardy, Danny la Rue, Patrick Moore and Dicky Bird reveal the eclectic nature of the presentations at the Hall.

History strikes you immediately you arrive at the Hall - outside the front entrance you are greeted by a superb, life-size bronze of Laurel and Hardy, are a reminder of an intimate

link to the town. Inside photographs and posters testify to the visits of greats from the past and present, shortly to be joined by the famed Russian Ballet. Joined with this parthenon of artistic excellence now is the Sedbergh Town Band - adding to its growing reputation in Cumbria and beyond. The general outline for the concert held on Saturday 25th February was that the evening should be divided into alternate sections between the Town Band and the Whitehaven choir. However at the end of the first half and to complete the concert the Band should accompany the choir.

The Band assembled on stage at 5.00 pm for a quick run-through of



Come along to  
Dent Memorial Hall  
for a light-hearted evening  
with the  
Dentdale Choir  
Saturday 28th April  
7:30 p.m.

A programme with excerpts from:  
 The Sprig of Thyme *J. Rutter*  
 The Marriage of Figaro *W. A. Mozart*  
 The Eriskay Love Lilt & Hallelujah, *L. Cohen*

Tickets £5, limited availability, from Dent Stores.  
 Children free.  
 Includes wine and light refreshments.

We gratefully acknowledge the support of:  
 Sedbergh and Kirkby Lonsdale Neighbourhood Forum,  
 Dent Music and Beer Festival, Dent Parish Council  
 and South Lakeland District Council

those areas of the programme that might present difficulties, though of equal importance was the opportunity to come to terms with an unaccustomed amount of room on the stage - certainly considerably more than experienced in the People's Hall.

At 5.30 pm the Band were joined by the Whitehaven Choir and for the first time rehearsed the chosen numbers together. Astonishingly only one run-through of each item was required - tempo, volume, interpretation etc., all gelled splendidly and both components looked forward confidently to performances of Gounod's 'Soldiers Chorus' and Alan Lewis's arrangement of Parry's 'Jerusalem'.

The Whitehaven Male Voice Choir has a fine reputation both locally and well beyond. Male Voice choral singing has flourished in Ulverston since the 1800's though it was in 1977 that the present choir was formed to maintain the tradition. Their curriculum vitae makes impressive reading@: regular appearances on local radio and television: participation and victories in many competitions: performances at the Royal Albert Hall, London, Cardiff Arms ark, Sheffield Arena and Edinburgh. Last year was particularly busy with them performing in twenty five concerts and events, raising nearly £11,000 for charity.

A substantial programme began at 7.30 pm before an appreciative audience that included the Lady Mayoress of Ulverston. The Choir



*Yvonne Cervetti*  
a natural touch  
Advanced Clinical Massage & Myofascial Release

*Experienced Practitioner*

- ▲ Clinical & Sports Massage
- ▲ Myofascial & Scar tissue Release
- ▲ Pre & Post Natal Massage
- ▲ Aromatherapy
- ▲ Hot & Cold Stone Therapy

*Treatments combined to suit your needs.*

Call Yvonne Cervetti MIFA, CTHA, ACMT, CNHC  
on 015396 21303 / 07795 063107  
E-mail: [info@yvonnecervettimassage.co.uk](mailto:info@yvonnecervettimassage.co.uk)

covered a wide range of music that included negro spirituals, hymns and popular selections from the shows 'Les Miserables', 'Fiddler on the Roof' and 'Carousel'. The Band was equally diverse in its programme: two pieces not previously performed by the Band, 'Visa Vid Vinders Angar' (of Scandinavian origin) and 'Conquest of Paradise' featured early in the programme. Whilst the rest of the music played by the thirty seven instrumentalists clearly went down well with audience, particularly 'The Best of Bond' selection and 'Pirates of the Caribbean', and Tony Playfoot's bagpipe solo in 'Highland Cathedral'.

An exciting and memorable evening ended with the Band and choir, accompanied by the audience, performing 'Jerusalem' followed by the National Anthem.

*Gerry Blackwell*



## Malcolm Sedgwick Joiner



*We are time - served local tradesmen undertaking all aspects  
of joinery work finished to a high standard.*

For free estimates or further information, please contact us on:-  
Tel: 015396 20609 Mob: 07527 237 599  
e-mail [sedgmjm@googlemail.com](mailto:sedgmjm@googlemail.com)

### DENTDALE MEMORIAL HALL

One of the purposes for the Hall and the Trustees is to help to "enhance the social life of the community" with this in mind we have spent a great deal of time and a lot of money on a new kitchen, prior to this the WC and rear entrance hall was re-done and sometime we aim to enhance the decorative state of the Sedgwick Room. These and the Haygarth Room are our responsibility, we have use of the main hall out of school hours, weekends and holidays. Also to "enhance the social life" we rent out the rooms and do our best to encourage local groups to use them, our charges have been the same for a long time and everything else has increased so this year we are having to consider how best to deal with this. Our AGM is Wed April 25th at 7.30pm, members of the public are most welcome to the first part of our AGM and will hear the Chairmans report for the year and other matters concerning the running of the organisation. Also to fulfill our obligations we hold Flicks In The Fells nights and the recent one "Made in Dagenham" was a wonderful

evening and after costs made a little profit for the Hall. Some suggestions were made as to possible future films and others are welcome at any time. Many thanks to everyone who helped in any way at the Flicks. Indoor Bowling continues with two mats in play most Wednesday sessions and a Coffee Morning and Bowling once a month.

Our one main fund raising and social event is the annual DENT GALA on August Bank Holiday Monday from 11am.

Any comments or thanks or concerns please do contact me, the Chairman of the DMH Trustees, Sarah E Woof, "Rhumes" Laning Dent LA105QJ or (015396) 25212.

# DALTON

## WOODLAND BURIAL

Natural Woodland Burial Ground

"Return to the Earth, naturally"

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

Burton-in-Kendal: 01524 782442

## CLUTTERBOOKS & CLOBBER

The Community Charity Shop continues to go from strength to strength with the invaluable help of our 25 regular volunteers, 8 occasional volunteers and of course the support of the wider community, your good selves. You bring us donations of your unwanted items, take away bargains and just call in regularly to check us out and have a few friendly words. Visitors to the town also enjoy browsing for bargains and often express appreciation of what we have to offer. Some even bring us valuable items to sell to demonstrate their approval of what we do.

We currently produce an income of

over £20,000 which is used to support a variety of community projects and causes. The Community Fund is administered by a board of trustees who consider applications quarterly and new applications are always welcome at the Community Office.

Although all of the goods we sell have been pre-owned we carefully select those most suitable for a new lease of life to display in the shop, hanging and pricing the best of clothing and linens, displaying bric-a-brac, books and toys. You may wonder what happens to the surplus goods that we can't find new homes for. Well we pass most textiles to the Air Ambulance who are happy to collect on a regular basis. Books and bric-a-brac we try to pass on to other charities.

However, electrical goods and larger items pose more of a problem. As a charity we are subject to the same Trading Standards and Health and Safety legislation as any other business and functional items must be fit for their purpose. Electrical items have to be PAT tested before we are allowed to sell them, which naturally involves a cost and so we must select those we can be sure to sell for a reasonable price. Many charities refuse electrical goods because of this but we would like to avoid this as we know you like to donate and buy those electrical appliances that are still serviceable and desirable. Kettles, toasters, table lamps, and such small appliances always sell well and we want to



A light-hearted evening  
with  
Dentdale Choir  
Barbon Village Hall  
Friday 4th May  
7:30 p.m.

A programme with excerpts from:  
The Sprig of Thyme *J. Rutter*  
The Marriage of Figaro *W. A. Mozart*  
The Eriskay Love Lilt & Hallelujah, *L. Cohen*

Tickets £5, limited availability, from Dent Stores.  
Children free.  
Includes wine and light refreshments.

We gratefully acknowledge the support of:  
Sedbergh and Kirkby Lonsdale Neighbourhood Forum,  
Dent Music and Beer Festival, Dent Parish Council  
and South Lakeland District Council



continue to accept and sell them. Foot spas, outdated computer hardware and hi-fi equipment tend not to sell. Larger items cause us some difficulty as the space we have is limited and the storage of bulky electrical goods with trailing flexes can quickly create a hazardous area for volunteers to work in.

You may not be aware that, although we are a charity, we are considered a commercial operation and as such must pay for our waste disposal. It seems a bit unfair in view of all the recycling we do and all the items we keep from going to landfill, but there we are! In the past it has been necessary to close the shop for a few days from time to time to clear the backlog of goods which, for whatever reason are unsuitable for sale. This can cost hundreds of pounds in lost sales in addition to disposal costs and, I'm sure you would agree, is best avoided.

To this end we have decided that in future we can only accept a limited range of small electrical items in good condition. If you are in doubt please just ask before you go to the trouble of bringing larger items to the shop, we can often direct you to the charity or organisation that can deal with larger items. Your donations of clothes, accessories, books, toys, linens, bric-a-brac etc. will be as welcome and valued as ever. We hope you will continue to support us and if you would like to join us as a volunteer I would be pleased to hear from you.

*Ellen Morrison, Shop Manager*

### **DIAMOND JUBILEE MUSIC FESTIVAL**

The first proof of the Festival Brochure which will be distributed to all homes in Sedbergh and further afield after Easter is on the press and the Tourist Information Centre is ready to take your bookings. We hope that this year's Festival will be even more successful than the 2010 Festival when attendance increased by almost 40% over the previous Festival. So be ready to make your bookings early to avoid disappointment.

The first rehearsals for Mozart's Requiem have started. After Easter rehearsals for all four parts will recommence on Monday 16 April at 6.00pm; please note the earlier start for this rehearsal. Thereafter rehearsals will start at 6.30pm on the Monday of each week up to 28 May.

Philip Horner  
**Fencing Contractor**

Walling  
Man & Tractor  
**Tel: 015396 21984**  
**Mob: 07855 349157**  
**e-mail: prhorner@hotmail.com**



## SEDBERGH ORCHESTRA

### *Springtime Classics Concert*

Birmingham with a population of 2 million can only muster one, even mighty London with 9 million within its bounds only has three. Sedbergh with its 1,500 inhabitants must have the most concentrated talent pool in the country. What small town in our land has within its limits the musicians to form a symphony orchestra? Not many, I would venture. It is a truly astonishing achievement.

On Sunday March 4<sup>th</sup> an audience of some 80 members enjoyed a concert of classical music conducted by Peter Crompton. Sedbergh School's Thornely Studio, with its warm and generous acoustic, provided an excellent venue for the concert. In the first half of the concert we enjoyed an arresting and convincing performance of Mozart's Overture to 'Cosi fan Tutte'. The strings played with necessary decisiveness and there were some brave solos from the wind players. Peter Crompton, as well as conducting the whole concert, then played the Hummel Trumpet concerto. He has a clear bright sound which cut through the acoustic quite wonderfully in the lively outer movements and there was real sensitivity and elegant shaping in evidence in the slow movement. Rebekah Hendrickse enchanted us with her delightful flute playing in Mozart's Andante for Flute and Orchestra K315 at the beginning of the second half. Phrasing and



## Garsdale Design Ltd

architecture ? planning ? urban design ? heritage



**We provide professional design services throughout Cumbria, Lancashire and the Yorkshire Dales for new buildings, extensions, conversions as well as assessments for listed and heritage buildings**

'High Branthwaites' Garsdale Road  
Frostrow Sedbergh LA10 5JR  
phone/fax/answer: **015396 20875**  
email: [info@garsdaledesign.co.uk](mailto:info@garsdaledesign.co.uk)  
web: [www.garsdaledesign.co.uk](http://www.garsdaledesign.co.uk)

*GDL is an RIBA Chartered Practice*

articulation were well judged and her tone is maturing very well indeed. The second half finished with a romping rendition of Haydn's Clock Symphony. It certainly made the audience tick! From beginning to end joy was emblazoned on the faces of those playing. It was a delight to watch.

We can all sit at home and enjoy CD recordings of the great orchestras giving masterful renditions of these works but there also is something of deep value in music making of this kind. When music is alive and well on our doorstep it can be the glue that helps bind communities together and for that reason I would encourage you to support this excellent group in their concerts. Perhaps you could even go one step further, take up an instrument, and join them!

*John Seymour*

### THE TRUE NATURE OF THE HOWGILLS

A number of articles have been written concerning the geology of the Howgills but none have dug deep enough to get to the core of our fells until now. Underneath the surface bands of hard rocks is an enormous deposit of plastic and at the centre is a huge cavern. This cavern is home to a colony of garden gnomes. One section of the gnomes is engaged in mining the plastic which is passed to a second section to be moulded into road cones. At dead of night these cones are transported to the motorway on the back of a rather sleepy elephant to be let loose so that they may march in single file North and South on both carriageways coming to a halt now and again to stay, sometimes for weeks, and for no apparent reason until moving on to a new location.

A number of years ago there was crisis in the industry when the supply of red dye used in the manufacture of the cones almost dried up. A raiding



party was sent out to visit local farms and 'acquire' as much 'Ruddle' (sometimes known as Tup Red) as could be found. Following this, farmers were forced to use other colours such as yellows, blues and greens.

A certain amount of smell is associated with the cone making process and the gnomes did not wish to release this in the area of the Howgills so they built a pipeline northwards for some 30 miles underneath the motorway to a point where the fumes could be released. The Head Gnome says that there is no truth in the rumour that this has a connection with the sometimes mentioned 'Penrith Pong'.

The gnomes are looking for alternative products to make and would welcome suggestions. If you have any ideas please pass them on the Dennis and Jacky so that they may be published in *Lookaround* and thus brought to the notice of the gnomes. Suggestions received on April 1st will be given top priority.

## R N and H E HOGGARTH Building and Repairs 30 Years Experience



**NO VAT CHARGES ON LABOUR**

Contact Richard  
Tel: 015396 20805      Mob: 07799 420433

### **FAMILY MUSINGS**

Watching one of my favourite TV programmes, although this series lacked a certain something, "Wild at Heart" on Sunday evening with the Elephant and Lion noises we commented on the Cow noises and then considered they sounded to be outside the house, thankfully closer inspection revealed no such visitors and we realised they are housed in a building just over the wall from part of the garden, a clear night and they sounded much closer! Spring is in the air, I saw a Thrush last week in the garden the Snowdrops are going but the Daffs are coming out, but I seem to have lost a little of my spring, anyone seen it? In case of

emergency I always have a spare set of marbles in my handbag but a spring? Where could I find one, they always used to be inside biro pens but are they made that way now? We are all fearfully & wonderfully made by our heavenly Father, God, that is something worth stepping out about, spring in my step or none. Someone gave me some cushion pads to wear to help the sore bits, bliss. Perhaps I should say for my Feet, just in case anyone gets the wrong idea....

Talking of the trip to the theme park last month it reminded hubby of the time he took me on the Waltzer and I came of it all wobbly and green. We were on holiday at the Christian Invasion of Butlins at Filey, friends

### OTHER OPTIONS HEALING THERAPIES

**I am offering an early Spring Holistic Therapy session of your choice with a huge 25% discount.**

#### Treatments Available

Luxury Aromatherapy Massage, Advanced Reflexology, Hot Stones Massage, Indian Head Massage, Remedial/Sports Therapy Treatment, Thermo-Auricular Therapy (Hopi Ear Candling), Reiki, Karuna Reiki, Person-Centred Counselling *or a combination of the above for a truly special experience*

Please call Melanie to book your appointment

015396 20890 or 07888 857775

*I look forward to seeing you very soon, Melanie*

there from all over the place, worship, teaching, activities and a fun fair, so he took me on the Waltzer where you sit in semi-circle "cars" that get spun around very very fast. Ours was sent incredibly fast and I ended up hanging onto him and hiding my face so couldn't see everything going by me in a blur. When it stopped everything still seemed to be moving and he had to practically carry me of and everyone thought it very funny how green I was and gave me a wide berth in case I threw up. I didn't, stronger constitution! We were not married then so it obviously didn't put him of me ... or me off him.

Life is still an adventure, getting used to a new car, meeting new people, catching up with old friends. We have just done the latter, taking three couples we know well to the girls cafe to celebrate their Silver Weddings, trouble is it has taken us so long to arrange one couple are Pearling very soon. What a good night we had, a real catch up and to make it more interesting we all took along Wedding Photos, what a giggle..who had more hair then than now, and not a grey hair in sight, who got put in the Stocks on his wedding day,the fashions..the cars.. delightful. As was the 50th party at the Farm celebrating 50 years since my parents-in-law bought it and moved in on a very snowy day, one brother-in-law compiled a book of everyones pictures of both farm and family through all those years, just amazing!

Hope you experience some amazing times.

*Sarah*

## **SEDBERGH PRIMARY SCHOOL SWIM**

On the 26th February 2012 we took 8 pupils from Sedbergh Primary School to Kendal Swimming Club's annual School Squadron Gala. The children were nervous and excited, but full of enthusiasm.

The evening started with the Girl's Relay. A time of 1.27.35 got them through to the Final. The Boys Relay followed and their time of 1.26.59 saw them go through to the Final. Next followed 2 Mixed Relay races and again both teams made it to the Finals.



The Finals produced some fantastic swimming with very close finishes. We came away with Silver in the Boy's Relay and Bronze for one of the Mixed teams. Sedbergh Primary School competed against other schools from Kendal and the surrounding area.

Well done to all the swimmers. You were brilliant. Thanks to our supporters for coming and cheering (loudly!) the children on. Also to the parents who helped on poolside and timing races.

## ROSE COMMUNITY THEATRE

The Rose Community & Youth Theatre would like to thank the responsive and enthusiastic audience's that attended it's Murder Mayhem and Music Hall show held at the Peoples Hall during March. I'm sure all of you will agree that the young people acting in Murder at Millthrop Manor and in the Musical Hall were just amazing. The adults weren't bad either how ever without the input of a good audience it would not have been the same. There are of course so many people to thank, it is virtually impossible not to leave someone out however,,, Many thanks to Steve Longlands for all his diligent work, to Roger Bush for the sound, to all who worked on the bar and the door and to the cast who turned up through despite illness and pressures of work. Thanks also to all the businesses that support us by have an add in our programme and to



**S STEPHENSON**  
**SOVEREIGN**

*SOVEREIGN Approved Contractor*  
*30 year SOVEREIGN Guarantee given*

Damp proofing, Cellar Tanking  
Waterproofing, Woodworm Treatment  
Dry/Wet Rot Treatment, Plastering  
Building Re-pointing & General Maintenance

*Tel: 01969 663074*  
*Mob: 07837 907596*

Call for a free competitive estimate

Dennis Whicker who not only performed in the show but also produced the programme for us. A mention must be made of 1818 Auction house in Kendal who sponsored the printing and posters.

By the time you read this the annual Hilda awards will have taken place where we roll out the red carpet and pose for the paparazzi and a few lucky members of the RCT and the Rose Youth who have shown outstanding bravery in becoming involved with this annual show will have received splendid awards purchased mainly from the local charity shop. The shop has also been a great source of costumes too. Anyone who vaguely recognised something they had given to the charity shop was quite right it probably had been theirs. It was good to have Garth on board too, as official camera man, thank you Garth.

Next year it will be back to Pantomime format.. When the Azda Empire Strikes Back. Some of you may remember in 2006 the RCT produced Spar Wars.. Well this is the sequel. So hold on to your seats for a flight of fantasy when cast of Ceil B Demill proportions will take to the stage. Once again a big thank you to everyone involved and as many of the emails I received after the show, those who missed it missed a real treat. After expenses the money raised will go to Thandi, Alan Clause's South African crèche project. The money is greatly needed and will be put to good use.

*Sandra Gold-Wood*

### **SOUTH LAKELAND CARERS**

Hello, my name is Anna Greenbank, I work for South Lakeland Carers.

I am a Carer Support Worker covering Sedbergh and surrounding areas.

My role is to support and work with people who are caring for someone at home:

*'A Carer is a person of any age, who on an unpaid basis looks after a relative or friend who cannot manage to live independently at home without help'.*

Initially, a carer support worker completes a Carer's Assessment to identify how someone's caring role is impacting on their life e.g. their sense of well-being, finances, social life etc. From the assessment we will identify support available to meet the needs identified during the assessment. South Lakeland Carers offers a variety of services to meet carers' needs. Services include Counselling, Relaxation Therapies, One to One support, Information/Advice and a Sitting Service. We can also arrange for carers to access the Carers Emergency Card scheme which provides peace of mind in an emergency situation where the carer is unable to provide their regular support.

We also run a carers support group in Sedbergh on the first Tuesday of the month in the Community Office between the Main Street and Joss Lane 2.00-4.00pm. Support groups provide carers with peer support/ information and can relieve feelings of isolation. At the next support group



on 1<sup>st</sup> May I will be attending the group and providing information about services in the area. If you are a carer and would like to attend we would be very pleased to see you.

Please contact me at South Lakeland Carers if you think you are a carer and would like more information about our services on 01539 815970 or email me at: [annagreenbank@slcarers.org.uk](mailto:annagreenbank@slcarers.org.uk).

## **G J Baines & Son**

### **Building Services**

Plant Hire ? Plant Sales ? Ground Works

#### **General Building Services Inc**

- New Builds
- Extensions
- Loft Conversions
- Garages
- Roofing
- Stonework

#### **Joinery Services inc**

- New Windows & Doors
- New Fitted Kitchens

#### **Drains**

- Unblocked/Cleaned/Repaired

**All Aspects of Plant Hire Arranged**

**Plant Sales**

**Ground Works**

**Contact George on:**

**Tel: 015396 21287 Mob: 07977514229**

**Email: [info@gjbainesandson.co.uk](mailto:info@gjbainesandson.co.uk)**

**Web: [www.gjbainesandson.co.uk](http://www.gjbainesandson.co.uk)**

## Traditional building repairs

# WENNINGDALES

We specialise in:

- Lime pointing & plastering
- Lime wash
- Sash window repairs



✿ TEL: 07884 499832 ✿

### SEDBERGH SCOUTS

#### *Update of Scouting in Sedbergh*

Recently the Scouts Braved the cold to hold a weekend winter camp in February. It might of been below freezing at times but the young people enjoyed them self's all the more for it. Be it cooking over an open fire, roasting marshmallows or baking chocolate in apples, running the assault course made by the Explores or firing bean bags to see who built the best ballista. All had a great time.

In the coming months we will be going climbing at the climbing wall in Kendal and defending the Lewis Baron Trophy, a test of scouts skills by hiking from point to point with challenges along the way. I'm confident that we will keep the trophy for another year.

And lastly in May we are opening a Beaver Scout section, this is the first scouting section and is open to boy and girls aged between 6 – 8 years old. If you would like to help out, sign up your child or to know more please call Craig on 07773 815098 or email [craig@kencomp.net](mailto:craig@kencomp.net).

### DENISE PAUL - THE 'NEW' DENTIST

I thought it might be a good idea to give people some idea of my background - otherwise, my poor nurse is going to be tired of hearing the same story!

I first worked at the Sedbergh Dental Practice in 1994, but changed to Community Dentistry in 1996.

Although based in Ulverston, I continued to live in Sedbergh till 2006, when I then moved back to Ireland. My plan was to work 6 months each year as a locum, and then travel for the other 6 months. However, while doing voluntary work in India, I met my now husband, Loyal Yousuf. We married in 2007 - and now divide our time between India and the UK.

We run a coffee shop together in India (you can find our more by googling "Didi's Café Orchha" if you're interested) - and I then do locum jobs when we're back in the UK. I'm very happy to be back working in Sedbergh... and look forward to seeing some familiar faces.

## GRAHAM J MOFFAT



BUILDER  
PLASTERER  
ROOFER  
QUALITY WORK  
Tel: 015396 20907



### RUNNING FOR RAINBOW

For anyone who only started running two years ago, the prospect of running a marathon would be rather daunting. Not for Malcolm Sayner and Ian Cousins who have decided to run not only the Edinburgh Marathon, but also the Manchester 10k race - both in the same week! Malcolm and Ian are running for Rainbow Trust Children's Charity, which supports families of children with a life threatening or terminal illness.



They were inspired by the work

### EXPERIENCED DRESSMAKER

Made to measure  
Skirts, Dresses, Suits,  
Bridal, Ball Gowns, etc.  
Also alterations undertaken  
All made to the Highest Quality by

**SHEILA SHUTTLEWORTH**

Tel: 015242 - 74322

### CHIROPODIST

*HPC Registered*

**Kay Whittle**

MSSCh DipPodMed MBChA

Surgery  
Pedi-Care House,  
Howgill Lane,  
Sedbergh



**Tel: 015396 22122**

Appointments 10:00 - 4:00

Closed Mondays

*H.J.Hall "Softop" Socks up to size 15!!*

Rainbow Trust do to help families like Jessica Simpson's, the daughter of one of Malcolm's colleagues. Jessica was diagnosed with a brain tumour last January which has affected all aspects of her life. Although Jessica was receiving all the medical support she needed, she and her family needed some additional support as well - and that's where Rainbow Trust came in. The children's charity offers emotional and practical support for as long as they are needed, helping family members cope with the present, and to prepare them for the future.

Malcolm explains "We hope we can raise a big sum of cash for Rainbow and want to get as much publicity as possible for the charity and its valuable work". If you would like to sponsor Ian and Malcolm please visit <http://uk.virginmoneygiving.com/team/IanandMalcolm> Thank you.

## QUEEN'S DIAMOND JUBILEE

JANUARY 29, 1897

A large and influential meeting was held in the Public Hall on Thursday afternoon in last week, to decide what steps should be taken to celebrate the longest reign. The meeting was convened by Mr C. E. Taylor, as chairman of the parish council. The chair was occupied by Mr H. G. Hart, who was supported by Sir F. S. Powell Bart., M.P., Mr. W. P. Boustead, Mr C. E. Taylor, Revd. D. S. Guy, Rev J. H. Mackie, Mr C. R. Pugh, Mr. R. Burra and others. The improvement of Finkle Street, by pulling down one side, was the only object discussed, and was thought by all to be the greatest benefit as an improvement to the town that could be done. This has been before the ratepayers

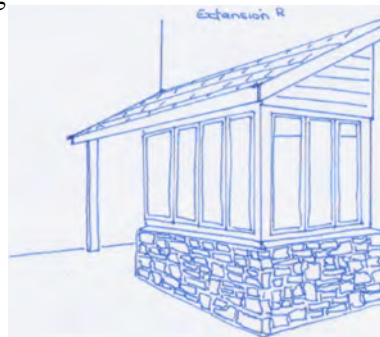
for some years, it being thought that it ought to have been done at the Jubilee. After several speakers had urged the great importance of making an effort now *to effect* the much desired improvement, it was resolved to form a committee to take up the matter and invite subscriptions. The cost is stated to be about £1,000. The following gentlemen were elected on the committee: Sir F. S. Powell, Bart., M.P., Rev D. S. Guy, Rev E. Keen, Rev J. C. Harrop, Rev J. H. Mackie, Messrs H. W. Baxter, W. P. Boustead. R. Burra, A. Cleasby, T. Greenbank, J. Handley (Brigflatts), H. G. Hart, P. Lockwood, J. Procter, C. R. Pugh, R. Tatham (Dent), C. E. Taylor, R. Ward (Dent), J. H. Wilson, and R. Woodhouse.

**Zencabins.co.uk** - Mick Hoffe Prod Eng  
Btc (Training Qty Surveyer MSc)

**Project Management** - From drawing to completion - costings, procurement, build management, final accounts.

**Timber Frame Construction** - Design, manufacture and installation - Energy efficient and cost effective buildings.

**Garden Rooms**, garden offices, home extensions, school classrooms, camping huts.



**Contact:-** [mick@zencabins.co.uk](mailto:mick@zencabins.co.uk)  
**Mob: 07734 113216 or**  
**Tel: 015396 20944**

## FEBRUARY WEATHER

It was rather a month of two halves as they say! With high pressure dominating for the first half winds were generally lighter but at this time of year the easterly direction means it is somewhat colder than later in the month. Likewise with the more easterly winds it was considerably drier with only ½ inch of rain falling during the first fortnight. Unfortunately we caught up during the remainder as the wind moved to the western quarter and we ended up with 5.15 inches! As the pressure dropped the winds increased giving a maximum of 24.2mph. During the first half temperatures were barely above freezing during the day and dropping well below at night with a minimum of 17.4F(-8C).

As the weather warmed during the latter part of the month and temperatures got above 41F (5C), even most nights, it was pleasing to see the drab brown on the fell side start to turn green as grass growth started. Other signs of winter losing its grip appeared with a fabulous

**J J MARTIN**  
*Funeral Service*  
(B Goad)  
**Established 1869**  
**Main Street, Sedbergh**

Complete Funeral Service  
Day or Night  
Chapel of Rest

**Day or Night**  
**Dent 25334**

## PARKIN & JACKSON MONUMENTAL MASONS

14 Appleby Road Kendal LA9 6ES  
Tel 01539 72283



- New Memorials
- 2nd Inscriptions
- Cleaning and Repainting
- Renovations
- Memorials designed to your personal specifications

Visit our showroom  
or phone for a brochure

[parkinandjackson@btinternet.com](mailto:parkinandjackson@btinternet.com)  
[www.parkinandjackson.com](http://www.parkinandjackson.com)  
Contact KEVIN BATEMAN

show of first snowdrops, then crocuses and towards the end of the month the first daffodils. The ones on the bank at Settlebeck, opposite the school car park, are usually the first to flower. The willow buds are bursting and the Cornus mas is in full flower. Other signs included the return of the oystercatchers and curlew, rooks back at their nest sites, woodpigeons collecting nest materials and blackbirds building in the shippon. Many trees and shrubs are in bud and the hazel catkins have extended. I spent a while searching for the tiny red female catkins and judging by the numbers we should be in for some nuts later! The bees have been flying working the pink hellebore, Lenten rose, on warmer days. There have been squadrons of midges around. Let's hope they are not carrying the Smallerberg virus!

### SHRINKING SPAR

Those who attended the public meeting regarding the Spar /Health Centre development were heartened by the promises of Spar representatives that Main St would not be adversely affected by the new development as the existing shop would be kept open for at least two years, and retained if both premises proved profitable, as exemplified by a similar development in Brampton. Furthermore, no restriction would be placed on retail use at the Main St premises, should it be sold. Sadly, it appears that on the first day of trading at the auction mart site, a substantial proportion of stock ( in

addition to all alcoholic beverages ) disappeared from Main St, and this trend has continued, with staff now appearing to operate single handed on occasions. Opening hours were immediately cut drastically, resulting in 5pm closure.

The people of Sedbergh have supported Spar generously during its time in the town, as they have supported the rest of us small traders. Pedestrian visitors, workers in the town centre and those living on the north side of the town do not find the Auction Mart site convenient to visit, and many wish to continue using Main Street. Several elderly residents have also commented that they have

**THIS TEAM  
"LEAVES" IT CLEAN!**

# Charlesworth

**Tree Care & Fencing Ltd**  
Domestic • Commercial • Agricultural  
Covering the whole of Cumbria & North Lancs.



- Agricultural & Garden Fencing
- Rustic & Panel Fencing
- Post & Railings
- Horse & Rabbit Fencing
- Stock Proof & Deer Fencing
- Fencing Materials
- Treated Timber

**Firewood for sale**

CALL GAVIN TODAY  
**015242 71840**  
OR WOODYARD ON  
**015396 20006**  
Mobile 07721 773135  
email: [gavin@g-charlesworth.co.uk](mailto:gavin@g-charlesworth.co.uk)  
The Woodyard, Old Railway Goods Yard,  
Middleton, Kirkby Lonsdale LA6 2NE

C  
H  
A  
R  
L  
E  
S  
W  
O  
R  
T  
H



This Team Leaves It Clean

difficulty getting to the health centre. They are hardly likely to stagger home with bags of groceries. Perhaps the people at Murgatroyds don't think that anyone is particularly bothered by the demise of the Main St Spar. I think that they should enter into the spirit of their original agreement with generous goodwill by maintaining the original level of service at Main St, so that they can measure its performance fairly.

The town centre Coop branch in Kirkby Stephen is thriving alongside an edge of town branch, showing what can be done. Perhaps if those concerned about this issue could let Murgatroyds know that they value and need the Main St Spar, they might reconsider their actions. I noticed a contact address on the wall at Spar, which reads:- G & E Murgatroyd, (James Hall & Co Ltd), Bowland View, Preston, PR2 5QT. Their registered office is given as Hoghton Chambers, Hoghton St, Southport, PR9 0TB.

*Mel Mawdsley at J B Rycrofts*

## **FIREWOOD**

Dry Seasoned Wood  
Large & Small Loads  
Call

015396 25268

## **Fresh Aspects**

Garden Borders Designed,  
Prepared and Planted

Maintenance Plans  
and Gardening Advice

Call Penny 07981 703550  
or Linda 07817 607242

### **LOCAL ATHLETIC SUCCESS**

Local girl Katie Woof was chosen to join the Under 13's Cumbrian Sportshall Championships at Wigan on Saturday 25th February. The Cumbrian team were competing against athletes from Merseyside, Greater Manchester, Lancashire and Cheshire.



Katie made it through the Two Lap Sprint heats to the Final where she faced powerful competition. She gave a superb performance and gained a Silver Medal in a very close race. With a massive jump and new Personal Best Katie beat off strong competition in the Vertical Jump and received the Gold Medal. Well done Katie.

**worship@peopleshall**

Yes we really did enjoy both the worship and the opportunity of preparing to think about Easter and all that the death and Resurrection of the Son of God means to us!! Our theme for Lent is the Shadow of the Cross and how that shadow affected the various groups of people involved in the Easter story. Rev Tim Widdess helped us to think about the crowd who gathered outside Pilate's Palace, when Jesus had been arrested, and shouted that they wanted a guilty man (Barrabus) released and therefore an innocent man (Jesus) to be crucified. How easy is it to be carried along by the crowd. Rev Tim invited us to choose today what we will do with this man Jesus. The younger ones enjoyed crafts and were kept busy by Emma and helpers. There was a quite a crowd who enjoyed coffee and a chat afterwards.

You'd be a fool NOT to come to the next service on 1st April! The following one is on 6th May at 10.30am. You will be most welcome! Sedbergh Methodist Church.

**Apple Macintosh Help & Advice**

problem solving - upgrades - installations

**Video to DVD Transfer**

preserve those irreplaceable home movies

**Audio Cassette to CD Transfer**

**Digital Photographic Renovation & Retouching**

retouching of scratches & tears - even remove that unwanted relative!

**Contact Andrew on 07788 688490**

or email: [andrew-allan@virgin.net](mailto:andrew-allan@virgin.net)

**Stephenson & Wilson**

15 Fell Close, Sedbergh LA10 5AP

**General Builders**

Plastering ~ Roofing ~ Extensions  
Fire Places Fitted

Paul Stephenson  
015396 21557  
07810 595543



Tom Wilson  
015396 20954  
07790 946578

**BOOKWORM**

*What I have been reading this month ;*

A Fine Balance by Rohinton Mistry (fiction)

Life in 1970s India at the bottom of the pile. The book follows the narratives of 4 people - 2 village tailors who come to the city to find work, a student starting a college course in refrigeration and the widow Dina at whose dwelling they all end up. They are all struggling to survive and construct new lives against every conceivable hardship and tragedy. There are some light moments in the 614 pages but it is mainly cruelty and harshness that is encountered in nearly every aspect of 'ordinary living'. There are no happy endings. Handel by Edward Blakeman (non-fiction)

This excellent pocket guide gives the reader concise accounts of Handel's life (born 1685) and his works. The book is easy to dip into, follow the chronology and use as a reference. Handel's music continues to be a never ending source of delight.

*RM Bookworm*

**SIGHT ADVICE SOUTH LAKES  
SEDBERGH GROUP**

*For people with sight problems*

The February meeting consisted of a memory session in which the group talked about pleasant things and also some unpleasant things that had happened to them. This produced a very interesting selection of memories, mainly of happy family events such as engagements, weddings and christenings. It also included a moonlit skating experience whilst bombers (both German and Allied) flew past overhead. There was also the unnerving incident of the leg in the bed!

In March Dr Hunt came and answered queries about the new Health Centre. She gave a brief history of the project and expressed delight in the outcome of the scheme, although, as the centre was barely open at the time of the talk, she warned of many problems which needed to be overcome.

This was followed by another stimulating and amusing quiz composed by Sue Harper and delivered by Betty Harper. It was good to see Betty back on form after many weeks of illness.

The next session takes place on the 17<sup>th</sup> of April at 2.00 p.m. and will be a musical interlude performed by the Rev Andrew Folks in the People's Hall. All new members will be welcome and transport may be available. Contact 01539742633 if interested.

**HELP!**

The group is in need of more

drivers. This consists of a couple of hours once a month. If interested please contact Jennifer Levitt at 25162.

**The People's Hall**  
Howgill Lane, Sedbergh LA10 5DQ

Available for hire for  
all kinds of functions...

- ❖ Parties ❖ Meetings ❖ Concerts ❖
- ❖ Jumble Sales ❖ Dances ❖
- ❖ Theatre ❖ Discos ❖ Lectures ❖

For availability and bookings –  
**Sedbergh Office Services** 015396 20788  
www.peopleshall.org

**RETIRED TEACHERS TACKLE  
COAST TO COAST**

To mark her 60th birthday, retired teacher Wendy Pontefract of Gawthrop in Dent plans to attempt the 200 miles of Wainwright's Coast to Coast Walk from St. Bees Head in Cumbria to Robin Hood's Bay in North Yorkshire.

She is dragging along her husband Bob for the 16 day challenge which begins on 29h April. The couple hope to raise money through sponsorship which will all go to Dent Primary School and Nursery. This is a cause close to their hearts. As volunteers at the school, they help children with their reading every week. Bob is also a school governor and has secretly played Santa Clause for the Pre-School Christmas Fair.

Any contribution will be gratefully appreciated. If you are interested in sponsoring their efforts, e-mail [pontefractwd@hotmail.com](mailto:pontefractwd@hotmail.com) or telephone 015396-25253.

## NEWS FROM THE PEWS



Right now the pews are very dusty! BUT...with lots of helping hands we hope the dust and grime layering every surface in the church will be swept and cleaned before Palm Sunday (1<sup>st</sup> April). The builders have promised they will be finished a week earlier than anticipated and we look forward to seeing how the church looks following the changes.

This has been an exciting time as the plans mooted for several years now actually take shape and come to fruition. It is very fitting that our vicar, Alan, will be seeing this huge change in the church completed and in full use before his retirement as this extension has been his vision to carry St Andrew's forward into the modern world and make the best use of available space. We do not always want familiar places to change but it is often the case that when we have got used to them in their new form we wonder why we did not make the changes earlier.

There should not be any changes to our normal services held during Holy Week, but just in case do look at the

**bullhotel**  
restaurant · bar · accommodation

### servicetimes

8.00am Breakfast  
8.30am Weekends|Bank Holidays  
10am Teas, Coffees & Pastries  
12noon - 5pm Sandwiches  
12noon -9pm Tapas & Lounge Menu  
6pm - 9pm Restaurant Menu

### specialoffers

Traditional Sunday Roasts  
Tasty Tapas 4 for £10  
4 dishes £10 | £2.95 each

WE SERVE FOOD ALL DAY EVERY DAY  
Family Garden at rear  
Children welcome  
Pets welcome in some areas

015396 20264

reception@bullhotelsedbergh.co.uk  
bullhotelsedbergh.co.uk

## menu

### lounge menu

#### sample menu items

Homemade Soup of the Day  
Bull Hotel Burgers  
Chicken Fajitas  
Lamb Shank  
10oz Sirloin Steak  
Smoked Salmon Salad  
Grilled Goats Cheese En Croute  
Omelette

#### Cold Sandwiches

Ham & Cumberland Mustard  
Smoked Salmon  
Roast Lakeland Beef & Horseradish Cream  
Cheese Savoury  
Tuna & Red onion Mayonnaise

#### Speciality Ciabattas

Bacon & Brie  
Open Roasted Mediterranean Vegetables  
& Goats Cheese  
Seared Steak, Onion & Mushroom  
Tuna Melt  
Tomato & Mozzarella

We also offer a wide selection of daily specials & desserts. Please see in house for details.  
The Bull Hotel was recently awarded maximum Food Hygiene Rating of 5 stars = Excellent  
by South Lakeland District Council.

### restaurant menu

#### sample menu items

#### To start

**Ham Hock & Apple Terrine**  
toasted bread, salad leaves & truffle dressing  
**Pan Seared Queen Scallops**  
spiced shallot dressing  
**Smoked Haddock Fishcake**  
fried mackerel, fine bean & a red pepper coulis  
**Roasted Cherry Tomato Tart**  
roquefort cheese, rocket & balsamic dressing

#### Main

**Twice Cooked Pork Belly**  
creamy mash potato, roasted shallot & pork jus  
**Roasted Duck Breast**  
orange mash potato, glazed carrot & juniper berry jus  
**Fillet of Cod**  
wrapped in pancetta, crushed new potatoes, confit  
cauliflower with a red wine shallot dressing  
**Pan-fried Halibut**  
fresh noodles, lango bruschetta & tomato dressing  
**Wild Mushroom Risotto**  
char-grilled spring onion, parmesan shavings  
& poached egg



**M WINN & SONS LTD**  
*(Established 1894)*  
**Sedbergh**  
**General Builders & Joiners**  
*Now*  
**Kitchens**  
**Supplied & Fitted**

Contact R. M. Winn  
015396 20649



**MAN FRIDAY**  
(Handyman Service)  
For just an hour ... or for the day!  
This year ..... those little jobs  
could just get done!  
*Sedbergh based*  
Call Walter Mob: 07837 386806

noticeboard on the right side of the lychgate where the list of services will be posted. Compline will be at 7pm on Monday, Tuesday and Wednesday evenings followed by the Stations of the Cross with our Roman Catholic friends. Maundy Thursday we celebrate the Eucharist and strip the altars at 7pm and a Devotional Service will be held at 12noon in church on Good Friday. Compline will be said on Saturday at 7.30pm. Easter Sunday services will be at the usual times, 8am, and 10.30am. However, an Easter Evening concert is planned in place of Evensong, beginning at 6.30pm and taking the form of a solo cello performance by

Tatty Theo who has a local connection.  
The Royal School of Church Music will be holding a course based at Sedbergh School during the Easter holidays. As a Grande Finale they will be at St Andrew's for a choral Evensong on Thursday 18<sup>th</sup> April at 7.30pm. This promises to be a joyous occasion and everyone is welcome to join us and hear the results of the choir's hardwork and dedication.  
Changes will soon be made to the membership of the Parochial Church Council, commonly known as the PCC. This is the body of church members elected to look after all aspects of church life, making decisions and carrying them through. We are hopeful that their first task after election at the Parish Supper and AGM will be to roll up their sleeves get out their dusters and disturb the dust from those dusty pews.  
Happy Easter.

*Susan Sharrocks*  
*Tony Reed Screen*  
*Churchwardens*

**painter.**   
*'quality work for the discerning client'*  
Ilan Higginbotham  
**PAINTER & DECORATOR**  
Telephone 015396 21073 Mobile 07813 818958  
e-mail: painter.ian@btinternet.com

## **Cobble Country Property**

*Wow - did you read the news?*

***“House prices up 4.4% month on month in February***

And - South Lakeland is one of only 2 places in the Country to experience current prices higher than they were in the 2007 pre crash era – 0.1% higher – so stable then is realistic!

***“Cobble Country professionals already know how much demand we have from people wanting to come into our beautiful area”***

A growing list of registered buyers keen to relocate here means we have constant feedback as to the level of demand for all type of property throughout South Lakes

For a prompt and courteous no obligation appraisal of your current property, do not hesitate to call the acknowledged local experts qualified to offer a realistic opinion.

**[www.cobblecountry.co.uk](http://www.cobblecountry.co.uk)**

We are working very hard to achieve customer satisfaction in a challenging and difficult market place – and the results are showing.

**Call now** to talk freely and get the **BEST VALUE** with your deal.

Cobble Country Property, 59 Main Street, Sedbergh. 015396 21000

### **GARDENING**

The sage plant (*Salvia officinalis*) on the raised bed in my garden is at last beginning to show signs of spring, by losing it's tired, grumpy look, and growing some new shoots. This garden, being high, wet and windswept, is not generally a good one for aromatic leaved shrubs. Most of them hale from hot, dry regions of the world and the aromatic oils released from their leaves act as a coolant for an overheated plant. These conditions rarely apply to Firbank so my shrubby herbs and other scented foliage plants tend to die from a surfeit of drizzle, and I find that I have to make forays into other

people's gardens in order to sniff my favourite leaves.

Rosemary, Bay and Lavender are amongst my favourites, along with *Choisya* (Mexican Orange Blossom), *Prostanthera* (Mint bush), *Cistus ladanifer* and *Cistus x purpureus* (Sun Roses)and, last but not least *Umbellularia californica* (Californian Laurel or Headache Tree).

*Choisya* is fairly widely grown in gardens lower down the valley where it's mid green, glossy leaves make an attractive foil for the bunches of white, scented flowers. The yellow leaved cultivar, 'Sundance', makes a bright splash of colour in a lightly shaded border, but it does bleach and burn if

given too much sunshine, and goes green when given too much shade. I am never quite comfortable with yellow leaved shrubs – they resemble too closely for me, the colours of plants on the way out after a dose of weed killer. As *Choisya* would no doubt succumb to winter winds in this garden I shall never be in a position to let that worry me here.

*Prostanthera* is a bush which I should like to grow here. It is small and neat with little, dark green, wavy edged leaves, and pretty white flowers. The foliage smells sweet and minty, and, apart from its lack of hardiness, it is generally trouble free.

Sun roses (*Cistus* species) have survived here for a few years but the last one was finished off by the snow of 2010. *C. ladanifer* (Gum Cistus) has bold white flowers with a maroon blotch at the centre. The stems and leaves are tacky with sweet smelling resin. *C. x purpureus* has rich pink petals, also with a maroon blotch. *Cistus* flowers always have a beautifully crumpled look, and their petals never quite have time to straighten out before they drop, within a day of opening .

The last plant on my list is unprepossessing to look at, and has insignificant flowers, but it does have a strong and distinctive scent which can become rather addictive.

*Umbellularia californica* -Californian Laurel was used by North American Indians as a herbal remedy for a variety of complaints, but should be handled with care . A report in

## LOCAL TRADESMAN

38 years in the  
Building Trade

Luxury Shower, Wet Room,  
Bathroom Installations  
Heated Floors ~ Tiling  
Plumbing  
All Electrics  
and more

Call Peter or Joan Woof  
and talk through your  
specifications/requirements

Tel: 015396 20857  
Mob: 07730 352218

THE COMPLETE SERVICE

“Cephalagia” – the journal of the” International Headache Society” details a case of a gardener suffering from repeated headaches brought on by the volatile oils released from the leaves of the plant. The plant’s other common name, “ Headache Tree”, actually refers to the plants ability to cause, rather than cure headaches. So far it doesn’t seem to have caused me any harm - I used to enjoy sniffing the plant in the garden where I worked at Harrogate Sadly, I don,t know of a suitable specimen in this area so I shall have to content myself with all of the local scents until I next take a trip to Harlow Carr.

*Elaine Horne*

**SEDBERGH & DISTRICT  
HISTORY SOCIETY**

*'Curiosities of Cumbrian Churches'*

On 7th March Trevor Hughes treated members of the SDHS to a whistle-stop tour of Cumbrian churches, concentrating his lively illustrated talk on the more unusual and quirky aspects of their history. Mr Hughes is actively involved in Kendal civic life, having served on many committees and conducted detailed research into the town's past, including categorising over 650 objects, and had previously entertained the society with a couple of talks on its buildings, customs and characters.

He divided this particular talk into 9

sections: Early Crosses; Styles of Architecture; Fonts: 'Odds and Ends'; Carlisle Cathedral; Other Churches; Stained Glass; South Lakes Churches; and a kind of '...And Finally' end-piece. In doing so he covered the length and breadth of the county (with one 'outsider' - Halton Church in Lancashire) and, in all, showed photographs from at least 37 churches - more, if one accounts for the fact that some had been demolished (for example, Natland Church, rebuilt in 1910) with both the original and new churches pictured.

Cumbria seems to have more than its fair share of interesting ecclesiastical features. At Bewcastle Church near Brampton there is a 7th

## ABLE MEMORIALS

**Monumental and Architectural Masons  
New Memorials and Additional Inscriptions**

**Showroom with over 30 memorials on display at**

**3 Wildman Street, Kendal**

**Please call for a brochure or free estimate**

**on 01539 735583**

**Home visits available by local mason Edward Waller**

**Tel: (evening) 015396 21338 or 07779 025745**

century cross which has a carved mask depicting Alfrith, the then King of Northumbria, whilst the 10th century Viking cross at Gosforth Church is flanked by two white hogsback tombstones which resemble upturned boats. Haile Church near Egremont has a 'do-it-yourself' tombstone with an amusing rhyming ditty dating back as far as 1670; the 20th century church at Wreay displays adjacent to the roof a broadly grinning crocodile's mouth which actually functions as a chimney; St Thomas's Church in Kendal has its tower built at the wrong end (east) because of the unstable ground to the west; and there is the strange tale of a bricked-in glass of beer within one wall of Kendal Parish Church!

A wide variety of architectural styles was shown, ranging from 11th century narrow windows (Over Denton), through 12th century Norman arches (St Mary's, Kirkby Lonsdale), 13th century pointed Gothic windows (Clifton), and on to the 14th century fortified church at Newton Arlosh. The county's largest church, Carlisle Cathedral, took so long to develop that it displays features from 12th century finials to the 15th century Perpendicular tower and onwards to the present day where we saw stonemasons Ted Drinkwater and Billy Campbell at work. Among examples of the stained-glass windows that we saw were seabirds at Aldingham Church, the Venerable Bede fashioned in Whitefriars' glass at Pennington, and

Charles I's portrait at Beetham Church.

Inevitably, much of the fabric of Cumbria's churches has decayed with time. Only the tower of the original church at Crook remains, whilst Mardale Church became submerged in 1936 with the building of the Haweswater dam and creation of the reservoir. However, Trevor Hughes related that he had recently come across its rescued organ in a meeting room in Carlisle: as a result it now plays proudly in St Michael's Church, Shap, a mere 6 miles from its original home.

So our thanks are due to Mr Hughes for bringing Cumbria's churches to life!

*Michael Beecroft.*

COMPUTERS are wonderful – until they go WRONG!!



- ◆ Cumbria Computer Systems
- ◆ Your LOCAL I.T. specialists
- ◆ 25 years of experience
- ◆ Microsoft certified
- ◆ Full range of Computer Sales and Service
- ◆ Very competitive call-out rates
- ◆ Complete PC systems supplied and supported
- ◆ Wireless/wired Networks for home or business
- ◆ Friendly, jargon-free advice
- ◆ Virus and Spyware/Malware removal
- ◆ Consultancy service

Call us on

**07545 010542**

e-mail: [admin@cumbriacomputersystems.co.uk](mailto:admin@cumbriacomputersystems.co.uk)  
[www.cumbriacomputersystems.co.uk](http://www.cumbriacomputersystems.co.uk)

### **SETTLEBECK HIGH SCHOOL**

*Whose school?*

As a relative newcomer to Sedbergh, with a background in education in local authority / maintained / community schools, I am constantly surprised when people refer to 'The School' and mean Sedbergh School rather than Settlebeck. I do understand that Sedbergh School is a major employer and makes an important contribution to the economy in the town, but Settlebeck School is the school which Sedbergh's children attend and most parents of Sedbergh went there too.

Furthermore there seem to be some real myths about! Despite articles in the Lookaround and leaflets posted

through doors, the average person in Sedbergh does not seem to appreciate what an excellent school Settlebeck is. Following an inspection that uses exactly the same process and criteria to those used in every other school in the land, Settlebeck was awarded 'outstanding' status, ranking *our* school as in the top twelve percent in the country. This includes achievement in exams as well as noting the real strengths in personal and social development, the enviable breadth in the curriculum, the effective strategies for dealing with those few difficulties that might occur... Because our school is 'outstanding' we have been allowed to convert to Academy status, giving

## **WINDERMERE WINDOWS & GLASS LTD**

*Resident in Sedbergh since 2007*

Local Professional Glazier

Fitting Replacement

Windows, Doors, Conservatories, Failed Double Glazed Units  
in UPVC, Wood or Aluminium

Fascia Boards, Soffits, Guttering & Down Pipes

Tel/FAX 015396 21444

Mob: 07890 784933

us even more flexibility and self determination.

If you are not currently a parent of a young person at Settlebeck you might not know of the innovative approach being adopted to taking GCSEs. Our learners start their GCSE courses a year earlier than elsewhere. In many subjects many students take the GCSE exam a year earlier than in other secondary schools. This gives them the option to either study other subjects, such as Critical Thinking or an Extended Research Project if successful, or to retake maths and English in order to improve their grade. The range of subjects available for study is therefore much wider than in most schools.

Because our school is very small, learning takes place in smaller than average classes, led by teachers who know their pupils really well and can cater for the needs of both the more able learners and those requiring

additional support. Elsewhere parents pay a great deal of money to ensure that their children receive these sorts of advantages. The excellent relationship between staff and students also allows the children of Sedbergh to become confident, articulate learners who develop to their full potential and support each other effectively in their learning.

I may be seen to be writing with a considerable amount of bias – I am now Chair of Governors! However I have over forty years of experience working in and with schools and, until recently, was one of the dreaded Ofsted inspectors, so can claim to know what I am talking about. Truly, if I had my time again I would want my own sons to have attended this school.

The parents of Sedbergh should be proud of THEIR school.

*Helen Wilberforce, Chair of Governors, Settlebeck High School*

## APPLIANCE REPAIRS AND SERVICE All leading brands

### DIGITAL TV AERIALS INSTALLATION AND REPAIRS Sky and Freesat installation and repairs



**ELECTRICAL STORE**  
Incorporating Paul Winn  
Appliance Services



Tel 015242 41224 / 42095 / 61259 / 01539621699

## **YORKSHIRE DALES NATIONAL PARK**

### *Have your say*

Organisations and members of the public are being asked to help shape the future of the Yorkshire Dales National Park over the next five years.

The Yorkshire Dales National Park Authority (YDNPA) is launching a six-week consultation exercise to find out what kind of place people want the National Park to be in the future,

Whether it is attracting more visitors or reducing the number of power lines, the ideas and suggestions will then be used to produce a National Park Management Plan (NPMP) for 2013 – 2018. The document will set

out objectives for the YDNPA and other organisations working in the National Park.

Authority chairman Carl Lis said: “The document is a management plan for the National Park and not just for the National Park Authority so it is very important that we get organisations and individuals to work together in looking after it – in fact it’s essential, given that more than 95 per cent of the National Park is in private ownership.

“It’s in everyone’s best interests that we have a combined and integrated approach, which means we need as much input as possible from people so that we can get it right.”

Gary Smith, the YDNPA’s Director of

# **SAM KNOWLES**

## **Decorators**

---

**Daytime: 07867 620 112**

**Evening: 01524 401 788**

---

**INTERIOR &  
EXTERIOR**

**DOMESTIC &  
COMMERCIAL**



Conservation and Community, said:  
 “The plan should be a straightforward document that sets out a shared view of the kind of place we want the National Park to be. It should also show what needs to be done to achieve the objectives and make it easy for people to see whether progress is being made.

“We hope that – as for past NPMPs – organisations and individuals will give us their views and ideas during the consultation period so that we can produce a document that is the best for the National Park.”

Once the consultation comes to an end on April 30, the different views collected, together with evidence about different aspects of the National Park, will be used to draft a new NPMP.

It is hoped that a full draft of the Plan will be completed by September when the public will again be invited to share their views.

Anyone wanting to take part in the consultation can find out more by visiting the Authority website at [www.yorkshiredales.org.uk/your](http://www.yorkshiredales.org.uk/your) or phoning 0300 456 0030.

There are several ways to take part

- Filling in an on-line questionnaire at [www.yorkshiredales.org.uk/your](http://www.yorkshiredales.org.uk/your) –there is even a special child-friendly version
- Returning a special postcard obtainable from National Park Centres, the Dales Countryside Museum in Hawes and the National Park Authority offices in Grassington and Bainbridge
- Entering our ‘Your Yorkshire

| HEARTWOOD ENTERPRISES  |  |
|--|--|
| <i>Everything to do with trees...</i>  |  |
|           | <ul style="list-style-type: none"> <li>• All Practical Tree Work</li> <li>• Tree Surveys</li> <li>• Woodland Management</li> </ul> |
| <b>Tom Dutson</b> <i>Chartered Forester</i>  |  |
| 01931 716195 / 07769 676536 / <a href="mailto:tomdutson@gmail.com">tomdutson@gmail.com</a> |  |
| <a href="http://www.heartwoodenterprises.co.uk">www.heartwoodenterprises.co.uk</a>         |  |

Dales National Park: a snapshot' photo competition with fabulous prizes – details on the website

The existing National Park Management Plan – Yorkshire Dales: Today and Tomorrow – runs out this year (2012). It is explained on the YDNPA website at [www.yorkshiredales.org.uk/yorkshire\\_dales\\_national\\_park\\_management\\_plan](http://www.yorkshiredales.org.uk/yorkshire_dales_national_park_management_plan).

Visitors to the website can look at any of the objectives in the Plan and see the latest information on how much progress has been made.

The Your Yorkshire Dales National Park consultation also marks the starting point for producing a new Local Plan – the main planning policy document for the National Park. Its purpose is to provide a clear local framework to guide and promote new development where it is needed while protecting the quality of the area’s unique historic, natural and built environment. The Local Plan will be based on the same shared vision as the NPMP and further research and consultations on its detailed content will be undertaken.

### THANDI

In February Jean James a volunteer from Carlisle spent three weeks working with the Thandi project. Border Television and the Cumberland News have followed her progress. Whilst there she submitted a blog to the Cumberland News which has since gained support via Facebook and Twitter. The following is her blog of the second of two days early into her visit.

#### **TUESDAY, FEBRUARY 7...**

*The day started well as I enjoyed the drive to work at 7am. Until now I have struggled to enjoy the beautiful sights in front of me as I have been quite overwhelmed by my experiences but today, the sky was*

*clear and the sun was shining and I felt more in control of my emotions.*

*I was meeting with the Sister from the Hospice in Grabouw first then I would spend the day visiting patients in their own homes.*

*These patients are too poorly to visit the hospice due to Aids, cancer and TB.*

*I met with two nurses who would take me with them to do the visits. We were to visit the township called Irac. The Sister told me we all had to walk unless I could drive us? I obviously volunteered to do so and the look of happiness on their faces was unbelievable. I now know why - these nurse walk miles carrying bags full of necessary aids.*

*The name Irac is well given to describe the township. It has over 300 hundred shacks and is situated on very rough ground on the outskirts of Grabouw.*

*How can I put the extreme poverty I have witnessed in one word? Bravery. These poor souls have nothing - no electric, no water, no heating, no toilets, no money for food, nothing.*

*Their shacks are a piece of creative art, they are amazing, nothing goes to waste in Africa. They are made from branches and pieces of wood from the surrounding forest, cardboard then covers the wood, then they cover the frame with plastic bags which are tied to the wood.*

*Inside, cardboard is used to make internal walls which are then, in some homes of the more able bodied, covered in wallpaper. But wallpaper*



**H & M**  
CRAFTSMEN  
Beautiful homes deserve beautiful furniture

KITCHEN BEDROOM HOMESTUDY COOKSHOP

**Beautiful Kitchens & Bedrooms**  
Home Studies & Lounge Furniture  
**Cookshop**  
Quality Bakeware, Utensils, Knives, Pots & Pans & Lots More!  
Wedding Gift Service & Knife Sharpening  
[www.kitchensandbedrooms.co.uk](http://www.kitchensandbedrooms.co.uk)  
015242 41535  
Ingleton Industrial Estate, off A65 near Tooby's

as we have never seen before. It is made from pages out of magazines or free flyers that they collect off the streets in the town nearby.

All the pages are ever so neatly pasted on with no gaps and in perfect lines. Having made these walls inside they then cut out doorways and windows, or may build another dividing cardboard wall to create a bedroom. In one home, nine people slept in one room. A window was made from what looked like the front of a birdcage (from a refuse tip I guess) with a tiny door and clasp. Like I said, no waste. Front doors are made from wood nailed together.

Then to protect their home of which they are so proud they padlock it and

surround it with barbed wire if they can get any.

Anything can be a seat. An upturned battered wheelbarrow, boxes, plastic crates, wood nailed together. Some had a sofa and armchairs collected from the refuse tips. Beds are made from plastic crates or wood and then covered with fabrics for all to sleep together.

Toilets are the waste land around the shacks or if able, some walk into the surrounding woods.

I so admire these people. They are so positive, motivated, creative and appreciative of all they have. How would we cope I ask myself constantly?

The patients were very poorly, living

## ***J N & E Capstick***

**Insurance Consultants**

**75 Main Street, Sedbergh LA10 5AB**

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

Market Street, Kirkby Stephen, CA17 4QT

Tel - 017683 72285 Fax - 017683 72346

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

**HOME & MOTOR INSURANCE**

**FARM & BUSINESS INSURANCE**

**LET PROPERTY & HOLIDAY HOME INSURANCE**

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

Open until 7.00 pm on Wednesdays  
to help with all your general insurance needs.

*J. N. & E. Capstick Insurance Consultants  
are authorised and regulated by the Financial Services Authority*

at home unable to do much else except potter about occasionally. They were so underweight and some extremely breathless just from talking. The nurses counted their antiviral drugs to make sure they were taking them correctly, took their weight, blood pressure and sputum samples, had a friendly chat and advised them to have a healthy diet with plenty of green vegetables.

How on earth can they have a healthy diet I asked? They have to try I was told.

Many of the people started to gather around the houses we were visiting as I was the newcomer on the block. Happy smiling faces, full of love and constantly cuddling each other, they

all appear very close and protective of their neighbours.

I watched as the women filled huge plastic containers of water from the one water pipe feeding Irac - a hosepipe in the ground, permanently running even though there is a water shortage.

With such grace and ease they lifted it onto their heads and carried it home, balancing it without hands to support the weight. Seriously, I am in awe of these amazing people.

I then came across a community vegetable patch, both men and women were planting seeds, watering plants or weeding. As a community they have made use of some wasteland, built fencing with, as you

## The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes  
offer you a warm welcome



We are open daily for home cooked food, (a particular favourite is Ham `n` Eggs) and offer an extensive menu for residents and non-residents.

Our two guest rooms are both en-suite and we can boast one of the finest views of Cautley Spout and the Howgills.

*Please note our opening hours.*

We are open each day Wednesday to Sunday inclusive and on Thursday, Friday and Saturday nights.

**Prior booking is essential for evening meals**

would expect, anything and everything that happens to be lying around.

The Elgin Learning Foundation has provided the seeds as a part of a Learn To Earn Scheme. They all share the produce equally between themselves. Such wonderful community spirit.

On leaving Irac, I was called over by a group of people huddled together. As I walked towards them I saw that one minute they were shouting at each other, another silent and intense, then laughing. What were they doing? Playing snap - with the tattiest pack of cards I have ever seen and using small rocks )I assumed instead of money).

As we left I asked the nurse if any of these people were suffering from Aids or other illnesses. "Oh but of course yes, but they can come to the hospital so we pretend they are well, but really they all know they are unwell," she said.

You may now understand how I am unable to manage my emotions today. I am so privileged to have shared today with these inspiring people who do two things in life; ACCEPT and APPRECIATE. Our lesson I think is to also appreciate everything, we are so lucky.

When these people are suffering such hardship and illness can smile so brightly, surely we can, can't we?

Alan & Chris Clowes



## SEDBERGH SCHOOL



We have a variety of opportunities for employment, including career development and we may have a job to suit you

Current full time, all year positions available  
Chef, Grounds Person, Gardener, Laundry Assistant

We also have vacancies for Domestic & Catering Assistants and occasional Mini Bus Drivers, perhaps you would like just a few hours during the week, week-ends or some evenings to fit around your current life commitments.

To find out more,  
please contact Angela on 015396 20303 or email at: [ab@sedberghschool.org](mailto:ab@sedberghschool.org)

# *Sedbergh Office Services*

13 Kings Yard, Sedbergh Tel./Fax 015396 20788

e-mail: [office@sedberghofficeservices.com](mailto:office@sedberghofficeservices.com)

## **OPENING HOURS**

Monday - Wednesday & Friday 10 am to 4:30 pm (Closed Thursday)

Saturday: 10 am to 12 noon

**All types of bulk photocopying available up to A3 size**

*at low prices*

**Laminating up to A2 size**

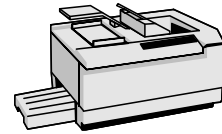
**Wide range of office materials**

**Printer ink cartridges**

**Labels a speciality**

**Fax service available 24 hours a day**

**Plus much, much more!!**



All your stationery needs always available

## **HOME MADE MARKET**

Many thanks to the people who have got in touch to say they would be interested in selling their home made goods at a monthly market in Dent dale this summer, we do however need more people, so, do you produce or create something at home which you want to sell? Then please give us a call. This puts you under no obligation to proceed, and if you do decide to join in it doesn't mean you have to take part every time or, heavens above, join a committee! We do need a goodly number of different traders to make this work and are aware of the caution of people around here

especially where we are concerned, we are trying to help with income in these difficult days and have no hidden agenda.

This is not for those producers who already have an outlet for what they make but for those growing fruit/veg at home or making rugs, cards, soap, other crafts etc who want to make some extra cash. We hope to start in June, obviously not April now and May would push it a bit. One idea is to rent a stall on S'ber Market for a few weeks and have a stall in Dent one w/e to test the water.

Our initial hope was that with a big response we would have formed an organisation (sorry, probably a

committee!) applied for funding for advertising and hit the local market place full on. It seems this was a pie-in-the-sky idea, so we are now looking to start smaller but do need more producers or we sadly cannot do this. Looking forward to hearing from you SOON! Jn & SE Woof. (015396 25212)

Thanks. Think that's us done for April. *Sarah*

**DUNCAN LAW Ltd**  
*Plumbing & Heating Engineer*

Bathroom Suites & Tiling  
Central Heating Systems  
Domestic Gas Appliances  
General Plumbing

Mob: 07796 544596  
Tel: 015396 20930



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

Our last meeting of the winter session took place at the URC rooms on 9th March and the speaker was Matthew Elwood from Weardale, whose painting of the Sedbergh Tower is in the Main Street Gallery in Sedbergh. Matthew chose Sedbergh as a subject as he knew it well from his time as a pupil at Sedbergh School. From school he went on to Art College in Newcastle and then tried a career in illustration, but realising this was not for him, launched out as an independent artist.

As his work is so detailed and takes many months to complete, in his demonstration of a fantasy industrial townscape he showed us some aspects of his stages of work. The planning stage takes him a long time, starting with 'hundreds' of photographs of the buildings he wishes to include in his 'tower'. He then creates the complex design executing a detailed drawing in which he plays with the perspective, an aspect of his subjects that particularly fascinates him. From initial light washes he builds up the painting with many layers of watercolour to achieve the required strength of colour and develops the detail with a fine brush and eventually a fine liner pen. Matthew also uses gouache. Unlike many artists in watercolour he paints the sky last blending the colour into a wet ground using a large brush.

Matthew brought many paintings to show us, from his early traditional landscapes to his later work. He no longer sells his original paintings but litho prints of these. If readers have not yet seen his Tower of Sedbergh buildings we recommend a visit to the Main Street Gallery. It was a fascinating evening which the members greatly enjoyed.

Another Society member, Brian Alderman, has an exhibition of his work at the YDNP Authority offices in Yoredale, Bainbridge during March and April. The Society's exhibition will take place as usual in August from Friday 17th to Tuesday 28th in the Sedbergh School Library. *MC*

Desirable House  
**TO LET IN DENT**

4 Bedrooms; 2 Bathrooms  
Easily accessible to village  
Plenty of Parking  
With Garden  
Please ring 25450

**PENDACOL DOG TRAINING**

On Saturday the 3rd of March members of the Pendacol Dog Training Group of Sedbergh went once again to Myerscough College to attend another Open Obedience Show this time organised by Reedyford Dog Training Club.

Following on the success of the last show only 4 weeks ago they once again took seven more rosettes and cards by obtaining half of the awarded places in the pre beginner class out of a total entry of 33 dogs.

A further 2 places went to members who were competing in the beginner class which is the next level up and attracted 36 competitors at this show.

Back/neck ache?  
Sports injuries?  
Sciatica?  
Repetitive strain?  
Stress/tension headaches?

[www.reflex-om.com](http://www.reflex-om.com)

Kendal, Hawes & Newbiggin-on-Lune

**REFlex**  
remedial massage

**REFlex**  
orthopaedic massage

**015396 24871**  
Josephine Lade LCSP (Phys)

Chief Instructor Dave Banks was, to say the least, over the moon with the people and dogs who have all worked hard to achieve the standard required to get to this level and even more happy that they were now achieving places.

Some of the Pendacol Dog Training members will now be preparing for their next show which will be the York City Dog Training Club's Open show held at Askham Bryan College at the end of April.  
*Dave Banks*

**KILLINGTON WI**

*The afternoon WI for the entire District*

**OUR FAVOURITE RECIPES  
AND A LITTLE BIT MORE**

As I mentioned in my Killington WI report last month, we are reprinting our 70<sup>th</sup> Birthday Recipe Book.

Regretfully several mistakes have been spotted in the original printing.

These are all my fault and I have abandoned the idea of earning extra pennies by becoming a proof reader!

Page 51: TANGERINE SYLLABUB

Add '1 pint double cream', to ingredients

Page 64: CINNAMON AND APPLE

CAKE Delete '500g packet digestive biscuits'.

Page 74: This is totally wrong and should have the recipes for LOIS'S OAT BISCUITS and NAN'S DROP SCONES.

To obtain a corrected page which can be fixed into your book, either call me - 21902, or collect one from the Tourist Information Centre.

*Wendy Fraser-Urquhart*



### HOBBIES

Do you have a hobby that needs more space in your home than you have?

Can you do arty / crafty things, but you produce more than your family and friends really want?

I'd like to set up a 'workshop' in an empty shop in the middle of Sedbergh that would be used by six or so people. We would each spend at least one day a week there doing 'our' thing. (Mine is beads.) We would split the costs of rental and heating etc and each have storage space, sharing a worktable or two. The costs would be offset by selling our own - or each others - wares. We could also share our skills, both with each other and with others who would like to learn (for a small fee). We would also be good company for each other.

I envisage that we might cover, for instance, sewing, knitting, cards, watercolours, stained glass, embroidery ... anything really! We might make cushions, cards, mobiles, gifts etc.

If you might be interested, do give me a call or drop me a line.

**Daphne Jackson**

**MSc (Ost) DO**

*Registered Osteopath*

**BUPA Provider**

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

Please ring Kendal Practice  
for appointments  
01539 740452

Helen Wilberforce 015396 21562 or  
ehwilberforce@btinternet.com

### St GEORGE'S DAY

On Sunday 22nd April, the Annual St George's Day Parade will take place in Sedbergh to celebrate St George's Day on 23rd April.

Final details are still being planned but it is hoped that St George will lead the Parade (in the guise of Dennis Whicker) followed by a Dragon (not the real one of course). It is hoped to have Sedbergh Town Band accompany the Parade with their ever enthusiastic traditional pieces.

St George will be carrying his Flag and it is hoped that many Groups in the Town that also have a Flag or Banner would join in the Celebration.



It is hoped to start in the Bull Hotel Car Park about 1pm (the time may alter), enter Main Street then process via Back Lane, Finkle Street, Main Street then back into the Bull Hotel Car Park where the Band will play on the back lawn Bandstand. It is felt not to hold the event on Joss Lane Car Park as it would stop vehicles parking there.

If you would like to join in with the Parade, either with or without a Flag or Banner, dressed as a Dragon or Knight, please do come along.

If you require any further information, please contact Dennis Whicker.

### **DENT JUNIOR FOOTBALL**

Dent Football Club are looking for junior players for the 2012/13 season which starts in September and runs alongside School terms.

If your child is interested in playing local football in any one of three junior sides, Under 8s (school years 2 & 3), Under 10s (school years 4 & 5) and Under 12s (school years 6 & 7) then please contact one of the following asap:

Matt Clayton 07531 143762

Adam Roberts 07866 2480801

Stephen Troughton 07773 417197

Your child needs to be committed to training once a week and playing league games most weekends. Girls & boys – all welcome. Lets do our bit to keep rural football alive & kicking. If we can't turn out the teams, youth football in the Sedbergh area will be lost forever.

### **Cumbria Stove Centre**

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

01539 821061 (day)

015396 25227 (evening)

SHOWROOM:

**34a Main Street, Staveley, Nr Kendal**

### **72 MAIN STREET**

By the time you read this the Sedbergh White Knights should have purchased our community building. The target date of 31<sup>st</sup> March does appear to be achievable.

Once the building is purchased the

campaign to raise the funds to secure the building for the community for the long term future will be started.

As was said last month please continue to watch this space and look out for further details in and around the town. Your active support and participation will be needed to complete the transfer of the building from the White Knights to the community, and to ensure that it continues to play a central role in the life of Sedbergh and the surrounding district.

The May edition of Lookaround will contain further news on the project.

## **J. E. WILKINSON**

**BUILDING CONTRACTORS**

*Quality Craftsmanship*

*New Builds ? Alterations*

*Roofing ? Plastering ? Stonemasons*

**YDNP BEST BUILDING DESIGN AWARDS 2010  
WINNERS OF THE NEW BUILDING CATEGORY**

Tel: 015396 25531 Mob: 07989 197580

### **DENTDALE DIAMOND JUBILEE**

A street party for the children held on Sunday June 3rd starting at 3pm, An exhibition of Royal Memorabilia set up in the Sedgwick Room on the Sat morning and open in the afternoon with refreshments on sale, these are the arrangements I know of so far. What would anyone else like to do? Help, donations etc to Sarah at "Rhumes" (25212) or to Gary at the George & Dragon, Dent. Please don't be saying you were never asked what you would like to do!

### **FILLING THE GAP**

Most of you will know that Elspeth Griffiths is in hospital after suffering a stroke, and is, thankfully, recovering, though progress will be slow.

Meanwhile, many individuals and groups are affected by her not being around - every where you looked, there was Elspeth - she's an amazing lady.

Anyway, the team who produce the recording to go to the recipients of the Audio Lookaround for the visually impaired have had to put their thinking caps on to keep things going as Elspeth would wish. So hopefully, the editing (a job which takes many hours), the organising of several readers groups, arranging things on recording day (including providing refreshments and answering questions like "How do you pronounce this word?"), and the sending out or delivering of the recordings, have been parcelled out, and, fingers crossed, will proceed as usual. The team will do its best.

However, although there are two excellent people who actually manage the technicalities of

recording, it has been felt for some time that having a third person trained up would relieve a bit of pressure and make it easier to e.g. arrange holidays and allow for illness and other emergencies.

So if there is anyone who would like to know more about this very worthwhile activity, please contact the Editor or me.

Meanwhile, I'm sure you will be with me in wishing Elspeth a good recovery.

*Valerie Finch*

---

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

The February meeting was held on the 21st with a good attendance.

The President introduced the speaker, Vicky Cowburn from Kirkby Lonsdale who after retiring from work was looking for something to keep her busy so she became involved with Project Linus U.K. which is a charity which helps children who are sick, disabled or traumatised.

Project Linus started in the U.S.A. and came to England in March 2000 when it was found that there were no branches here in the U.K. and it took off and continues to grow.

There is no money involved just groups of ladies who make quilts and knit or crochet blankets for the children which are distributed all over the U.K., and also little hats for premature babies.

If anyone would like to join a quilting class or perhaps do some knitting, get in touch with Vicky and you would be helping a very worthy charity.



## **SONGS FROM THE RIVERBANK**

*Harmony Singing Workshop*  
round the fire and in the woods  
at Smithy Cottage, Farfield.  
015396 21166  
[www.lakelandvoice.co.uk](http://www.lakelandvoice.co.uk)

### **TROTT MUSICAL FOUNDATION**

There are regularly 30 or so young people in Sedbergh and district, who receive help with the cost of music tuition from the Trust. It was established under the will of the late Freda Trott and was the idea of Freda and her husband Stan.

Grants are made three times per year, generally coinciding with academic terms. If you would like to make an application for someone under 18, a form to complete can be obtained from Dalton and Hague, 7 Main Street, Sedbergh. They are straightforward to complete but includes a section for the teacher's comments and signature. Nevertheless, if a youngster is a complete beginner without previous experience, help can still be given to get underway.

For the next grant meeting forms should be returned by Tuesday 3<sup>rd</sup> April.

*Graham Dalton*

### **COBWEB ORCHESTRA**

The Grammy Award Winning Orchestra from the north of England will be having its fifth Residential Weekend of music making at Sedbergh, from April 13th until April 15th. They will be playing and studying a variety of works and no doubt Andy Jackson the Chief Director and Conductor, will have a few surprises for the orchestra as usual.

On Sunday afternoon April 15th at 3.00 pm, the orchestra will play through a selection of the works played during the weekend.

Everyone is warmly invited to come and listen. There will be tea and biscuits for a donation, otherwise the event is free. The event will be in Powell Hall, Sedbergh School. Any donations will go to the British Heart Foundation and to the Cobweb Orchestra funds.

Any queries about the orchestra? There is a web site - [www.Cobweborchestra.com](http://www.Cobweborchestra.com) or contact Mrs S. Blackwell on Sedbergh 20056.

### **Wenningdale Home Repairs**

*We offer a good range of home improvements and maintenance jobs such as:*

- \* Interior decorating*
- \* Exterior painting*
- \* Sash window repairs*
- \* Sanding of floors*

Working in Sedbergh,  
Kirkby Lonsdale & Bentham  
***Mobile: 07854 - 596391***

### **P HANSON PAINTER**

*Unknown painting*

Monica Cleasby has donated several paintings from her husband Ingram's collection to Sedbergh School. As well as two paintings by Ivan Christopherson, there is a watercolour painting by P. Hanson dated '41. If you believe you are related to P. Hanson or know who he was please get in touch with Sedbergh School Archive. We are hoping to find a good home for the painting and would love for it to go to the family of the painter if possible.

Please contact me on:-  
[ki@sedberghschool.org](mailto:ki@sedberghschool.org), or phone  
015396 22275 *Katy Iliffe*

### **EDITORS NOTES**

Last month, there were major issues with the weather with ice, snow and freezing fog. I was amazed as to how many people I saw driving on our roads, including the Motorway, without any lights during poor visibility of rain, snow or fog. I am sure a lot of those drivers thought 'It's not night time, I don't need lights on'. WRONG! Lights should always be put on in POOR VISIBILITY. I once saw a documentary on TV where a female driver was stopped while driving abroad and Fined for driving through (a dark) tunnel without lights. Her reply was "I didn't see a sign telling me to put my lights on"!!!! I rest my case.

*Dennis J Whicker*

### **FIRBANK CHURCH HALL**

The Annual Barbecue will be held again in Firbank School Hall from 6.30pm on Saturday 28th July when there will be the usual refreshments, raffle and Cake Stalls. All are Welcome

### **DENTDALE CHRISTIAN FELLOWSHIP**

Stuart & Jean Waller from Warton spoke at the Fellowship in Feb and we continue to share together on the 4th Sunday of every month at 7pm, do come and join us, come with questions, prayer needs, come and find normal people who love God and seek to follow Him in their daily lives. We share supper together afterwards, sandwiches, cakes, cheese &

biscuits, nothing megga involved or complicated! We could be called "a church without walls" for 'church' is people coming together in the Name of Jesus. Ring for more information; 25212. Lifts available.

### **SPORTS EVENING**

Howgill Harriers and Sedbergh Primary School have once again teamed up to host the second Sedbergh Sports Evening on Friday 13th July at Buckbank Farm. The Gates will open at 5pm and the races will start at 5:30pm.

With the Olympics in the summer, we thought it a great idea to bring the Olympics to Sedbergh before the launch of the London version!!

So get your training started ready to enter a variety of traditional Dales sports races as well as the unique, spectacular Fell Races. Last year was such a huge success and we raised a significant amount of money for Sedbergh Primary School. This year, we hope to do even better.

### **YUMMY MUMMYS**

Thank you to everyone who took part in our Yummy Mummy Afternoon Tea and Cocktails Party!

To everyone who contributed baking, raffle prizes and donations, you helped raise £370 for CLIC Sargent.

Special thanks to Jess and Craig for donating tea and coffees and the use of the Chippy Café for the afternoon and evening. It was a perfect day - you are all amazing.

*Kelli & Caroline*

# HEAPS OF FUN

## Party Supply Shop

Waltons Yard, Market Street, Kirkby Stephen, CA17 4QT  
017683 74893



Helium Balloons and Party Supplies.  
Balloons, Banners, Party Bags, Badges,  
Invitations, Cards and lots more.

For all occasions.

Venue decoration and delivery service available.



### COMMUNITY OFFICER REPORT

Over the last month there has been a report of criminal damage and an incident of assault in the Sedbergh area, investigations are continuing into this.

Investigations continue into the fail to stop collision at Stonehouse Bridge, Cowgill, further enquiries are ongoing. If you have any information regarding this please contact the Police on 101 quoting incident number CP-20120222-0256.

The report of criminal damage to the welcome to Dentdale sign has been investigated; with nearby houses visited, however there is no evidence to link the damage to anyone. The sign has been found and returned to Margaret Taylor who is going to replace it as it doesn't have any actual damage.

A brown leather purse was posted anonymously through the Police station letter box on Tuesday 6<sup>th</sup> March 2012. This purse was taken during a local burglary a number of months ago, detectives in Kendal would be interested to establish where the purse was found as this

may help with their enquiries. If you have any information regarding the finding of this purse then please contact myself on the below contact details, any information will be treated in confidence.

Recently there have been a number of reports of telephone and email scams in our area, please ensure that you do not give out any personal details to any cold callers. The e-mail scam reported asks for passwords to gain access to personal details, we always advise never to reveal any password if requested, as no legitimate company would ask for such information. I would urge any one who does receive any contact that they think is a scam to report it to Trading Standards via Consumer Direct on 0845404 05 06 and also Action Fraud on 0300 123 2040 as they report nationally on the scale of the problem.

There have been a number of reported suspicious incidents in our area however Pro active reporting of suspicious vehicles/persons from members of the community has assisted us with a lot of enquiries, we

## MEL CRAGG BUILDER

Plastering  
Roofing  
Block/Stonework

Tel: 015396 20162  
Mob: 07792 657453



thank you for this and ask that you continue to do this by ringing Cumbria Police on the non-emergency number 101 (any time day or night). In an emergency always dial 999. Remember you live in a safe area, it is important we work together to keep it that way.

There has been an increase in the number of thefts of heating fuel oil in the South Lakes area, please see below for useful advise regarding this:-

*Location of your tank:*

When sighting a fuel tank, please locate out of the sight of the main road and in view of your house. Ensure that the tank is within a reasonable distance to the road, otherwise the fuel company may struggle to refill it.

*Securing your oil tank:*

Secure your tank with a wooden or metal fence, trellis or wall or for further security a lockable metal grill or cage can be added. The wall or fence should be as close to the tank and as high as possible. Consideration can also be given for chemically "tagging" the fuel.

*Control Switches:*

When the tank is not in use, the control switches that control the flow of fuel should be switched off and the electricity supply isolated.

*Padlocks:*

Invest in a good quality padlock, the closed shackle variety are the best as they have a very little of the small shackle exposed and therefore bolt croppers cannot get a good grip.



stramongate press

*printers*

*printers*

*of*

*Sedbergh Lookaround*

Stramongate Press Aynam Mills  
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448  
fax 01539 730253  
e-mail [info@strampress.co.uk](mailto:info@strampress.co.uk)  
website [www.strampress.co.uk](http://www.strampress.co.uk)



## EDWIN MIDDLETON

JOINERS

All aspects of site joinery work  
30 years experience

We design, manufacture purpose made  
joinery in our own workshop.

All your requirements fully fitted.

UPVC windows & doors

Free Advice and Estimate

Phone: 015396 25431 or 015396 20074

Mobile: 07779 049103 or 07814 149105

## chairworkshop.co.uk

CANE · RUSH · SEAGRASS · WILLOW · ROPE

### chairseating & tuition

repairs · supplies · restoration products  
**also:** fine bead jewellery · repairs · restringing  
haberdashery & tool sharpening

**99 Main Street, Sedbergh**

(01539) 621489 · info@chairworkshop.co.uk

### *Oil Level Gauges:*

Remote electronic oil gauges set off an audible alarm when the oil level suddenly drops or falls between a quarter of a tank. These gauges can be placed in the kitchen or utility to warn of a potential problem. Remember to check oil levels regularly, this will help to monitor usage and check none has gone missing.

### *Security Lights:*

Consider installing security lights, low energy 'dusk to dawn' lights positioned close to the tank should in most cases provide sufficient light to illuminate any suspicious activity. High powered lights can also be used but make sure they are not a nuisance to neighbours or road users.

### *Closed Circuit Television (CCTV):*

You could consider installing CCTV. For advice on this please contact your local Crime Prevention Officer on 101

### *Useful Contact Details:*

The Oil Firing Technical Association for the petroleum industry (OFTEC) offers advice and guidance for those who use and store oil at their

premises. For more information go to [www.oftec.org](http://www.oftec.org)

To suggest future community priorities please feel free to attend my monthly drop ins or please feel free to contact me on 101 or email me on [karen.dakin@cumbria.police.uk](mailto:karen.dakin@cumbria.police.uk). Or alternatively you can speak to me during my regular drop in surgery at Sedbergh Library on the 3<sup>rd</sup> Saturday of each month between 10:30 and 12:00 and Dent stores on the first Tuesday of each month from 12:00-13:00.

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

CSO 5206 Karen Dakin

## SAM KONCZYNSKI



Carpets & Floor Coverings  
Supplied & fitted

**Telephone**  
**07771 97 00 96**



**QUEENS DIAMOND JUBILEE**

**FEBRUARY 5, 1897**

NATIONAL SCHOOL. A meeting was held in this school on Tuesday, for the purpose of discussing and making arrangements for a fete and gala, to be held in June, in aid of the school extension funds. The Vicar said the time had now come when they must face the question of class-room accommodation for the infants.

Suitable plans had been prepared by Mr. Curwen, of Kendal, which would necessitate an outlay of about £300, and it was necessary that some way of raising the money should be employed. He was pleased to be able to state that Mrs Dormer had kindly offered the use of Ingmire Grounds, together with certain buildings where a fete and gala could be held. It was decided to hold the gala on June 3<sup>rd</sup> and it would be looked upon as one of the ways of celebrating the Queen's Diamond Jubilee. The following gentlemen were elected a committee to carry out the necessary arrangements: Revs D. S. Guy, E. C. Wilson, H. B. Smith, E. R. Gayer, D. T. Alton; and Messrs A. J. K. Martyn, Iveson, Gooch, Walmsley, Hall, G. Sedgwick, Sisson, M. Sedgwick, Capstick, F. Jackson, F. Lewis, J. C. Greenbank, T. Metcalfe, R. Inman, H. Trotter, B. Burra, R. Burra, jnr., G. Lewis, Brassington, Fisher, Chorley, Taylor, J. Punch. E. Mills, Atkinson, Beetham, P. A. Thoma, Harris, Ellis, C. Wadeson, Scott, Blades, Baxter and Dennis; with Mr Pugh, chairman, and Messrs Bathgate and T. Greenbank, secretaries.

**MAY 7, 1897**

DISTRICT COUNCIL. Mr Robinson said the medical officer had been to examine the Oaks, but had not been able to make out his report as he had taken some of the water to analyse. A letter from the Rev J. A. Haydon, Vicar of Dent, was read, in which he said he had seen the report of the application by the Finkle Street Improvement Committee for help from the council, and that if they took this matter over he thought it only just and right that they should help in the proposed Dent Jubilee commemoration, viz. of providing either telegraphic or telephonic communication with Sedbergh. This was left on the table. With respect to the Finkle Street deputation, the following resolution was passed: "In the event of the Finkle Street Improvement Committee entering into contracts for the purchasing of all or any of the freehold houses and buildings on the West side, and clearing away, the council will accept the site thereof as an addition to the highway, and dedicate the highway to the public for ever, and also fence the said highway, where a fence does not exist." Mr Pickering proposed, and Mr C. E Taylor seconded, that this be passed. On a vote being taken, the following were for it: Messrs Boustead, Taylor, Handley, Dover, Bland and Rev R. Pickering, the rest being neutral - carried *nem. con.*

| Regular Events/Meetings |                              |                                  |         |
|-------------------------|------------------------------|----------------------------------|---------|
| 1900                    | 4th Sunday                   | Dentdale                         |         |
| 1000                    | Every Monday                 | Free Entry to Locals             | FM      |
| 1000                    | Every Monday                 | Wild Goose Qigong                | URCR    |
| 1200                    | Every Monday                 | The Monday Club                  | SMCR    |
| 1930                    | 1st Monday                   | Dent Parish Council              | DMH     |
| 1900                    | 3rd Monday                   | Chamber of Trade                 | Library |
| 0930                    | Every Tuesday term time only | Casterton Baby and toddler Group | CS      |
| 1300                    | Every Tuesday                | Knit & Natter                    | FM      |
| 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              | Zebras                           | 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      |
| 1430                    | 1st Wednesday                | Cream Tea                        | Bull    |
| 1930                    | 1st & 3rd Wednesday          | History Society                  | SHS     |
| 1915                    | 2nd Wednesday                | Dentdale WI                      | DMH     |
| 1930                    | 2nd Wednesday                | Sedbergh 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 |

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

**CROSSWORD**

Due to the ongoing computer problems I am experiencing, there will be no crossword this month.

**HEALTH CENTRE**

Please note that the Telephone number for the Health Centre has changed to 01539 718191. More details will be published when received.



*Hal believed he had done well in the Practical but was finding the Theory was much harder than he expected!*

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

## BUS SERVICES

| Sedbergh to Blackhall Rd, Kendal<br>via Oxenholme |           |       |      |     | Blackhall Rd, Kendal to Sedbergh<br>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   | 564B | 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   | 564B | A8  |
| 1545  | 1620      | M - S | 564  | KLC | 1610 (C)  | 1640     | M - F | 564  | W   |
| 1827 (C)  | 1904      | M - S | 564  | KLC | 1625 (C)  | 1658     | M - S | 564  | KLC |
| 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 |
| 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  | 1425      | Wed   | 564B | W   | 0950  | 1015 (L) | Wed   | 564B | W   |
| 0940  | 1009 (DS) | Sat   | 564B | A8  | 1020 (DS)   | 1050 (L) | Sat   | 564B | A8  |
| 1500  | 1530 (DS) | Sat   | 564B | A8  | 1545 (DS)   | 1615 (L) | Sat   | 564B | A8  |

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

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

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

All times from Sedbergh are from and to  
 Thorns Bank unless stated (L)

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



## BED & BREAKFAST

| Proprietor          | Address   | Phone (015396) |
|---------------------|---|----------------|
| Mrs A Bramall       | Summerhill, 7 Highfield Road, Sedbergh (2012/11)<br><i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i><br>e-mail: ali@interact.co.uk   | 20360          |
| Miss S Thurlby      | 15 Back Lane, Sedbergh (2011/12)<br><i>1D; 1T; TVL; CH; DW; P; DR; VB</i><br>e-mail:- wheelwright.cottage@homecall.co.uk                                  | 20251          |
| Mrs S Gold-Wood     | Number Ten Main Street, Sedbergh (2012/02)<br><i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i><br>e-mail: sangold.kwood@virgin.net                   | 21808          |
| Mrs J Postlethwaite | Bramaskew Farm, Howgill, Sedbergh (2011/09)<br><i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>   | 21529          |
| Mrs S Sharrocks     | Holmecroft; Station Road, Sedbergh (2012/11)<br><i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i><br>Web Site: www.holmecroftbandb.co.uk                         | 20754          |
| Mrs D Hutchinson    | High Meadows, Cautley, Sedbergh<br><i>CH; 1D(ES); 1T(ES); L; P; NS; NP; TV</i>  | 20094          |
| Mrs J Hope          | The Old Joinery, Garsdale, Sedbergh (2011/12)<br><i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i><br>e-mail: enquiries@theoldjoinery.com | 20309          |

## CAMPING, CARAVANNING & SELF-CATERING

|   |   |                           |
|---|---|---------------------------|
| Sycamore Cottage, Lunds, Sedbergh (2011/09) | <i>Sleeps 2; D; CH; TVL; P; NS; DW</i>  | 01969 667356              |
| Mrs Durie                                   | Crossthwaite, Garsdale, Sedbergh (2011/06)<br><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)<br><i>Self-Catering Sleeps 6-8</i>                   | 20360                     |
| Mrs D Hutchinson                            | The Blue Bells, Cautley, Sedbergh<br><i>New Barn Conversion Sleeps 2; D/T; CH; P; DA; TVL; NS; NP</i> | 20094                     |
| Mrs R J Garner                              | 2 Millthrop, Sedbergh (2012/06)<br><i>Sleeps 4; 1D; 1D (Soda Bed); CH; L; NS; DW; CW</i>              | 01942 216058 07792 445257 |

## 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**

~~~~~  
**DENTDALE**

**CHRISTIAN FELLOWSHIP**

Rhumes, Dent LA10 5QJ  
Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

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

~~~~~  
**CHURCH OF ENGLAND**

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@peopleshall**

10:30 am Sunday 6 November

10:30 am Sunday 11 December

**Beth & Sandy Roy Tel: 20785**

~~~~~  
**UNITARIAN & FREE**

**CHRISTIAN CHAPEL**

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

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

## Lookaround Advertising Rates

|                      |   |        |
|----------------------|---|--------|
| Single Column 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 7th December 2013*

|   |  |  |             |      |                                       |              |
|---|--|--|-------------|------|---------------------------------------|--------------|
| Entries marked (*) see Advert in previous Lookaround.<br>Coffee Mornings marked TBA have not yet been booked. |  |  | 3           | 1930 | WIH Eden Valley                       | HVH          |
|   |  |  | 4           | 1930 | Dentdale Choir (32)                   | BVH          |
|   |  |  | 5           | 1900 | Flicks in the Fells                   | PH           |
|   |  |  | 7           |      | May Bank Holiday                      |              |
|   |  |  | 8           | 1400 | WIK Taste n. Try                      | PH           |
|   |  |  | 9           | 1000 | Coffee Morning - TBA                  | URCR         |
|   |  |  | 9           | 1915 | WID Resolutions                       | DMH          |
|   |  |  | 9           | 1930 | WIS Resolutions & Jacobs Join         | PH           |
|   |  |  | 10          | 1200 | Lunch Club                            | Red Lion     |
|   |  |  | 12          | 1000 | Christian Aid Week                    | URCR         |
|   |  |  | 12          | 1000 | Dentdale Indoor Bowling               | DMH          |
|   |  |  | 12          | 1230 | Sedbergh Gala                         | Lupton Field |
|   |  |  | 14          | 1000 | Christian Aid Week                    | URCR         |
|   |  |  | 15          | 1000 | Christian Aid Week                    | URCR         |
|   |  |  | 16          | 1000 | Coffee Morning - Christian Aid        | URCR         |
|   |  |  | 16          | 1430 | HS Sedbergh Station Site              | LHCP         |
|   |  |  | 16          | 1930 | Dentdale Indoor Bowling               | DMH          |
|   |  |  | 17          | 1000 | Christian Aid Week                    | URCR         |
|   |  |  | 17          | 2100 | Quay Change (19)                      | G&D          |
|   |  |  | 18          | 1930 | Early Music Concert                   | StAD         |
|   |  |  | 19          | 1930 | Early Music Concert                   | PH           |
|   |  |  | 20          | 1400 | Messy Church                          | SMC          |
|   |  |  | 21          | 1900 | Chamber of Trade                      | L            |
|   |  |  | 23          | 1000 | Coffee Morning - TBA                  | URCR         |
|   |  |  | 23          | 1930 | Dentdale Indoor Bowling               | DMH          |
|   |  |  | 29          | 1900 | CWG Jim & Cynthia Wilkinson           | CLI          |
|   |  |  | 30          | 1000 | Coffee Morning - WIK                  | URCR         |
|   |  |  | 30          | 1930 | Dentdale Indoor Bowling               | DMH          |
|   |  |  | <b>JUNE</b> |      |                                       |              |
|   |  |  | 1           |      | SHS Half Term Starts                  |              |
|   |  |  | 2           | 1930 | Queen's Diamond Jubilee Ceilidh       | KVH          |
|   |  |  | 2           | 1900 | Flicks in the Fells                   | PH           |
|   |  |  | 3           | 1300 | Diamond Jubilee Village Lunch         | KVH          |
|   |  |  | 3           | 1500 | Diamond Jubilee Street Party          | Dent         |
|   |  |  | 3           | - 17 | Diamond Jubilee Music Festival        | Sedbergh     |
|   |  |  | 4           |      | Spring Bank Holiday                   |              |
|   |  |  | 4           | 1900 | Duck Race & Coffee Evening            | HVH          |
|   |  |  | 5           |      | Queen's Diamond Jubilee               |              |
|   |  |  | 6           | 1000 | Coffee Morning - WIH                  | URCR         |
|   |  |  | 6           | 1430 | Cream Tea Afternoon                   | Bull         |
|   |  |  | 6           | 1930 | WIH 60th Anniversary Party            | FCH          |
|   |  |  | 11          | 1730 | HS Crosby Ravensworth                 | LHCP         |
|   |  |  | 12          |      | SHS Half Term Ends                    |              |
|   |  |  | 12          | 1400 | WIK St Helena, Remote Atlantic Island | PH           |
|   |  |  | 13          | 1000 | Coffee Morning - TBA                  | URCR         |

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

**COVER PICTURE**

Dentdale

Anon

|    |      |                                  |          |
|----|------|----------------------------------|----------|
| 13 | 1915 | WID The Meaning of Surnames      | DMH      |
| 14 | 1200 | Lunch Club                       | Red Lion |
| 14 | 2000 | Pepperpot Concert                | StAS     |
| 17 |      | Father's Day                     |          |
| 17 | 1400 | Messy Church                     | SMC      |
| 20 | 1000 | WIS Coffee Morning               | URCR     |
| 20 | 1400 | Blood Donor Session              | PH       |
| 20 | 1700 | Blood Donor Session              | PH       |
| 20 | ???? | WIS Naworth Castle               | ???      |
| 21 | 2100 | Quay Change (19)                 | G&D      |
| 23 | 1000 | Pit Paintings Exhibition Starts  | FM       |
| 23 | 2000 | PH Dance with Denis Westmorland  | PH       |
| 27 | 1000 | Coffee Morning - Garsdale Church | URCR     |
| 27 | 1300 | HS Mawson's Garden Village       | LHCP     |
| 30 | 1000 | Dentdale Indoor Bowling          | DMH      |

**JULY**

|    |      |                                       |          |
|----|------|---------------------------------------|----------|
| 1  | 1000 | Pit Paintings Exhibition              | FM       |
| 4  | 1000 | Coffee Morning - URC                  | URCR     |
| 4  | 1430 | Cream Tea Afternoon                   | Bull     |
| 5  | 1930 | WIH Gilbert & Sullivan Singers        | HVH      |
| 7  | 1900 | Flicks in the Fells                   | PH       |
| 10 | 1400 | WIK Tea Party                         | PH       |
| 11 | 1000 | Coffee Morning - Royal British Legion | URCR     |
| 11 | 1700 | HS Lowther Castle & Gardens           | LHCP     |
| 11 | TBA  | WID Summer Outing                     | TBA      |
| 11 | 1930 | WIS It Shouldn't happen to a Nurse    | PH       |
| 12 | 1200 | Lunch Club                            | Red Lion |
| 13 | 1700 | Olympic Sports Evening                | BBF      |
| 16 | 1900 | Chamber of Trade                      | L        |
| 18 | 1000 | Coffee Morning - TBA                  | URCR     |
| 19 |      | SHS Term Ends                         |          |
| 19 | 2100 | Quay Change (19)                      | G&D      |
| 25 | 1000 | Coffee Morning - TBA                  | URCR     |
| 28 | 1830 | Annual Summer BBQ                     | FCH      |
| 29 | 1000 | Pit Paintings Exhibition Ends         | FM       |

**AUGUST**

|         |      |   |          |
|---------|------|---|----------|
| 1       | 1000 | Coffee Morning - Howgill Church         | URCR     |
| 1       | 1430 | Cream Tea Afternoon                     | Bull     |
| 2       | 1930 | WIH Horseback in France                 | FCH      |
| 4       | 1000 | Fragments left behind Exhibition Starts | FM       |
| 4       | 1000 | Whale Dreaming Exhibition Starts        | FM       |
| 8       | 1000 | Coffee Morning - GVH                    | URCR     |
| 8       | 1915 | WID Open Meeting + Jacobs Join          | DMH      |
| 8       | 1930 | WIS Making Marzipan Fruits              | PH       |
| 9       | 1200 | Lunch Club                              | Red Lion |
| 11      | 1000 | Above & Beyond Exhibition Starts        | FM       |
| 15      | 1000 | Coffee Morning - NW Cancer              | URCR     |
| 16      | 2100 | Quay Change (19)                        | G&D      |
| 17 - 28 |      | S&D Art Society Exhibition              | SSL      |
| 22      | 1000 | Coffee Morning - Beekeepers             | URCR     |
| 27      |      | Summer Bank Holiday                     |          |
| 27      | 1100 | Dent Gala                               | Dent     |
| 28      |      | S&D Art Society Exhibition Ends         | SSL      |

550<sup>2</sup>ft Workshop For Rent  
Suit Joiner or Woodworker or Storage  
Local to Sedbergh  
£150 pcm  
Tel: 07730 352218

29 1000 Coffee Morning - StAS Missionary URCR

**SEPTEMBER**

|    |      |                                  |      |
|----|------|----------------------------------|------|
| 1  | 1000 | Above & Beyond Exhibition        | FM   |
| 1  | 1000 | Fragments left behind Exhibition | FM   |
| 14 | 1000 | Whale Dreaming Exhibition        | FM   |
| 1  | 1900 | Flicks in the Fells              | PH   |
| 5  | 1000 | Coffee Morning - TBA             | URCR |

**DIARY KEY**

|        |  |
|--------|--|
| BBF    | = Buckbank Farm                        |
| BF     | = Brigflatts                           |
| BVH    | = Barbon Village Hall                  |
| CDC    | = Community Development Centre         |
| CO     | = Community Office, Main Street        |
| CTiS   | = Churches Together in Sedbergh        |
| CWG    | = Christian Women's Group              |
| CWT    | = Cumbria Wildlife Trust               |
| DCMH   | = Dales Countryside Museum, Hawes      |
| DCP    | = Dent Car Park                        |
| DMH    | = Dent Memorial Hall                   |
| DMC/S  | = Dent Methodist Chapel/Schoolroom     |
| FM     | = Fairfield Mill                       |
| FSH    | = Firbank School Hall                  |
| GSC    | = Garsdale Street Chapel               |
| GVH    | = Garsdale Village Hall                |
| HS     | = History Society                      |
| HVH    | = Howgill Village Hall                 |
| JLCP   | = Joss Lane Car Park                   |
| KLI    | = Kirkby Lonsdale Institute            |
| KVH    | = Killington Village Hall              |
| L      | = Library, Main Street                 |
| LHCP   | = Loftus Hill Car Park                 |
| PH     | = People's Hall                        |
| SH     | = Scout Hut                            |
| SHS    | = Settlebeck High School               |
| SLSB   | = South Lakeland Society for the Blind |
| SMC(R) | = Sed. Methodist Church (Room)         |
| StAS/D | = St Andrew's Church, Sedbergh/Dent    |
| SS     | = Sedbergh School                      |
| STO    | = Sedbergh Tourist Office, Main Street |
| URC(R) | = United Reformed Church (Rooms)       |
| 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

01539 718191

01539 718191 (Option 1) 24hr Prescription line

### Surgery and Dispensary Opening Hours

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

### Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.30am

(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

Evening surgery by appointment only –  
Monday/Tuesday & Thursday evening

*Updated June 2011*

### Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday

afternoons (By appointment only)

Dressings Clinic – Friday afternoons

(By appointment only)

### Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

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

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

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

### Collinge Optometrist

Friday only

0900 to 1300 by appointment only.

### DENTAL SURGERY

Finkle Street & 20626

Mr I R Dawson & Mr B Houghton

Monday to Thursday 0900 - 1700

Friday 0830 - 1400

Saturday \*

### 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

101 or 999

### 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