

Sedbergh & District

LOOKAROUND

April 2013

Issue 309

Donation £1

Congratulations to everyone for supplying the information which fills the pages of this Spring issue Newsletter. Whether it be text, Diary Dates, Business Adverts or Event Adverts, they all add up to one of the best Newsletters in the country so

please keep the information coming.

A warm welcome to all our visitors. We hope that you leave footprints and take away many memories of our beautiful area and tell your friends about what we offer.

Dennis & Jacky Whicker

A SPORTSMAN'S DINNER WITH...

GRAHAM TAYLOR OBE

20th APRIL @ DENT MEMORIAL HALL

Doors open 6pm – Meal served at 7pm

ONLY £30.00 PER TICKET



**TICKETS NOW AVAILABLE
@ the George and Dragon Dent
Phone to book tickets
015396 25256**



All money raised from this event is for the future of Dent FC

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 ~ Web Site: <http://www.sedberghlookaround.org.uk>

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APRIL BIRTHDAYS

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

The recipients this month are:-
Tom Allan who is 9 years old on 18th April and
Siobhan Cousins who is 8 years old on 22nd 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.



Day	Name	Age
3	Cameron MILBURN	7
4	Emily STANLEY	3
5	Katie COLTON	7
8	Connor THORNLEY	6
10	Isobel METCALFE	10
13	Edward JERMY	6
18	Jasmine SEN	5
18	Tom ALLAN	9
21	Abbie ALLAN	11
22	Myles STAINTON	6
22	Siobhan COUSINS	8
23	Zak HALL	6
25	Izzy NEWBOLD	7
25	Sienna MIDDLETON	8
26	Emily KITCHEN	11
27	Scott LAWSON	6
28	Lucy CAPSTICK	7
Nonagenarian & Over		

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

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

PERSONAL & SMALL ADS £1

HALL

April 23rd marks Zaks 6th Birthday, and as many of you know, this is a massive milestone. Zak continues to make us proud, every day. Allowing us to see the very best in people. People from all over the world have committed to sending Zak a special Birthday card this year, and he has over 100 already. This is our way of telling him how much people love him, and for him to have made a mark on people's hearts. We look forward to reading them all out to him on his big day! Zak, for those who don't know, is our very beautiful little boy, who, because of a number of complications during delivery, has very severe cerebral palsy and a rare condition called Lennox Gastaut Syndrome, which means he suffers daily with seizures. It has robbed him of so, so much, but it only strengthens our love for him. So you will understand why each birthday is so special to us. Several doctors never thought he would have seen his 5th Birthday, yet here we are, just a few short weeks from his 6th ... and he's going strong! Happy 6th Birthday Zak, from Mum, Dad, Ashleigh and all of your family, friends and well wishers x. We might not know what tomorrow brings, but right here, right now, you are our amazing little fighter, smiling on the inside xx

AIREY

James and family would like to thank everyone for their cards and messages of condolence for the sad loss of Doreen, and to all those who attended the service at the Crematorium. A special thank you to Brian Goad for his care and understanding and to his wife Dorothy who laid on the buffet afterwards. Also to Rev. Vic Hopkins for a lovely service.

=====

BAKER

The family of the late Bob Baker would like to thank everyone for their kind messages and cards received following their recent bereavement, a very special thanks to all the carers for their unfailing care given to him, also to Sedbergh Medical Practice, Rev. P Boyles, to Brian of J J Martin for his dignified arrangements and Dorothy for the catering and all who gave donations to The Great North Air Ambulance amounting to £200.

=====

DUO

Jenette & Susan would like to say a huge thank you to all their customers for the support and laughs over the last four and a half years. All the best to Matt, Sue & Robbie in your new venture.

PERSONAL & SMALL ADS £1

BATEMAN

Derek, Terry and family would like to thank everyone for their kind messages and cards following the death of their mother, and to all who came to the service. Special thanks to Brian Goad for all his kind help and to Rev. Vic Hopkins for a lovely service and to Dot for a wonderful tea. Thanks go to the carers who have helped us look after Dora over the years and to her friends who visited her. Your kind donations of £515 will be divided between Great North Air Ambulance and British Heart Foundation.

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FOR SALE

Mens Mountain Bike. Good condition. £20 ono. Tel. Sedbergh 21163.

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FOR SALE

Bush Fridge Freezer, medium size. Approx one year old. Very Good Condition. £95 ono. Tel. 015396-21248.

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FOR SALE

Mobile Calor Gas Heater £15. Full cylinder of gas (15 kilo) £30. Tel. Sedbergh 21210.

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FOR SALE

Wall-mounted Electric Fire. Pebble Effect, 37"W x 31"H. £40. Water Butt £10. Tel. Sedbergh 20042.

FOR SALE

'Safari Friends' Baby Bath with matching top and tail bowl £5. Tomy 'Freestyle' front carrying baby carrier £5. Babybjorn front carrying baby sling £5. Pré maxx baby bag/sling (grey) £5. Karrimor baby back carrying carrier, aluminium lightweight frame £10. Philips Avent manual breast pump £15. Philips Avent electric breast pump £25. Boots Changing bag (brand new, in box) £2. Great Ormond Street Baby and Child care book (1997 edition) £1.50. Early Learning Cot Activity Board £1.50. Vtech Little Smart First Steps plus (well used) £1.50. Changing mat 50p. Any reasonable offers accepted Tel. 07813-524923.

=====

FOR SALE

SOFA - BED (double) - a 2 seater with multi-floral cover in deep pink & green design. Good condition. Buyer collects £30. UNI-SEX BIKE- Claude Butler "Boulevard" with step-through frame. Metallic bronze colour, 7-speed, 6102 tubing, complete with shopping basket on handlebars. As new (used 3 times). Cost £350, accept £150. GENTS BIKE - MBK 10-speed. White and green frame, drop handlebars. Well used, but not recently!! £30. Telephone: Sedbergh 21887.

ST ANDREW'S PARISH CHURCH, DENT

ANNUAL

EASTER MONDAY SALE

Monday 1st April
Dent Memorial Hall
10am to 1pm

Refreshments
Home Baking ~ Plants ~ Nearly New
Books ~ Competitions ~ White Elephant
Raffle etc

DENT PARISH COUNCIL

The March council meeting co-opted a new councillor and received a report on this year's Music and Beer Festival, as well as agreeing in principle to contribute to the repair of the parish war memorials. Full minutes of the meeting are published on the parish council pages of www.dentdale.com as well as being available as a hard copy from the Parish Clerk.

New Parish Councillor

As no-one had been proposed for election following the recent resignation of Peter Knapton, the March meeting co-opted Elaine Lewis on to the council. Elaine grew up in Dentdale and returned to Dent last

Craftworkshop official opening

Please join us
at 61 Main Street Sedbergh
for the official opening of the

Craftworkshop

Tuesday 2nd April

10.00 am

We shall be open all day from
10.00 am – 7.00 pm



SEDBERGH CRICKET CLUB

JUMBLE SALE

Saturday 6th April

2pm

People's Hall



Donation of goods morning of sale.

*For collection of goods,
Tel: Sandra 07815 069394*



year from Spain with her husband and three young children. She is very keen to make sure that the young families in the dale are represented on the council.

Speeding in the Laning

Concern has been expressed recently about the number of vehicles that do not obey the 20mph speed limit in the Laning, particularly at school times. The council has therefore asked the police to bring a speed camera to the village to try and catch the offenders, and PCSO Karen Dakin informed the March meeting that this would be happening shortly.

Cycling and Litter

Some of the organised cycling



Informal evenings
with music and a short talk
first Sunday of each month
Sunday 7th April, 7pm
United Reformed Church Hall
Light refreshments free of charge.
Further items available to purchase.
in association with
Carnforth Free Methodist Church

events that come through the dale have on occasions left litter behind which Dentdale's volunteer litter pickers have been left to clear up. Following correspondence with the organisers of one of these events, the Etape du Dales, an anti-litter warning has been placed on the event website and notices will be placed along the course this year to remind riders of their responsibilities.

Music and Beer Festival

Bob Dobson came to the March meeting to report on plans for this year's Music and Beer Festival on the weekend on June 29th-30th. Owing to the sodden state of the car park site, the festival committee do not want to

stage this year's festival at the car park. Instead, agreement has been reached with the landowner and tenant to use the field where the old Dent Folk Festival was held, adjacent to the playing field. This will give the car park site a further year to recover.

Western Dales Bus

The council received a report from The Western Dales Bus about the plans for bus services in Dentdale this year. The all-year Saturday service and the summer Sunday services from Dent Station to Dent and Sedbergh are both secure until April 2014. The Saturday service will also run into Kendal, giving three hours there in the middle of the day,

People's Hall, Sedbergh

Registered Charity Number 523829

Notice is hereby given that the **Annual General Meeting** of the People's Hall, Sedbergh will be held in the Committee Room of the People's Hall on **Monday 8th April 2013** commencing at 19.00 to hear the Chairman's and Treasurer's reports of the past year's activities and to elect the Management Committee. All residents of the Parish of Sedbergh over the age of 18 are entitled to attend. A meeting of the newly elected Management Committee will follow the AGM.

Dr Gina Barney, Hon Secretary

**Auctioneers, Estate Agents
& Property Managers**

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LA10 5AD

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Email property@chriswhelan.co.uk
www.chriswhelan.co.uk



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and the Sunday service, which starts on May 19th, will include two runs to Hawes, giving passengers four hours there.

War Memorial

The council received a request for financial support for repairs to the two parish war memorials in the churchyards in Cowgill and Dent. Both monuments are badly in need of renovation to preserve them for future generations, and the council agreed in principle to contribute to the work, subject to estimates being obtained.

Grass Cutting

After considering the tenders that were submitted the council awarded the contract for cutting the grass on

the playing field and the car park picnic area in 2013 to Burton Turfcare.

Next Meetings

The Annual Parish Meeting, at which the council's annual report will be presented, will be held at 7.30pm on Wednesday 17th April in the Memorial Hall, and this will be followed by a short council meeting. At both meetings, members of the public will be able to raise any matter that concerns them.

*Jock Cairns, Chair Tel: 25655
dentparishcouncil@btinternet.com*

*Parish Clerk:
Andy Stephenson Tel: 21487
dentparishclerk@live.com.*



SEDBERGH WI OPEN EVENING

LET'S DANCE

Dance Cocktail
Whatever your style, there
will be something for you

Wednesday April 10th
The People's Hall
7.30pm
£3 including refreshments

COUNCILLORS CORNER

Cllr Evelyn

This April marks the first anniversary of the Food Hygiene Rating Scheme. Restaurants, pubs, cafes, hotels and food retailers are given a food hygiene rating from zero to five when they are inspected by a food safety officer from South Lakeland District Council. This is a national scheme run in partnership with the Food Standards Agency to ensure that the same standards are met across the whole country. Establishments that score highly tend to display the distinctive green and black stickers on the outside of their premises while the more lowly scorers are usually more discreet about their shortcomings. You can check out your favourite eatery online at www.food.gov.uk/ratings.

The present system replaced an earlier scheme, Scores on the Doors, which was a Cumbria-wide initiative and which had been in operation since 2007.

South Lakeland District Council has so far rated 1638 premises across the

district. In Sedbergh and Dent the results for the LA10 postcode are pretty good. Out of the 45 premises inspected there were no zeros (urgent improvements necessary) and only one establishment scored a one (major improvements necessary). There was one two (improvements necessary) and three scored a three (generally satisfactory) but the vast majority, 88 per cent, scored a four or five (good and very good) with most in the top category. Enjoy!

Cllr Ian

I referred to the forthcoming Appleby Fair in my last article. Yesterday (18th March) we had a further meeting of the Travellers and Settled Community Respect Group. As usual all the agencies involved with the planning for this year's Fair were represented and elsewhere in this issue you will find a timetable listing the dates when particular actions or events are scheduled to take place. The Group continues to be very concerned regarding the arrangements to be made at the Kirkby Lonsdale loop road by the A65 which is designated as an official stopping place for

Howgill Village Hall

Available for hire
for all kinds of functions
Parties, Dances, Meetings,
Concerts, etc. etc.

Up to 6 hours £8. Up to 12 hours
£15. Up to 24 hours £25.

For bookings please telephone
Siobhan: 015396 20665

Travellers on their way to the Fair. Under the Fair Protocol this site is designated as "Low Risk" which means that as things stand at the moment there is a limit as to what the Police can do, owing to a lack of funding and manpower resources, to enforce the limit on the number of Travellers able to use the site. In the light of this the Group tasked Cllr Lancaster and me to write to the Police Commissioner setting out the nature of the problem and inviting him to come and look at the situation on the ground. This seems a job tailor-made for the Commissioner and we hope that such an approach will bear fruit and result in better enforcement during the event. Visit www.applebyfair.org to find out more about the arrangements for 2013.

One of the "perks" of being a District Councillor is the increased influence and leverage one has over getting things done and for achieving positive outcomes both for the benefit of the Ward as a whole and for individual residents. I, of course, am also a resident so it also gives me the opportunity of furthering my own individual concerns of a public interest nature. I have had a life-long interest in birds and have a particular interest in Swifts. This species is beginning to significantly decline in numbers and one of the reasons for this (there are other reasons as well such as food supplies in Africa where the birds over-winter) is the reduction in suitable nesting sites. Because Swifts need access to the roof spaces

of buildings this becomes increasingly difficult for them when older buildings are restored and refurbished, being not only made wind and water-tight but effectively Swift-proof as well – their original access points being sealed up. Likewise in new buildings which are built so efficiently that right from the beginning there is no way at all into the roof space. For more details of the particular problems visit www.swift-conservation.org. What is required is intervention at the planning approval stage to give some measure of protection to the birds. It is not only Swifts that are at risk in this way, of course, but also other building dependent nesting species such as Swallows, House Martins, Starlings and House Sparrows.

This is where I come in! Because of my involvement with the planning processes both at SLDC and the Yorkshire Dales National Park I have

Philip Horner
Fencing Contractor

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



been able to start working with officers of both of these Authorities to look at ways in which a greater measure of protection might be given. Under various EU Directives some bird and animal species are already adequately safeguarded – Barn Owls, Bats, Natterjack Toads and Crayfish for example. Their habitats are protected all the year around. For Swifts etc, however, their nesting sites are only protected under the general law for as long as they are in situ. Once they have left, the nesting sites may be destroyed or removed. What I am seeking to do is to arrange for specific environmental guidance from environmental bodies such as the RSPB, Cumbria Wildlife Trust and Natural England *prior* to planning permission being granted so that planning consents may be conditioned in such a way as to provide the required protection. This

will probably require amendment in due course to Local Plans and Planning Core Strategies to give the necessary legal force to the changes envisaged.

There is also quite a lot that developers and individuals can do as well on their own initiative such as installing Swift nest boxes into existing buildings or requiring “Swift bricks” to be installed into new buildings thus providing the birds access to inside and protected space. More information on boxes and bricks may be obtained from the following websites www.rspb.org.uk/thingstodo/surveys/swifts and www.nhbs.com/swift_box.

All birds are wonderful and our villages and towns would not be the same without Swifts screaming low over our rooftops on warm Summer evenings. They are only with us for a short time each year (May to August) so let us all do our best to welcome them and ensure that they have a successful breeding season. Please don't hesitate to contact me if you would like more information or simply to discuss any of the points raised above.

Evelyn, Nick and I may be contacted at any time on:

Evelyn Westwood:
evelyn@markwestwood.co.uk

Tel. 015396 20148

Ian McPherson:

ianmcperson24@hotmail.com

Tel. 015396 20648

Nick Cotton: red.pedal@virgin.net

Tel. 015242 71477

SEDBERGH CRICKET CLUB

New Season Nets begin on Friday
12th April at 6pm in the Outdoor
Net area of Sedbergh School.

~

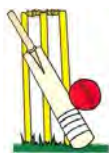
Match Day Ball Sponsors are
being sought for the coming
season at £15 per Match.

~

Home Umpires also required.
Fee £20 per Match.

~

Contact Les Hoggarth
for more details
On 01539 583793



BOOKWORM

What I have been reading this month :

1. Kathleen Ferrier in Cumberland by Barbara Thompson (biography)

This delightful book published in 2012 focuses on the early years of Kathleen Ferrier's singing career when she was based in Silloth and Carlisle.

2. Empires of the Indus by Alice Albinia (travel/history)

A dense and detailed account by the author tracing the Indus river from its mouth in the Arabian sea near to its source in Tibet taking in history, religion, anthropology, geology, archaeology en route. Sometimes the

river gets lost in the wealth of information. Part of the journey follows in the steps of Alexander the Great, part focuses on the impact of Partition, part scrutinises contemporary Pakistan. Fascinating section on stone circles in Yasmin and stone carvings in North East Pakistan. More maps would have been useful.

3. A year in the life of the Eden Valley by Val Corbett (photography)

A beautiful collection of landscape photographs of the Eden Valley from Mallerstang to the Solway Firth through all seasons, accompanied by helpful text about the features in the photographs. *RM Bookworm*

farfieldmill

Quilt Festival until 7 Apr - then CANW return with - Coppice Crafts 13 Apr - 2 Jun

A huge variety of locally coppiced products on exhibition and for sale... Demonstration Days, Paintings by David Johnson, Photographs by Peter Stockdale and Forest Fabrics by Tomoko Alderson.

WORKSHOPS - for more info see website:
Weds 10: £40 - 'Weaving - Playing with Colour' with the Weaving Friends of Farfield Mill.
Sat 13: £25 - 'Lovely Lampshades' (3 hrs) with Ruth McAllister of Quincy Lampshades.
Sat 20: £40 - 'Make your own Jewellery'



KIDS! Join our Treasure Hunt in the Easter hols for a chance to win a tasty prize!

Weavers Café open 10 - 5, daily. Homemade soups, specials, bakes, 'All Day Breakfasts' & Sunday Lunches (book ahead 015396 21159) Bring your own alcohol. **No corkage.** Free admission to café only.

Farfield Mill is open daily 10.30 - 5; £3.50/£3(conc); FREE for 16s & Under
FREE PARKING www.farfieldmill.org **015396 21958**

FREE ENTRY for LA10 residents now **Sundays** instead of Mondays!

SEDBERGH MEDICAL PRACTICE

From the minutes of the meeting held on 6th September 2012

New member – Linda Greensmith has joined the patient group representing Age UK South Lakeland, the group welcomed Linda.

Sedbergh School update – There has been no appointment of a school GP from the short listed applicants, the advert was going to be put out to a wider net however this has not happened as yet and in the interim Dr Hunt and Lumb are covering the school surgeries with Dr Hunt working an extra session on a Wednesday afternoon and acting as School Medical Officer. Dr Hunt and Lumb are also doing pitch side cover at the

weekends.

Patient Survey – We failed to meet the full criteria for the previous patient participation enhanced survey however after appealing we did get some of the decisions changed. We do need to re run the survey and discuss the findings with the patient group before publishing the results and outcomes/action plan on the practice website before 31st March 2013. As discussed Tracy will post out/email copies of the previous questionnaire to members of the group and ask that at the next meeting in December we devise the questions for the survey and decide when we are going to undertake it.

Friends of Sedbergh Medical

**H o l m e O p e n F a r m
& C a f e**



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

Practice – Another meeting will be held separately to the patient forum for ‘the friends’ – Thursday 18th October @ 6.30pm here at the medical practice. Dr Hunt will put an article in the Lookaround asking anyone interested in supporting the group to attend the meeting. The date of the Ceilidh has been moved to 23rd November as the caller could not make the original date.

AOB – Sarah Woof, information about a new carers support group, this is a ‘drop in’ on the first Tuesday of every month at the United Reform Church Room 2pm-4pm.

Shirley Rawnsley – Still getting complaints about open surgery and that patients ringing ahead are getting

seen before patients that just turn up. Article was put in the Lookaround explaining the open surgery.

Chrissie Hunt – Signage in the waiting room needs to be clearer for patients – we need to get signs made and put up ASAP.

Staff car park – The general public are using the staff car park as a cut through to the Spar – it is not a public right of way – litter is a problem because of this – Dr Hunt has been approached by patients walking through the staff car park when she is going to her vehicle – 999 Ambulances use the staff car park when picking up patients, so are likely to be pulling in quite fast, again this is why the public should not be walking



Sedbergh Community Development Centre Courses from April

Subject	Tutor	Wks	Day	Start	Times	Location
Taking Photos of People	Frank Balaam	1	Sat	13 Apr	Day	Sedbergh
Photography Day at Glasson Dock	Frank Balaam	1	Sat	20 Apr	Day	Glasson
Animal Photography Day at Dalton Zoo	Frank Balaam	1	Sat	18 May	Day	Dalton
Upland Navigation	Tim Deighton	1	Sat	13 Apr	Day	Dent
Lakeland Fell Navigation	Tim Deighton	1	Sat	11 May	Day	Langdale
The Geology of Cumbria	John Rodgers	6	Mon	15 Apr	Eve	Kendal
Making Rag Rugs	Pamela Bolton	1	Thu	25 Apr	Day	Gale Mill
Greenwood Stick Chairs (over 2 weekends)	Mark Bamford	2	Sat+Sun	27 Apr	Day	Sedbergh
Experimenting with Inks	Frances Winder	1	Sat	11 May	Day	Sedbergh
Landscapes in Acrylics	Frances Winder	1	Sat	15 Jun	Day	Sedbergh
Pilates (classes at 4:30 and 5:45)	Teresa Hill	5	Mon	15 Apr	Day/Eve	Sedbergh
Yoga	Fran Fryer	12	Thu	18 Apr	Eve	Sedbergh

Computer drop-in session, Wednesday afternoons, 1 - 4pm
Only £2 per session
Expert 1-1 help, Beginner to Advanced
Note: no session on 3rd April

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through – Chrissie Hunt to put an article in Lookaround and we need to look at more signage at the entrance and the possibility of railings either side of the gate.

Flu Clinics – Saturday 6th/13th/20th October 9am-11am at Sedbergh Medical Practice – Patients just drop in.

Linda Greensmith and Sarah Woof asked if they could put up a display for their organisations this was agreed.

Monday 15th October – Dent flu clinic during the usual Dent surgery at the church hall – Patients should ring the surgery to book in.

From the Minutes of the meeting held on 6th December 2012

New member – Ann Allan is representing Sedbergh Parish Council and Rosemary Marsden is a patient representative both were welcomed by the patient group.

Patient Survey – The patient survey for the Patient Participation Directed Enhanced Service is due to be run again in January. The patient group discussed the previous questionnaire and have proposed the following changes to be made to the questionnaire:

Q2 – Amend 6 months to 12 months

Q5 – To be removed

Q7 – ‘Are’ is written twice and one needs to be deleted

Q8 – New question ‘As a patient what are your priorities for a service from

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Monday - Thursday Booking Essential

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the Medical Practice?’

It was agreed that the amended questionnaire should be sent to all members of the patient group and if any further changes need to be made they must advise Tracy Thornton before the 7th January 2013, any requests for amendments will be advised to all members for agreement before any changes are actually made to the questionnaire.

The questionnaire will be handed out to all patients who attend the surgery during the week commencing 21st January 2013. All completed questionnaires will then be collated by members of the patient group and the findings will be presented in a report. (TT to ask members of the

patient group for their help in collating the results)

The outcome of the report will then be discussed with the patient group at the next meeting on Thursday 7th March 2013; the group will discuss, highlight any areas of concern and propose any changes that need to be made as a result of the findings of the survey.

The report will then be published on the Practice website and a copy sent to the Primary Care Trust (PCT) before 31st March 2013.

Friends of Sedbergh Medical Practice – The Ceilidh went ahead on Friday 23rd November and was a huge success, making a profit of £517 to add to the friends of

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Sedbergh medical Practice fund. Dr Lumb and Dr Hunt thanked all the members for their help and support in making this event such a success. The friends are aiming to meet at least twice a year; Janice will liaise and arrange the meetings.

It was decided that the funds raised so far could be used to buy a water cooler for the waiting room. The costing for this would be approximately £400 +vat for the cooler and installation and then £100 per year running costs (cups/ maintenance etc)

AOB – Clock needed for waiting room (one has been bought but it has not been put up as yet)

Age UK have set up a walking group – Linda will forward a flyer to Tracy to print off and put in waiting room for any one interested. Linda thanked the Practice for letting her attend the flu clinics to advertise the

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Age UK service to patients.

Asked how flu clinics have gone this year – to date we have vaccinated 900 patients but we do have a further 391 patients who are still eligible to have a flu vaccination, we are currently contacting these people. Boots chemist has been able to vaccinate patients this year, and they have vaccinated approximately 70 of our patients.

Kate suggested that we ask for a representative from Sedbergh School.

The features of the conference facility here at Sedbergh Medical Practice were discussed and that ideally would like the Practice to integrate with the local community, social care being a high priority.

Patient access to medical records and online ordering of repeat prescriptions is imminent.

Tracy Thornton


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Annual Dinner

Friday 19th April
 7pm for 7.30pm
 Weaver's Café, Farfield Mill
 Tickets: £17.50
 available from The Green Door
 or phone John Douglass 21536

No alcohol is served at Weaver's but
 guests are welcome to bring their own.
 Members & non-members welcome.

Anyone needing transport
 contact John Douglass.

THANDI

Crèche Sponsorship

Can you – or a group consisting of you and some friends or work colleagues – sponsor one of the children at our crèche?



Our Thandi Lebanon Crèche, based in the village of Lebanon near the town of Grabouw in the Western Cape of South Africa, is doing really well in terms of the staff training and the education provided for the young people of the village.

We'd like to be able to set up another project. We're not sure if this might be another crèche for another village, or a boarding hostel for disadvantaged young people.

But before we can move on to a new project we need to ensure that the Thandi Lebanon Crèche is sustainable in the long term. We already have some crèche sponsors, who each undertake to pay us £20.00 a month for the duration of 'their' child's time at the crèche. The children start at the crèche as babies and leave in the January before they are six years old. The money goes to support all the children at the crèche - it would be divisive to favour some children over others – but sponsors receive photos of 'their' child, regular newsletters, occasional pieces of artwork (any day now we will be sending out Easter bunnies recently drawn by the children), but most of all they know that they are making a real difference to the lives of the crèche children.



So – can you and some friends commit to this? If you can, please contact Helen Wilberforce who is currently operating the scheme ehwilberforce@btinternet.com or 21562. I can give you more details and help you to set this up. I know that £20 seems a 'big ask', but shared between friends, a work department, a class or a group of like-minded individuals it is less and I can promise you that the money will be well spent. *Helen Wilberforce*

DENT CHURCH NEWS

from St John's Cowgill and St Andrew's.

Confirmations

The Bishop of Penrith confirmed 8 candidates on Palm Sunday at St Andrew's, Dent: 4 from Dent, 3 from Cowgill and one from Howgill. Candidates included 3 farmer's wives, a farmer's son, a farmer's daughter, a PCC treasurer, one retired person and another candidate who described himself as a "storm rider!"

Celebrating the gifts and talents of the people of Dentdale

This service gave the community an opportunity to thank a representative sample of all those people in Dentdale who have contributed remarkable voluntary service to the community, or who have contributed greatly to the quality of our lives in Dentdale by some creative gift they share with others. Some of those thanked had been working or helping in the dale for more than 30 or 40 years. The service ended by encouraging the congregation to consider if they could do more to help, or to offer to share any gift they had, because we all have something to offer.

Annual Meeting

The annual parochial church meeting for Cowgill and Dent will take place on Monday 22nd April at 7.30pm in Dent Memorial Hall. As well as hearing reports on the life of the church in Dentdale, we elect our church officers and PCC for the coming year. It is a suitable place to

pause and thank all those who work in such a dedicated manner in such diverse ways for our two churches. We are very blessed in those who contribute so much. Everyone is very welcome and we will be having a Jacob's Join shared meal.

St Andrews Dent welcomes everyone to it's weekly celebration of Holy Communion on Sundays in April at 10.30am. **St John's Cowgill** will be celebrating Holy Communion at 9am on April 7th and Evening Prayer at 2.30pm on April 21st, everyone very welcome. The mid-week church club for children in the dale, **Wayfinders** re-convenes at 3.15pm on April 23rd in Dent School for the Summer Term.

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NEWS FROM THE PEWS



Easter, a big milestone in the Christian year will have been celebrated by the time you read April's Lookaround. As is the custom in the Church of England all evidence of adornments are removed for the season of Lent. There are no flowers to be seen; the colourful altar frontals are stored out of sight leaving just the bare wood of the altars on show. This starkness reminds us that Lent is a solemn time.

However, with the dawn of Easter Day all is changed; the frontals will be back in place and the church will be filled with wonderful displays of the brightest flowers. The base of the

font is always deserving of a few minutes spent admiring the depiction of the Easter scene with the stone rolled away from the entrance of the tomb. We invite you to pop into the church, which is open every day of the week, and have a look for yourself.

The Annual Parish Supper followed by the AGM is over for another year. It will be wonderful for the washer uppers in the kitchen when the People's Hall has a dishwasher installed...they will be able to join the meeting sooner!

We have said a final goodbye to several Sedbergh residents during March, for some funerals the church has been filled and others less so. We have also received several babies into the Christian family through baptism both in regular Sunday morning services and private services held on Sunday afternoons. Some babies are very serene throughout but now and again a little person lets everyone know they are not impressed being woken up and taken to church to have water poured on him...isn't that right Eli?

From us all at St Andrew's we invite you to make a note in your diary for Sunday 14th April. Come and join us at 4pm in the church as we "Meet and Greet" our new Vicar, Reverend Andy McMullon and his wife, Lorraine. This is an informal get together with cups of tea and goodies and a welcome on the mat for everyone.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

SETTLEBECK SCHOOL

'An Irresistible Slice of American Pie'

On 27th and 28th February, the students at Settlebeck School entertained us with a selection of excerpts from American musicals and dramatic renditions.

Initially the audience, parents, friends of the school and a few tourists were entertained with music from the shows which was performed well and provided an excellent start to the evening.

A lively and engaging excerpt from 'Bugsy Malone' followed, with the audience firmly believing the cast were actually American-the accents were so good! 'Fat Sam' was played expertly and convincingly by Ben

Ferguson, while Liam Mason charmed us with his portrayal of 'Bugsy' and they were supported with a fine cast of actors. 'Bugsy Malone' can be one of the more challenging shows to produce, but here the direction was slick and polished. In the middle of the excerpt, we were also entertained by Rhianne Woodfine's lovely solo singing.

The song from 'Little Shop of Horrors' was very moving and beautifully sung by Liam Ball (Seymour) and Danu Manners-Armstrong (Audrey) who also both skilfully acted their parts in an enchanting scene.

A short interval provided the audience with cupcakes and

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traybakes beautifully presented by staff and students - wonderful team work!

In view of the huge sympathy the American public felt for the British during World War II, it seemed appropriate to include 'Blue Remembered Hills' and we were told by Gillian Rea, the director that 'it was a nice cup of English tea to accompany the slice of American Pie'. This was a GCSE Drama piece which again was beautifully acted, nostalgic, engrossing and much appreciated by the audience.

The final 'slice of pie' was several scenes from 'Annie'. Annie was played by Lisa Alderson, who has a splendid voice. Her acting was relaxed and she appeared totally at home 'treading the boards'. The cast again showed great talent, supporting Annie admirably in acting, song and dance.

The students gave so much to a wonderful evening and showed remarkable talent.

A superb backstage team must be congratulated. The amount of work put into the performances were of a very high standard, which would not have been out of place on the Brewery stage in Kendal. The lighting, designed and operated by Andrew Allan, created versatile and ambient moods for the different scenes which perfectly complimented the action. Equally, the direction, sound, stage design, costumes, make-up and stage management gave the show a professional edge. The warmth of the audience reaction was a tribute to everyone involved. A fine achievement the school can be justly proud of.

There were special thanks with the presentation of beautiful bouquets to Gillian Rea, Director and Producer and Joanna Brennan, the Musical Director, who both created a seamless and enthralling evening's entertainment.

Margaret Thrice Waters



Students left to right: Jay Ferguson, Ben Ferguson, Liam Mason, Ciaran Tuohy, Matthew Dean, Thomas Wilson & Joe Ball

WILSON RUN

Casey Dennis won the 2013 Wilson Run this year, in boggy conditions after recent snow had melted. Eilidh Sproul (L) came in first for the girls, taking the second Gold medal and beating her 2012 time.

The School's Head Chorister and a leader of the Swing Band came in with a time of 1.18:26 and was followed by Arthur Owen (SH, 1.21:04) and Head of School Ben Stewart (SH 1.21:19). Eilidh Sproul (L) came in first for the girls with a time of 1.32:10 and Alex Johnston (R) came in second with 1.43:57.

Catching his breath only a few minutes after crossing the finishing line, Casey said: "It just feels

amazing. I've been working hard, training for this not only through the term but since the first day of Third Form really. It's in everyone's minds from then onwards – it's such a huge event that you gear up for it a long time in advance. It has all paid off and I suppose I felt confident about being the leader by the time I got to Danny Bridge. Road-running is my strength in running and I was feel in really fresh at this point." Casey is a superb sportsman and academic as well as one of the Music Department's stars.

Jim Fisher, Race Organiser, said: "It was a very open race, more open than usual. There were ten runners in contention at the start and in an order

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no one could have predicted. The ones we expected were all in the first dozen or so. There were no big surprises but the winner was a very sound contender. The conditions were perfect – occasional bright spells and a light, cold breeze. The snow had just melted off the course making it boggy underfoot and exceptionally slippery, however the breeze was helping. Casey was leading at Cautley and he held that lead but just as they came out on to Baugh Fell and Fitzner’s Fence, Arthur Owen closed him down and he got very close. I thought he might take the lead at that point but, no it didn’t change. Arthur was in close contention soon after Cautley. It was an exciting race.”

Old Sedberghians Running Captain, Geoffery Watson, was at the finishing line. He said: “There were quite a few OS runners and walkers out this morning in different groups. There were about six in my group at 10.30am but lots of walkers too, 20 or 30. I ran in 1993 and 1994. 1993 was the year the record was broken by Charles Sykes, and 1994 was the year everyone got lost in the mist on Baugh Fell! It’s always good to come back and see the race, to see how pupils’ times compare these days with times before.”

Mr Jones, from Carmarthenshire, father of twins Timmy and Danny (Vice Captain and Captain of Running) commented on the exciting atmosphere at the start of the race. “It comes at the end of a very long period of preparation and a lot of hard

work,” he said.

BOYS

- Dennis CJ (Powell House) 1.18:26 (GOLD)
- Owen AJ (School House) 1.21:04 (SILVER)
- Stewart BSH (School House) 1.21.19 (SILVER)
- Thompson ONL (School House) 1.22.26 (S)
- Campbell WAF (Winder House) 1.23.02 (S)
- Jones TA (Hart House) 1.24.26 (S)

GIRLS

- 19. Sproul E (Lupton House) 1:32.10 (GOLD)
- 66. Johnston A (Robertson House) 1.43.57 (GOLD)
- 80. Mells R (Lupton House) 1.50.07 (SILVER)
- 85. Dootson (Lupton House) 1.52.05 (SILVER)

Twenty years ago, Charles Sykes (SH) broke the 94 year old record set by Pumphrey in 1899.



Eilidh Sproul and Casey Dennis with Headmaster Andrew Fleck after receiving their Gold medals.

ITALIAN NIGHT

Friday 26th April

7:30pm

Kirkby Stephen Rugby Club

Italian Presentation by

John Murray ~ Musician & Playwright

3 Course Italian Meal

+ Glass of Wine

Table Quiz

Tickets £17

from George Handley Tel: 21411

ITALY

Are you an Italy Lover?

So many English people love the romance and history of that beautiful country in southern Europe, Italy. Maybe you are one of these?

If so, you might like to come to meetings of the Salotto Italiano which are held from time to time in this area. You do not have to know the language. The only qualification required is a love of some aspect of the country □ it could be its art, its architecture, its music, its history, its language, its film or literature, its food - or it may be just that you love to go on holiday to enjoy its varied and beautiful countryside (lakes, mountains) or its fabulous cities (Venice, Florence, Rome).

The Salotto Italiano exists to provide an opportunity for lovers of Italy to come together and enjoy their common interest. Members come from various parts of South Lakeland and the Upper Eden Valley. Groups have been going from our area to spend a week in the country for the last ten years, and in 2013 there are

actually three groups making visits to Emilia Romagna for different purposes □ painting, dancing, language and culture. The word "salotto" refers to a place where people sit and chat; the focus of our Salotto Italiano is of course Italy.

Our next meeting is scheduled for Friday, April 26th, at 7.30p.m. (doors open at seven) and the event will be held in the pleasant social facilities of Kirkby Stephen Rugby Club. Would you like to come?

For a charge of £17, you would be able to enjoy a full three-course Italian meal □ main course, sweet and a wonderful Italian cheeseboard. Also included in the price is a glass of Italian wine (red or white), plus tea or coffee.

The evening will also include an inter-table quiz all about Italy (with a prize for the winning table) and an entertaining talk by John Murray, a musician and playwright who travels all over Europe and has many a story to tell about Italy. He has chosen as his enigmatic title, □ Sprouts in Sorrento□, and intends to talk about "the madcap and manic magic that is Italy".

This will be a special evening for Italy-lovers. Numbers are necessarily limited but please contact either Barbara (barbara@salottoitaliano.com or 07584 165416) or George (gd@the-hylands.co.uk or 21411) if you would like tickets to be reserved or sent to you. By **April 12th** if possible.

*Barbara Cafano
and George D Handley*



DENT MEDITATION CENTRE

Do you ever feel the need to stand back, take a deep breath, find a space for reflection or simply a place to be quiet....?

If so, the answer could be right on your doorstep...

The Meditation Centre in Dent, housed within the former URC and Sunday School room, is a place of stillness and beauty that anyone can use for quiet reflection or meditation irrespective of faith or belief.

And a special Open Day has been organised on Sunday, April 7, to invite people in to find out more.

Director Annette Ainsworth Brooke said: "April 7 is World Health Day and this year's theme is lowering blood pressure so we decided that was a good opportunity to throw our doors open even wider and invite in more people to find out about meditation and what we do here in Dent.

Everyone is very welcome so please do come along and have a chat."

Annette said she and the centre's Trustees will be available at the event

from 11am to 1.30pm. Information will be available about the centre's course programme and opportunities to hire the building. There will also be the chance to experience a Tibetan Gong Meditation in the Main Hall and light refreshments.

Annette said: "We run a full course programme for people who have never before enjoyed meditation right through to people who already have a core practice and want to deepen or expand their experience.

"We also have Magical Musical Evenings lined up for the solstice and equinox dates, and a guided meditation every last Sunday in the month for anyone who would just like to come and sit in a beautiful space. Please have a look at our website which has all the details."

The Meditation Centre is a registered charity with a board of Trustees, who oversee its vision and directorship. The Centre Manager is Jane Caygill.

For more details visit www.meditationcentre.co.uk

Annette Ainsworth Brooke

SONGS OF FRIENDSHIP

Zrece and Sedbergh choirs
together in Concert

St Andrews Parish Church
6pm Saturday April 27

with Amabile,

The Sedbergh School Chamber Choir &
The Sedbergh Parish Church Choir.

Tickets available from Sedbergh TIC
or at the door if remaining."

KILLINGTON WI

THE AFTERNOON WI FOR THE ENTIRE DISTRICT

March already and let's hope that as you are reading this in April that the sun is shining and a gentle breeze is blowing. There's no harm in hoping! Anne Jones returned from the heat of South Africa to the icy blast of winter in Sedbergh. As well as her sunny smile she brought back excellent reports of progress at the De Rust Academy where she organised our feeding programme for another year - our contribution to the Thandi project. The children are now enriching their meals further with vegetables from their own kitchen garden which is most pleasing. I should think that their

mothers will be glad to send them back to school at the end of each holiday. Sadly, all too many of them are being brought up by a grandparent or sibling such has been the scourge of HIV.

Anne also used some of the money to fill pretty draw-string bags, which some of us have made, with useful things for the new mothers leaving hospital. The shopping for this was quite an undertaking. Many thanks, Anne, and to all our fund- raisers. Dawn and her team will be organising another bric-a-brac stall at the Gala, so if you have any beautiful or valuable items to spare, please give us a call. Again, there's no harm in hoping!

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We were delighted to welcome two new members this month. We are sure that Susan Holroyd and Dianna Whitfield will fit in beautifully and we look forward to enjoying their companionship.

We whizzed through our business looking ahead to good things (or perhaps I should use the jargon **“going forward”**. **“Absolutely!”** – or do I mean “Yes”?). We finalised details for those attending Dentdale WIs 70th Birthday Celebration which by now has been and gone. Congratulations to them, both for reaching this grand old age, and for providing such an enjoyable evening. It was much enjoyed.

Likewise, our speaker was much

enjoyed. Tony Willey had been a volunteer at the 2012 Olympics in London. He took us through the process from the original form filling, being interviewed for the job by a slip of a girl, travelling to London for training days, and finally the work at the actual games. He had been placed in the hall where indoor sports such as boxing and judo took place but managed to see much of the whole venue and several events. He found it an unforgettable experience and really enjoyed it, which is just as well, as he calculated that it cost him over £1000 all told. Now, that really is “Volunteering”! Thank you, Tony, not only for helping to make the Olympics so successful but also for sharing

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Our new competition format is proving to be fun. This month's entries ranged from a splendid collage of Mother, to a monkey, a money-box, a map, a magazine and several other clever ideas.

Sadly, I can't remember who or what won, nor can I remember who won the raffle. Sorry but old age creeps on apace. Next month is "A", so I wonder what that will bring. May will be a little tricky as March took precedence, nor can we have A again (2nd letter) and there are not many things beginning with Y. If we were to move to the next letter in the alphabet that would muck up November, so May will have to be "P".

I am really looking forward to our next meeting on Tuesday 9th April at 2-00pm in the Committee Room at the People's Hall. We shall venture to the south side of the Lake District for a talk with slides entitled "Duddon Panoramas", by Peter Gillett. I have such happy memories of times spent in the Duddon Valley. Do come and join us if you are able. You will be made very welcome.

Wendy Fraser-Urquhart

SEDBERGH WI

This month's meeting was held in the People's Hall committee room and Andrew Lowe, retired planning/environmental officer for the Lake District area gave an illustrated talk

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entitled 'A Career in Ruins'. The talk covered his working life and the many projects in was involved with. Andrew explained how his interventions had improved towns. He was instrumental in the complete re working of the oldest street in Ambleside and planned and carried out great improvements to Keswick town centre. He also showed us before and after previously unseen photos of what had happened to the wonderful 17th century Bell house situated on an island in the middle of Lake Windermere. It had burnt down and had to be rebuilt, not easy task with a grade one listed building but the result was a perfect reconstruction and Andrew was rightfully very

pleased with this work.

During the business meeting, members were reminded that Denham college (the WI college in Oxfordshire,) offers a number of bursaries toward the wide variety of courses it runs. The WI Bulb catalogue was also mentioned, grab your trowels girls, as there is still time to order! Sue Kernahan is organising a couple of outings, one of which will be a mystery tour in June. Nobody will know where it is going and that includes the driver who will only have his blind fold removed once the mystery destination is reached. Very exciting!

On Tuesday April 16 at the People's Hall teams from twenty six WI's in the



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come and find out what goes on behind the door of the People's Hall committee room once a month. There's always wonderful cake and a warm welcome.

Sandra Gold-Wood

DENTDALE WI

70th Anniversary Celebrations

What a wonderful celebration! So worthy indeed of 70 years of WI presence in the Dale. Naturally, behind the scenes planning had occupied our minds for several months with the decisions talked over by the membership at meetings. The result was an evening we could all be proud of and just about everyone said

how enjoyable it had been. Well organised down to the finest detail one or two have said!!

Archive photos and memorabilia had been collected together and made into a wonderful display by Kate, Sue and Dale highlighting interesting and significant events over the decades and of course, showing previous members enjoying all that the WI has to offer. I think the generations of past members would have been delighted with the joyous rendering of Jerusalem which started the evening's proceedings.

We decided to cater for the event, in house, with a hot meal for the fifty six people present, We were lucky

enough to be able to have the use of the school kitchen with its large warming cupboard so that food was kept hot. There was a choice of lasagne, cottage pie, fish pie, a chicken dish and a vegetarian option. The puddings caught the eye and made a mouth watering display with enough for seconds! The hall looked splendid with home made bunting around the room put together by the craft group and tables for six or eight so elegantly laid up!

Ruth Rigg the Federation Chairman, had accepted our invitation along with a fellow member of the executive and Olive Clarke. Two members from each WI of the Lune Valley Group to which we belong came along by invitation to help us celebrate the event.

Ruth Rigg said a few words and presented Belle Burrow with her certificate for being a member of WI for 50 years. She also presented Dentdale with a certificate for the 70th Anniversary. Then Catherine Sugden our President, gave a speech focussing on Minutes from 17th March 1943 when the first meeting had been held in Flintergill View now The White House. It would seem that meetings have been held in the Memorial Hall ever since!

Freda Meakin cut the beautifully iced cake made by Rita Corpe which was whisked away to be cut and served with coffee and chocolates after members and guests had been delightfully entertained by the Warblers singing group. The Warblers

is a four part singing group, most of the ladies being members of the Dentdale WI.

Just the raffle then! Would an event in the Memorial Hall be complete without one?

The first prize being a hamper of tasty goodies which just happened to be won by one of the men in the singing group, (my husband, Neville)!! Conversation flowed as we sat around enjoying the happy atmosphere. It had gone all too quickly! A great team effort lead by Catherine.

Well, next month on April 10th Pip Hall will be giving an illustrated talk on Letter Carving in Stone in the Memorial Hall. New members and visitors always welcome.

Pat Allen

HOWGILL WI

Unlike the meeting in January the hall at Howgill was cosy and warm thanks to the kind person who put the heating on. President Bridget Postlethwaite welcomed twelve members and our new member Anna Jobbins.

Get well wishes have been sent to Jackie Hooley recovering at home from her recent surgery. Anita Carey gave us an update on our Summer Outing. We are to arrive at 2pm with a guided tour of Beatrix Potter's cottage with Mandy Marshall Blue Badge Guide. Tea will be provided by Underbarrow W. I. Names are to be entered on the list.

Three members enjoyed a

fascinating talk by Rory Stewart M.P., "The Mood of Britain," his own non-political view of the state of our nation, held at Selside Village Hall.

We were reminded of forthcoming events. The Fashion Show with Country Casuals at Carus Green Golf Club and Sedbergh W.I.'s Open Meeting "Lets Dance" on April 10th.

Bridget introduced the Wyreside Greensleeves Dance Group. Alan Nowell, Group member gave us the story of the ancient Lancashire men's dance. Their success is due to his extensive research into the history of the dance. They entertained us with their unique dance routine which was a combination of music to the tune of "Greensleeves", lots of leg and arm

movements, and fun. Vera Hodgson thanked them on behalf of us all.

The competition for "The Handiest Thing in My Home" was won by Sarah Scarr - "Me!", with Sheelagh Denniss second. Audrey Hoggarth won the raffle. We enjoyed the social time when Mary Silva gave us a Brain Teaser. The evening was brought to a close with refreshments and a get together.

We meet again on 4th April at Firbank Church Hall when Justin Woods, Chef at Castle Green Hotel will be demonstrating Oriental Cookery. Why not join us. We are a happy and welcoming group of ladies - young and young at heart. So don't be shy, give us a try. A. H.



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TIM FARRON MP

I had a very pleasant wander around Sedbergh the other day, catching up with what is going on and seeing what people think I can help with.

Clearly the merger of Casterton and Sedbergh Schools was the major issue at that point. Any change like this is bound to cause some concern, particularly as the school is so important to the town. I think the key thing that I can help with is to ensure everything goes through as smoothly as possible and we emerge at the other end with a stronger and even more successful school. However, if there are any issues that you feel I need to be aware of then please do get in touch.

The other concern, mentioned by a few shop keepers, was encouraging more people to visit the town and spend their money. Parking was mentioned but this is the responsibility of the town council now, however, I will have a chat with your District Councillors to see what I and SLDC can also do to help.

I have had several meetings to discuss reducing the "national modulation levy" for hill farmers. Basically, as many of you know, farmers receive a single farm payment from the EU through the Government. However, it is not as simple as that, the Government takes a cut of these funds (the "modulation levy" currently 19%) which it can use

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for other rural improvement schemes. My argument is that hill farmers, in their role as custodians of the fells and dales, are already doing the things that the Government is taking the levy to pay for and so they should receive a reduction in the amount that is taken from their payments. I will keep pressing this issue until the Government see the sense of my point of view.

The consultation over the services the Morecambe Bay Hospitals Trust provide at each of the hospitals that they manage is well underway. You may have even attended the information event in Sedbergh. However, if you were not able to you should be able to collect a

questionnaire from any doctor's surgery or hospital that is served by the Trust, please do find one and complete it.

The budget, although not quite as supportive as many of us would have liked, did bring some significant benefits to this area. The raising of the threshold at which people pay income tax to £10,000 from 2015 is a very significant step and one that Liberal Democrats have been pushing for since before the last election. I calculate that this means that nearly 4000 hard pressed people currently paying tax will no longer have to do so when this happens. The abandoning of the fuel duty increase again is a help, particularly for those who live in more rural areas like around here for whom a car is a necessity. I estimate that a tank of petrol is now £7 cheaper than it would have been if all the planned fuel duty levy increases had happened. I know petrol and diesel is expensive enough but just imagine paying another £7.

Finally, not just the abandoning of the increase in the duty on beer but an actual reduction. Our local pubs need all the support they can get if they are to remain central to our communities and this really should be some help.

As ever if I can help with these or any other issues please write to me Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or email me at tim@timfarron.co.uk

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PEOPLE'S HALL REDEVELOPMENT

WE HAVE STARTED.

When this issue of Lookaround reaches you we will have started the redevelopment works. Since the last Lookaround we have been able to secure enough funding to start Phase 1, which is the empty building and the fit out of the new side lobby. We have appointed MK Conversions of Four Lane Ends, Marthwaite, Sedbergh as our main contractor. We are delighted to keep the work in the town especially as the Town is so supportive with their donations.

The official start date was 25 March 2013. This is Lady Day in the church

calendar, but MK has promised to be finished well before Christmas, ie: by the end of August 2013. The first steps are to under pin the main hall as described in last month's Lookaround. This will happen from the Tuesday after Easter (2 April).

In preparation to dig the big hole beside the path to the back door, work is to be carried out to the left hand side path for access to the Committee Room, kitchen and back stage. Users will be entering at the side of the stage and walking along the back corridor past the accessible toilet. The lighting and the pathway will be improved. This entry will continue until the new build has

finished.

Other preparations are to move the main hall emergency exit from the right hand side to the left hand side of the hall, various safety and security fencing to be erected and various pavers to be removed. Then we will start digging!

There will inevitably be some disruptions and inconveniences whilst the work proceeds, but our aim is to keep the Hall open to all hirers. Please bear with us. If you have any concerns please contact me.

We are now raising the funding to fit out the toilets (Phase 2) and the changing rooms (Phase 3) in the new build.

The Hadfield Trust has recently awarded us £2,000 towards Phase 2 and the Garfield Weston Foundation have awarded us £5,000 as I write. We are in discussions with another major funder for Phase 3. Several other funders have yet to make decisions.

In March we completed a leaflet drop which has accrued a number of donations, many anonymous for which the Committee sends their grateful thanks. But we continue ask those who have not yet offered donations to do so. Come and look at the big hole we are digging to prove we have started at long last!

We will also be organising some fund raising events which we hope you will support. These will include a People's Hall Literary Festival, a CPR challenge, a talk on bird migrations and the Football Club is arranging a

disco. And many other events are in planning.

PEOPLE'S HALL OLD TYME DANCE

To keep the general funds in the black here will be an Old Tyme Dance in the Hall on Saturday 27 April 2013 with Kenny Bell. See advert on Page 27.

*Dr Gina Barney
Hon Secretary/20790*

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CAFÉ CHURCH

Café Church continues from 7pm on the first Sunday evening of each month, but the April meeting will take place in the United Reformed Church hall (watch this space for ongoing arrangements). We have enjoyed a variety of musical items, as well as short talks about 'Encounters with Jesus' – including contemporary personal stories as well as looking at Biblical accounts.

We would love to encourage you, whatever your background and current circumstances, so please contact Andy and Tina Woof on 01524 730259 if you would like more information.

SIGHT ADVICE SOUTH LAKELAND

Sedbergh Support Group,


February 2013 Meeting

Following the injunction 'never to mix business with pleasure', I will deal with the business half of the February Meeting first.

Concerns were voiced that there could be a number of people with varying degrees of sight problems in the area who are unaware of SASL's Sedbergh Support Group and what it does or can do for them. So, if you are one of those people we want to hear from you. It could be that the time and venue for our monthly meeting is not suitable for you, and you might prefer to have, for

example, an evening meeting at a different location - if so, tell us. It could be that you would prefer a different 'programme of activities' than the one we currently follow - if so tell us. It could be that you think we are a complete waste of space and time - if so, tell us. It is only by finding out what you Very Important People with sight problems want that we can review our Support Group Activities and try and find the ways and means by which we can best offer you the support and activities you feel would be of the greatest benefit to you.

At present the Group meets on the 3rd. Tuesday in the month at 2.00p.m. in The People's Hall Committee



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Room. Our current 'programme of activities' includes quizzes, guest 'speakers', occasional 'up-dates' on visual aids and equipment, and a meal out in June and November. We do not have a meeting in July, August or December. The Group is supported by a number of regular 'volunteers' who make us tea, arrange guest speakers and outings, provide transport and generally 'pamper us rotten'. Group members and volunteers also conduct Sedbergh's Annual Street Collection for SASL funds. There is no 'membership fee', however individuals pay for meals out and make a donation towards the

cost of the 'refreshments' served at meetings.

Please contact either Jennifer on 015396 25162 or George on 01539 721109 in confidence, and give us your opinions and ideas and we will make sure they are fully discussed at the earliest possible convenience. If you prefer to put your ideas and views in writing, please do so and send them to George Watson, 16, Gallowbarrow, Kendal, Cumbria LA9 7RU. We look forward to hearing from you.

Mention was also made of 'Lookaround'. Did you know that The Lookaround is also available in 'large

print' and 'audio' formats? If you would prefer to get your monthly copy of Lookaround in either of these alternative formats, the best person to contact is 'Editor Dennis' at the Lookaround Office. Or you can simply accost him in the street on one of his many beat-pounding patrols! You do not have to be member of SASL or the Sedbergh Support Group to get either a Large Print or Audio Lookaround - any-one who has the slightest difficulty reading 'normal' print can have a large print or audio Lookaround delivered monthly to their home - just ask Dennis and he'll get it all sorted for you.

Sight Advice South Lakes and its

predecessors South Lakes Society for The Blind and South Lakes Voluntary Society for The Blind have traditionally received a tremendous amount of support from both individuals and the communities within Sedbergh and the surrounding district. This generosity is greatly valued and appreciated for the contribution it makes towards the services and support SASL is able to provide. It would be a great sadness if there are people with sight problems in our community who, for whatever reasons, are unable to access and benefit from those services. So I repeat, if you are one of those people, please do get in

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touch with either Jennifer or George - especially with regard to the Sedbergh Support Group, and tell us how you think we can make it possible for you to join us in the future.

Just as the business half of the meeting was about to descend into interminable circuitous waffling, Betty H. our indefatigable chair leapt from her chair, called us 'to order', formally welcomed all to the meeting and demanded we immediately 'get a move on!'. I have to say I was greatly relieved by her timely intervention as I was beginning to have visions of my 'once a year day' being completely

ruined by an excess of inconclusive navel gazing!

Notes of absence were received from Betty D., George T., Jenny and Winifred - we missed you, we wish you well and hope to see you next month.

Betty, who was by now powering through her hitherto hidden agenda like a dose of salts then introduced Elizabeth. Elizabeth is a potential new recruit to our corps of volunteers. You certainly impressed us Elizabeth, not only for your 'skill' -sorry about that appalling pun - at brewing a decent cuppa, but also with your willingness to actively participate in the mayhem that was to follow! Hopefully we can

look forward to you joining us regularly in the months ahead.

Then, with a flourishing fanfare worthy of the boogie-woogie bugle boy of the Town's Prize Band, Betty introduced our 'extra-special' guest for the afternoon - the one and only 'Musical Quiz Queen', Freda Meakin. Freda brought with her another of her absolutely fantastic 'Name and Sing That Song' quizzes - believe you me, you haven't lived until you've taken part in one of these melodious, melodious extravaganzas! However, before we could begin to display our terpsichorean capabilities, we had to be divided into Teams A and B, or 'us' and 'them', whichever is easiest for you. On this occasion 'we' were Betty H., Margaret, Jack, Jessie, May and me, and 'they' were Susan, Dennis, Elizabeth, Elspeth, Keith, Jennifer and Doris.

Then Freda explained in what order she would be asking the questions and how she would be awarding points - what do points mean? Points mean prizes! On this occasion the awarding of points was to be loosely based on the systemic musical principles of 'Tonic-solfa'. Thus, if 'tonic' has a value of 5, you can calculate on the digits of one hand the value of 'solfa' - the answer obviously being gin or vodka tonic as any musically challenged geometric mathematician worth his pi-eyed r's squared will tell you!

Once most - but by no means all of us had grasped which team we were on, and had a rudimentary understanding of the scoring - think

about it - score - music - Freda raised her conductor's baton and on the downbeat we were off - double forte con brio and totally pizzicato'd!

At this stage of the proceedings, it has to be said that our quizzes are invariably characterised by an utterly ruthless competitive spirit - non of this 'taking part is all important' twaddle, we're in it to win it, an' you better believe it! Unfortunately, one of our members takes the objective of winning as a green light to employ both fair means and foul in its achievement, and I should really shame him by naming him. However, as I have to live with him, I won't do that, but I'll give you a clue as to his identity - he's the one who can't sing but doesn't let that stop him, and once started takes some shutting up, and believe you me, I've tried, God knows how I've tried!

Fortunately, all the other group members are fully 'wised up' to his dastardly and muttley deviousness, and take great delight in 'repaying kind with kind' - so much so that there have been numerous occasions when even his own team-mates have joined with their opposite numbers to pile heaps of insults, scorn and derision on his head and shoulders. You'd have thought that somehow by now he'd have 'learnt the lesson', but between you and me, I think in some sort of sado-masochistic way he actually enjoys it all! Either that or else he's quite simply a few notes short of a tune, and I leave that adjudication dear reader, entirely up

to you!

Given the above, our quizzes do tend to be somewhat lively and raucous affairs whose descent into anarchy is only prevented by the firm control of an unflappable and incorruptible quiz master or mistress, just such a person as Freda. Against all the odds, she battled on 'till all her questions were spent' and it was time to tot up the points. Needless to say, we beat them by 53 to 45 points. It then fell to May to express our thanks to Freda and present her with a token of our appreciation. May's thanks were roundly applauded by all, along with the hope that Freda can be prevailed upon to compile and conduct another of her 'Name and

Sing that Song' quizzes at some date in the future.

Our next meeting is on Tuesday 16th April at 2.00pm in The Committee Room at The People's Hall. If you haven't been before but would like to 'give it a whirl' please do, you'll be very welcome - if you need transport, give Jennifer a ring, giving her as much notice as possible (015396 25162). As I'm not really sure what is on the agenda for the meeting, I guess I'd better pop along too or I won't be able to do my report for Lookaround. Until we meet again, take care, and don't forget to get in touch with either Jennifer or me with any comments you wish to make.

George Watson

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ZRECE TWIN TOWN CHOIR VISIT TO SEDBERGH

We are delighted that the Zrece town choir from our twin town in Slovenia are returning to Sedbergh later this month when they will be performing in a celebratory concert of our mutual choral excellence.

The Zrece choir - called Zbor Jurij Vodovnik after a famous local poet from Zrece - sing to a very high standard and have won awards in international singing competitions. Travelling with the choir is the family choir from Zrece, Pevke iz Brinjeve Gore - 3 sisters, one niece and a daughter - who will be known to many. The Sedbergh School Chamber Choir led by John Seymour and Amabile girls' choir have also very kindly offered to join us in the concert and will be known locally for

their excellence - Amabile won the BBC Youth Choir of the Year Award, and several girls from Sedbergh have sung with them - including our daughter Anika who sings with their junior choir. Three years ago I led a very successful tour of Slovenia with Amabile who delighted fans in Lipizza, Bled, Ljubljana and Kranj. The St. Andrews Church choir will also be well known in Sedbergh.

We have also invited the Cautley Carollers and the Slovenian Ambassador, His Excellency Iztok Jarc - and are keeping our fingers crossed that they can join us. His Excellency has visited our town on several previous occasions and has become a great supporter of twinning project. And many people in Zrece still talk about the visit of the Cautley Carollers who sang in concerts in



Slovenia 5 years ago.

We are extremely grateful to Nigel Close and Tony Reed Screen who have offered to help - and especially Marija Kovacic with whom I've spent several days finding solutions for the logistical problems as they arose for this tour - and of course we would welcome help from anyone who would like to be involved, particularly with making meals and cakes, helping us create a colourful backdrop of local scenes for the concert, and welcoming our Slovenian guests to Sedbergh. We have always enjoyed extremely lavish hospitality when visiting Zrece and are hoping we will be able to provide a similar celebration in Sedbergh on the Saturday night after the concert - many thanks to all those who have already offered to help with this, and who offered beds in their homes when accommodation in the town appeared to be in short supply.

The concert is at 6pm on Saturday April 27 in the Sedbergh Parish church and tickets will be available from the Sedbergh TIC, and any remaining at the door.

As well as performing in Sedbergh Parish Church on Saturday and Sedbergh Primary School on Tuesday, the Zrece choir are visiting places of interest and beauty around Sedbergh where I know they will receive a warm welcome. They are also visiting Edinburgh and Ambleside where they are being treated to generous meals alongside the local choirs with dancing, instrumental music, informal singing



and a tour of a local whisky distillery - as well as other concerts in Scotland and the Lake District. Anyone who would like to join the tour are of course most welcome - please get in touch.

Organising a tour like this is not dissimilar to distilling whisky where at first there are a great number of ingredients which when mixed together appear to create a messy brew. But then slowly necessities and desires are refined down to what is possible - and the golden nectar of international harmony appears.

Our own singers tour in Slovenia May 23-30 and there is still space for one or two more if you'd like to join us. As well as learning songs in both Slovenian and English we are making patchwork squares with Sedbergh flower motifs to exhibit at the Bohinj wildflower festival.

David Burbidge 015396 21166

FAMILY MUSINGS.

Every Christmas for all our married life I have compiled and sent out a resume' of what, as a family we have been up to through that year, family holidays, bereavements, antics of pets, adventures and disasters have all been noted. More recently the letter combined the card and for the latter ones the letter has got smaller, more condensed. This last Christmas we told the story of our year in pictures including our lovely grandson, Ezra and the group of young people we went on holiday with to a Christian summer camp which we enjoyed so much we are going again! Already there are things happening which will in some way be included in this years edition of Woof Christmas letter.

"Duo" Cafe Bar Bistro has featured many times in this column and in the annual letters, for the family the opening of Duo was extra special because of the venue, the very place my late Mum, Marjorie Middleton had a Ladies & Children's Outfitters selling wool and haberdashery too. As I ate my lunch up stairs in the lounge, watching a wedding across at the church I remembered the Show Room being there, full of ladies outfits and hats and my being sat on the window ledge watching weddings as a small child. Of course there were other changes to the interior of the building, the main stairs cut short to create room for a downstairs Loo, the back stairs created taking away the old office with bars at the window, the old communication device which

consisted of a contraption you blew into downstairs and at the other end up in the top floor sitting room it whistled so whoever was there knew they were needed down in the shop. The old clockwork monkey who appeared on the same date in December annually to sit in the window and entertain children and be thought of by local men away in the War. I did offer my services to the girls when Duo began but they didn't think me sitting nodding in the window would enhance their business much, I have been known to sit at the window table with a cuppa/meal and will probably continue to do so, perhaps one or both of them will join me.

A new chapter in the life of Duo and for our girls, they have done so marvellously well, built up the business from nothing and enjoyed doing it, and I always knew where to find them!

Another change in their lives is of course elder daughter and D's expected baby which will be born and truly known by the time you are reading this. Hubby is wonderfully smitten with our grandson, watching this man with his large work worn hands gently holding Ezra and talking to him, "reading" cloth books with him, about farm animals of course(!), brings tears to my eyes. Yesterday we helped T with Ezra during the service, he found my necklace much more interesting than his rattle and then was passed to Grandad from where he could see his auntie and her bump and she had a nurse of him

later. Helping at Crèche he was just one of the tiny children we were caring for and one of the happier, some seemed very tearful for some reason and it was catching on but thankfully near the end of the time. There I was playing with two little boys, Ezra & Elijah, just needed Moses to complete the pack, did have Joel but he was a bit fragile and not too sure about us helpers so he didn't join in much. Just amazing what God equips us to do!

Ordering an array of wonderful plants for the garden on a sort-of-spring winters day seemed a great idea, they were on special offer too which appealed even more, however when they arrived with instructions like "Unpack NOW" and "Plant at once" and outside we have snow, that good idea somehow doesn't seem quite such a good one. To date we have a selection of small (thankfully) Shrubs on a tray near our bedroom window, Phlox roots opened on a tray in the guest room on soil I hasten to add, a large Rhubarb plant in the hallway (you will have to do something with that' hubby says every day) and an unopened box of plants in the hall which is my next job! Pea and bean seeds purchased to plant in cardboard tubes in a propagator AND Sweet Pea seeds already planted in tubs in the greenhouse. Roll on spring!

Somewhere in the depths of my handbag along with a spare set of marbles there is a little chrome spring ... to put in my step, would you like to borrow it? *Sarah.*



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HEALTHY EATING

Chinese medicine offers a different view of healthy eating, and one that has much to offer to the current debate. It is clear that the way we eat in this country is not supportive of good health. The recently published recommendations (the ones that suggested that hospitals should serve up food which meets the standards expected of schools) don't go nearly far enough. "Working with the food industry" will merely maintain the unhealthy status quo. The only thing which will really help is if people cook their own food, thus making the food industry a lot less profitable.

To contribute to the discussion, I have decided to make available the healthy eating guidelines I offer to my patients and these are listed below. They are based on easily understood principles arising out of observation of the way the body reacts to different ways of eating.

Healthy Eating Guidelines

1. Eat fresh, home-cooked food.

Avoid regular consumption of manufactured foods of all types: ready meals, pizzas, pies, crisps, sweets, biscuits and so on. Eat food prepared at home, starting from basic raw ingredients. Freshly prepared food is better for health than food designed to have a shelf-life.

2. Eat a variety of different types of food. Have different types of food at each meal and from one day to the next. Avoid, for example, having the same thing for breakfast every day. This ensures you have the range of nutrients you need for good health.

3. Breakfast like a king. Make breakfast the main meal of the day, eat a wide range of different types of food, including some protein and vary your breakfast from day to day. The digestive system is at its strongest in the mornings – food eaten early in the day will be more easily digested and absorbed. By eating a wide range of different foodstuffs in the morning, you will be giving the body the nutrients it needs for the day ahead. Avoid over-reliance on foods of low nutritive value such as packaged cereal and toast.

4. Lunch like a prince. Whenever possible have a proper cooked meal at lunchtime. The digestion and metabolism are still working well and nutrients are needed for the remainder of the day. Again, vary what you eat at lunchtime, to be sure of obtaining all the nutrients you need.

5. Dine like a pauper. Eat less in the

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evening. The digestive system is not designed to cope with large amounts of food in the evening and eating late can lead to digestive problems and poor sleep. As the body is inactive at night, food eaten in the evening can lead to storage in the form of weight gain.

6. Avoid eating too much cold, raw food. This includes raw fruit and vegetables and any food or drink taken straight from the fridge. The reason for this is that it slows down the digestion and metabolism. The body has to supply extra energy to warm the food to body heat and to “cook” the raw food in the stomach. Warm cooked food is easier on the digestive system – be kind to yourself! In Chinese medicine “cold, raw food” is very often cited as a cause of disease.

7. Avoid too much sweet or greasy food. Excesses of sugar and fat are difficult for the body to process cleanly – and as we all know, they tend to lead to weight gain and long-term disease.

8. If you have digestive difficulties or problems of mucous, overweight or fluid retention, avoid too much dairy produce (particularly milk, cream and cheese) and wheat flour (bread, pasta, pizza, cakes, biscuits, pancakes, Yorkshire pudding etc). In a damp climate, such as the one we inhabit, our bodies are slowed down by the atmospheric damp. Certain foods, notably dairy produce and wheat flour, have a similar effect on the body, which is called “internal damp” in Chinese medicine. (Try cooking with rice flour; prefer rye

bread and Ryvita to ordinary bread and biscuits.)

9. If you have problems with overheating (hot flushes, hot at night, irritable, outbursts of anger, red face, red eyes) avoid alcohol and spicy food. Curry spices, ginger, cinnamon and garlic are all hot in nature, and can have a long term heating and drying effect on the body. Alcohol is also heating, especially spirits and fortified wines.

If you would like to have a personal eating plan, according to Chinese medicine principles, please contact me. This service will be free of charge throughout April and May. My telephone number is 015396 20972.

June Parker

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GO REDS!

In the late 19th century, a few grey squirrels were imported from America to Britain as ornamental additions to gardens and, as the saying goes, the rest is history! Their descendants have since displaced our native red squirrel throughout most of the English mainland where they continue to be a pest to farmers, foresters, bird conservationists and householders.

So why do we have red squirrels in the north of England in spite of the constant incursion of greys? The simple answer is 'People Power,' because it is certainly not by chance or accident that they are here

Peter Bullard of Cumbria Wildlife Trust can clearly remember a Red Squirrel Group meeting more than twenty years ago, when the predictions were that there would be no red squirrels left in Cumbria by the turn of the millennium. What they had not understood was the incredible passion and hard work from a network of volunteers across the landscape, all determined to conserve our iconic native red squirrel by controlling the quickly invading greys.



In the early 1990s, the V. Rev. Ingram Cleasby tried to persuade people in Sedbergh that the way to help our reds was to cull the greys - not a popular concept at that time. Fortunately, enough of us listened to him so that he was able to set up a network of grey control which has gone from strength to strength as part of the Sedbergh Red Squirrel Group. It is only because of this work by volunteers around the area that we have never lost our reds squirrels and that they are now thriving.

Sedbergh RSG now extends towards Kirkby Lonsdale, thus restricting the 'flow' of greys not only



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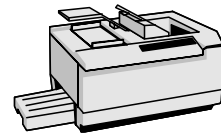
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locally but through Cautley into the Kirkby Stephen area. Together with the continuous local grey control, the result is that Sedbergh is having far fewer grey sightings but, encouragingly, many more red sightings, some reds even being spotted in the town itself.

The colour variations of both species can sometimes confuse identification. Red squirrels are usually reddish-brown with white bellies and chests, but they can also vary from nearly white to nearly black with many multi-colours in between, especially when they are young. They have ear tufts in the winter, but usually not in the summer. The much

larger greys never have ear tufts and they can nearly always be identified by a white 'halo' around their tails caused by each hair having a white tip. They are usually grey with reddish patches, but a completely white one was found in Sedbergh last year (not albino) and there is news of black ones further to the south.

Red squirrels in Sedbergh still need your help. Sightings are important to the group and to the national picture for understanding red distribution and greys threats. Please send any sightings to: jfoott@btinternet.com or 015396 25453. For more information go to: www.northernredsquirrels.org.uk.

Jackie Foott

ROSE COMMUNITY THEATRE

As many of you know the Rose Community Theatre (RCT) began in 2005 with a production of Robin Hood staged to raise money for "Ali's Dream", a children's cancer charity, and also to fund the naming of a new variety of rose for our granddaughter who lost her fight with cancer at the tender age of five. This production was meant to be a one off but it brought so much joy to youngsters and adults alike that we have continued to produce a show each year for the last nine years. RCT shows have covered a wide range of characters and situations including the Wild West, Noah, Pirates,

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Science Fiction and even Music Hall. The age range of those involved has extended from little ones as young as four to more mature young-at-heart eighty year olds. Several children who started out in the chorus now play leading parts and some of our star teenagers have moved on to go to university. One to the bright lights of London, to seek her fortune on the stage.

Over the years our shows have raised money for a range of charities mainly for children, including Derian House, Multiple Sclerosis, 'Kidzone Nairobi and the crèche in South Africa started by Alan and Christine Clouse of the Cross Keys, Cautley. Local causes including the People's Hall have also benefited from the RCT's productions. The RCT is very grateful to Steve Longlands, Chair of the People's Hall Committee for all the work he does for us particularly in setting up and operating the sophisticated stage and hall lighting that brings the shows to life. There are of course too many people to

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thank by name so please everyone who has helped this year accept the RCT's grateful thanks and appreciation as without your continued support nothing would happen.

Each year the PH turns itself over to the RCT from the end of February when Ernie Hailwood, Steve Moore and Phil Satchell saw, nail, paint and generally transform the Hall ready for the productions. And if you were at any of last month's performances I hope you enjoyed the flight of the Millennium Falcon, I know the cast did.. wheeee!

Each year soon after the show the

cast members have a social evening which we have entitled the Hilda's. It's just like the Oscars but cheaper. I give out awards to the best actor or actress and such like. It's all done in the spirit of fun. One year I remember Steve Moore won Hilda's for both best actor and actress. Oh, he is such a versatile performer. Oh no he isn't.. **Oh yes he is!**

It was felt that now the RCT has reached its tenth year it would be a good idea to make the Hilda's a really big glittering 'Red Carpet' occasion. So ... beware an invitation could be winging it's way to you at any moment. *Sandra Gold-Wood*



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**SEDBERGH & DISTRICT
COMMUNITY & INFORMATION
CENTRE**

72 Main Street

The first phase of refurbishing the centre is now almost finished with the central heating and new windows installed. Any further work will have to wait until funds can be raised to do it – however a good start has been made as a result of the Lottery funding.

If you haven't been in to see what has been done, then please do come and have a look round. The centre still provides information for visitors, but now with the community office located there a wider range of information is available for local people. Books and gifts can be bought so do make use of the centre.

The grant obtained from the Lottery and another from DITA, an organization which promotes rural transport, has enabled two part time people to be appointed. Janey Hassam, a local person whom some may know as Janey Fletcher, will be managing the centre and Andi Chapple will concentrate on transport, the market and other issues. Sedbergh Community Interest Company (CIC) will be responsible for making sure that the centre becomes self sufficient, as grants are becoming increasingly difficult to obtain.

A new form of charitable body has recently been established by Parliament called a Charitable Incorporated Organisation (CIO). The

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current charitable trust and all those involved with saving 72, Main St consider that a CIO will best meet the needs of the community and so work is underway to establish a CIO. This will be the body that will own the building on behalf of the community, once sufficient funds have been raised to buy it from the White Knights.

As can be seen a lot of work has been going on behind the scenes. Thanks go to all the volunteers who have been running the centre since last October and to those who have organized the improvement works. It is important to emphasise that, apart from the two part time posts, everyone else involved works entirely on a voluntary basis.

As ever, the plea goes out for more volunteers. If you think you could give a little time then please do contact Janey on 07966 134554 or just pop in to the centre You do not need to be able to help regularly as volunteers who can help just occasionally are also needed.

Hilary Hodge

ILLEGAL PARKING

A group of us met by chance on Main Street one morning last month and conversation turned immediately to illegal parking on pavements. Those of you who do it, perhaps have not thought how potentially dangerous it is. Elderly folk, people in wheelchairs or pushing prams or pushchairs are forced into the road. One older person said she feels frightened when she has to walk in the road and she has difficulty lifting her shopping trolley up the kerb.

I contacted South Lakeland District Council, the Police, a Parish Councillor and a District Councillor and all told me more or less the same story responsibility for monitoring

illegal parking does not lie with any one body and services are stretched. The message was that, if we are concerned, we need to take responsibility.

What can **you** do about illegal parking in Sedbergh?

Here are some suggestions:

- set a good example - don't park illegally yourself.
- take down the registration numbers of illegally parked vehicles and their position and report them to the Police by dialling 101.
- talk to other people and explain that pavements are intended for the safety of pedestrians.

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 Contact Sedbergh & District Community Office: 015396 20504 / office@sedbergh.org.uk

CRAFTWORKSHOP

official opening

The Craftworkshop continues to develop and many local people have called in to see us and supported us by buying some of the lovely things that we have on offer. Some have even joined us!

On Tuesday, 2nd April from 10.00 am we are having an official opening. Tim Farron has agreed to cut the ribbon and we are celebrating by staying open from 10 am to 7.00 pm, so that even those working outside Sedbergh during the day can call in to see what we have on offer.

Until now we have been operating on a 'pilot' basis. The official opening marks our commitment to make the craftworkshop a long term feature of Main Street in Sedbergh.

We are a 'not for profit' organisation. We sell our crafts on a 'commission' basis, with the craftworker getting most of the money generated and a percentage being used to cover the expenses of the shop – rent, electricity, insurance and sundries.

Selling is not our main aim – although we need to do it! The main purpose is to have a pleasant place to meet, do crafts and share ideas.

We have now started doing craft demonstrations each Wednesday. You can call in on a Wednesday morning and see someone different each week doing some art or craftwork and talking about it. Thanks to Liz Hilton we are now on a number of internet and social networking sites. You can find us on www.hiddenhowgills.co.uk, on facebook and twitter and recently we've put our craft demonstrations on youtube.

Do come and see us on 2nd April at our official opening – or indeed at anytime. We are open on Mondays, Wednesdays, Fridays and Saturdays 10.00 am until 4.00 pm and occasionally on Tuesdays and Sundays. We are doing our best to keep our town alive – but we need your help!

Any enquiries please contact Helen Wilberforce ehwilberforce@btinternet.com 21562.

SOUTH LAKELAND CARERS

60% of people will, in their lifetime, become carers for a friend or relative

We're a local charity that supports over 1000 unpaid carers, aged 5-94 years old. Our free services and staff and volunteers help carers to care for longer. We provide one to one support, counselling, support groups, relaxation treatments, respite breaks, trips and contingency planning. Volunteers deliver many of our services.

Our Sitting Service volunteers make a huge difference to the life of a carer. They support carers by sitting with the 'cared for' person so that the carer can have a break from their caring responsibilities, with the peace of mind that the person they care for is safe.

We are recruiting new volunteers in the Sedbergh area to join our team and would like to hear from you. The role is flexible and can be arranged to suit your availability. The role involves:

- Offering conversation and company to the cared for person
- Making drinks and ensuring the cared for person is comfortable
- Being a presence in the home in case of accident or emergency
- This role does not include personal care or lifting

In return we will provide:

- Your travel expenses
- A matching service
- Training
- Social opportunities

- One to one support

We also have volunteer Counsellor roles available for qualified counsellors.

If you're interested in finding out more about the roles, please contact Kathy Collins, Volunteer Manager, for a chat: Ring 01539 815970, call in: South Lakeland Carers, Eskdale House, Shap Road, Kendal, LA9 6DQ or e-mail: kathycollins@slcarers.org.uk



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1st SEDBERGH BEAVERS

On Friday 12th April, Sedbergh Beavers are doing a sponsored walk to raise funds for Beavers.

We are starting from the Scout Hut at 10 am and finishing about 12pm. Everyone is welcome to join us. It will be £2 entry for anyone who wants to join us.

Under 16yrs need to be accompanied by an adult unless they are a part of Beavers.

I do hope others will join us.

Please contact Trish; 07890 302038 if there is any problems.

Thanks

Trish Woof (Beaver Scout Leader)

FLICKS IN THE DENTDALE FELLS

What more could we do? Advert in Lookaround, write up also in here, posters around the Dale especially outside the Memorial Hall on the day, talking about it, advert on dentdale.com, e-mails to trustees and other interested people .. and still people said "I didn't know .. I forgot".

The Memorial Hall Trustees put on the Flicks in the Fells film evenings to "enhance the social life of the dale" as in our constitution and hopefully as a fund raiser event for Hall funds, we hire the Technician with all the equipment to show the films on a huge screen with Excellent sound, we sell refreshments ie teas and coffee and cake, the Clegg family run the Bar, we have a well supplied Raffle and with some films we make a decent profit for Hall funds with others not so much. Income aside, it is so good to see lots of folk at the film.

Anyone have any suggestions? Which films would you come to see in Dent?

Our next showing is "The hobbit" Saturday May 18th doors open 6.30 start 7pm. Future dates for films are

September 21st, October 12th & November 16th. Suggestions welcome to Sarah Woof. Dent 25212. or put them through the letterbox on the Hall front door.

Marigold Hotel.

The showing of this film in Dent on March 2nd was very much enjoyed by all who were present, seeing it on the big screen is much better than on a TV, after expenses £10.50 was raised for Memorial Hall funds. Many thanks to all our helpers and supporters.

Sarah

SETTLEBECK SCHOOL ACTIVITIES

Did you know that, as well as offering an outstanding education to the young people of Sedbergh, the school is very actively involved in the local community?

Here are just *some* of the things that the school is involved in:

Regular events:

- A senior citizens' party – about 100 people from the community attend each year.
- Christmas Fair
- Students visit and talk at local

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- organisations
- Tree and bulb planting
- Active involvement with the Wildlife Garden – together with primary school pupils
- South Lakes Youth conference
- Sedbergh Gala
- Brewery Dance Platform
- Westmorland Show Schools' tent
- Swimathon

The students provide ongoing weekly input to:

- Meals on Wheels
- the Playgroup
- providing readers for the Lookaround for blind and partially sighted

There has been recent involvement with:

- Nuclear repository meetings; the Fell Pony project
- The Olympic Torch celebrations; the Jubilee Celebrations
- Freda Trott concert
- Christmas Tree service at the Methodist chapel

In addition there has been Charity fundraising for:

- Samantha's Place
- Jeans for Genes

- Breast Cancer
- Red Nose Day
- Children in Need
- Oxfam and Shelter

If you would like to know more about any of these aspects of community involvement, please contact the school.
Helen Wilberforce

JIM HOGGARTH

Sedbergh Wanderers FC

It was with great sadness that we learned of the death of Jim Hoggarth a few weeks ago. Jim was a loyal and devout servant to the football club throughout his whole life and was an even more passionate fan. From his early days as a player through to being manager and president, Jim was a much loved and well respected member of the club and indeed the community. There was not much Jim would not do for the club, even designating himself as caretaker to clean up the People's Hall following the club's disco's, such was his passion and commitment to the club.

Even more incredible was the dedication shown on the touchline as a fan. Jim, until a couple of years

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ago, very rarely missed a game and you could consider yourself having performed well if you hadn't been told from the side-lines to "pull your socks up!" or "keep hold of the b****y ball!"

Everyone at the Club is saddened that Jim is no longer with us and in his honour we have made a donation the North West Air Ambulance and are making arrangements to reveal a plaque in the new changing rooms upon their completion. If anyone has any other suggestions as to how we can remember Jim, we'd love to hear them. The thoughts of everyone associated with Sedbergh Wanderers Football Club are with Jim's family at this time.

*Ben Close
For and on behalf of
Sedbergh Wanderers Football Club*

**SEDBERGH & DISTRICT
CHAMBER OF TRADE AND
BUSINESS**

The SDCTB would like to enhance opportunities for trade and business, and help to reverse the recent decline in the fortunes of Sedbergh and District.

We are embarking on a marketing campaign to increase visitor numbers in the whole of our area and are endeavouring to be inclusive in all our activities. We recognise that some Main Street traders and some businesses outside of Sedbergh consider that they have been excluded by the Chamber in the past. We acknowledge this, but would value their contributions and involvement in the Chamber in the future, in the best interests of the whole area.

We would welcome observers and prospective members to the Chamber meetings, initially in a non-voting, silent capacity and hope that they would then feel encouraged to join and help to make a difference. The next meeting is in the People's Hall on 20th May at 7.30pm, so please feel to come.

To become a member or for further details, please contact Andy Cobb, Chairman, telephone 22541 or Barbara Hartley, Vice-Chair and Membership Secretary, telephone 20875 (office hours).

Andy Cobb



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LAURA CLARE

Thank-you ... to all of my Yoga students over the years.

As I approach the twenty –five year anniversary of teaching yoga classes in Cumbria, I have made the decision to take a break from running general classes after Easter and to focus on my therapeutic work and on teaching meditation.

I would like to heartily thank all of the students over the years who regularly made journeys on dark winter nights and in dreadful weather to support classes.

On Tuesday mornings, my Dent class will be replaced by a Tai Chi session run by Gavin Towers – an excellent and highly experienced teacher. As many of you will know, Sedbergh already has a great regular evening yoga class with Fran Fryer.

I would like to take this opportunity to announce that since the recent change of Directorship and the appointment of a new Board of Trustees at the Meditation Centre in Dent, my fifteen year association with this charity has now ended and all of my work is affiliated to Eliza Harrison's teaching through Luna Meditation – see www.iunameditation.com.

For details of Yoga Therapy or for meditation tuition, please feel free to contact me directly through my website www.effortlessyoga.co.uk or else visit www.ybt.co.uk (Yoga Biomedical Trust)

Thank you all for your support and inspiration over many years.

Laura Clare

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APPLEBY FAIR CRAG

CRAG has been liaising with the various agencies to ensure the travellers to the Appleby Fair are properly managed. Last year 2012 there was some considerable "taking

advantage" by the travellers, particularly at Devils Bridge where the local caravan park had customers leave owing to intimidation. There were also several infractions in the Sedbergh area. The reason for this was that last year some of the arrangements were too relaxed. This was mainly to appease residents (the settled community) by reducing the use of posts, notices and boulders, in order to reduce the visual impact; and the lowering of police activity to move on travellers where they were occupying unauthorised stopping places.

This year the Management Team of the main agencies (County Council, SLDC and the Police) are reverting back to the stricter 2011 protocol.

A new initiative will be the attendance of officers from the main agencies at the Sedbergh Information Centre, 72 Main Street from 11.00 to 12.00 daily (time to be confirmed) to meet residents with concerns such as unsocial and abusive behaviours, field invasions, unhealthy littering, etc.

Dr Gina Barney, CRAG

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NORTH WEST

CANCER RESEARCH

A total of £272.35 was raised at the March Coffee Morning. The Committee sincerely thank all who gave their support in any way.

Another Cancer Charity has recently merged with NWCR. This charity was struggling, but had assets which means that more money will go into research, especially at Lancaster University, where some of our Committee hope to visit and hear up-to-date news of the work there.

The Sedbergh Committee is an ageing one and two long-standing members feel it is time to resign. I also cannot continue as Secretary after this year, so if you feel that you could help in this important fundraising (at present two Coffee Mornings a year) please contact me or our Treasurer.

It would be sad if it could not continue, especially as much of the work is carried out at Lancaster University.

Marjorie Fishwick Sec. Tel. 20047

Marlene Mason Treasurer Tel. 20509

SIGHT ADVICE SOUTH LAKELAND

Some free time on your hands?

Sight Advice South Lakes, a local charity which supports visually impaired people in South Lakes, is launching the "My Guide scheme". 6 volunteers have been trained to support people with sight loss to get out and about in their community – but more are needed.

There are people with sight loss in Sedbergh & District and Sight Advice South Lakes would like to offer them the opportunity to gain confidence and be able to join in local activities. Can you help by acting as a sighted guide in your area for a couple of hours a week? Full training and ongoing support will be provided. You can make a real difference to someone with sight loss in your local community.

Another training session will start at the end of April, so if you are interested please contact moira@sightadvice.org.uk or call 01539 742633. *Moira MacLaren*

If anyone would like a copy of the pamphlet, please contact the Lookaround Office.

Ed

GRAHAM J MOFFAT



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FREEMASONRY IN THE COMMUNITY

Worshipful Brother Keith Beattie, the Cumberland & Westmorland Provincial Grand Orator recently attended the March meeting of the Bootle Women's Institute to answer questions on Freemasonry.

Mrs Gillian George, the President of Bootle WI invited W. Bro Beattie to attend their meeting and address the Ladies. Several poignant questions were presented to Keith which, as always, he answered accurately and honestly.

Keith also gave an explanation of the various Masonic Charities and the vast number of non-Masonic Charities are supported.

The degrees in Freemasonry, and the Regalia were also discussed, which included the relevance of the Entered Apprentice, Fellow Craft and Master Masons aprons.

After the talk, Keith joined the ladies in their refreshments and continued the discussions.

The Ladies found the talk most interesting and thanked W. Bro Beattie for giving up his time to attend their meeting.

Keith has offered to give his Presentation to any Group in the Cumbria area, which includes Sedbergh and District.

On Saturday 2nd March, I became Master of a Masonic Lodge in Kendal. It is my intention to have an Open Day in Kendal Masonic Hall from 10am to 2pm on Saturday 1st June when non-Masons will be welcomed to have a look around the converted St George's School on Station Road where I will be on hand, along with many other Members, to give an explanation of things in and about the various displays and answer any questions that visitors may have.

It is in the early stages of planning but the new High Sheriff of Cumbria has promised to attend and officially open the event along with other invited guests.

Entry will be free as well as the light refreshments which will be available during the opening time.

If you would like any further information about the Open Day or to have Keith Beattie give a talk, please contact me.

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**SEDBERGH & DISTRICT
HISTORY SOCIETY**

The Society met at Settlebeck High School on Wednesday 6 March to hear a talk by Jennifer Holt on the recently discovered diary of Thomas Fenwick (c1729-1794) of Burrow Hall, near Kirkby Lonsdale and Nunriding in Northumberland. As a landowner and for several years M.P. for Westmorland, Fenwick travelled extensively. The parts of the diary that have survived cover the last twenty years of his life. They show Fenwick to have been an astute observer, with a curiosity displayed in his many comments on agriculture, wildlife, and natural phenomena, including the direction of the wind, the daily variations of which seem to have particularly fascinated him. Fenwick's systematic recording of what he ate, how he slept, and the people he dealt with convey vividly the rhythms of the day-to-day existence of a man constantly on the move. As part of her broader interest in the history of the links between north-west England and the rest of the world, Jennifer Holt has undertaken the formidable task of editing the one million words of the diary. The first two volumes appeared recently (very handsomely, as publications of the List and Index Society), and the remaining two are due out in the coming year. The published volumes, which were on display at the meeting, and Jennifer Holt's illuminating talk showed how valuable the diary will be at many levels. These include work on

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Fenwick's own biography and his family history, in which the litigation that set him and his Catholic sister-in-law Ann Fenwick (née Benison) of Hornby Hall at odds, is one of several intriguing episodes. As Jennifer Holt's talk showed, the history of the Fenwicks is confusing, complicated by the frequency with which members of the family adopted the name Fenwick in adult life: Thomas Fenwick himself was born Thomas Wilson. But the diary's reach extends far beyond Thomas and his family. On a broader canvas it will stand as a major new resource for the history of our area and northern history more generally. All who are interested in these subjects will long be indebted to Fenwick's careful recording of his experiences and to Jennifer Holt for her skilful editing of such a voluminous work. *Robert Fox*

A NEW STONE CIRCLE?

I have been interested in the stone circles in Cumbria for a number of years. It is said there are some 50 stone circles in Cumbria of different shapes and types, including some of the earliest stone circles in Britain. The stone circle at Castlerigg nearby Keswick is probably the most well known. Since the 1960s, the names Aubrey Burl and Alexander Thom have become synonymous with stone circles as they have attempted to place all the stone circles of Britain in context and to explain their purpose.

For some time there has been one missing stone circle that these experts have been seeking. This would be the fourth in a ring sequence of starting from Gamelands at Orton, the so called Druidical Judgement Seat at Appleby and the "pillow mounds" at Mallerstang. Where is the one to the south?



Imagine my surprise to find what appears to be the remnant of the missing element of the ring. This is just to the south of Rawthey Bridge on the A683. When I say remnants there is only half a circle visible (see photo) as the other half seems to

have been used, as often happens, to make the roadway. The stone circle was not there some 10 years ago so why it has become visible now? This will require further research.

I thought your readers would like to share this discovery as it could well become a popular site to visit in the future.

Yours sincerely,

N. E. Arby

PS I enjoyed a delicious ham and eggs lunch at the Cross Keys afterwards to celebrate my discovery. There I learnt of an unexplained phenomena of a stone circle appearing at Mid Summer in St Mark's churchyard, Cautley, a few years ago.

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WESTERN DALES BUS

The new Western Dales Bus driven by trained volunteers will start operating on 18th May by running the Saturday service to connect Dent Station with Dent, Sedbergh and Kendal.

We are now able to move ahead thanks to the welcome backing of Cumbria County Council, who are loaning us a 16-seater community bus, and we have sufficient money to continue this service for the coming year. The summer Sunday service from Dent Station to Sedbergh will be running again too, and this year it will also link Dent and Sedbergh to Hawes on a circular route, going out from Sedbergh through Garsdale and

returning via Dentdale. This will give passengers four hours in the middle of the day to explore Hawes.

The survey delivered to every house in the Sedbergh and surrounding LA10 5TD postcode areas recently has had an excellent response so far and when we start collating the answers we expect the answer to be a resounding “Yes” to our plans. This will give us actual “evidence of need” to approach the Big Lottery Fund for further money to expand the service.

The survey has had a further benefit, in that we have people offering their services as drivers. This should mean that we can expand our services more quickly into Kirkby Lonsdale and the Lune Valley, as well as covering the Dent and Sedbergh area.

In the interim, much background work is underway; organising the central hub at Sedbergh, finalising timetables to co-ordinate with the Settle to Carlisle line, defining operating procedures and generally complying with the regulations needed to operate a community bus service.

We’re also planning an official launch of the service by our local MP, Tim Farron, on 8th June at Dent Station. If we don’t see you there, we hope you’ll support us at other times by travelling on the Western Dales Bus!

Should you require any information or wish to offer your services, please contact Mike Steele at phoenixes@btinternet.com or ring him on 015396-25054.



PENDACOL DOG TRAINING

Well, 2012 has ended and the members of Pendacol Dog Training had a lovely Christmas Meal at the Red Lion in Finkle Street and celebrated their 54 rosettes gained during the year.

Much discussion about how we were going to improve on that was had and after a few false starts due to weather cancellations during January training started later than we had planned.

Some of the members went off to Lune Valley show at Myerscough Arena and three places were gained. Minor ones in this instance but places nonetheless. A good start to the year since this is the time when new dogs are started and the standard is quite high.

March was the next chance to try out their skills and again, it was off to Myerscough where Reedyford Dog Training club put on their first open show.

We were delighted with the results. SIX places including a win for Corrie Bruemmer and her Chocolate Labrador "Charlie". This win takes Corrie out of the pre beginner class along with her other dog, Maisie for life, regardless of any future dogs she has. The rules in obedience have this so that any new people coming into the sport aren't up against more experienced handlers.

There are a few weeks now before the next show which will be held at York.

Instructor Dave Banks ran another competition training day at the end of

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January plus a half day course in February. The courses are designed to push people on to improve their standard. The course in January was attended by people from Preston, Wirral and Edinburgh. We were really pleased with the response and already we are being asked to do another course soon. Training continues as usual on Tuesday evenings from 7pm at the Peoples Hall.

We are really pleased with the handlers and dogs at the moment, training is play and treat based working on the principle of 'if they don't play, they don't enjoy the work'.

David Banks

ITALY RE-VISITED

Our next visit will be in late May this year. We are now into the teens of visits from Sedbergh and it would be true to say that each has been successful and enjoyable, whether, a few years ago, to the region of southern Lazio, close to Rome, or now to this very beautiful northerly province. Twenty-four of us will be going from the area, and we shall be staying at the same hotel, La Meridiana, as last year, in the beautiful historic Italian village of Brisighella. The hospitality, provided by our hosts, Domenico and Mercedes, will be very comfortable with excellent food and wine. Our Italian organiser, Giovanni (Johnny), has arranged another full and very interesting programme of excursions for us, and we shall be enlightened once more by our visiting lecturer, James (aclassicaday.blogspot.com), who now lives in Rome and whose passion for Italy provides us with so much inspiration.

Among the places we shall be visiting this time is the ancient Republic of San Marino. This is an independent microstate totally surrounded by Italy; it is a beautiful and a fascinating place. We shall receive hospitality at a Convent where we can also learn how to make those two world-wide Italian exports, ice-cream and pizza. We shall visit the town of Faenza, a great centre for ceramics, with a Museum and an Astronomy and Earthquake Centre, and we shall go to the seaside at

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Wednesday 16th Oct



Cesenatico, a port with a maritime museum and a fish market, as well, we hope, as a sunny beach. On our free day, there will be the chance for group-members to visit the amazing city of Florence or to see the astonishing mosaics in Ravenna – both accessible by train.

Not only this, but we shall have the pleasure of hearing the town band play to us in the hotel garden, and of meeting adult students who are learning English. Brisighella Market will provide an enjoyable morning visit, and Giovanni will give us the chance to sample some of the life of this attractive little town in a way not normally available on other tours.

This may be the last of our Sedbergh trips. This very morning two people contacted me regretting that, for family reasons, they had to drop out – so please contact me if you might be interested in taking their place. I believe Italy to be the most fascinating country in Europe, and I hope we shall continue our strong links with that lovely land.

George D Handley

YORKSHIRE DALES NATIONAL PARK

new group for young volunteers

Young people are being given the chance to learn new skills in the fantastic setting of the Yorkshire Dales National Park.

The Yorkshire Dales National Park Authority (YDNPA) has launched a Young Rangers group aimed at 11 to 16-year-olds who have an interest in the outdoors.

Catherine Kemp, the Authority's Outreach Officer, said: "The response has been amazing – there have been so many wanting to join that we are full up. And they all live either in the National Park or nearby.

"It isn't surprising really because young people are very aware of their environment and have a good understanding of how fragile it can be. They are all really enthusiastic and we aim to develop their interest and help them understand and

appreciate the special qualities of the National Park and learn about ways to protect it."

Ian McPherson, the YDNPA's Member Champion for Promoting Understanding, said: "The National Park Authority already does a lot of work with children in primary schools and with adults, so the aim of the Young Rangers group is to provide a focus for young people who are in that middle age range.

"They will be learning all sorts of practical skills and general knowledge about the natural environment that will hopefully help them in their school work and in their development as individuals."

The young people have good teachers in the shape of former National Park Authority volunteers co-ordinator Rae Lonsdale, his wife Jean and Dales Volunteer Mark Barnes.

Nick Oldham



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APRIL GARDENING

One of the first plants I encountered when I began my career in Horticulture was *Berberis darwinii*. Whenever a consignment of plants arrived at the garden centre, it was my job to write out labels for every plant and then attach them around a convenient part of each. Having written *Berberis darwinii* out fifty times I went along to the holding area to find the relevant shrubs and quickly discovered the most dominant characteristic of *Berberis* – they are exceedingly prickly and very difficult to tie anything onto.

There are several different species, and cultivars of *Berberis*, some deciduous, some evergreen, some with spiny leaves and others with spiny stems. *Berberis darwinii*, an evergreen shrub which hales from the mountains of Chile and Patagonia has prickles on both, and being of an easy dispossession makes an excellent formal, clipped, or informal, dense hedge which will dissuade animal and human interlopers. *Berberis darwinii* bears bright orange flowers in April – not everyone's favourite colour - and is usually in full bloom just at the time when the bright pink cherry blossom is out. It clashes with this most disagreeably so the two are best kept as far apart as possible. A second evergreen hybrid, *B x stenophylla* which has yellow flowers makes a similarly good barrier as does *Berberis julianae* (from China), which looks far more benign

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than the previous two shrubs but actually hides inch long, needle sharp spines, amongst the long narrow leaves. This one was by far the most painful plant in the Garden centre to attach a name tag to and consequently gets my vote as the most effective and dissuasive hedge plant known to the gardeners of Britain.

Some of the deciduous species also make good deterrents. *Berberis thunbergii*, *B. x ottawensis*, *B. wilsoniae* and *B. vulgaris* (our native "Barberry) all grow easily in our well drained soils and the first two of these have dark red leaved forms. *B. wilsoniae* bears numerous red berries and fine autumn colour at the end of the growing season. All have pale yellow, scented flowers in Spring.

Elaine Horne

YORKSHIRE DALES NATIONAL PARK

*New cash to put more power lines
underground in National Park*

More cash has been set aside to get rid of unsightly overhead power lines in the Yorkshire Dales National Park.

And residents and visitors are being asked to suggest areas where cables should go underground in the next few years.

Ofgem, the regulator of the electricity industry, is in the process of allocating funds for the undergrounding of more power lines in National Parks and Areas of Outstanding Natural Beauty.

Thomas Harland, the YDNPA's Planning Policy Officer, said: "We

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haven't received confirmation of our final allocation from Ofgem yet, but I think we can confidently estimate it to be about £3 million.

"It takes a long time to plan an undergrounding scheme. This is because it's hard to find a line that doesn't create some challenges – whether due to cost, disruption to local communities, wildlife, archaeology, or for technical and logistical reasons.

"This means we need to start working with the power suppliers to plan the next set of schemes as soon as possible – so we'd like to hear suggestions for lines that should be targeted.

"We can't make any promises because it is common for any combination of the above challenges to undermine scheme feasibility. However, once we've got some ideas,

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we'll sit down with the electricity companies and see which ones they can take forward."

As part of an existing £1.8m five-year scheme, the YDNPA has worked with power suppliers on projects to put a number of overhead lines underground, including some from Dent Station to Cowgill.

And dozens of prehistoric flints hidden for thousands of years were unearthed during the first phase of a £300,000 project with Electricity North West on the Malham Moor Estate. Work was put on hold so archaeological students from Bradford University could investigate

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further. The Malham scheme will see 23 electricity poles removed and overhead powerlines replaced with 2.2km of underground cable.

Other schemes that are on-going include lines in Upper Wharfedale from Deepdale to Beckermonds.

Ann Brooks, the YDNPA's Member Champion for Sustainable Development, said: "This is a very welcome initiative which, hopefully, will allow yet more undergrounding of

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electricity supplies within this National Park. I would commend Ofgem for their very positive contribution in helping to conserve the beautiful landscape that we all value and enjoy."

Anyone wanting to put forward a suggestion can contact Thomas on 01969 652378 or email him at thomas.harland@yorkshiredales.org.uk.
 Nick Oldham

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HARRIER NEWS

Lighter nights plus occasionally milder weather equals fewer excuses for the amateur athlete not to lace up those shoes, stretch the limbs and go for a run, even when there is a really good episode of *Countryfile* on ...

The final weekend of February saw our rescheduled Ceilidh and presentation night sandwiched between two fell races. Five Howgill members enjoyed the snow showers and scenery at High Cup Nick (results TBC), whilst on Sunday Sam, John and Ollie headed to Ilkley Moor, finishing fifth, 18th and 26th in a strong field of over 220. Of course

the real work was done by those who helped make the Winter Social so enjoyable, and to those who burnt off sticky toffee pudding-calories on the dance floor...

Still on the fells, Rob, Sean and Al finished the Black Combe race in 43rd, 56th and 97th positions overall, with Al 6th in the U23 category. Much closer to home, other members ran the Sedbergh Three Peaks race on a mild afternoon in early March. Sam, John, David and Dick finished sixth, eighth, 15th and 24th respectively, securing second team place for Howgill in the process, with Jim not far behind and deserving extra credit



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for officially starting the race as well as running it!

Back to the roads, where five members – Adele, Alun, Terry, Jenna and James – all completed the Haweswater half marathon in well under two hours. In a field of nearly 500 Adele finished sub 1:40, first Harrier and ninth lady overall.

Sam and Kate travelled to Marsden for the Ian Roberts race, finishing the 10k fell course as third male and ninth lady. Elsewhere, Kev K was our only representative at the Cartmel 18K ‘Sticky Toffee’ challenge, but managed a very respectable 80th place out of 400.

If you were in Sedbergh on one Saturday in mid-March, you might have witnessed several groups of runners heading through town to Loftus Hill. This was the climax to the club’s all-ability relay event, which circumnavigates the Howgills by road, trail and fell, and gives all members the chance to test and push their limits in an informal and even enjoyable setting. Harry’s team were declared the victors after a close

finish, although there were stunning individual performances across all teams (sadly too many to list here!).

Finally, the Kendal Winter League is nearing its climax this year, with strong and consistent performances by Pat, Ollie, Rob, Sean, Al, David and Jenna. The final standings and presentations will be at the final race of the series – Arant Haw – at the People’s Hall later this month.

As always, you can find out more about what we get up to on our website howgillharriers.co.uk, which has plenty of photos and links to our Facebook page and Twitter feed too. Happy running. *John Hosker*

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SEDBERGH & DISTRICT ART SOCIETY

Louis Morton gave a helpful demonstration in acrylics, choosing a scene of a sunset over moorland. Louis brought examples of his work in water-colour and acrylics and discussed the various techniques used before demonstrating some of these in the painting chosen.

He works on a textured ground and then added a layer of gesso to the sky area and blended the colours directly into the wet surface using broad strokes. The hill and moorland were painted in dark tones to accentuate the brightness of the setting sun, and when dry, a palette knife was used to lay on the bright reflections in the moorland pools. He explained that the following day he would probably work over some areas using glazes and possibly some pastel.

This was our last meeting for the winter season and the Society's next event will be the annual exhibition at the end of August.

Margaret Copestake

THE COBWEB ORCHESTRA

The Cobweb Orchestras highly popular residential weekend of music will be held again this April in Sedbergh School's Powell Hall. The orchestra will spend the period of April 12th - 14th, playing a wide range of music and having a lot of fun.

The weekend closes with an OPEN REHEARSAL on Sunday 14th April at 2.30pm, rather than a conventional concert to which all are welcome. Here the orchestra will demonstrate some of the works they have been learning. There will be no entrance charge, refreshments will be available for a donation - this year for the Alzheimers Association.

The Cobweb Orchestra is now in its 18th year and is open to all standards of orchestral musicians. We meet regularly in Groups in Cumbria (Tebay), Durham, York and Northumberland. The groups come together for workshops, study days and frequently complete weekends. Its activities include trips abroad. Last year saw us in Germany, while this summer we return to Tuscany for our sixth visit.

The groups receive expert help and tuition from professional musicians, some members of the Northern Symphonia.

If anyone is interested in 'dusting off the cobwebs' from their instruments and playing for fun, they are invited to contact Sheila Blackwell on 015396 20056 or go onto the website: www.cobweborchestra.org.uk

FEBRUARY WEATHER

Certainly our driest month for some time with only 2.34 inches of rain. It wasn't a February "fill dyke" for a change with less than half last year's total. On only 2 days did the maximum gust not reach double figures with a maximum recorded at 24.6mph. Only on 5 days did this maximum not blow from the North West. The wind chill took night time temperatures below freezing on all but one night when it just reached freezing. Daytime temperatures were relatively mild with the 3rd week in the upper 40sF and a maximum at 53.2F. Half the nights' were below freezing with a low of 23F.

The mild weather showed a spurt in the growth of bulbs with daffodils shooting up. On the frosty nights the leaves were all down on the ground the following morning but surprisingly they recover when the temperature rises. The snowdrops seemed later than usual but came into flower by the end of the month. Bird song has increased with various cock birds singing for territory as the night start to pull out. These include a thrush though I haven't had a good sight of him to decide which type he is. Some early lambs have appeared without Schmallenberg raising its ugly head apparently so far. There have been more apparently unexplained losses of bees as they appear still to have stores of food. We can only put it down to a cumulative effect of last season's wet summer and autumn.

SEDBERGH WANDERERS FOOTBALL CLUB

Not a massive amount to report upon this month. On the field, we are getting through the games nicely with only 8 league matches remaining, which, at this stage of the season, is remarkable considering we have usually only played about 8 by the time night matches kick in! However, we are still rooted to the foot of the league so games are fast running out.

On the plus side, we are in the semi-finals of the Craven Cup on 20th April which is a huge positive. In terms of fundraisers, we are holding a Fancy-Dress Disco on Saturday 11th May (please see our ad on page 69) and are in the process of organising another couple of events for the summer. The function we had planned in place of Ladies Night at Queens Hall has unfortunately been postponed as the school are closing Queens Hall over the holidays for refurbishment. It would be great to see as many of you as possible at the disco and keep watching this space for future updates on further events.

*Ben Close For and on behalf of
Sedbergh Wanderers FC*

Daphne Jackson

MSc (Ost) DO

Registered Osteopath

BUPA Provider

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

Please ring Kendal Practice
for appointments
01539 740452

HOWGILL VILLAGE HALL

A big thank you to everybody who has supported and continues to support the fundraising events at Howgill Village Hall, we hope you find parking easier now that the entrance has been widened. Our events are always listed in the 'Diary' of the 'Lookaround' so please look out for the Duck Race in May and the Dominoe drives which take place in autumn and Xmas and the Tattie Pie/ Domino Drive in Spring. We look forward to seeing you there. All welcome.

Many thanks.

Lesley Hennedy

DENT FOOTBALL CLUB

On Saturday 20th April, the Club have been very fortunate to have as a Guest Speaker at a Sportman's Dinner in Dent Memorial Hall, Graham Taylor OBE, to help raise funds for the Club.

The evening is open to everyone with tickets available for £30 from the George & Dragon.

The Menu for the evening will

consist of a choice of starter of A Traditional Prawn Platter, served with bread and butter; A pressed Chicken and Leek Terrine; Melon and Parma Ham.

Main Courses of Local Cumberland Sausage, served with mash and gravy; Oven-baked Salmon, with a butter and dill white wine sauce served with new potatoes; Cumbrian Lamb Henry, served with mash and a minted gravy, all served with seasonal Vegetables.

Desserts of Sharp Lemon Cheesecake, served with Howgills Ice Cream; Pear and Blackcurrant Crumble, served with Cream; Local Cheeses and Biscuits.

It is anticipated that the limited Tickets would go fast so get your order in now to ensure your seat.

Karen Troughton

TALENTS TO SHARE?

Could you come along to a small group and talk or demonstrate your hobby for 15 minutes? Perhaps create a Flower Arrangement or bring Tray Bakes to share, perhaps show us pictures from your visit to a special place? Talk us through chair-exercises or give information about events? We have a small pot of money for expenses and meet on the 1st Tue afternoon of every month in Sedbergh. If you would be willing to help please telephone SLC on 01539815970 and give your details, or pop into the Carers Drop In at the URC.

SEW

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**Audio Cassette & Vinyl Record
to CD Transfer**

I'm afraid I don't do PC/Windows related work
The best advice I can offer in such cases is 'Get a Mac!'

Contact Andrew on 07788 688490
or email: andrew-allan@virgin.net

DENT INDOOR BOWLING

This continues as a much enjoyed Wednesday evening pastime in the Memorial Hall in Dent, and on one Saturday morning a month, dates can be found on posters in the village or on www.dentdale.com. We often have two mats in play and are pleased to welcome new people who want "a go" or a game. On a Saturday as well as the coffee and cake, also available Wed evenings, we have a raffle and proceeds are for the Memorial Hall funds. All welcome, ladies, men, young people.

SEWoof (25212)

APPLEBY FAIR

Arrangements are being made in preparation for the attendance of Travellers passing through the area and the following information has been submitted.

15 April: Installation of posts and boulders to begin.

18 April: Public Drop-In meeting – Venue and timings TBC.

7 May – 14 June: Daily enforcement patrols by Cumbria Police & South Lakeland District Council.

20 May – 14 June: Daily public Drop-In meetings, alternating between Sedbergh & Kirkby Lonsdale (specific dates to be confirmed in next issue)

6th - 12th June: Appleby Fair.

17th June - Deep Clean-up and removal of notices, posts & boulders.

TBA July 2013: Post-Fair Public Meeting (venue TBC)

Gae Hicks



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CARERS DROP-IN

In March we spent time chatting and then our attention was turned to Songs beginning with each letter of the Alphabet, we did omit one or two letters like Q X Z but had great fun thinking up song names like Underneath the Arches, Charlie is my darling and Three blind mice. One lady took the idea to another group as she enjoyed it so much.



We will be back in the URC downstairs room on 1st Tuesday of each month with information, home-made cakes and some other thing to pass the time at around 3pm. People caring unpaid for a relative or friend are most welcome, do bring the person you care for with you if you need to. It is ok if you receive Carers Allowance, you can come. If you need any information or to register as a Carer do contact South Lakeland Carers office in Kendal on 01539815970.

Sarah E Woof (volunteer SLC)

**DENTDALE
CHRISTIAN FELLOWSHIP**

In February our invited Speaker was unable to come so we watched a DVD called Finger of God, truly amazing what God can do to transform peoples lives. After watching it we shared supper together and caught up on news and events taking place over a wide area. In July we will celebrate our Anniversary and are praying about what to do, the celebration will most likely be in August, the 25th, the 4th Sunday.

Our garden and us have been part of the Quiet Garden Movement for a number of years and this year the Quiet days in the garden are to take place on some of the 4th weekends of the month, more details soon.

As always we are here to help when we can, practically or with confidential prayer and, or listening ear. We are just very ordinary people, we make mistakes, get tired etc, it is God living within us that makes the difference. We do not need a full life but in Jesus can live life to the full! Do get in touch.

PRAYER LINE; 07816999432 Open 24/7.

*John & Sarah Woof "Rhumes" Laning
DENT LA10 5QJ (015396 25212)*

LADIES NFU

At the February meeting, our new President, Marilyn Leckie, introduced Laura Rosenzweig, who is a weaver of silk and fine wool, working from home and Fairfield Mill. Laura gave a most interesting talk of her trip to Bhutan in 2011, where she went mainly to look at their weaving traditions. With the help of

colourful slides, Laura took us through her journey from Paro to Thimphu. Travelling along often treacherous parts of the road, the group made several stops to observe the local culture and visit weaving centres, where they saw the women weaving the most beautiful patterned materials. Bhutan is a mainly Buddhist country with many Monasteries, all with spectacular ornate carvings on the outside. Finally, at the end of her talk, Laura invited us to look at the samples of woven items she had brought back with her. *K Swift*

worship@peopleshall

Sedbergh Methodist Church

As preparations for the 'Spar Wars' Pantomime were almost complete and all around us, we held our service very carefully in March!

We were transported to South East Asia as Rev John Millard told us of his time spent working and seeing God perform amazing answers to prayer in these countries. Of meeting the most powerful Triad Leader in Hong Kong transformed by prayer and who later became a missionary in Canada and also of attending a church in South Korea with one million members (who would do coffee for that church!) We sometimes limit our perception of God for whom nothing is impossible! The children were enthralled making mobiles of 5 loaves & 2 fishes. Coffee and lots of chatting and no disturbance to the Rose Theatre property, phew, finished the morning! You are welcome to join us, the next service will be on Sunday 7th April and then on 5th May at 10.30am.

SEDBERGH CROWN GREEN BOWLING CLUB

At our AGM in February, Mr Neil Haworth was elected President. A list of officers and committee can be seen at the Club. The subs remain £20 and £5 for juniors.

We will be offering free taster sessions during the season which will be advertised in *Lookaround* and posters around town. If you are interested in learning to play please ring Linda on 20279.

COMMUNITY OFFICER REPORT

Over the past month in the Kendal East area there have been 2 reports of forged £20 notes handed over to local shops by a large, bald headed male with an Irish accent. There has been a theft from a local business where a large amount of tools were taken. There has been a theft of 5 cattle from the Dent area, where the offenders have used a trailer which was stolen elsewhere. This trailer was used to move the cattle to another vehicle and the trailer was then abandoned on the A683.

There has been a report of the alarm going off at Dent primary on the night of 26/02/2013, nothing suspicious was seen and passing attention was given in the area throughout the night. On the 19th of February a digger was stolen from a field on Kendal road, enquiries are still ongoing. Anyone with any information could you please ring us on the 101 number.

There has been a report of 2

suspicious males trying to sell tools in the Dent area, please report anything suspicious.

Cumbria Police have launched our disability hate crime campaign, "Tell us or tell a mate, never accept disability hate". We need to stop hate crime in Cumbria, so that everyone can live and enjoy their lives free from the fear of crime, being harassed bullied or abused. Hate crimes are any crimes that are targeted at a person because of hostility or prejudice towards their disability, race or ethnicity, religion or belief, sexual orientation or transgender status.

Dog fouling and inconsiderate parking has again been brought to our attention.

Many vehicles are regularly parking on pavements and double yellow lines, this is not acceptable, any vehicles causing unnecessary obstruction to the highway will be dealt with accordingly.

To suggest future community priorities please feel free to attend our monthly drop ins or please feel free to contact us on 101 or email us on karen.dakin@cumbria.police.uk Or Amanda.coleman@cumbria.police.uk or alternatively you can speak to us during our regular drop in surgery at Sedbergh Spar, Station Road on the 3rd Saturday of each month between 12:00 and 13:00 and Dent stores on the first Tuesday of each month from 12:00-13:00.

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

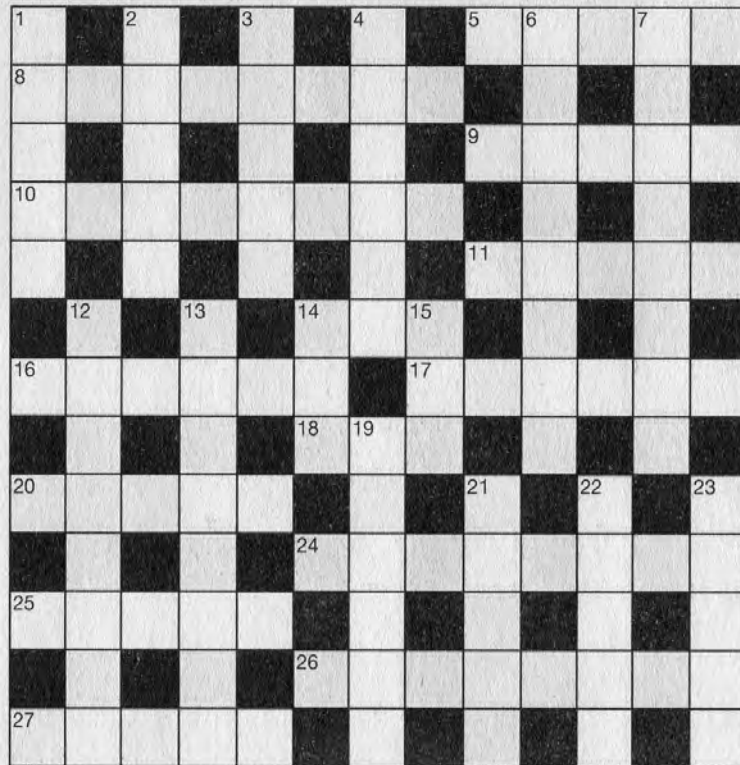
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N O P Q R S T U V W X Y Z

REFERENCE GRID

1	2	3	4	5	6	7	8	9	10	11	12	13
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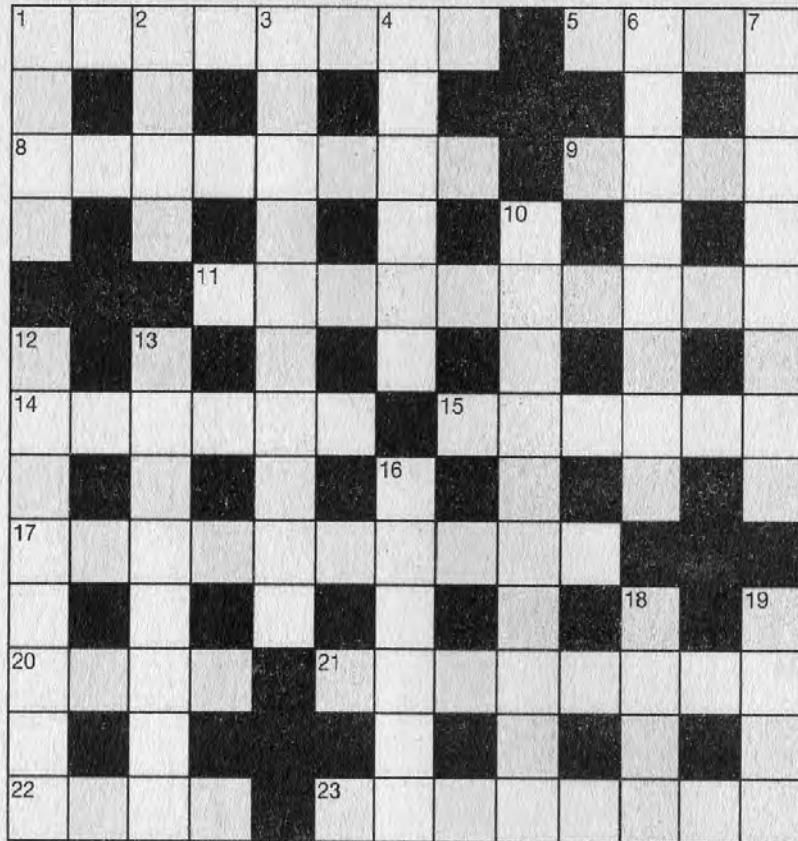


ACROSS

- 5 Accounting entry (5)
- 8 Trouble-maker (8)
- 9 Island in the Bristol Channel (5)
- 10 Send out by radio signals (8)
- 11 Scottish lord (5)
- 14 Dynamite (inits) (3)
- 16 Small restaurant (6)
- 17 From what source (6)
- 18 Court (3)
- 20 N American Indian tribe (5)
- 24 Think deeply (8)
- 25 Fruit machine option (5)
- 26 Lacking knowledge (8)
- 27 Drive off (5)

DOWN

- 1 Togetherness (5)
- 2 Greek god (5)
- 3 Lift up (5)
- 4 Process of doing something (6)
- 6 Imitated (8)
- 7 Secondary (8)
- 12 Make fun of (8)
- 13 Fight (8)
- 14 Drag with a car (3)
- 15 Brace (3)
- 19 Tense (2, 4)
- 21 Woman whose husband has died (5)
- 22 Spanish hors d'oeuvres (5)
- 23 Former British prime minister (5)



ACROSS

- 1 Bullfighter (8)
- 5 Large hole in the cliff (4)
- 8 Covered arcade (8)
- 9 Loud explosive noise (4)
- 11 Lobster, eg (10)
- 14 Pea or bean, eg (6)
- 15 Recommend (6)
- 17 Complete separation (5, 5)
- 20 Flower (4)
- 21 Limit (8)
- 22 Imminent (4)
- 23 Formal act (8)

DOWN

- 1 Dressmaking fold (4)
- 2 Space in a house (4)
- 3 Mixed collection (10)
- 4 Ukranian city (6)
- 6 Lecturer (8)
- 7 Mechanic (8)
- 10 Beach construction (4, 6)
- 12 Ballot, vote (8)
- 13 Coinciding (8)
- 16 Light wind (6)
- 18 Inflatable rubber mattress (4)
- 19 Wait (4)

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0740 (C)	0817	M - F	564	GPS	0825	0858	M - F	564	GPS
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1002 (C, H)	1044	M - S	564	GPS	1055 (C)	1128	M - S	564	GPS
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	KLC	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	GPS
1310 (C)	1347	M - S	564	GPS	1425 (H)	1500 (L)	Sat	564A	KLC
1545	1620	M - S	564	GPS	1625 (C)	1658	M - S	564	GPS
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0858	0932	M - F	564	GPS	0705	0740	M - F	564	GPS
1128	1202	M - S	564	GPS	0935	1002	M - S	564	GPS
1443	1505	M - S	564	GPS	1235	1310	M - S	564	GPS
1658	1732	M - S	564	GPS	1510	1545	M - S	564	GPS
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0825	0840	Sat	564A	KLC	0950 CG	1000	Wed	548B	W
1330	1345	Wed	564B	W	0910	0925	Sat	564A	KLC
1500	1515	Sat	564A	KLC	1020	1035	Sat	564A	KLC
Dent to Dent Station					Dent to Sedbergh				
0840	0855	Sat	564A	KLC	1000	1015	Wed	548B	W
0950	1005	Sat	564A	KLC	1035	1050 (L)	Sat	564A	KLC
1345	1355 CG	Wed	564B	W	1635	1650	Sat	564A	KLC
1515	1530	Sat	564A	KLC	Last Update: November 2012				
1605	1620	Sat	564A	KLC					

L = Sedbergh Library	H = Via Westmorland General Hospital (Request Only)
C = Via Kendal College	CG = Cowgill
W = Woof's of Sedbergh	KLC = Kirkby Lonsdale Coach Hire
GPS = Grand Prix	

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)

Organisation	Update	Contact	Tel:	015396
Allotments Association (Dent)	08/09	Mr Smith	Dent:	25688
Allotments Association (Sedbergh)	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society (S & D)	09/08	Mrs Leigh	Sed:	20794
Badminton (Sedbergh)	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association (S & D)	01/09	Mrs Whitton	015242	72004
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)	01/09	Mr Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club (S&D)	01/09	Mr Hinson	Sed:	20118
Caving Club (Kendal)	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	01/09	Mr Beck	Sed:	20336
Cricket Club (Dent)	01/09	Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)	01/09	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	09/10	Mrs Sugden	Dent:	25303
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent School (Friends of)	03/13	School	Dent:	25259
Dog Training (Sedbergh)	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders (Dent)	01/09	Mrs Pilgrim	Dent:	25589
Football Club (Dent)	01/09	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	06/09	Mr Kirby	Sed:	21214
Gala Group	04/10	Mrs Usher	07837	978626
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions (Dent)	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665

Kent Lune Trefoil Guild	01/09	Mrs Mitchell	Sed:	21144
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Methodist Church Hall	01/09	Mrs Jackson	Sed:	20530
Over 60's (Dent)	02/09	Mrs Burrow	Dent:	25203
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council (Dent)	07/12	Mr Stephenson	Sed:	21487
Parish Council (Garsdale)	01/09	Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	10/08	Mr Robertshaw	01539	730597
People's Hall	01/09	SOS	Sed:	20788
Pepperpot Club (Sedbergh)	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground (Sedbergh)	10/09	Mrs Rice	Sed:	22100
Playgroup (Sedbergh)	01/09	Mrs Gunning	Sed:	20226
Playing Field (Sedbergh)	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group (Sedbergh)	02/09	Mrs Foott	Dent:	25453
Residents Association (S & D)	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	01/09	Mrs Storey	Sed:	21593
Sight Advice South Lakeland	12/10	Mrs Levitt	Dent:	25162
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Slimming Club	01/09	Mrs Uttley	01539	722568
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Toy Library	11/09	Mrs Osborne	015242	61029
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	02/11	Mrs Smith	Dent:	25688
Women's Institute (Howgill) *	04/13	Mrs Hoggarth	01539	824663
Women's Institute (Killington)	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute (Sedbergh)	12/10	Mrs Ramsden	Sed:	20828
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	12/09	Mrs Wilson	Sed:	20238
Young Kidz	01/09	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	08/12	Ms Gardner	Sed:	20570

* = Latest Amendments

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

Regular Events/Meetings			
1000	Every Sunday	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	URCR
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
1315	Every Wednesday	Art Society	URCR
1315	Every Wednesday	Zebras	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday	Brownies (term time)	SMCR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society	SHS
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	1st Thursday	Toy Library	PH
1500	1st Thursday	Afternoon Teas	Cafe
1930	1st Thursday	Howgill WI	FCH
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
1400	1st Friday	Age UK Dentdale Club	DMH



Well, some people are hoping to make a great deal of money out of the wind farm.



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft, Station Road, Sedbergh LA10 5DW (2013/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail: wheelwright.cottage@homecall.co.uk	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2013/06) <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808

CAMPING, CARAVANNING & SELF-CATERING

J Garner	2 Millthorp, Sedbergh LA10 5SP (2013/07) .. 01942 216058 or 07792 445257 <i>Sleeps 4; CH; CW; DW; TVL</i>	
Mrs Tallentire	Ingmire Hall, Sedbergh (2013/02).....07944 859456 <i>D & PB Flat; £395 pcm; References & Deposit required</i>	
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	01969 667356 <i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) 20360 <i>Self-Catering Sleeps 6-8</i>	

KEY

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

CHURCH SERVICES				
Date	7th April	14th April	21st April	28th April
Sunday	Easter 2	Easter 3	Easter 4	Easter 5
Designate				
St. Andrew's				
10.30 am	HC bcp	HC nsv SS + Baptism	HC cw	Family Service
6.30 pm	EP	EP	EP	EP
Weds. 11.15	10th April	17th April	24th April	1st May
St. Mark's	7th April	14th April	21st April	28th April
9.30 am	HC	MP	HC	
2.30 pm				Special
St. John's	7th April	14th April	21st April	28th April
10.00 am	MP	HC	MP	HC
LUNE PARISH SERVICES				
	7th April	14th April	21st April	28th April
St John Firbank	10.30 am HC	10.30 am MP	10.30 am Joint HC	2.00 pm EP
Holy Trinity Howgill	10.30 am HC	2.00 pm EP	Joint HC @ Firbank	
All Saints Killington	9.00 am HC		Joint HC @ Firbank	10.30 am MP
HC = Holy Communion			SS = Sedbergh School	
BCP = Book of Common Prayer			MP = Morning Prayer	
CW = Common Worship			EP = Evening Prayer	

TROTT MUSICAL FOUNDATION

The Trott Musical Foundation held a celebratory Concert on 3rd March at the Thomely Centre, Sedbergh School.

It was a privilege and pleasure to attend the concert given by the Sedbergh Orchestra and young Sedbergh musicians, who have benefited with the Freda Trott Foundation under terms of her will. Some of them played in the orchestra as well their own instruments.

The young Pepperpot Music Makers played a lively selection of pieces and we were delighted with the singers, tenor horn, double bass, drum, violin, flute, cello, trombone, euphonium and saxophone players. What a chance to play to a large audience and they did it with aplomb and enthusiasm.

With grateful thanks to the Trustees of the Trott Foundation, Donald and Shirley Smith, the musicians who instruct the young people and Sedbergh School. *Elsbeth Griffith*

Religious Services in Sedbergh

CHURCH OF ENGLAND
 St. Andrew's Parish Church
 Sunday 08.00, 10.30 & 18.30
 Wednesday 11.15
Rev. V Hopkins Tel: 21455
Church Wardens:
 Tony Reed Screen 21081
 & Susan Sharrocks 20754
www.sedbergh.org.uk/churches/anglican

~~~~~  
**ROMAN CATHOLIC**  
 St. Andrew's Parish Church  
 Sunday 12.00  
 Holy Days 19.30  
**Rev. Dr. P. Campbell Tel: 20918**

~~~~~  
METHODIST CHURCH
 New Street
 Sunday 10.30
Rev. J. Millard

~~~~~  
**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
 Cautley & Garsdale
Rev. V Hopkins Tel: 21455
Church Wardens:
 Cautley: Judith Bush 20058 & Linda Hopkins 21455
 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723
 Firbank; Howgill & Killington

~~~~~  
 Dent & Cowgill  
**Rev. P. Boyles Tel: 25226**

~~~~~  
METHODIST CHURCH
 Dent; Dent Foot;
 Cautley; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostraw
Rev. J. Millard 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

~~~~~  
**Beth & Sandy Roy Tel: 20785**

~~~~~  
CAFÉ CHURCH
 7:00pm every first Sunday
 Duo Café & Bistro, Main Street, Sedbergh
Tina Woof 01524 730259

~~~~~  
**UNITARIAN & FREE CHRISTIAN CHAPEL**  
 Market Place, Kendal  
 Sunday 11.00  
 Wednesday 19.30  
**Rev. G. Jones Tel: 01539 722079**

## Lookaround Advertising Rates

|                      |   |        |
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| Single Column x 1"   | = | £7.50  |
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| Personal & Small Ads | = | £1.00  |
| Postal per month     | = | £2.00  |
| Postal Overseas      | = | £4.00  |

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 15th June 2014*

| <b>APRIL</b> |                                             |                 |                                                |
|--------------|---------------------------------------------|-----------------|------------------------------------------------|
| 1            | Easter Monday                               |                 | 1 1000 Coffee Morning - D&S Oral Society URCR  |
| 1            | 1000 Quiltfest till 17th April (13)         | FM              | 1 1000 Coppice Crafts till 2/6 (13) FM         |
| 1            | 1000 Easter Monday Sale (6)                 | DMH             | 2 Local Elections                              |
| 2            | 1000 Craftworkshop Official Opening (7)     | CWS             | 2 1930 WIH - Kendal Treasures HVH              |
| 2            | 1900 Aglow Christian Women's Group          | KLI             | 3 1400 Age UK - Dent Brewery DMH               |
| 3            | 1000 Coffee Morning - St Andrew's Mission   | URCR            | 4 1930 Flicks in the Fells PH                  |
| 3            | 1030 Using Sketchbooks                      | CWS             | 5 1600 Family Fun Day & BBQ (68) Grayrigg      |
| 4            | 1930 WIH - Oriental Cookery                 | FCH             | 5 1900 Café Church (8) URCR                    |
| 5            | 1400 Age UK - Flower Button Holes           | DMH             | 7 AF Enforcement Patrols till 14th June        |
| 6            | 1400 Cricket Club Jumble Sale (7)           | PH              | 7 1900 Aglow Christian Women's Group KLI       |
| 6            | 1930 Flicks in the Fells                    | PH              | 8 1000 Coffee Morning - Firbank Church URCR    |
| 6            | Football Event                              | SSQH            | 8 1915 WID - Clinical Massage + DMH            |
| 7            | 1900 Café Church (8)                        | URCR            | 8 1930 WIS - The WI Resolution PH              |
| 8            | 1930 PH AGM (8)                             | PH              | 9 1200 Lunch Club Red Lion                     |
| 9            | 1400 WIK - Duddon Panoramas                 | PH              | 9 1900 RBL Meeting WHC                         |
| 10           | 1000 Coffee Morning - ladies NFU            | URCR            | 11-16 Christian Aid Week URCR                  |
| 10           | 1030 Counted Cross Stitch                   | CWS             | 11 2230 Fancy Dress Disco Night (69) PH        |
| 10           | 1915 WID - Latter Carving in Stone          | DMH             | 14 1400 WIK - Resolutions PH                   |
| 10           | 1930 WIS - Open Meeting, Let's Dance (10)   | PH              | 18 1200 Sedbergh Gala Sedbergh                 |
| 11           | 1200 Lunch Club                             | Red Lion        | 18 1830 Flicks in the Dentdale Fells (*) DMH   |
| 11           | 1900 RBL Meeting                            | WHC             | 19 HH Road Race (38) K Stephen                 |
| 13           | 1000 Coppice Crafts till 2/6 (13)           | FM              | 20 AF Daily Drop In Meetings Sed/KL            |
| 14           | 1430 Informal Concert                       | SSPH            | 21 1400 SASL Meeting PH                        |
| 15           | AF Installation of Posts & Boulders begin   |                 | 22 1000 Coffee Morning - Scouts URCR           |
| 16           | 1400 SASL Meeting                           | PH              | 25 1000 DMC Coffee Morning DMC                 |
| 17           | 1000 Coffee Morning - Scouts                | URCR            | 26 UltraTrials26 Marathon Sedbergh             |
| 17           | 1030 Crochet - Happy Hooker                 | CWS             | 26 1900 Duck Race HVH                          |
| 17           | 1930 Dent Parish Council                    | DMH             | 26 1900 Dentdale Christian Fellowship (*) RD   |
| 18           | 1900 Tennis Club AGM                        | Tennis Pavilion | 27 Spring Bank Holiday                         |
| 18           | AF Public Drop-In Meeting TBC               |                 | 29 1000 Coffee Morning - Middleton Church URCR |
| 19           | 1900 British Legion Annual Dinner (19)      | FM              | 29 1200 HS Bowes Museum LHCP                   |
| 20           | 1000 DMC Coffee Morning                     | DMC             |                                                |
| 20           | 1800 Sportsman's Dinner (1)                 | DMH             | <b>JUNE</b>                                    |
| 22           | 1930 Annual Parochial Dent Church Meeting   | DMH             | 1 AF Enforcement Patrols till 14th June        |
| 23           | St George's Day                             |                 | 1 1000 Freemasonry Open Day (73) KMH           |
| 24           | 1000 Coffee Morning - Garsdale Village Hall | URCR            | 1 1000 Coppice Crafts till 2/6 (13) FM         |
| 24           | 1030 Rag Rugs                               |                 | 1 1930 Flicks in the Fells PH                  |
| 25           | 1830 Medical Centre Friends Meeting         | MC              | 5 1000 Coffee Morning - Howgill WI URCR        |
| 26           | 1930 Italian Night (26)                     | KSRC            | 6-12 Appleby Fair AF                           |
| 27           | 2000 Olde Tyme Dance with Kenny Bell (27)   | PH              | 6 1930 WIH - Music by Vivaldi & Others HVH     |
| 27           | 1800 Songs of Friendship (27)               | StAS            | 7 1400 Age UK - Medical Centre DMH             |
| 28           | 1900 Dentdale Christian Fellowship (*)      | RD              | 11 1400 WIK - Summer Surprises PH              |
|              | <b>MAY</b>                                  |                 | 12 1000 Coffee Morning - Garsdale Church URCR  |
| 1            | May Day                                     |                 | 12 1200 HS Hoghton Tower LHCP                  |
|              |                                             |                 | 12 1915 WID - Meaning of Surnames DMH          |
|              |                                             |                 | 12 1930 WIS - Mystery Outing                   |

*The S & D Lookaround is edited, published & distributed monthly by  
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Whilst every effort is made to ensure that information is correct, the Editors cannot  
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Copies are available from Sedbergh Office Services,  
Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*



**COVER PICTURE**

Howgill Church

*By Peter Amsden*

|    |      |                                   |          |
|----|------|-----------------------------------|----------|
| 13 | 1200 | Lunch Club                        | Red Lion |
| 13 | 1900 | RBL Meeting                       | WHC      |
| 16 |      | Father's Day                      |          |
| 18 | 1400 | SASL Meeting                      | PH       |
| 19 | 1000 | Coffee Morning - Killington WI    | URCR     |
| 22 | 2000 | Dancing to Denis Westmorland      | PH       |
| 23 | 1900 | Dentdale Christian Fellowship (*) | RD       |
| 26 | 1000 | Coffee Morning - Sedbergh WI      | URCR     |
| 26 | 1400 | HS Killington                     | LHCP     |
| 29 | 1000 | DMC Coffee Morning                | DMC      |
| 29 |      | Music & Beer Festival             | Dent     |
| 30 |      | Music & Beer Festival             | Dent     |

**PLACES OF INTEREST TO VISIT IN THE AREA**

|                                                                                 |
|---------------------------------------------------------------------------------|
| Bruce Loch, Busk Lane                                                           |
| Cautley Spout, A683 towards Kirkby Stephen                                      |
| Community Office, 72 Main Street                                                |
| Cumbria Wildlife Trust, Community Office                                        |
| Dent Heritage Centre, Laning, Dent *                                            |
| Farfield Mill, A684 Garsdale Road *<br><i>Free to LA10 Residents on Sundays</i> |
| Friends Quaker Meeting House, Brigflatts.                                       |
| George Fox's Quaker Pulpit, Firbank                                             |
| Golf Club, Catholes, Sedbergh *                                                 |
| History Society, Community Office                                               |
| Holme Working Farm, Middleton *                                                 |
| Holy Trinity Church, Howgill                                                    |
| Jubilee Wood, Castlehaw Lane                                                    |
| Langstone Fell, A684 Garsdale Foot                                              |
| Methodist Church, New Street                                                    |
| Queen's Gardens, Station Road                                                   |
| St. Andrew's Church, Dent                                                       |
| St. Andrew's Church, Main Street, Sedbergh                                      |
| St. Gregory's Church, Vale of Lune                                              |
| St. John's Church, Cowgill                                                      |
| St John's Church, Firbank                                                       |
| St. John's Church, Garsdale                                                     |
| St. Mark's Church, Cautley                                                      |
| Sedbergh Embroidery, StAS                                                       |
| United Reformed Church, Main Street                                             |
| Information Centre, 72 Main Street                                              |
| Winder Fell, above Sedbergh                                                     |
| * = Entry Fee Applicable                                                        |

**FOR SALE**

Good Quality Hay &amp; Straw (Small Bales)

Haylage (Large Bales)

Tel: 015396 20668

Mob: 07960 210336

**JULY**

|    |      |                                 |      |
|----|------|---------------------------------|------|
| 3  | 1000 | Coffee Morning - URC            | URCR |
| 4  | 1930 | WIH - Members Evening           | FCH  |
| 5  | 1400 | Age UK - Fire, Water & Ice      | DMH  |
| 6  | 1930 | Flicks in the Fells             | PH   |
| 10 | 1000 | Coffee Morning - British Legion | URCR |
| 10 | 1330 | HS Ingleton                     | LHCP |
| 10 | 1915 | WID - Summer Outing             | DMH  |

**DIARY KEY**

|        |                                        |
|--------|----------------------------------------|
| AF     | = Appleby Fair                         |
| BF     | = Brigflatts                           |
| BVH    | = Barbon Village Hall                  |
| CDC    | = Community Development Centre         |
| CO     | = Community Office, Main Street        |
| CTIS   | = Churches Together in Sedbergh        |
| CWS    | = Craftworkshop 61 Main Street         |
| CWT    | = Cumbria Wildlife Trust               |
| DCMH   | = Dales Countryside Museum, Hawes      |
| DCP    | = Dent Car Park                        |
| DMH    | = Dent Memorial Hall                   |
| DMC/S  | = Dent Methodist Chapel/Schoolroom     |
| FCH    | = Firbank Church Hall                  |
| FM     | = Farfield Mill                        |
| GVH    | = Garsdale Village Hall                |
| MC     | = Medical Centre                       |
| HS     | = History Society                      |
| HVH    | = Howgill Village Hall                 |
| IRC    | = Information Resource Centre          |
| JLCP   | = Joss Lane Car Park                   |
| KLI    | = Kirkby Lonsdale Institute            |
| KMH    | = Kendal Masonic Hall                  |
| KVH    | = Killington Village Hall              |
| L      | = Library, Main Street                 |
| LHCP   | = Loftus Hill Car Park                 |
| PH     | = People's Hall                        |
| RD     | = Rhumes, Dent                         |
| SASL   | = Sight Advice South Lakeland          |
| SMC(R) | = Sed. Methodist Church (Room)         |
| StAS/D | = St Andrew's Church, Sedbergh/Dent    |
| SSAT   | = Settlebeck School Academy Trust      |
| SSTH   | = Sedbergh School Thornely Hall        |
| STO    | = Sedbergh Tourist Office, Main Street |
| URC(R) | = United Reformed Church (Rooms)       |
| WID    | = Women's Institute, Dentdale          |
| WIH    | = Women's Institute, Howgill           |
| WIK    | = Women's Institute, Killington        |
| WIS    | = Women's Institute, Sedbergh          |

## 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**

### 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  
NHS 111 by dialling 111 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 \*

### SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

### DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

### SEDBERGH 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, 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