

Sedbergh & District

LOOKAROUND

March 2014

Issue 319

Donation £1

Welcome to this edition that celebrates 28 years of continued service to the Community of Sedbergh and District. Who would have thought that in March 1986, the four pages would grow into what it is

today? Thank you for your continued support in every aspect.

Our thoughts must still go with the rest of the country with the bad weather that they are experiencing.

Dennis & Jacky Whicker

TAKE THE
6.05 SPECIAL
to
TURNABOUT ABBEY

MARCH 20th-21st-22nd
The Rose Community Theatre

Thursday 7.30pm
Friday 7.30pm
Saturday Matinee 2.30pm & 7.30pm

Ticket information at SLEEPY ELEPHANT
and Information Centre

Tickets - £6 adults
- £3 children
at The Peoples Hall,
Sedbergh

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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MARCH 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:-
Ethan Clark who is 11 years old on 5th March and
Ruby Allan who is also 11 years old on 12th March.

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
4	Beatrice DEIGHTON	9
5	Willow ASHWORTH	7
5	Ethan CLARK	11
10	Aaron KELLY	1
10	Leo KELLY	1
11	Grace CAPSTICK	10
10	Alana WILLIAMSON	9
12	Ruby ALLAN	11
12	Evie STANLEY	6
12	Edward DEIGHTON	7
13	Isabel JOHNSON	4
13	Emily BAINES	9
13	Sam LABBATE	10
17	Freya GARDNER	5
17	Fiona HOGGARTH	6
18	Danny HUNTER	9
20	Holly HAMLETT	7
27	Sophie WHITE	4
27	Zoe COWIN	8
27	Jack GARNETT	8
29	Zara GORNALL	5
29	Ellie-Ann STAINTON	5
30	Daisy ALLAN	3
	Nonagenarian & Over	
19	Mary Cowperthwaite	90
23	Elsie BAILEY	91

EST. **SEDBERGH • MARKET** 1538

**EVERY WEDNESDAY
ON JOSS LANE CAR PARK**

Stalls from 8.30 am. Expect fish, meat and eggs, fruit and veg, artisan bread, cakes and bric-à-brac. Special extra stalls on the first Wednesday of the month!

Try your retail idea with pitch and stall deal – £11 a week. Car boot pitches from £3.
Contact Sedbergh & District Information Centre: 015396 20504 / office@sedbergh.org.uk

Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
1000	Every Sunday	Free Entry to Locals	FM	
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch, Busk Lane
1330	Every Monday	Knit 'N' Natter	DHC	Cautley Spout, A683 towards Kirkby Stephen
1930	1st Monday	Dent Parish Council	DMH	Community Office, 72 Main Street
1930	1st Monday	People's Hall Comm	PH	Cumbria Wildlife Trust, Community Office
1900	3rd Monday	Chamber of Trade	PH	Dent Heritage Centre, Laning, Dent *
1300	Every Tuesday	Howgill Toddlers	HVH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1300	Every Tuesday	Knit & Natter	FM	Friends Quaker Meeting House, Brigflatts.
1830	Every Tuesday	Cub Scouts	SHQ	George Fox's Quaker Pulpit, Firbank
1930	Every Tuesday	Bridge Club	WHC	Golf Club, Catholes, Sedbergh *
1930	Every Tuesday	T'ai Chi	URCR	History Society, Community Office
1400	2nd Tuesday	Killington WI	PH	Holme Working Farm, Middleton *
1400	3rd Tuesday	Sight Advice Group	PH	Holy Trinity Church, Howgill
1930	3rd Tuesday	Ladies NFU	PH	Jubilee Wood, Castlehaw Lane
1000	Every Wednesday	Coffee Morning	URCR	Langstone Fell, A684 Garsdale Foot
1315	Every Wednesday	Art Society	URCR	Methodist Church, New Street
1315	Every Wednesday	Zebras	SMCR	Queen's Gardens, Station Road
1730	Every Wednesday	Sedbergh Juniors	PH	St. Andrew's Church, Dent
1730	Every Wednesday	Brownies (term time)	SMCR	St. Andrew's Church, Main Street, Sedbergh
1930	Every Wednesday	Sedbergh Seniors	PH	St. Gregory's Church, Vale of Lune
1930	1st & 3rd Wednesday	History Society	SHS	St. John's Church, Cowgill
1915	2nd Wednesday	Dentdale WI	DMH	St John's Church, Firbank
1930	2nd Wednesday	Sedbergh WI	PH	St. John's Church, Garsdale
1400	3rd Wednesday	Age UK South Lakes	Library	St. Mark's Church, Cautley
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	Sedbergh Embroidery, StAS
1930	1st Thursday	Howgill WI	FCH	United Reformed Church, Main Street
1200	2nd Thursday	Lunch Club	Red	Information Centre, 72 Main Street
1915	2nd Thursday	Royal British Legion	WHC	Winder Fell, above Sedbergh
1930	2nd Thursday	Sed. Parish Council	PH	
1730	Every Friday	Beaver Scouts	SHQ	
1930	Every Friday	Scouts	SHQ	
1330	1st Friday	Age UK Dentdale Club	DMH	
See Pages 86 & 90 for contact details & Keys				* = Entry Fee Applicable

PERSONAL & SMALL ADS £1

HADDOCK PADDOCK

Belated Christmas Greetings and a Healthy New Year from all the staff at the Haddock Paddock Chip Shop & Café. *(This was submitted previously but inadvertently omitted. Ed)*

=====

CLARK

Happy **21st Birthday** Daniel on 18th March. Have a great day. Love Mum X

=====

CLARK

Happy **21st Birthday** on March 18th Daniel. My little brother now Dan the Man. Love Emma, John, Josh & Aimee. XXXXXX

=====

CLARK

March 18th. Dan, have a great **21st Birthday**. Love Becca & Matt XXX

=====

CLARKE

Happy **21st Birthday** Sean on 9th March. Lots of Love & Best Wishes from Dad & Mike, Kathy & Katie. XXXX

=====

CLARKE

Happy **21st Birthday** Sean on 9th March. All our Love & Best Wishes from Gran & Grandad & Anne-Marie & Denim. XXXX

=====

COWPERTHWAIT

Congratulations Mum on your **90th Birthday** on March 19th. Love & Best Wishes from Col & Ann, Ang & Harry, Marl & Dave & all of the family. XX

GARNETT

Happy Birthday Laura on 1st March. With love from Georgina, Nigel, Anne-Marie, Ben, Jenny & Dawn.

=====

PARRINGTON

Congratulations to Joseph & Emmeline Parrington celebrating their **Diamond Wedding Anniversary** on March 27th 2014. 60 years of wedded bliss. Love & best wishes from all your family. Joe & Emmeline met at Sedbergh. Joe was born in The Red Lion and grew up with his parents in The Golden Lion {The Dalesman} while Emmeline left her home town of Houghton-Le-Spring Tyne & Wear to work at Evans House at Sedbergh School for boys. They started their married life in a bungalow called Glenroyde at Cautley, after which they moved to Sunderland, but were always frequent visitors to Sedbergh.

=====

PROCTOR

Jean and family would like to thank everyone for their kind messages, cards and flowers following the sad loss of Eric. A special thank you for the Carers who helped Eric over the years and all the staff at Sedbergh Medical Centre. Thanks to Vic Hopkins for a lovely Service and to Brian Goad for all his help in arranging the funeral; and to Dorothy for the tea. Donations of £425 have been sent to the Air Ambulance.

PERSONAL & SMALL ADS £1

KELLY

Happy **1st Birthday** on 10th March 2014 Aaron & Leo. Love from Mum & Dad, Nanny & Granpy.

=====

STAINTON

Betty & Alan would like to say a very big thank you to all relations, neighbours & friends for making Betty's Birthday such a happy day, especially Helen & all Alan's Carers from PPA for the surprise Party they did for me and all the lovely food they brought. You are all wonderful.

Thanks also for all the Cards, Flowers, Gifts & Cakes. Special thanks to Kevin for all your help & always being there for us. Love to you all.

=====

FOR SALE

1. Robust Sevylor Inflatable single seater Canoe, model KEC 305HF, little used, great condition, with extras e.g. gear bag and still has original box. £200 (new model £360.99); 2. Ladies Brasher Supalite II leather walking boots size 6, barely worn in due to disagreement with feet, £40 (RRP £145); 3. Delta Air Rower machine, foldable, with 6 function exercise monitor and manual, in good condition, £80; 4. Unused Power Craft 720 Portable Generator, 2 stroke, £55. Contact Sedbergh 22095.

FOR SALE

Golf Equipment (Illness stopped play) Full set of Ben Sayers Ladies M7 Golf Clubs. As new, mostly unused. Perfect for new & improving golfers. Include Titanium Matrix Driver, 3 & 5 Woods, Stainless Steel Utility Metal 5-SW Irons, M7 Putter M7 Eight Way divider Cart Bag & double padded dual strap. Several zip pockets & cover. New bag trolley. Love Joy White Golf Shoes to fit approx UK size 5/6. Lots of extras including Glove, towel, balls & tees. £180 ono. Tel: 015396 25333.

=====

WANTED

Two/Three bedroom unfurnished house/bungalow to rent in Sedbergh. Beginning of April for long term tenancy. Please Tel: 07704 455385.

THE ROSE COMMUNITY THEATRE



COFFEE MORNING

Wednesday 5th March
10am - 12 noon

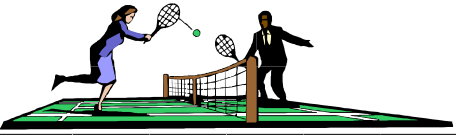
URC Rooms, Sedbergh

Coffee, Biscuits, Homebaking & Stalls
All welcome

FOR SALE

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

TENNIS CLUB
AGM
 7:30pm
Wednesday 5th March
 Bull Hotel, Sedbergh
All Welcome



WESTERN DALES BUS

The Western Dales Bus will shortly be introducing a new weekend route. We currently run a scheduled service on Saturdays throughout the year, from Sedbergh and Dent to Kendal, which gives passengers three hours in town for their shopping. In the other direction, the bus connects with trains at Dent Station, which means that anyone who wants to go to Leeds instead can have four hours shopping there.

In April, we will be starting a second bus route at weekends, which will run on Sundays throughout the summer. This will provide a number of journeys between Sedbergh, Dent and Farfield

**WOMEN'S WORLD DAY
 OF PRAYER**
 Dentedale Methodist Church

2pm
Friday 7th March
 'Streams in the Desert'
 Praying for Egypt
All Welcome



Need a lift? Call 25476

Mill during the day, enabling passengers to spend different lengths of time there. The route also goes to Hawes and the Wensleydale Creamery, arriving in time for Sunday lunch and departing three hours later – or for those who want to see red squirrels in the Snaizeholme reserve, the bus will drop them off at Snaizeholme Lane and collect them again after their visit.

Concessionary fares will be available on this new service, and more details about it will appear in next month's Lookaround.

Jock Cairns
 Chair, Western Dales Bus
 Tel: 015396 25655
westerndalesbus@sedbergh.org.uk

SEDBERGH ORCHESTRA
conductor Peter Crompton
leader Sue Armstrong

Thursday 6th March
 8.00pm doors open 7.45pm
 ST ANDREW'S CHURCH

'Musical Coincidences'

	Mozart Overture 'Impresario'	
	Weber Concertino for Clarinet	
	Wagner Siegfried Idyll	
	* * * * *	
	Sibelius Pelleas & Melisande	
	Järnefelt Praeludium	

Light refreshments will be available in the interval

Any proceeds will be added to the Alison Armstrong Pepperpot Fund which supports the work of Sedbergh Pepperpot Club with Sedbergh Orchestra and young musicians locally

Adults £6.00 18 & under Free
 Tickets from Sedbergh Pepperpot Club tel 21196
 e-mail yantetheria@gmail.com
 Orchestra members or at the door

CHARITY FISH & CHIPS

Great British Fish and Chip Supper –
Friday 16th May

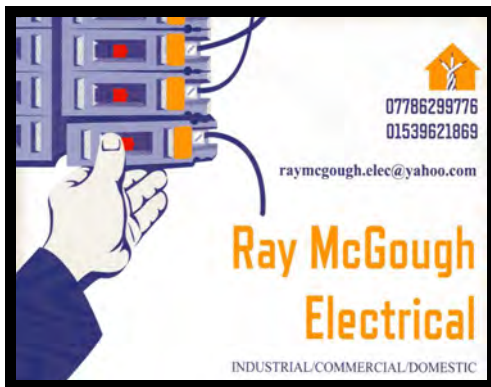
Want to eat Fish and Chips, while raising money for charity? Hold a fish and chip supper on Friday 16th May 2014 whilst raising awareness of spinal cord injury and supporting SIA's vital services.

You can hold a fish and chip supper in your own home, at work or hold a larger supper at your local community centre.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 8 friends and asking them to donate an additional £5.00 means you will raise at least £40.00 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

In 2014 SIA is celebrating its 40th anniversary and so we want to make the batter matter and raise £25,000 from everyone holding suppers. Last year we raised £12,500 from the suppers.

The money raised from the suppers will help the Spinal Injuries



Association offer support to individuals who become paralysed and their families, from the moment a spinal injury occurs, and for the rest of their lives by providing services and publications which enable and encourage paralysed people to rebuild lives after spinal cord injury.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

Community Fundraising Manager, Elizabeth Wright, says, "The Fish and Chip Supper is a wonderful opportunity for a great evening with friends and family. We are also

encouraging people who work to hold a Fish and Chip Lunch in their work places to raise even more funds. You may be even a local community group wanting to run a fun evening with your group.

For more information or request a fundraising pack call Elizabeth Wright on 0845 071 4350 or email fundraising@siafishandchips.co.uk or visit www.siafishandchips.co.uk

HOUSE CLEARANCES



Full or Part ~ Free Quotes

015396 22156 or 0793 252 1901

Houses ~ Garages ~ Sheds ~ Gardens

Also: Courier Service taking items
to Auction on your behalf

**SIGHT ADVICE
SOUTH LAKELAND**

Sedbergh Support Group.

For a variety of reasons a smaller number than usual gathered in the Committee Room of The People's Hall for our February Meeting. Our warmest and best wishes go to: The Two Betties, Winifred, Jack and Mary, Jenny D., Doris and Joan - we hope it is not too long before you're all out and about again.

In the absence of Betty H., Rosemary was volunteered to be acting charlady - she serves the tea as well! - and, given the main item on the agenda was to be a 'Food and Drink Quiz' it was a task she undertook with great relish and

accomplished with a-plomb and pancake-ache! We were delighted to 'officially extend' a warm welcome to Jean, a new member for the group. (I was half-way back over the fell before it clicked with me that I think you would go to Q.E.S. with my Mother, Jean, Bessie Hothersall that was.)

It was agreed that the cost of 'Tea and Biscuits' at the Meetings be increased from 50p to £1 - we're not just keeping up with inflation -we're leading it!

Just to confuse everybody, George had brought along a 'Bloomin' Flowers' Quiz Sheet which he was flogging to raise funds for Alzheimer's - many grateful thanks to all for generously supporting this

farfieldmill

Felt through Contact
Viltkontaktgroep 18 Jan - 21 Apr

We are the only venue in the UK for this exhibition which show-cases the work of 53 members of the 500 strong *Viltkontaktgroep*.

Join us for this midwinter feast of creativity, colour and inspiration ranges from functional objects to fashion items to works of art.

No piece of felt is the same!



WORKSHOPS: for more information see website
Sat 8 March: £45 Felted Jewellery with Chrissie Day

Weavers Café open 10.30 - 4, 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 - 4.30, £3.50/£3, under 16's free.
Garsdale Rd, Sedbergh, LA10 5LW. www.farfieldmill.org 015396 21958

FREE ENTRY for LA10 residents on **Sundays**

effort - especially after the tea money had risen so spectacularly! And so to the 'main course'.

There were 5 of them - Jean, May, Jennifer, Elizabeth and Dennis, and 5 and a half of us -1 only count as half as I couldn't hear half of the questions - that I didn't know the answers to the half I could hear has nothing to do with the cake! So, scrambling the eggs for us were Jessie, Jenny, Rosemary, Margaret and Elspeth. Susan was chief cook and bottle-washer and Keith stirred the scoring with a wooden spoon - it would have been runcible too, but I can't spell it! In his best sugar coated, lemon drizzly voice, Keith Floyd Levitt slurped the scores -Them - the Boudoir Biscuits - 44, Us - the Creamed Crackers - 44 -would you Adam's Apple and Eve's Pudding believe it, a bloomer tie! Jennifer the sugar plum fairy cake thanked Susan the Cadbury's fruit and nut case for her scrumptiously delicious culinary disaster and presented her with a bouquet garni, and we all went Swiss Rolling home!

Our next Meeting is on Tuesday 18th. March at 2.00p.m. in The U.R.C. Rooms. PLEASE NOTE the change of venue - we don't want some half-baked jam tarts frangipanning about at the People's Hall when the rest of us are peeling the spuds at the URC Rooms! The Rev Carole Marsden is to be our guest speaker - I'm not sure what she is going to speak about, but then I'm told neither is she - we'll all just have to wait and see! I do know that I have been volunteered to act as

CHIROPODIST

HPC Registered

Kay Whittle

MSSCh DipPodMed MBChA

Surgery

Pedi-Care House,
Howgill Lane,
Sedbergh



Tel: 015396 22122

Appointments 10:00 - 4:00

Closed Mondays

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

a chair at the Meeting - it is probably very appropriate that we meet at the URC as it could well be a case of 'God help us all!'

For information about SASL Sedbergh Support Group, please ring Jennifer on 015396 - 25162. If you would like a large print or talking version of Lookaround, please see Dennis. For details of and information about ALL the services SASL offer VIP's, please ring Head Office at Stricklandgate House, Kendal - 01539 742633 Any-one interested in Volunteering should ask to speak to Moira.

George Watson

P.S. The prospect of me running a-mocha like an out of water Windermere Char is enough to make your chocolate roularde - sincerely hope you will be there Betty and I won't have to!

**SEDBERGH AND DISTRICT
HISTORY SOCIETY**

*Lakeland Architecture Through the
Centuries*

Andrew Lowe did not disappoint on another popular repeat visit as he whisked a large gathering through 500 years of Lakeland architecture in an hour. As a former Senior Planning Officer in the Lake District National Park with over 30 years experience his knowledge on this subject is encyclopaedic, even of 'Wainwright' proportions. His premise is that architecture should be pleasing to look at, fit for purpose and built to last... and should reflect the needs of the time.



His talk was illustrated with a succession of well chosen slides to illustrate design features. Dacre Castle (circa 1340) was designed to keep the marauding Scots at bay. Kentmere Hall dating from 1380 had a fireproof tower with vaulted ceilings to deflect fire brands. Steep pitched roofs of formerly bracken thatch were fire risks. Muncaster Castle (1258) had a medieval tower. The cylindrical outer chimneys such as on Coniston hall (1560) signalled the importance of the owner. Taking us inside Calgarth Hall, an early 16c manor house, he pointed out the finest over mantle; the fireplace tended to be the focus of life and hints of the importance of the family.

Buildings of the period circa 1620 –

1700 such as typical Lakeland buildings with home-grown rugged architecture were termed vernacular meaning 'of the locality', like a local accent, buildings which according to Wordsworth 'grow out of the rocks of the landscape'. Designed with a porous rough stone finish the familiar lime wash rendered them weatherproof. Most of the windows faced the morning sun for solar gain, even if the best view was from the rear. Doors were kept away from the damp south west prevailing wind. One surviving 300 year old door illustrated was made of three oak planks using square pegs in round holes (for better grip). The master and mistress slept in the warmth of

You are invited to

A Journey to Easter

Join us on a journey through Lent
Towards Easter Celebrations

**A series of short, informal, reflections
focused on stories and characters
in the Easter story.**

**Using our senses
to make sense of the stories!**



Sight



Smell



Touch



Taste



Sound

ALL Welcome

10.30-11am

Wednesday Mornings
in the church during Coffee Mornings
at Sedbergh United Reformed Church

**For more details please contact
Carole on 22030**

downstairs. There was a rudimentary staircase on the cool side. A fire window allowed light into the fire and cooking area. A lockable salt cupboard guarded the valuable salt. A clap bread air tight oak cupboard, situated against an interior wall, was the most elaborately carved piece of furniture in the house. This had to be rat proof as it stored the food which had to last through the winter months.

By the late 17c, on entering the Georgian period, more formality and symmetry appeared. Buildings were highly proportioned by professional designers as illustrated by Dalemain House with its beautiful Georgian façade dating from 1744. These designs filtered down to lesser

buildings, the town houses, within the radius of the growing townships. By 1740 elegantly proportioned sash windows appeared on three storey houses with the smallest on the upper floor. The wonderful cottages built in Lowther for estate workers in 1760, designed by Robert Adams, were way ahead of their time.

In the late 18c, as the grand tour of the Lake District was becoming fashionable, partly due to Napoleon's blockade, people were choosing to come and live here. Many fine prestigious homes began to appear along the shores of Windermere. The architecture became more flexible in what came to be known as the Regency Period and bowed windows appeared. Storrs Hall, built on the profits of the slave trade, is a good example. The Belsfield had the finest view on the lake with grounds running down to the shore. The buildings in Ambleside and Keswick symbolise the Victorian Age, post-railway architecture. The railways brought wealthy industrialists needing grandiose houses and also tourists. So wealth, social change and transport influenced architectural development.

And what about modern building design? Mr Lowe highlighted two of architectural merit; Ambleside Parish Hall and Lakeland limited.

Well, Andy Lowe certainly lived up to his billing and after this excellent talk the appreciative members and friends were left with a lot more to look out for as they travel around the district.

Tony Hannam

Garsdale Design

**We provide architecture, planning,
urban design and heritage services
for the Dales and Lakes**

*Our skills and experience are unrivalled
whatever the size of the project*

*Our service is personal and tailored
to individual needs*

We are an RIBA Chartered Practice



Contact details:

phone: 015396 20875 (office hours)

email: info@garsdaledesign.co.uk

web: www.garsdaledesign.co.uk

YORKSHIRE DALES NATIONAL PARK

Photographers are being asked to donate images of the beautiful Yorkshire Dales National Park to a new-look website being re-launched later this year.

Photos of people, animals, scenery or activities will all be gratefully received for use on the Yorkshire Dales National Park Authority's revamped website, which goes live in April.

Stuart Willis, the Authority's Website Officer, said: "The new site will have a modern, mobile-friendly design and we are certain it will easily exceed the 300,000 unique visits a year that the existing website receives.

"As a way of giving those visitors a better idea about what makes the Yorkshire Dales National Park so special, we want to display inspiring photographs all over the hundreds of website pages that have either been

NICKY ROSS

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created from scratch or re-designed.

"We won't be able to pay for the use of the photos, but each one we include will carry the name of the person who took it, so it will be a chance for people to showcase their photographic skills to an audience of hundreds of thousands. And we can add links to their online galleries or website if they would like us to."

Ian McPherson, the Authority's Member Champion for Promoting Understanding, said: "The Yorkshire Dales National Park is celebrating its 60th anniversary this year and the new-look website will play a huge role in highlighting exactly what the landscape and its communities have to offer.

"Within its pages we want to display the images that really capture the spirit and the soul of this wonderful National Park so – whether you're a professional or an amateur photographer – it's a chance to show off your talents."

Details about how to submit photos are available on the current Authority website at www.yorkshiredales.org.uk/calling-photographers.

Nick Oldham

CHRISTIAN AID

News in Sedbergh and District

The first event of the fund raising year for Christian Aid in Sedbergh and District is our coffee morning on the 19th March in the URC rooms, Sedbergh where we look forward to seeing all our regular supporters and hopefully new ones as well.

We've had our first committee meeting of the year with Christine Wood in the chair for the last time welcoming Valerie Finch back onto the committee ready to take up this role at the next meeting. Christine has done a stalwart turn and kept the proceedings in excellent order with all business done and dusted in very trim time for which we are very grateful. Another welcome new committee member is the Revd. Andy McMullen. We're still waiting for a new minutes secretary (we know you are out there somewhere so please make yourself known), meanwhile

committee members will share the job.

We were looking ahead to this year's Christian Aid Week running here in Sedbergh from Saturday 10th May to the following weekend. The 'Shop' in the URC rooms will again be a mainstay of our week so if you have items you no longer need and would be happy to donate please store them to one side for us. The door to door collections are a major part of the fund-raising activities and extra collectors are always valued as we don't have sufficient at present to cover the whole of the town and district. If you'd like to know what it involves why not have a chat with Rosemary Handley who co-ordinates it or one of the other committee members, perhaps at the coffee morning.

Rev Anne Pitt

On behalf of the Committee

Rawthey Bank

As some local residents may have noticed that, we have been busy of late working on the house.

Having over 30 years experience in the construction industry it is always with trepidation that you get other contractors to work alongside you. Having worked with the following tradesmen, I can honestly say no such worries or concerns will anybody have employing the following and at the same time, I would like to thank all of them for a fantastic job well done.

Barbara Hartley - Garsdale Design

Thank you for all the patient work in dealing with the planning department, none of this would have happened if it weren't for you

Mel Cragg - Re roofing of Rawthey Bank

Mel is a great guy, hard working quality roofer with a band of merry men working as a reliable team who get the job done in all weathers.

Paul Cowin - Plasterer

By far the best plasterer I have had the privilege of working with, neat and tidy very precise work, he is a hard working talented plasterer.

G. B. Baines & Son - Main construction work

Absolute great bunch of lads, hardworking, very neat, tidy always consensus, and will go the extra mile to please the customer

CRAFTWORKSHOP

Two years ago the craftworkshop was an idea in the Lookaround.

Six months later, at the Jubilee celebrations in Sedbergh, it began to be a reality. The original co-operative members were Helen Wilberforce, Dianna Whitfield, Stuart Gray and Linda Hopkins. At the Jubilee event we 'recruited' Cate van Alphen and Lynn McLennan, who became our first Chair. We set up in Sedbergh Café, but after less than eight weeks we pulled out and moved to a market stall for the next few weeks.

Those first months proved that the concept was workable.

From October 2012 we were able to rent the shop at 61 Main Street.

In August 2013 Keith and Helen bought the property where they now live. For the craftworkshop that meant that there was no longer any rent to pay. This in turn means we can concentrate on 'meet, make, share and sell' in that order, since we do not have rent to pay.

We have over fifty suppliers. We decided to separate 'suppliers' and 'co-operative members', defining co-op members as those who work in and or for the shop.

Of the suppliers, around twenty are co-operative members. After consulting members, last September we agreed to set up a smaller group who would be responsible for the day to day management and be



SEDBERGH SCHOOL



We often have vacancies for Kitchen and Cleaning Assistants, and for other roles from time to time. Some roles are based in Sedbergh, and others are at Casterton (Sedbergh Prep School).

If you would like to work for Sedbergh School then please complete an Application Form and return it to the address below, indicating what sort of work you are seeking. If we have suitable work available we will contact you and invite you to come for an interview.

You can collect an Application Form from the Bursary, download one from the School's website (www.sedberghschool.org) or request one by sending an email to Shirley on shw@sedberghschool.org or by ringing the HR Department on 015396 20303. Please also check the School's website regularly for details of individual posts as they arise.

Please return completed Application Forms in email to shw@sedberghschool.org, by returning them to the Bursary or (by post) to HR Administrator, The Bursary, Loftus Hill, Sedbergh, LA10 5RY.

We look forward to hearing from you.

accountable to the full co-operative. It has not been easy trying to set up the group and define working arrangements for the organisation

We put ourselves forward for the Westmorland Gazette Business and Tourism Awards in the Community Enterprise section. This was a shameless attempt to get some free publicity. Not only did we come second in our category, but also a local resident saw the publicity and asked if he might join us. So Gordon Young – now our new Chair - arrived!

During the year there have been consultations with members about the shop layout. We have tried the craft area in a different place, listened to those who would like the counter moving and the slightly larger group who felt it should stay where it was as well as those who wanted it smaller. What was always clear was the need to get some more shelving to accommodate the growing amount of

stock. At the beginning of January a few of us spent a happy weekend painting the shop and the (free) shelving.

All this is well and good, but what I believe that we have really achieved is much more important!

In no particular order:

- We have established ourselves as a presence on Sedbergh's Main Street. Lots of locals look in our windows and many come in to buy gifts. Tourist visit us too.
- We are on the social media. Have a look on Facebook or Twitter. See our craft demos on YouTube.
- We won an award!
- We have provided an interesting place for locals and visitors to browse.
- One or two young people have done 'work experience' with us (and our youngest supplier is now 14!).



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- We have provided a place for people to come and be sociable. There is at least one person who comes in regularly and tells us that if we didn't talk to her she wouldn't speak to anyone all day. Others call in for a chat. Others come for a look and end up staying a while.
 - We ourselves often enjoy spending time with each other! We are all involved with the craftworkshop for our own reasons – but there is a lot of laughter!
 - We have shared our skills at a number of demonstrations, some of which have been 'hands on'.
 - We have given ourselves and our suppliers a sales medium for the things we like to make
 - Two or three people have said that they have a new lease of life! Many of us have been able to watch people grow and develop personally with us.
- We are beginning to fulfil our own motto / strapline of 'meet make share and sell'.
- 2013 has seen the establishment of a healthy organisation that is an asset to the town. We intend to stay where we are. We hope that this year will see further growth, more meeting, more making, more sharing and more FUN!!
- Helen Wilberforce*

SNOWDROP WALK

Child Bereavement UK is inviting families to take part in their first Snowdrop Walk at Sizergh Castle, near Kendal on Sunday 23rd March.

The grounds will be open from 11am until 3pm, with an opportunity for families to plant snowdrops in memory of someone special who has died. Snowdrops will be available for purchase on the day and charity volunteers will be on hand to help with the planting in the picturesque grounds of Sizergh Castle. A Book of Remembrance donated by a bereaved family will be in a quiet corner for your individual entries.

Refreshments will be available from the National Trust Cafe in the

THE SEDBERGH AND DISTRICT
CHRISTIAN AID COMMITTEE

Coffee Morning

Wednesday 19th March
10am – 12 noon



URC Rooms, Sedbergh

Coffee & biscuits
homebaking & stalls



All welcome 

SEDBERGH & DISTRICT
HISTORY SOCIETY
Wednesday 5th March Over Shap Fell by Track, Road & Rail <i>Jean Scott-Smith</i>
Wednesday 19th March High Bank House, Barbon <i>Mike Kingsbury</i>
Saturday 22nd March 7pm Annual General Meeting
All meetings in Settlebeck School, start at 7:30pm unless stated.
Everyone is most welcome to attend any or all of our lectures
Chairman: Richard Cann 20771 Secretary: Mike Beecroft 21878 Treasurer: Marlene Mason 20509 Member Sec: Richard Cann 20771

grounds of Sizergh Castle.

Chief Executive of Child Bereavement UK, Ann Chalmers, said: "This is a special day in Child Bereavement UK's calendar and the funds raised will go towards our vital work supporting grieving families when a child dies or is bereaved. We hope many people will come along to join us on the day."

Child Bereavement UK offers bereavement support for children, young people and families in the Kendal area, including face to face support, booked telephone support and family groups for children aged 4 to 12. To find out more, please call: 0845 543 6921 or 01228 888470 or email

support@childbereavementuk.org

For more information about the snowdrop walk, email events@childbereavementuk.org or call 01494 568912.

COUNCILLORS CORNER

Cllr Evelyn

The Government has now given details of its scheme to help local high streets that was announced by George Osborne in the Autumn Statement. Many local shops and businesses will benefit from rates relief of up to £1000. Designed to give local businesses a chance to compete with internet retailers the one-off Government initiative will benefit firms with a rateable value of less than £50,000. Businesses including shops, restaurants, hairdressers, art galleries, post offices, petrol stations, cafes and pubs will be considered for relief. But companies such as banks, building

societies, estate agents, doctors and solicitors will not be included.

The scheme will be put in place over the next two years in South Lakeland so firms will also receive rates relief in 2015. SLDC is currently identifying businesses that qualify for the scheme. The council's aim is to get the relief on bills that will go out in March. Where this is not possible and the council is uncertain about the use of the property, there will be an opportunity to apply for the relief afterwards. Businesses have to confirm to SLDC that they meet the requirements of the scheme that are laid out by the Government. Rates relief is classed as state aid so the Council has to ensure that

Out now on CD!

Before the Sunset

£10

by *Ken & Claire Pope*



Ken & Claire Pope have been part of the local traditional music scene for many years, and have finally realised a long-held ambition to release an album of their music

The CD is a delightful mixture of traditional songs and their own compositions, some of which you may have heard before performed by Ken with Spellbound Theatre in their productions of *Settle-Carlisle* and *Roma*, here rearranged and recorded for CD for the first time

Ken & Claire both sing on the recording, Ken playing guitar and dulcimer, Claire playing bodhran. They are joined by fiddle player Jackie Malone on this wonderful album, recorded and produced here in the Dales

Available from Abracadabra Florists, Yorkshire Dales Antiques
and t'vets surgery in Sedbergh, or email peggleside@talktalk.net

businesses do not contravene European Union rules on state aid.

SLDC has also announced that businesses can now pay their rates in twelve monthly installments instead of ten.

Cllr Nick

So, after a few false starts, work will finally begin on the A683 Cautley Road to strengthen the bank alongside the River Rawthey between the Cross Keys Inn and Rawthey Bridge. The work is to be paid for by central government out of its Flood Recovery Programme following the floods of 2009. The bank has been slipping down into the river and it needs to be build from the bedrock upwards to give the bank greater

stability and ensure the whole bank is not swept away in a major flood.

It may transpire that the delay in starting the work has had its benefits: together with Libby Bateman, the Cumbria County Councillor for Kirkby Stephen, we made vigorous representations last September to Cumbria Highways that a total closure of the road for four months or more would cause a massive amount of disruption and inconvenience to local landowners, business owners, commuters, schoolchildren and residents of Sedbergh and Kirkby Stephen who regularly use the road.

The solution will be to keep one carriageway open, controlled by traffic lights. So although people will

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This Team Leaves It Clean

be faced with delays along the A683 as they need to wait at the traffic lights, these delays will be minimal compared to the extra time and cost entailed in what would have been a very long detour via Garsdale and Mallerstang or via the M6 and the A685.

The roadworks will run from February, possibly right through to July, depending on many factors, not least the weather conditions and river levels as the contractors start to rebuild from the river bed upwards. This will mean that the works will still be ongoing over the Appleby Fair period. Although not ideal, the fact that the road will remain open makes a massive difference in allowing

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passage of the travellers along their normal routes to get to Appleby.

Sedbergh seems to have been besieged by roadworks over this winter - there was the road closure of the A684 at Dandra Garth in Garsdale before Christmas, then overnight closures on the A684 between Firbank and Black Horse, work to Firbank itself to repair a crumbling road edge, then the Cautley roadworks described above and finally he proposed resurfacing of the hazardous stretch of the A684 by Lilymere during the summer. Let's hope that there is a period of calm after all these schemes have been completed, although Highways work is always needed somewhere and we just have to manage dwindling resources as effectively as possible in these straitened times.

Cllr Ian

A number of Sedbergh residents have expressed to me their grave concern over the decision of SLDC Planning Committee to grant planning permission for three large wind turbines at Killington. I have chaired

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this Committee for the last four years but had to vacate the Chair on this occasion because of the various environmental interests that I have, as well as knowing a number of the people concerned on both sides of the question and, of course, being a resident of Sedbergh. The Committee came to this decision by a significant majority. Under normal circumstances there is no right of appeal against the granting of permission - only against refusal. However it is possible for the decision to be challenged by requesting the Secretary of State to "call in" the decision for further consideration. Following the planning meeting the

decision was made by Friends of Eden, Lakeland and Lunesdale Scenery (FELLS), Friends of the Lake District (FLD) and the Yorkshire Dales Society (YDS) to request a "call in". The Secretary of State immediately issued a direction to SLDC prohibiting the Council from issuing the Approval Notice and the process to decide whether to call the matter in is presently under way. If it is called in then there will be a full Public Enquiry by a Planning Inspector looking at all the issues involved over a several day hearing at which all parties with an interest will have a right to be heard. In due course the Inspectors decision will need to be confirmed by the Secretary of State. This could all take some time. If however a decision is made not to call the matter in then the Approval already granted will stand. I hope that the above clarifies the situation. Further updates can be obtained either from the local media or by visiting the Planning section of the SLDC website (www.southlakeland.gov.uk).

As always please feel free to contact either Evelyn, Nick or myself as follows:

Evelyn Westwood:
email evelyn@markwestwood.co.uk
Tel. 015396 20148

Ian McPherson:
email ianmcpherson24@hotmail.com
Tel. 015396 20648

Nick Cotton:
email red.pedal@virgin.net
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TIM FARRON MP

Like you I am a bit confused as to why the council can resurface the road at the bottom of Blackhorse Hill at an apparent cost of £100,000 (how this work can cost so much is a little beyond me) but is unable to resurface the road at the top of the hill until the summer. They tell me that there are all sorts of technical reasons why this is the case but I am still left very worried that the clear danger to motorists on the stretch between the top of the hill and the M6 can be left untreated for such a long time. The twenty mile an hour speed limit and the lights do at least warn the unsuspecting that something is wrong but we are still seeing far too many accidents on this bit of road. So far none has been fatal but this may be as much to do with luck as anything else.

I am continuing to press them to sort this mess out as soon as possible. If you want to support the cause you can sign a petition to get something done at www.ipetitions.com/petition/A684. While you are there it is quite alarming to read through all the stories of near misses posted by the

other people who have signed.


I took the opportunity of a debate in the Houses of Parliament the other day to call on the Chancellor of the Exchequer to reduce the rate of VAT that tourists have to pay on their hotel bills. As you know tourism is vitally important to the economy in our part of the world, the trouble is that it is a low pay industry. My view is that if VAT was reduced then this would allow businesses to pay themselves and their employees a bit more. As far as I know we are one of only two EU countries to charge the same rate for hotel bills as we do for all other spending. Most European countries charge a VAT rate on hotel bills that is well under half that of their standard rates. As if the weather was not doing its bit to drive people abroad for their holidays it appears that the Chancellor wants to help them on their way. The amount you save in VAT by holidaying abroad goes a good way to paying for the flight, depending of course on how smart a hotel you can afford to stay in.

Finally, and on the subject of VAT, as you know I have been fighting to get the Government to make Mountain

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Rescue teams VAT exempt. In response they made grants available to the teams that in effect repaid the VAT they spend on new equipment and training. However, in the nature of this type of grant, it comes to an end at some point. In this case next year. So I was pleased to receive a letter from the Secretary of State for Transport telling me that the Treasury are considering extending the money for another year. Clearly this is positive news but we really need a permanent exemption to sort this issue out.

As ever if you need my help with anything you write to me at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or email me at tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

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**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Heritage Lottery Fund Grant

The History Society is delighted to have received a grant from the Heritage Lottery Fund for a project to mark the First World War centenary. The project, called *Aspects and*

Untold Stories of WW1 in the rural dales around Sedbergh, aims to show the many ways in which the war affected our local communities.

The project will enable local people to come together to preserve the memories and heritage of the people who lived through the First World War. Research has been undertaken by many people over the years and much is available in files in the History Room. The society wishes to preserve this information and make it more accessible to the community. More information has been gathered from newspapers, parish magazines and people are sharing their family memories.

A book will explore the military events in the local context and will extend our knowledge beyond that which is recorded on War Memorials.

Topics to be covered include the events on the Home Front, Recruitment, Enlistment, Casualties and Awards, Regiments and Roles. The book will include many contemporary photographs.

An exhibition based on the book will be mounted where people can share information and perhaps reflect on their personal recollections.

There will be support for the drama production to be performed by The Barrel of Fun drama group.

If anyone would like to contribute stories or photographs or would like more information then please contact the History Society, Richard Cann, Elspeth Griffiths, or Diane Elphick, 015396 20605 or email sedberghhistsoc@aol.com.

CUMBRIA WILDLIFE TRUST

Skydancer in the Forest of Bowland

Most of you will never have been lucky enough to see a Hen Harrier. They are beautiful, iconic birds of prey. The males are bright and obvious while the females are more delicately patterned to blend in with their heather habitat while they hatch their chicks. Both are wonderful fliers and their exhilarating mating dances in the sky give them their nick name of "skydancer". You should be able to see them – our Northern Fells should be the perfect place for them – but persecution and destruction of their habitat has forced them to extinction once before in England and sees them at the brink again.

They have the misfortune to live on heather moors, needing old growth heather for their straggly ground nests. This is often cleared during management for stock. They also commit the heinous crime of feeding their chicks on grouse chicks when they are plentiful, though they are not their only food – amongst other prey, they eat the rats that also predate grouse chicks and eggs. For the crime of eating grouse they are persecuted illegally on some of the privately owned shooting estates. It is virtually impossible to find the evidence to successfully prosecute gamekeepers and landowners but the circumstantial evidence is compelling. There is sufficient space on the upland heather moors of England for at least 323 breeding pairs. On the grouse moors which comprise the

vast majority of the available habitat there are none. On the even larger grouse moors of Scotland there are also none at all.

The Forest of Bowland has 70% of our English breeding pairs of Hen Harriers and last year they failed to fledge any chicks. The heather moorland in the Forest of Bowland has many designations that should provide protection for wildlife: Area of Outstanding Natural Beauty, Site of Special Scientific Interest and the European designation of Special Protection Area for supporting species of European Importance, for its Hen Harriers and Merlins. The area is split between the United Utilities water catchment estate and private grouse moors. United Utilities invited the RSPB in to help with the management and Jude Lane, the RSPB officer who talked to the Wildlife Trust Group in January, is

 **Western Dales Bus**

LAUNCH OF NEW ROUTE

564C

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Meet our volunteer drivers

Sedbergh Market Day

Wednesday March 26th

and find out about this
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based full time on the estate. A Heritage Lottery grant funds work to support the Hen Harrier and educate the public and landowners. On the United Utilities estate Hen harriers have bred regularly, though in diminishing numbers, but on the adjoining grouse moors there have been no successful nests. Last year there were no chicks at all reared anywhere in England.

The saddest story Jude told us was of "Bowland Betty". Betty was born and raised by her hen harrier parents on the United Utilities estate in 2011. A camera nest recorded her hatching and early days as a chick, and this was shown in visitor centres and schools. She was tagged with a satellite tracker and her amazing journeys over the next months were followed with interest. In 2012 she repeatedly returned to her birth moor to search unsuccessfully for a mate

and then in July last year her movements abruptly stopped on a grouse moor in the Yorkshire Dales. Her body was located and the RSPB discovered she had been shot, but not able to prove who shot her.

It can't be right that the interests of a few wealthy landowners, supported by the illegal activity of rogue gamekeepers, are depriving all of us of these amazing birds – they are our heritage and that of our children and must not be allowed to drift to extinction again. The RSPB is working with responsible landowners and gamekeepers to create the conditions necessary for Hen Harriers, with ideas such as diversionary feeding – essentially bird tables on the grouse moors for the harriers to reduce their dependence on grouse chicks, but the birds have large territories and stray onto moors where they are less welcome. The RSPB asks for your help. They want you to report any sightings of Hen Harriers to help with their research on 0845 4600121 (local rate call) or by email to harriers@rspb.org. If you see any signs of illegal traps or suspected poisonings affecting any birds of prey then please call the RSPB on 0845 4663636. Calls will be completely confidential.

The RSPB is calling for changes to wildlife laws to increase protection for birds such as Betty. If you feel strongly about wildlife crime then please consider writing to your MP to ask about his party's position on protecting wildlife and their habitats.

Jackie Hooley

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St Andrew's Parish Church, Dent

Admission £5

Wine and refreshments will be served



PEOPLE'S HALL

A year through Asia

The Symonds cycling event held on 31 January 2014 was an outstanding success. We put out the usual number of chairs, but people just kept coming. The chair store was almost empty and the Main Hall was full with about 150 people. The presentation by Hugh and Pauline was superbly illustrated by many slides, some with a musical accompaniment. From their Cumbrian home, they had cycled through the land of "The Silk Roads" to the mountains of Central Asia a distance of 8,904 miles, taking 343 days, from September 27, 2012 to September 4, 2013. With such a

story to tell the event did not finish until 10.30pm. The event grossed over £700 to the Redevelopment fund. Thank you Hugh and Pauline.

Donation bricks (slips)

Reminder please get your donation brick order in by 31 March 2014. Information forms and donation forms are available from the Craft Workshop and Sedbergh Offices Services. Pick one up and return it with £35, £45, £55 or £65 to SOS (hopefully Giftaided).

Entertainment

On Friday 25 April 2014 under the **Touring Highlights** organisation we are please to announce **Snake Davis** presenting **Beast of Burden**. Snake

SEDBERGH

SPRING SHOW 2014

CANCELLED



Davis is a session musician, who has played with some of the worlds biggest artists and is renowned for his skill and expertise in playing both the saxophone and the flute and call play in any number of genres when asked upon from the smooth jazz to soul jazz. Visit:

http://www.youtube.com/watch?v=PoJK_UQaX-M

Dates for your diary

Saturday, 29 March Old time dance with Brian Griffin

Friday, 25 April Rural Highlights with Snake Davis

Saturday, 26 April Old time dance with Kenny Ball

Friday, 16 May People's Hall Quiz night

Saturday, 21 June Old time dance with Denis Westmorland

Saturday, 18 October Old time dance with Roe Valley

*Dr Gina Barney,
Hon Secretary, 20790*

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Saturday 29th March @ 7pm,
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DENT PRIMARY SCHOOL

The children of Dent CE Primary School have been taking part in some cross country running this term. This is Milly Brooksbank's, Year 6, account of the race.

Rawthey Run

On the 23rd of January 2014 the Cross Country Squad from Class 2 set off on a mild but wet afternoon, to a cross country competition held at Sedbergh School. The course was one mile long and extremely muddy. There were hills and jumps that we did not have in our last race so that made it even more difficult.

The first race was the girls. Thirteen schools entered in this race and eighty-nine girls raced. Our first

runner home for Dent was me, Milly Brooksbank in 42nd position. Rhiannon Winder followed in 43rd; she did really well, losing a trainer at the log jump! Our 3rd and 4th runners were Beatrice Deighton in 58th and Millie Gordon in 59th. Emily Baines ran well to finish 75th and last but not least was Ellie McDowell in 88th position.

The second race was the boys. Sixteen schools entered and one hundred and six boys raced. In first place for the Dent team was Greg Tebbett who came in 41st, followed by Zak Baines in 79th and Charlie Brownbill in 82nd. Our next runner was Joe Vinsen in 93rd. There was Ted Hodgson in 101st closely

farfieldmill

Mothering Sunday at Weavers Café

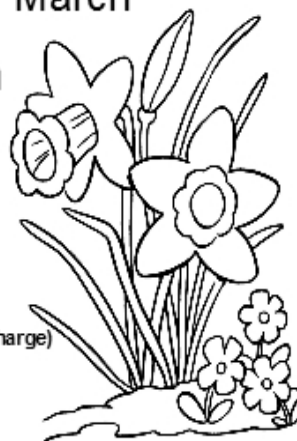
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followed by Ben Robinson in 103rd. Ryan Winder did really well to finish the extremely muddy course in 104th after losing both of his shoes early in the race!

After the races we all went to get some nice warm hot chocolate, and were about to watch the last race when suddenly snow and hail began to fall. The temperature dropped and the wind got wilder. It was freezing!!!!!!!!!!!! There were shivers and a few tears. It was a disaster! We got our trousers on as quickly as possible and were also given emergency blankets to wrap around us. We headed up to the school as quickly as we could. In the dining room we all sat round a table with warm, yummy,

cheese and tomato pasta in front of us as we were trying to cheer each other up.

In the presentations we applauded the winners but sadly didn't win anything ourselves. We all tried the best we could and everyone was proud anyway.

By Milly Grace Brooksbank



Pictured top left- Ryan Whinder, Bottom left- Emily Baines and large photo is Zak Baines to the left and Charlie Brownbill to the right

Literacy

Improving the quality of writing is always an important part of our learning. The upper juniors have been working on descriptive writing and creating poetry in response to *The Street Child* which they have been working on. The writing focussed on a particularly unpleasant character called Mr Spink.

Mr Spink

Pompous Mr Spinks is a cold hearted creature who would not spare a penny even though he is exploding with money. Mr Spink struts around murdering any hope for people suffering, whilst his silver tipped cane is being swung back and forth, directing innocent people around the

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Ellie McDowell, Year 6

Triangle Poems by Key Stage 2

Murderous

Devilish temper

Barbaric, aristocratic sniggering

Consumed by materialistic greed

Despicable, tyrannical, stone hearted

Mr Spink

By Millie Gordon, Year 4

Merciless,

Forced out,

Silver-tipped cane,

Haughty, covetous and unfair,

Bursting with money-loving greed,

Short-tempered, will bending, Mr

Spink.

By Ben Robinson, Year 6

The lower juniors have used *The Way Home* as a focus for narrative,

improving their vocabulary and

varying their sentence lengths

Poverty has been the underlying

theme to all our literacy.

The Way Home

Arnold Hodgson, Year 4 has been re-writing the story of a homeless child in an urban area.

The little cat snuggled into my coat and kept itself warm. The tiny cat looked at me. "I will take you home" whispered Shane. I was running as fast as I could to get away from the big boys because they don't like me. The cat snuggled further into my coat. My heart was beating so fast, it was just like a racing car. I ran as fast as I could to get home because I was cold, so I ran through cars. The lights blinded me as I went through the powerful cars. The tiny cat was scared, he looked up at me and

purred. Shane whispered "It's okay little cat, we are going home, to get some milk for you". I felt scared and frightened. I tried to get my breath back, I felt tired. I then ran down the dark alleyway, which was covered in litter. There was graffiti all over the walls. I went through a fence and tripped over some rubbish which was scattered all over the place. The cat peeped out from my coat to see where I was going. I was home, no more racing through cars, no more terrifying dogs and NO MORE big boys. "I WAS HOME!"

Class 1

As part of their work this half term Class 1 have been looking at other cultures through stories and toys, music and dance.

All the children made kites using old plastic bags as this linked to both the Chinese New Year and work on recycled toys from their topic. The windy weather of late made kite flying

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Rosie Hodgson

I needed a plastic bag, string, tape and sticks. Then I put the sticks together with tape and fixed the plastic on. Next, I put the string on and we put our willies on and went to car park field and flew our kites! It was great! My kite flew well until it knotted up with Tom's!

The children have been listening to African music and watching clips of African music and dancing, resulting in a performance of music and rain dances. The children used the school's djembe drums and original African musical instruments,

previously donated to the school for their music and then performed music and dances for their parents in Open Assembly.

Myles Stainton

"It was fun because I like dancing and the music was cheerful and was from Africa"

Tom Cash

"I like the African rain dance because we shake our bottoms and go side to side and stamp and do some crossing of our legs."

Edward Deighton

"I played the djembe drums to the tune of the African music. You have to pat the skin of the drum in time to the music. It sounded good!"

SEDBERGH PRIMARY SCHOOL

Your local school needs you!

Sedbergh Primary School is looking for a community governor.

Why become a governor?

- To help generations gain access to the best possible education.
- To contribute to your local community.
- To use your current skills in a new environment.
- To gain new skills in human resources, finance and management.

What do governors actually do?

A governing body 'governs' the school in partnership with the headteacher.

They ensure that all children and young people receive an education that helps them reach their full potential.

Governors give strategic direction and focus through agreeing plans and aims, setting budgets, deciding priorities, appointing staff, supporting the work of the school and challenging it to improve.

No special skills are required. The only essential is a keen interest and commitment to this school and this community. The most important thing you can bring is time, commitment and enthusiasm.

The governors meet once every half term (six meetings a year) for about one and a half hours each time with additional meetings as required for members of sub groups.

If you are interested or want to know more about the role then please

contact Sedbergh Primary School on 20510 or email admin@sedbergh-pri.cumbria.sch.uk alternatively you could chat to one of the current governors.

Joyce Scarr

SEDBERGH SCHOOL

New BTEC Agriculture

A new route to studying Veterinary Science, Engineering and Environmental Science is now open to Sixth Form pupils at Sedbergh School, Cumbria, following the announcement of a joint venture with Newton Rigg College in Penrith.

Pupils choosing a new BTEC Subsidiary Diploma in Agriculture, from September 2014, will spend one day per week based at the North Cumbrian college, benefiting from facilities including a £2m dairy unit, two farms, a Roundhouse beef finishing unit at the York campus,

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Beef suckler herd of 30 Aberdeen Angus cows, three sheep flocks totalling 1000 ewes and land including crops, raised peat bogs and wildflower meadows. The diploma will give pupils 60 UCAS credits, the equivalent to one A Level.

Sedbergh School Headmaster Andrew Fleck said: "The combination of practical and academic subjects provides an ideal platform for pupils to progress to Higher Education, in particular in vocational and practical courses. Pupils who combine A Levels with our new BTEC in Agriculture will have a wider range of skills, a broader knowledge base and a greater understanding of the Agriculture industries. It's an exciting project which we believe will open up new opportunities for pupils to succeed. Combining this course with subjects such as Maths, Biology and Chemistry will immediately distinguish candidates who wish to apply to study Veterinary Science and this has been warmly welcomed by Admissions Tutors."

Newton Rigg, which is part of Askham Bryan College, is the fastest

growing land-based college in the country and the only one to have its own hill farm and moorland. It is also The National Centre for the Uplands, funded by the Prince's Countryside Trust. Wes Johnson, Campus Principal for Newton Rigg College, said: "The course explores all aspects of modern agriculture and ways of addressing the challenges of 21st Century farming. The Agriculture industry needs at least 86,000 new employees in the sector by 2021 according to LANTRA, Skills Sector Council and we work closely with industry to help shape the most appropriate courses as we strive to provide students with the best possible chance of progression in the future."

Rod Bristow, President of Pearson Education, said: "We already know that there is a strong correlation between having a vocational qualification such as a BTEC and being in employment. Our latest data shows that vocational qualifications, like A Levels, also give you the opportunity to excel at university." Mary Curnock Cook, Chief Executive for UCAS, recently issued a statement summarising the increase in numbers of pupils entering University holding BTEC qualifications, an increase since 2008 of 80 per cent.

To request a course prospectus, please contact admissions@sedberghschool.org or call 015396 20535.

Amy Grace

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BRIDGING THE GAP
support for people with hearing loss



Bridging the Gap is a service for people with hearing loss run by the Charity Caritas Care.

The project aims to bridge the gap in support for people with hearing loss by helping to maintain hearing aids, advise on amplified phones, TV loop systems, loud doorbells etc. and befriending. This is done via regular monthly drop-ins around Cumbria where cleaning and retubing of

hearing aids can be carried out and supplies of batteries are available. The project will also visit people in their homes if they are house bound and unable to get to the drop-ins or require a demonstration of phones, loop systems, door bells etc.

We are now taking over the monthly sessions in Sedbergh from the Audiology department. They are on the first Monday of the month, from 2-4 pm at the Medical Centre on Station Road. Like all our drop-ins this will be manned by experienced volunteers or staff and there is the opportunity to be a volunteer for this service.

Other drop-ins near to Sedbergh are:

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Please note our opening hours.

Closed Mondays unless a Bank holiday.

Summer season open - Tuesday to Sunday – 8.30-4.30

Winter season open Wednesday to Sunday 10.00 – 4.00

Thursday, Friday & Saturday nights open to non residents from 7 pm – *booking essential*



- Kirkby Lonsdale – usually held every 3rd Wednesday of the month 10:30AM to 12 noon in the Health Centre
- Kirkby Stephen – held every 3rd Tuesday of the month, 10 AM to 12 noon in the Local Links centre.
- Kendal – held on 1st Thursday of the month, 10 AM to 12 Noon at the Gateway Centre, Gillinggate.
- Milnthorpe – held on 1st Tuesday of the month, 2 PM to 3.30 PM at the Park View Surgery, Haverflatts Lane

The project's befriending service aims to reverse the social isolation that hearing loss can bring by encouraging and empowering individuals to make the best use of their hearing aids and cope better with social situations so that their isolation can be reduced.

For more information please ring 01228 595937 or e-mail to rebeccacolpus@caritascare.org.uk

Bridging The Gap's office base is 2, Long Lane, Carlisle, CA3 8TA. We also have an office in Barrow.

Caritas Care's Head office is 218, Tulketh Road, Ashton-on-Ribble, Preston, Lancs, PR2 1ES

Rebecca Colpus



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MARCH GARDENING

March is the month when the earliest flowering Daphnes are in bloom. Perhaps the most commonly known, and grown, is our own native *Daphne mezereum* with its highly scented, pink flowers, born on bare, grey green stems. *D mezereum* is fairly slow growing and makes a small neat shrub ultimately growing to around 3ft in height. Flowers are followed by bright red (extremely poisonous) berries which sometimes give rise to new seedlings. The leaves are short and narrow and following flowering the plant looks rather uninspiring, so it needs careful placing – somewhere sufficiently near to a path or lawn such that the

wonderful fragrance can be appreciated at a time of the year when a garden is less frequented, but not in a prime position where its summer scruffiness is too obvious. *D. mezereon* can be a little hard to establish when a mature plant. I have had most success with younger, seed raised specimens which seem to move more readily. Flowers range from deep rich pink, through pale, rather dusky pink to white. The former are the most showy. The latter (cultivar 'Bowles Variety') have yellow, rather than red berries. *Daphne mezereon* grows wild on limestone and can occasionally be found in our region – on Ingleborough and Whitbarrow Scar. Its popularity



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over the last centuries has led to a decline in wild plants and the only specimens that I have found have been rather pale weedy things skulking in a shady woodland. Growing near to these, our other native Daphne – *D. laureola* looks much more healthy and robust. It is evergreen and bears pale yellow flowers whose subtle fragrance is at its most pronounced in the evening.

Both of these Daphnes are reliably hardy but there are several other slightly more tender species which are well worth considering. *D. bholua* 'Jaqueline Postill' which garden visitors to the beautiful gardens at Holehird may have encountered, has deep pink, white centred, beautifully fragrant flowers which are born amongst evergreen foliage in early spring. Given the right spot, this plant is a strong grower and the Holehird specimen which grows against a wall, must be at least 8ft high. At the other end of the scale *D. cneorum* (Garland Flower) is a low, creeping evergreen shrub, more suited to the rock garden. It bears clusters of rose pink,

scented flowers, in late spring. This year I hope to introduce a cutting grown plant of *D. retusa* to my garden. *D. retusa* has glossy, dark green leaves and fragrant white flowers which are followed by red fruits. The cuttings seem to have come through the winter in good health but I will probably grow the best on in a clay pot, rather than planting it out into a soggy border. Daphnes all love good drainage at the root, and in this garden the best chance of surviving the winter wet will be to raise the roots above the ground in a gritty compost.

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CHURCHES TOGETHER

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

Lent 2014

During Lent, the churches in Dentdale meet together every Sunday evening for a very informal Lent Course at Dent Methodist Church. We start at 6pm and the meetings begin on Sunday 9th March. All welcome and are encouraged to come along. These occasions are important opportunities to reflect on our pilgrimage of faith.

Services in March

St Andrew's Dent welcomes everyone to our Sunday morning Holy Communion Service, every Sunday at 10.30am. The season of Lent begins

with an Ash Wednesday Family Communion with Dent School at 10am on Wednesday 5th March. Please do join us for this informal service with the children. On Sunday 30th March, our 10.30am service is a Mothering Sunday Family Communion

St John's Cowgill:

March 2nd: 9am Holy Communion
March 16th: 2.30pm Evening Prayer
March 30th: 2.30pm Family Service for Mothering Sunday

Women's World Day of Prayer

This year's service will be hosted by Dentdale Methodist Church at 2pm on Friday 7th March. Prepared by women in Egypt under the title 'Streams in the Desert', we will pray

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in solidarity with the people of Egypt and all those around the world who seek for truth, justice and hope. All are welcome, men and women alike! Encourage a friend to come, fill a car, or phone 25476 if you need a lift. And stay for refreshments.

St Mark's Cautley

On Sunday 23rd March, St Mark's will once more be holding a Taize service. This will be at 2.30pm in the vestry. A Taize service offers the opportunity for reflective prayer and contemplation in peaceful surroundings. Everyone is welcome!

News from the Pews



Sedbergh is a caring community. We are reminded of this on a daily basis as kind deeds and generosity go hand in hand with everyday life in our town. Tins and other foodstuffs quietly find their way into the collecting points for the Kings Food Bank, which helps to feed the poor

and needy in the Kendal area. These supplies are regularly taken to Kendal on a voluntary basis. Helpers give freely of their time and experience to man and manage our Charity Shop and likewise our Community Office. We look out for those who are struggling in various ways, helping as and when we can. In our church services we pray for those known to us who are ill or bereaved or going through difficult times. In St Andrew's we have a book at the back of the church where names can be written. The names will be added to the Intercessions List and will be remembered in prayer during our regular services.

The Vicar will be holding the first meeting of a "Pilgrim" Lent Course on Pancake Tuesday, 4th March at 7.30pm. As the venue has yet to be decided, please call 015396 20018 and speak to the Vicar should you plan to join us. This course is open to members of any church and to those "just looking in". There is a copy of the material at the back of the church should you wish to have a look.

The following day, 5th March being

Ash Wednesday please note the usual 11.15 am Communion Service will begin at the earlier time of 11am to allow time for a Triple "A" Lent Course as part of the service. Lent Lunches begin at 12noon in the church room; the proceeds this year going to St John's Hospice in Lancaster.

Another get together with food is planned for Friday 28th March in the Church Room for the Parish Annual General Meeting. As always meat and potato pies and puddings to die for are on the menu followed by the business meeting that is usually short, sharp and to the point with the premises cleared before 9pm.

As always the Chameleons and

BOF are very active and well attended. Whenever I hear either of the groups on Friday evenings I am always amazed just how strong their voices are. Wonder if they might consider singing in the church choir? BOF are already preparing for their next performance in June.....not sure what it is, but rest assured it will be worth watching.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

What are you going to 'Give up for Lent'?

There is an old Christian tradition of using Lent, the period between Ash Wednesday (5th March) and Easter Sunday (20th April), as a time of

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SEDBERGH & DISTRICT ROYAL BRITISH LEGION

Annual Dinner

Weaver's Cafe, Farfield Mill

Friday 11th April

7.30pm for Dinner at 8.00pm

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Bring your own booze - Non-members welcome

Lifts available if needed



fasting and abstinence. Some people give up alcohol, red meat or biscuits, try to do without sugar in their tea or coffee, or even give up on coffee itself. Often these are more to do with living more healthily rather than trying to be a better or more spiritual person – but they can still be a good thing, especially if you commit to give any money saved from giving up your bad habit or vice to a good cause such as Christian Aid, St John's Hospice or the Air Ambulance.

Nevertheless, if you are going to 'give up' something for Lent it is still a good idea to try and have a more positive Lenten discipline as well – something that will help bring you closer to God rather than just making you grumpy! You could try reading a bit of the Bible every day, perhaps read through one of the Gospels, and if you finish that move on to the lovely letters written by John which remind us about the love of God that we have seen in the person and ministry of Jesus.

You might even fancy joining a Lent Course – there are quite a few being offered by **Sedbergh and District**

Churches Together, and they are open to anyone, irrespective of denomination or belief. You can find details here in this edition of Lookaround, or ask your Church Minister.

Finally, if you simply want to try something personal that will simply help you to be a better person have a look through the following list and pick a few that you know are relevant to you!

Give up giving up—see things through and be dependable!

- Give up complaining—try to see the good in all people and all situations!
- Give up pessimism—your glass is half-full!
- Give up worrying—use your energies where you can make a difference.
- Give up being judgemental—think positively.
- Give up discouragement—be a son (or daughter) of encouragement.
- Give up misery—learn to laugh at yourself and the world.
- Give up self-pity—learn to cry

with friends and move on.

- Give up bitterness—give and receive forgiveness.
- Give up hatred—return good for evil.
- Give up anger—let peace begin in you.
- Give up negativism—be positive.
- Give up pettiness—show a mature serenity.
- Give up doom and gloom—we can get through this!
- Give up jealousy—praise people for their gifts and talents.
- Give up hoarding—learn unstinting generosity.
- Give up gossiping—share it with God in prayer instead.

*Rev'd Andy McMullon
Vicar of Sedbergh*

Triple 'A' Lent Course @ St Andrew's Church, Sedbergh

*Church as you used to know it -
Sponsored by Anglican Agnostics
Anonymous!*

Holy Communion from the Book of Common Prayer

All who love God and Jesus may take the Bread and Wine in communion
- but it's OK not to if you don't wish!

The service will include a short

Meditation in the Series:

"What's the least I can Believe and Still Be A Christian?"

Starting at **11am** on Wednesdays in Lent

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Soup and a Roll – proceeds for St John's Hospice, Lancaster

'Pilgrim' Lent Course @ St

Andrew's Church, Sedbergh

Starting at 7:30 pm on Pancake Tuesday 4th March until Tuesday 18th April. Venue TBC

The Pilgrim course is a journey to the heart of God and to a living personal relationship with Jesus Christ within the family of his Church. It is a new course for those wanting to find out about Christianity and approaches faith through participation in a pattern of contemplation and discussion rather than by argumentative persuasion.

This course is open to members of any Church and to those '*just looking in.*'

The first six week course, '**Turning to Christ**', asks *What Do Christians*

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Please express interest to VicarofSedbergh@btinternet.com or leave a message on 015396 20018.

Dent Methodist Chapels

Provisional dates for local ecumenical services in 2014 include:
23rd February at Dent Dale Chapel
31st August St Andrew's Dent
23rd November at St John's Cowgill

The Women's World Day of Prayer is 7th March 2014 and a joint service will be held at Dent Dale Methodist Chapel.

Special services in 2014 are as

follows:

Dent Dale

Chapel Anniversary - 9th March
Easter - 20th April at 6.30pm
Harvest - 14th September
Harvest Supper - 15th September
Carol Service

- Andrew Souter & Irene Whaley
Services in April, May, June, July & August would be held at 6.30pm with services reverting to 2.00pm throughout the remaining months.

Dent Foot

Camp Meeting - 20th July (*Living Purpose* representatives)
Chapel Anniversary - 17th August
Harvest - 12th October

BOOKWORM

What I have been reading this month :

1. 'Letters from the Edge' by New Internationalist (non fiction)

A collection of travel writing as short letters from eg China, Mongolia, Nigeria over a 20 year period 1986 - 2008. Daily life and issues all tackled by women living in the communities they write about. A treasure trove !

2. 'Sweet Tooth 'by Ian McEwan (fiction)

Very, very good , an unstoppable read ! Brilliant writing and a clever plot - measured, intelligent and unsettling. Serena, a bishop's daughter graduated from Cambridge University in the 1970s and drifted into working at MI5. Her first assignment involves recruiting an aspiring novelist, currently a university lecturer, to write his first novel, indirectly funded by MI5. Deceit, lies, invention and betrayal -

the opening lines give the final outcome - she was sacked after the project went wrong but who can you believe and trust ?

3. 'Gold ' by Susan la Niece (non fiction)

Informative book on a metal that has fascinated people for centuries for its special properties and symbolism across cultures. There are chapters on jewellery, coinage, goldsmiths and myths. Superb photographs of golden objects from around the world.

4. 'The Faber Book of Gardens ' edited by Philip Robinson (non fiction)

From AD 400 to the present this is a compendium of garden related items eg poems, advice from Greek philosophers and plant management from gardens across the world small and large. A delight to dip into and very well collated and edited.

5. 'Instructions for a Heatwave' by Maggie o' Farrell (fiction)

Jenette Hardy
BA (Hons) AICB CB.Cert

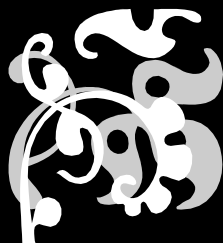
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Slow moving, methodical narrative set in the heatwave of 1976. Retired bank manager Robert goes to get his paper, as he has done for years, at 6.45am and does not return. A family conference is called and the 3 grown up children gather as a family in crisis. Secrets unravel slowly in the heat. They have the power to destroy. £20 cheque stubs marked 'Assumpta' are found in Robert's desk. Who is the guiltiest member of the family and who the most aggrieved ? Lots of issues and questions left unresolved even by the last page.

6. 'Dear Mary, love Percy - a Creative Thread ' edited by David Cross (non fiction)

This book focuses on the illustrated letters from gifted Cumbria artist Percy Kelly to Mary Burkett during his life from 1968. to 1993. Kelly was a complex personality and a prolific artist with many faceted talents. The correspondence reveals how supportive the friendship and contact with Mary was for Kelly. I found this is an insightful book beautifully illustrated with Kelly's work.

Bookworm

PATCH and FETTLE

on the move...

NOT very far: just next door to no 75 (previously occupied by Capstick's Insurance Agency).

The new shop will be open for business from the 1st of March if all goes well. We plan to continue to stock fine old household linens and haberdashery, pictures and small collectable items. We will NOT be continuing with Vintage clothing or general bric-a-brac (sale now on!).

The biggest change will be the addition of good honest furniture-recycled, upcycled or renovated where necessary. We just love tree-wood!

Not forgetting our home-produced 'Uncle Nat's Wood Reviver', now available again in handy bottles @ £4.50. Essential when you want to do up that old chair you found in the barn.

We're really looking forward to being in our new premises and are delighted that Sedbergh's very own charity shop will be taking over next door. Yet another retail frontage on Main Street! Yessss!

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Local Garsdale resident, David Evans is CEO of Railsavers - the leading Motorail operator in the UK. Amongst the routes they offer is a weekly service to Koper, Slovenia.

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KILLINGTON W I
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Short and Sweet! That's what I am and that's what this report is going to be.

This month we had a back-to front meeting – speaker first, then tea and business. Sloping off before the end was forbidden.

Our speaker, Major Watkins gave us a full, informative and enjoyable run-down on the Salvation Army. After a high powered business life with BT, both he and his wife became ministers and worked in many unfamiliar areas, both socially and geographically, and found the work very satisfying. Definitely a speaker to

be recommended as witnessed by an unknown visitor who wandered into our meeting by mistake and found it so interesting that she stayed for the whole talk! Please come again.

Then tea – delicious as usual, followed by business. My standard agenda keeps me on track and if I stray there are plenty of kind friends to sort me out.

APOLOGIES – plenty (hope you are all OK now); GENERAL WELCOME REMARKS – done; AND BIRTHDAYS – 6 this month including a zero birthday for Anne Macer but sorry it's too far to send a cake to Hertfordshire; MINUTES –read; TREASURER'S REPORT – by WI dictat we only need to hear this every

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three months but we like to know where we are; CORRESPONDENCE and MATTERS ARISING – Susan sorts that; WI NEWS and PLANS FROM IT - the newsletter sent out to all branches from the Kendal office. We have recently cut back the number of copies we have of this as at 20p this adds a cost per member of £2.40 per year. No new outings planned but plenty in hand already. AOB – 1. Lunch at Farfield Mill about 20+ of us going! My mother used to say that my brother's Patron Saint was St. Omach. 2. One of our members wondered what the WI could do to help the folks afflicted by the flooding. A call has been made to the federation office in Kendal but so

far no response. 3. We are going to have our top quality bric-a-brac stall at the Sedbergh Gala on May 17th so start collecting. All monies go to our Thandi fund. REMINDERS – RAFFLE & COMPETITION. Won by Pam Siddall & Pauline Ramsbottom – I think. One of my favourite excuses is, "I'm sorry but the brain cell which contains that information has just died!"

Our next meeting is on Tuesday 11th March at 2-00pm in the committee room of the People's Hall.

Valerie Cann and Wendy McLean are going to prove us wrong! Their title is **"So you think you can't stitch!"** Be there but don't prick your finger or you might sleep for a

<p><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £5.50 Garlic Mushrooms (v) £4.50 Pate with Garnish, Toast & Butter £4.50 Soup of the Day £4.50 Garlic Flatbread £3.75 with Cheese £4.50</p> <p><u>The Grill</u></p> <p>8oz Sirloin Steak £13.00 Mixed Grill £14.00 Bamsley Lamb Chops £12.00 Pork Chop in BBQ Sauce £10.00 8oz Gammon & Pineapple £8.50 8oz Cumberland Sausage £8.50</p> <p><u>Classics</u></p> <p>Steak & Kidney Ale Pie £8.50 Lasagne Verde £8.50 Vegetable Lasagne (v) £8.50 Chicken Kiev £8.50 Broccoli & Cream Cheese Bake (v) £8.50 Salmon Steak with Parsley Sauce £11.00 Whitby Breaded Scampi £8.50</p> <p><u>Lighter Bites</u></p> <p>Cold Meat, Prawn or Tuna Salad £7.20 Ploughman's Lunch cheese/pate £6.50 Filled Jacket Potatoes from 4.50 Cheese & Tomato Pizza £4.50</p> <p><u>Sandwiches & Toasted Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £5.50 Ham, Beef, Cheese & Tomato; from £3.70</p>	<h1>THE HEAD AT MIDDLETON</h1>   <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h1>Menu</h1>	<p><u>Desserts</u> £4.50 <i>Served with cream, ice cream or custard</i></p> <p>Chocolate Fudge Cake Treacle Sponge Sticky Toffee Pudding with Butterscotch Sauce Bano filee Cream Pie Peach & Brandy or Jamaican Pancakes Fruit Cocktail Meringue Cheese & Biscuits</p> <p>Toffee Dream Delight Sundae £4.10 Vanilla Ice Cream £3.70</p> <p><u>Teas, Coffees & Liqueurs</u></p> <p>Pot of Tea for One £2.50 Black Coffee, Espresso, Cappuccino or Latte £2.50</p> <p>Gaelic Liqueur £3.6 Laced with fine Irish whiskey, topped with cream Café Royale £3.6 Embodies the round mellow finish of cognac, topped with cream Cossack Liqueur £3.6 With the bite of vodka, topped with cream Café Calypso £3.6 The rich smoothness of Tia Maria, topped with cream Highland Liqueur £3.6 Scotch whiskey, topped with cream Café Seville £3.6 Cointreau lends a subtle fruity sweetness, topped with cream</p> <p><u>Plus a Range of Fine Wines</u></p>
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hundred years!

P.S. Our congratulations to Spellbound Theatre on their hilarious production of "Calendar Girls". A gang of us went and really enjoyed it. I particularly liked their Lady President.

You never know what you're in for when you join the WI! We suggest "The Full Monty", for the next production - just to even things up!

Wendy Fraser-Urquhart

SEDBERGH WI

Sixteen hardy but windswept ladies were blown into the Methodist Church Hall on Wednesday 12th February, the wettest and wildest night of the winter – so far, at least! Sadly, our speaker, Steve Beattie, who would have had to travel from Lancaster to give us his talk on dramatic 'Missed Cues', decided that discretion was the better part of valour and, rather than risk the force of the gales on the M6, decided to cancel his appointment, thereby adding to the number of cues he had missed.

Unfortunately we were not completely protected from the elements inside the hall because the wind and rain were blowing through a small window pane which was broken. Three ladies struggled to make a temporary repair using sticky tape and plastic bags (which kept getting sucked out of the window and therefore wet!) while the business meeting got under way.

The really sad part of the meeting was saying farewell to Linda Hopkins who will soon be leaving us for the flatlands of Suffolk. Rosemary Mason

made a moving speech, thanking her for her long service to Sedbergh WI (formerly Frostrow); she has been a member for 19 years, 15 of which she has served on the committee, including several years as President. She has been instrumental in holding the WI together at times when the membership fluctuated, as well as in encouraging new members to join; she has been much appreciated also for organizing the walking group holidays and being a member of the Book Club. Rosemary presented Linda with a card and garden tokens from us all. We will all miss you, Linda, and wish you and Vic much happiness in your new life, hoping that having fewer responsibilities will enable you to spend more time together in relaxation and travel. However, Vic is probably already well aware that there are two WI groups in Halesworth which will no doubt be vying for your time and expertise...

The business meeting over, there was time for tea and cakes before the entertainment, devised at short notice by our ever-resourceful programme secretary, Anne Petyt. Sue Kernahan, Anne Pitt and Pat Ramsden were prevailed upon to form a panel for 'Call my Bluff' while the rest of us made up four teams. One of the words whose definition we had to guess was particularly relevant to everyone who lives in Sedbergh. Do you know what a MUMPSIMUS is? None of us really knew but a few of us guessed it right! It can be applied to 'a person who obstinately clings to an error, bad habit or prejudice, even

after the foible has been exposed'. The relevance to us in Sedbergh is that we ALL know people who INSIST on pronouncing 'Sedbergh', not correctly as 'SEDBER' (a spelling which can be found on old maps, for example) but as 'SEDBURGGG' or 'SEDBOROUGH', even after being gently corrected, often many times! Judging by the laughter and nodding heads, we have met a lot of mumpsimus!

After seven of the planned ten questions, with the wind howling ever more loudly through the trees and the plastic bag over the broken window nearly completely unstuck and needing further and more drastic attention with the help of all the

drawing pins we could harvest from the notice boards (apologies to any Methodists who found their notices fluttering later in the week), we abandoned the meeting and made our way out into the teeth of the gale after a most entertaining and educational (!) meeting. Many thanks to Anne Petyt and the panel for increasing (and possibly confusing) our word power!

The weather hadn't improved much by the next afternoon when 13 ladies met at Denise Thomson's house for Book Club and were able to watch from her windows at Cautley as curtains of sleety rain were driven by the wind past the towering slopes of the Howgills. The book under

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discussion was 'The Blood of Flowers' by Anita Amirrezvani, a novel set in Iran in the early seventeenth century and dealing with the lives of Persian carpet weavers. Contrasting with the beautiful works of art the hardworking weavers produced, we learnt of the horrific social conditions which led to penniless bereaved women being kept in virtual slavery by the prosperous relatives they depended on, and young girls even 'sold' into temporary marriage contracts for 3 months at a time while their temporary 'husband' was negotiating a lucrative dowry for a permanent marriage with some rich man's daughter. Unfortunately, we can't dismiss this as being simply 'historical' fiction since this kind of slavery still exists in various forms today, and not too far from home either. With scores for the book varying between 5 and 8, the average vote given by members was

somewhere between 7 and 8. Tea and delicious cakes followed the discussion: the experimental battenberg and crispy demerara-topped cherry cake went down a treat! Thank you very much, Denise!

Our next meeting will be in our usual venue, the committee room at the People's Hall, at 7.30 pm on March 12th, when we look forward to being entertained by Jacqueline McDonald, the 'Jacqui' of the 'Jacqui and Bridie' folk duo. Her subject is 'Singing my Travels'. Visitors are always welcome.

Moira Folks

DENTDALE WI

I suppose it was very unrealistic to think that the bad weather wouldn't cause problems here in the north, so, in spite of a forecast for storm force winds coming from the west during the evening, we still had quite a good turnout at the February meeting. We

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sat round in a semi circle anticipating our speaker for the evening who would be giving us an *Introduction to Pilatis*. Before that, however, Catherine went through the business meeting. She mentioned that our next luncheon club outing was to Farfield Mill on the 24th February and a list was out to sign. She handed over to Belle Burrows to remind us again about baking for the refreshments for the Dentdale Run which would be into it's thirtieth year. Belle Burrows asked members to sign up to help with preparation etc. and told us that by way of celebrating the 30th anniversary, a group of parents from the school wanted to make an enormous cake of over 400 cup

cakes. So, this year we are asked to make contributions of scones and traybakes and there was a special list for baking cup cakes (not iced though) to form the centre piece.

Although sitting comfortably in the warm hall, we were aware of the wind rising and beginning to howl outside. It was when our speaker arrived from another engagement in Sedbergh to say that the road to her home was flooded, and the wind at a dangerous level and that she would not be able to stay, we realised how serious things had become. Sensibly, others living in the same area decided to leave also. So the meeting was effectively cut short and the Sports quiz competition will have to wait for

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another occasion. Thelma and Chris living right at the top of the dale heard next morning that a branch had fallen into the road soon after they had driven by!

Those of us within walking distance enjoyed a welcome cup of tea together and one of the delicious home made biscuits. There was plenty of time to look at the all important notices and lists before leaving early too. Margery Haygarth won the raffle prize.

The next meeting is on 12th March when we welcome Mrs Margaret Copestake who will be talking about *Painting and Sketching for Pleasure*. New members and visitors most welcome.

Pat Allen

HOWGILL WI

We met on February 6th at the new refurbished Church Hall in Firbank.

The sun shone when the Walking Group were in the Brockhole and Windermere area recently. Vera Hodgsons will lead the next walk on March 7th.

Members are to attend forthcoming events the Open Meeting hosted by Casterton WI "A Passion for Pearls" and if we are feeling flush, we can have a purchase. The Quilting Workshop at the WI Office and the half yearly Council Meeting in the Town Hall in Kendal.

Ideas were put forward for a Summer Outing. We are to remember flood victims in the south of England via e-mail to the relevant Federation. Bridget gave a warm welcome to Rob

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David who gave a talk accompanied by slides giving us the history and links of Cumbrians in the Arctic. The hunting of whales has existed for thousands of years. As early as the 17th Century, organised fleets of early explorers set out from Whitehaven to the Arctic for a variety of reasons for meat and by-products. Blubber was melted down into oil for lighting the towns. Baleen from the mouth was made into corset stays and tennis racquets. Memories of whaling can be seen in Kendal Museum plus a whale bone arch north of Kendal. You will also find a Harbour Seat in Whitehaven.

Rob followed up his research with a visit to the area in Greenland showing

us the geological features, icebergs and glaciers and the lifestyle of the people.

Lyn Marsden expressed thanks for a fascinating insight into a subject we knew little about.

Rob had written a book which was on sale on the night.

The Competition for 'Something to do with the Far North' was won by Bridget Postlethwaite with Sheelagh Denniss second.

The social time to name the trees from given clues was won by Bridget with Sarah Scarr second. We meet again on March 6th when Andrew Lowe will speak on 'A career in ruins' at Howgill Village Hall where visitors will be welcome.

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ROSE COMMUNITY THEATRE

It's all systems go for this year's exciting Rose Theatre production, 'Turnabout Abbey'. We are happy to welcome back Sue Richardson and new member Dorothy Pratt to our cast. Many brave youngsters from the primary school will also join this cast of thousands (at least, that's how big it seems on the stage and back stage sometimes!). I have no doubt that you will have guessed that this year's show is based on a well-known television drama, but the cast of that series don't do comedy like Rose Theatre does!

Ernie Hailwood and Phil Satchell are busy sawing and nailing an assortment of wonderful scenery

surprises. Viv Hailwood directs the action while Ernie regularly puts down his saw to arrange the music for this production. Sandy Roy and Gordon Hosker will once more provide wonderful accompaniments for the singers and there will be additions to the band for some numbers, just to add to the musical excitement. Steve Longlands will be throwing light on to the occasion, Ina Hutt is kindly providing and setting up the sound equipment which Roger Bush will run, including exciting special effects. As for myself I will be running up a few outfits (er ..about 30ish!) and trying to pursued Lesley Alban's wonderful team of make-up ladies to sign up for another year.

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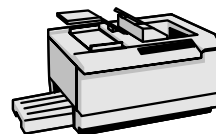
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So, come along and listen to, or sing along with, the many songs that enrich this production. Arrive on the '6.05 Special' from Garsdale Head, then 'Walk Right In' and do the 'Black Bottom' with our fabulous chorus line and watch in terror as 'Another One Bites the Dust'. 'Consider Yourself at Home' and relax as we diligently work 'Sixteen Hours'. Discover many 'Dumb Ways to Die' and find out that 'Anything Goes'. During the interval, 'Maybe, Maybe', there will be a 'Nice Cup of Tea' for you. 'People will Say Were in Love' when we 'Come Outside', but most of all, 'It Had to be You', with 'Money, Money, Money'. So, 'Yes Sir, That's my Baby' will

bring 'Happy Days' to you long after the performance!

Performances will be on Thursday March 20th and Friday March 21st at 7.30 pm and Saturday March 22nd with a Matinee at 2.30 pm and final performance at 7.30pm. Tickets are £6 for adults and £3 for children under 14. There will, of course, be a raffle and refreshments. Please purchase your tickets in advance from the Information Centre or Sleepy Elephant, or you can chance it and get them on the door. Tickets will be on sale from March 5th, which incidentally is the date the RCT are holding a coffee morning in the UCR.

Sandra Gold-Wood

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MUSIC FESTIVAL

Plans are now in hand for the Sedbergh Musical Festival. Our first one - brainchild of our Vice-President Deryck Cox - was held in 2000 to celebrate The Millennium. This was a huge success, so much so that it was decided to hold a second one in 2002 linked to the celebrations for the Queen's Golden Jubilee. Again people enjoyed it so much that the Festival became a biennial event. An eighth Musical Festival is being planned for this year 2014.

Thanks to the support of people like you, an excellent festival so this kind has become a part of the fabric of Sedbergh. Your help in the past has ensured that it was a period of quality

performances and our plans are for a similar celebration this summer from JUNE 1st to JUNE 15th. The costs involved in such a project are high - especially with artistes such as internationally acclaimed concert pianist Ashley Wass and the spectacular Cottontown Chorus who brought the house down on their last visit. We also feature the Manchester Gospel Choir, an evening of exciting Cuban and South American Dance Music, and the medieval crumhorns and sackbuts of Cornucopia. The Festival will finish with Handel's Messiah under the baton of guest conductor Timothy Brown, formerly of Clare College Cambridge Choir.

I wondered if you would like to support us by making a donation of £30 (more if you can) to help us meet these. Funding becomes more difficult, and your donation could help release grant funding from various trusts to whom we appeal for sponsorship.

We are fortunate to live in a beautiful part of England, even more so to have such a rich cultural life within our community. I am sure you will want to join me in continuing this excellent tradition. If you are willing to help, please make your cheque payable to SEDBERGH FESTIVAL 2000 - no, this is not a misprint! - and either send it to me at the above address or leave it in a clearly-marked envelope at the Town Information Centre, 72 Main Street, Sedbergh.

With all good wishes,

George D Handley

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COBWEB ORCHESTRA

The annual residential weekend of music will be held again this year in Sedbergh School's Powell Hall. The Orchestra will spend the period of Friday April 4th until Sunday 6th playing a wide range of music. The weekend classes with a Sunday afternoon play through some of the works we have played.

Everyone is welcome to come to this very informal Concert. There is no charge in entrance or in the tea and coffee. There will be a tin by the refreshments table for Donations to Orchestra Funds as well as McMillan Nurses.

The Informal Concert will be at 2pm on Sunday April 6th.

The Cobweb Orchestra is now in its 18th year and now has 8 separate Orchestra form Morpeth in the north , York in the south and Tebay in the south west. We are the largest amateur Orchestra in the north of England.

For more information, go to the Web Site at www.cobweborchestra.org.uk

Shirley Smith

TROTT MUSIC FOUNDATION

If you are under 18, or a parent or guardian of a young person who has an interest in music, the trust may be able to provide financial help towards any aspect of music education being pursued. Grants are made to coincide with school terms three times per year.

A simple form needs completing by you and your teacher, to confirm that training is being carried out.

A form may be obtained by personal collection from Dalton & Hague at 7 Main Street, Sedbergh, by telephone 20365 or e-mail request to office@daltonandhague.co.uk. The deadline for applications for a grant in the summer term 2014 is 31st March.

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CITIZENS ADVICE BUREAU

From this month, there will be a regular article from the Citizens Advice Bureau which will be setting up very soon in Kendal. Further details will be given when details are finalised. In the meantime, the following article was distributed in February.

Letting agents – know your rights

With a shortage of affordable or social housing across South Lakeland many people have no choice but to find accommodation in the private rented sector. Citizens Advice across the country helps many people to sort out problems with their Landlords and



we also lobby Government for improvements.

From 1 November 2013, letting agencies must provide information in their advertisements, in print and on their websites, on what fees they charge. This new Advertising Standards Authority (ASA) requirement does not stop agencies charging excessively high fees – but it does mean they

have to tell you about them, clearly and upfront.

Our colleagues at Shelter have produced an online tool to help enforce the new requirements. You can use it to tell Shelter every time you come across fees that have not been advertised and they will pass the information on to the ASA to take action, just use this link:

http://england.shelter.org.uk/campaigns/fixing_private_renting/letting_agencies/report_hidden_letting_fees

Please note that this does not apply to adverts listed on property portal sites such as Rightmove, Zoopla and Primelocation, as they are exempt from the new requirement.

A new consumer redress scheme is also being developed, a draft was issued by Government in November, and we hope that the scheme will soon be implemented.

Free, confidential advice and help is available from Cumbria Rural Citizens Advice Bureau on any aspect of housing, debt, benefits, consumer problems, employment and any other problems. We have various outlets

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across South Lakeland and can also give advice over the phone - telephone 015394 46464 for an appointment and help.

If you don't need us for advice, how about helping us by becoming a volunteer or making a donation? Not many people realize that we are a charity - see our website for details www.cumbriaruralcab.org.uk.

See also Page 80.

Mandy Foulkes

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THE COMPLETE SERVICE

Dear Editor,

On 2nd January, we were visiting Sedbergh with some friends when I fell and sustained a fractured femur.

Very quickly, local people came to our aid. Firstly, a Chimney Sweep

who brought dust sheets to put under me (as the ground was very wet and cold) and secondly a lady Scout Leader - who I think was called Tricia, who telephoned the Doctor and the Ambulance Service. Also a lady in a wheelchair and an owner of an Antique Shop who offered help.

Within 20 minutes, the Ambulance arrived and I was taken to Lancaster Hospital where after a short wait, I received excellent medical treatment.

Through your local Newsletter, we wish to extend our grateful thanks for all the help and assistance we received. Also, to the Ambulance Crew from Kendal - which included a lady driver and a Paramedic called Anthony. They soon made me very comfortable and reasonably pain free before the onward journey to Lancaster Hospital.

We would like, if possible, to return the dust sheets to the Chimney Sweep or leave them at the Information Centre for collection.

This was not a good start to the New Year but how fortunate we were to be visiting Sedbergh where the local people pulled out all the stops to give us first class help and support. We are most grateful.

Just for the record, I am now back home after three days in Lancaster Hospital after being transferred to York for the completion of the treatment.

We are looking forward to visiting Sedbergh again, but hopefully next time, I'll stay on two feet!

Mary & Frank Dawson
York

SEDBERGH & DISTRICT INFORMATION CENTRE

Hello! This is a quick message to remind you that the Information Centre is here for residents as well as visitors. Come and see us at 72 Main Street – as well as giving you information about what's on in the area we can sort you out with a parking permit, help you get started on an application for social housing, get you plenty of other information about everyday problems, give you a Community Fund application form, listen to your scheme and suggest ways of getting it off the ground ... and take your old batteries for recycling. Not to mention the wide range of second-hand books for all tastes and all budgets that we sell.

The Yorkshire Dales planners still have their surgeries in the Parish Council office upstairs. Their

fortnightly timetable has been affected a bit by staff shortages, so the best thing to do is contact them directly by emailing planning@yorkshiredales.org.uk or ringing 01969 652349 to find out when they will be here next; you can let them know the outline of your question at the same time, so they will be able to prepare to answer properly. We have all the current planning applications in the Information Centre if you need to look at one.

I still look after the Wednesday Market, so if you've got a good idea to try out, come and talk to me about our very reasonable rates and gazebo hire. As you can see from the advert elsewhere in this month's *Lookaround*, the market is building up again after the Christmas and New Year break and we now have a weekly artisan bread stall go with the other regular stalls. Most stalls are open by 8.45 if you need to go shopping on your way to work.

Lastly, Ian from the CIO (the new charity which will soon be managing this building on behalf of the community) asks me to remind you that if you would like to be a member of the CIO – which is painless, free, and need involve no more than attending the AGM once a year to check what the trustees have been up to – just come in to us and leave your contact details which we will pass on.

Best wishes, Andi Chapple

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KILLINGTON WIND FARM

Update

Recently, SLDC planning committee voted to approve the proposal, going against the Planning Officer's recommendation for refusal.

SLDC approved the application, despite strong objections from Natural England; Cumbria County Council; Yorkshire Dales National Park Authority; Killington Wildlife Group; Cumbria Wildlife Trust;

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Yorkshire Dales Society; FELLs, and other organisations. Nine local parishes had objected, and over 1,000 individual letters of objection had been sent to SLDC.

Four Landscape and Visual Assessments had been submitted to SLDC which all concluded that impact of the windfarm outweighed any benefits.

Based on strict planning terms, a request to the Secretary of State

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Josephine Lade LCSP (Phys)

(SoS) to "call-in" the decision has been submitted by three organisations: FELLs (Friends of Eden, Lakeland and Lunesdale Scenery), Friends of the Lake District (FoLD) and the Yorkshire Dales Society. This means that the SoS could, if deemed appropriate, call-in the decision and trigger a Public Inquiry. The SoS has issued a Direction to SLDC preventing the issue of an Approval Notice for the windfarm. In the meantime the planning meeting procedure and relevant documentation will be reviewed by the SoS. It is likely to be many weeks before we learn what is concluded.

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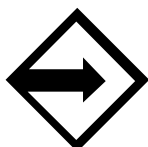
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MOVING FORWARD

The Methodist and United Reformed Churches in Sedbergh have a tradition of working together that stretches back many years. After discussion and debate during 2012, in the early Spring of 2013 both churches voted unanimously to explore together how they could share the resources they have in people and buildings. As a result of this two key questions emerged -

- Are there any facilities needed in this community which are not currently available?
- How can the church resources, including people and buildings, be used to the benefit of our community?



We, as members of the URC and Methodist churches, are on a journey, together and as part of the wider church in Sedbergh, and we don't know where the next destination will be. We plan to spend significant time



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and energy discussing and seeking opinions from various sources to help us discern how best to use our resources.

You as a community can help us in this. If you could feed back any thoughts or ideas this would be very much appreciated. You can do this by contacting Carole Marsden, minister of the URC, or any of the URC or Methodist church members. Carole's contact details are 22030, or carole.marsden@live.co.uk



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**SEDBERGH & DISTRICT
HISTORY SOCIETY**

A large audience gathered in the Dent Memorial Hall on the 19th February to hear a talk given by Anthea Boulton entitled "Treasure Trove of Memories". She was assisted by Veronica Whymant and Dilys Evans with technical assistance provided by Neville Allen. The Dent Oral History Project had been started by Anthea in 1994 but had since been expanded to cover Sedbergh and other neighbouring areas.

The theme of Anthea's talk was the work ethic in the area particularly before the advent of machinery and mainly covered the period either side of World War II. Extracts from conversations with past and present local residents were listened to in which they remembered their childhood days and life as young adults.

In those days many articles were handmade rather than bought and trade was often carried out by bartering rather than cash purchase. Events such as hay making and pig killing were important in the year and

entailed much hard work. There were also hiring fairs twice a year in which the farm labourers were picked by the farmers. The ability to milk cows well and to be good with a scythe were the main attributes needed to be selected for work.

Most farms had a dairy herd and the regular payment from the Milk Marketing Board provided a life line as incomes were low. The advent of tractors and later electricity made things easier in the decades after the war. The present day farmers work hard but do not have the unrelenting grind endured by previous generations although that did not prevent them from enjoying themselves with communal entertainments.

The chairman thanked Anthea and her assistants for a most enjoyable evening which had been much appreciated by the audience.

Richard Cann



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YORKSHIRE DALES NATIONAL PARK

Exclude National Parks from barn conversion proposals

Ten charities have sent an open letter to Planning Minister Nick Boles MP, urging him to exempt National Parks from proposals to allow redundant barns to be converted into housing without planning permission.

The Government is expected to make a decision imminently on proposals which have attracted widespread opposition from the National Park sector.

The open letter was co-ordinated by the Campaign for National Parks and is also signed by all nine of the Friends' groups who campaign locally to protect and enhance the National Parks of England. Signatories are deeply concerned that uncontrolled development could lead to significant harm to the natural beauty and special qualities of National Parks which contain a high number of redundant agricultural buildings. For

Based in the



YORKSHIRE DALES
National Park

example, there are around 4500 field barns in the Yorkshire Dales National Park; many of which are in locations where residential use would require intrusive and unsightly new access routes and power lines. The letter argues that the new permitted development rights should not be introduced anywhere, but most importantly, not within National Parks.

The letter also highlights the potential impact on wildlife. Many redundant agricultural buildings, including modern structures, are home to wildlife such as bats, which are protected under the Wildlife and Countryside Act 1981. The proposed changes will remove the ability of

National Park

Authorities to alert

those undertaking

conversions to the

requirements of this

Act so that they can

undertake wildlife

surveys where appropriate. Allowing demolition and rebuilding on the same site means an even greater threat to protected species and habitats.

Camilla Johns

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JANUARY WEATHER

You do not need me to tell you it was a wet month!! Although not quite as wet as December there was only one day when we didn't record any rain! We ended up with 8.38 inches (212.2 mm) No time during the month did we reach normal atmospheric pressure. Consequently it was a very breezy month with a maximum gust of 24.8 mph twice. For January it was a mild month with maximum temperatures being in the 40sF on all but 2 days with a high of 49.8F (9.5C) On only 2 days did the minimum temperature drop below freezing with a low of 29.8F (-1.5C) Several days the minimum temperature was in the 40sF. The wind chill took night time temperatures below freezing on all but one night and that reached freezing! We saw very little snow at ground level though the fell tops were white on occasion.

With the continued rain the waterlogged ground continues to be a problem quickly becoming a muddy bog!! The mild temperatures are reflected in the budding of shrubs such as clematis and honeysuckle. Winter jasmine and viburnum have continued to flower and green hellibores are bursting. Birds are already singing to claim territories with owl, song thrush and great tit being heard. Foxes have been barking also, though one would have expected them to be paired up by now. Snowdrops were showing signs early in the month with established ones in the garden being in flower mid month but replanted ones were still only green.

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DENTDALE MEMORIAL HALL

Our AGM is Wednesday March 19th 7.30pm at the Hall or Sedgwick Room and the public are as welcome as the trustees, if you have ideas or comments on any aspect of DMH ie DENT GALA, DENT FLICKS,

Hire charges do come and share them.

We have shelved Flicks in Dent until the School Governors are able to sort the proposed window blinds and sound problems, the next film we hope to show is Up, but no date yet.

Bowling continues most Wednesday evenings often two mats in play, do come and join us.

Sarah E Woof
DMH Chair. 25212

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SEDBERGH CRICKET CLUB

Sedbergh Cricket Club are urgently (desperately) seeking new players for the forthcoming season. Anyone who is committed to and interested in playing cricket regularly please contact Stephen Troughton on telephone number 07773 417197. Nets will start on the 10th April 2014.

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WALKERS & CYCLISTS ARE WELCOME

A new group has just started up in Sedbergh to promote walking and cycling in the area.

Inspired by "Walkers are Welcome", a national initiative that began in 2007, the group in Sedbergh is hoping to emulate the success of

other towns, such as Kirkby Stephen, where the scheme has being promoted to improve the health of visitors and locals, and to bring more business into the town.

The group's objects are:-

1. to seek "Walkers are Welcome" status nationally,
2. to improve facilities for local and visiting walkers and cyclists,
3. to publicise routes and promote better use of existing paths and bridleways, and
4. to bring more trade to businesses in Sedbergh and the surrounding area.

"There are already many organisations involved in promoting both business and tourism in the Sedbergh area", says Carole Nelson, who brought the group together.

"What we are trying to do is to provide a new focus specifically dedicated to the needs of walkers and cyclists".

During the month of March shoppers in Sedbergh will be invited to sign a form expressing support for Sedbergh becoming a "Walkers are Welcome" town. This expression of support from you is vital if Sedbergh is to be accepted as part of the national scheme. All we are asking for is your signature -that's it! If you wish to get involved beyond that, please get in touch with Carole Nelson at The Sleepy Elephant on Main Street - Tel: 21770 - E-mail:


info@thesleepyelephant.co.uk

For information about the national scheme, see:

www.walkersarewelcome.org.uk

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DENTDALE RUN

One of Dent C of E School's largest fundraising events, the annual Dentdale Run will take place on Saturday the 8th of March. This year's race is the 30th anniversary and we are hoping to make it a special one.

The run is supported by its main sponsor, Dentdale Brewery and receives the huge support of other local businesses as well as a number of local people and organisations who provide catering and marshalling. Commencing at 1pm, the run is just over fourteen miles and takes place around the lanes of Dentdale. Entries are invited from affiliated and non-affiliated runners. For affiliated

runners the cost of entry is £11 in advance or £13 on the day with non-affiliated runners paying £2 more.

Free car parking, showers and plenty of refreshments will be available to runners. Trophies and prizes will be presented, immediately after the race in the memorial hall, to the top runners in several categories including, ladies, teams and veterans categories.

On this day the village itself and the surrounding roads will be very busy especially between 12pm and 3.30pm with around 500 runners setting off from the village at 1pm. I would like to ask that if anyone is moving livestock or expecting large deliveries on this day could they please try to avoid these times.

Spectators are very welcome on the day or if you wish to enter then you can obtain an entry form from www.dentdalerun.com. If you require any further information then please call 25185.

*Scott Thornley,
Chair, Dentdale Run Committee*



Malcolm Sedgwick



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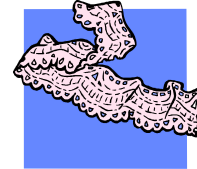
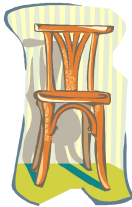
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NEIGHBOURHOOD FORUM

Neighbourhood Forum meetings are organised by Cumbria County Council to enable local people to meet with their County Councillors and other council officers to discuss issues of interest and have the opportunity to raise concerns or ideas for the area. Neighbourhood Forums are public meetings and everyone is welcome.

The next Sedbergh & Kirkby Lonsdale Neighbourhood Forum meeting will take place on Wednesday 5th March at 7.00pm at Barbon Village Hall, Near Kirkby Lonsdale. The agenda includes Cumbria Police and Crime

Commissioner, Richard Rhodes, a Police update on the arrangements for the Appleby Horse Fair 2014, an update on the A683 Cautley Road Works and an update on the Cumbria Archive Services. If you would like to receive a copy of the agenda, or would like further information about the meeting or about making a grant application, please contact Carol Last, Area Engagement Officer, on 01539 713405 or email:

carol.last@cumbria.gov.uk

Carol Last

MEN U CAN COOK

Would you like to learn how to cook some simple healthy meals and be a bit more confident in the kitchen? Then come along to our cookery course (date and venue TBC) – it will be fun, relaxed and informal, Each week the teacher will be preparing some simple meals - you will be able to see how it's done, maybe have a go yourself, taste the results and take home the recipes.

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DENTDALE CLUB

Despite the poor weather during the later months of 2013 and the beginning of 2014, the regular Friday meetings of the Dentdale Club continue to enjoy steady attendance and a range of speakers.

Early December saw everyone taking part in the usual Christmas-themed Quiz, some with more success than others, but the sharing of mince pies and other Christmas food goodies helped foster a keen competitive spirit!

The February gathering welcomed our very own *Lookaround* Editor Dennis Whicker who, in his own inimitable fashion, outlined the beginnings and history of the publication – hard to believe it has been going so long and we all remembered many of the events reported in the early editions! Keep up the good work, Dennis!

Thanks go to Linda Greensmith from Age UK who is responsible for organising the events and details of the 2014 programme can be found on Page 78 in this issue of *Lookaround*.

Dorothy M Vernon

SEDBERGH

MEDICAL CENTRE

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

Thursday 20 March

Wednesday 30th April

Tuesday 20th May

Thursday 19th June

Tuesday 15th July



LOADS OF RUBBISH

Many people will have noticed over many months from time to time someone picking up litter between Sedbergh and the M.6. We know this person, who we shall simply call Bill (yes his real name - we won't embarrass him by putting his full name) and wish to express our sincere thanks to him because he is NOT PAID to do this work, he simply cares for our beautiful countryside and does this in his spare time. SO A HUGE THANK YOU TO HIM. As most of this litter is left by motorists perhaps some enterprising person could design a sticker to put INSIDE cars to remind people not to throw litter out of their vehicles (just take it home)

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CUMBRIA IN BLOOM

Like the Snowdrops we are raising our heads again and we have met to discuss the projects we hope to tackle this year.

They include the follow:-

1. Total revamp for the two flower beds at the Fire Station which contain many conifers which are rather "past their sell by date" and we will then replant them.
2. The garden at No. 72 Main Street (the Information Centre). (Not the lawn cutting)
3. The small round planted area at top of the steps leading to Thornsbank
4. The triangle area at Toll Bar Junction

We will, of course, continue with the ongoing care of the flower beds in Main Street, Queens Drive and other small areas.

Many of the projects we wish to tackle will cost money and of course we will have to seek funding to achieve our aims. Anyone who may wish to sponsor a bed will be greeted with open arms, or alternatively if you simply want to lend a hand you will be made most welcome to our very small group.

Our aim as always is to make Sedbergh welcoming with cared for public area.

Dorothy Blair

FAMILY MUSINGS

My mobile is becoming invaluable in that i can send an e-mail when the internet connection is unstable to my laptop. Like now, today 5.am On the

Cumbria Stove Centre

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wood, coal and gas stoves
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day before the Lookaround deadline, my limited knowledge means I can't sort it out. My phone is trying to tell me we are in Casterton, two days ago, and cloudy. I do know where I am, it is not there and outside is dark .. oh do keep up!

Hubby is now 60, we had a fantastic party with a lot of info about him, great food, fun games. A lot of cards adorn the house and he can now have a free bus pass, free eye test and a full health check, perhaps he would go if there was an incentive. My one for having tests done is to discover what is wrong inside me.

The grandsons are developing as they ought and we adore them, if Grandad goes missing on the farm he can often be found visiting Bal who in turn misses nothing. We have both been poorly with coughs and colds and seem to spend quiet evenings by the fire except the nightly walks up the road for caretaking duties accompanied by our beloved cat, Mitts. These days we seem to be walking in water, dry days are coming folks, spring is on the way.

Sarah

SEDBERGH ART SOCIETY

Free Taster Sessions

Have you always wanted to paint but not known how to start? Or perhaps it was a hobby you would like to take up again? The Art society is running three, FREE taster sessions for anyone who would like to come and have a go. They will be held at the URC Rooms on Thursday evenings at 7.30pm on the following dates:

March 27th Drawing

April 3rd Pastels

April 10th Watercolour.

All materials will be provided. For further information please contact Sheila Hollaway on 20100.

wonderful community so a big thank you to everyone who has donated items for sale, those who have bought the items and all the volunteers that put a lot of time and effort into this great cause.

Dennis Whicker

Apple Macintosh & iPad Help & Advice

problem solving – upgrades – installations

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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

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Author of

'How to Lose Weight Without Dieting'

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free initial consultation

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015396 23239

CLUTTERBOOKS & CLOBBER

As *Lookaround* was going to print, some fantastic news emerged. Since the Charity Shop was opened, money taken from the shop has been used to support local community projects and organisations.

The amount received has topped £100,000 with over £80K being distributed.

This is a phenomenal effort from our

LADIES N.F.U.

The Annual Dinner took place at the Red Lion Hotel in January where members enjoyed a most excellent meal.

The next meeting took place on the 18th February, members and friends enjoying a first class illustrated talk "Sedbergh in One Hour" given by Kevin Lancaster our own History Man who has such a wealth of knowledge about Sedbergh and District.

The Raffle was won by Linda Killops.

Our meeting in March is on the 11th, a week early, when John Rice will entertain us with "The Night of Words".

New members and visitors are always welcome, see you then.

Marlene Mason

MEALS ON WHEELS

The Red Lion Finkle Street Sedbergh offers meals on wheels service twice a week on a Tuesday & Thursday where a hot main & pudding is delivered to your door by one of the volunteers who help us provide this service for the local Community.

If you or any one you know would like to try or have this service please contact Carole or Jonathan at The Red Lion On 015396 20433.

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

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

ROAD WORKS

By the time you read this, the repairs to the A684 on Blackhorse should have been completed after work was carried out between 1800 and 0600 between 17th & 21st February.

There is no date for any improvements at Lilymere at this time.

Major engineering work is to be carried out to repair damage caused by severe flooding on A683 at Cautley, near Sedbergh.

Work was expected start on 24 February and is expected to last for about 24 weeks. The scheme will

involve constructing a reinforced concrete retaining wall, and traffic controls will be in place during the works to protect the safety of the public and highway contractors. The council will make every effort to minimise disruption to road users. Signs giving road users advanced warning of the works will go up shortly. Local communities and businesses are being informed about the scheme.

Gae Hicks

Steve Hopps


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Tel 07870 785322
steve.hopps2@gmail.com

SEDBERGH GALA 2014

This year will be the 50th Gala to be held in Sedbergh. It seems fitting therefore that the theme will be Fifty Golden Years. This gives plenty of scope for interpretation, for instance golden celebrations, Olympic gold medals, "Goldfinger".



Gala Day will be held on **Saturday 17 May** and all of us on the Committee are confident that our fickle weather will also embrace the golden theme!

The Gala Committee

SEDBERGH CUBS

January saw the first County Cub Event that 1st Sedbergh Cub Pack had been involved in, as reported by Thomas Woodhouse, Pack Sixer.

Mike Sloan Trophy

On Sunday 9th February we went to the 1st Kendal Scout Hut and competed amongst 10 Cub Packs from around the County for the Mike Sloan Trophy.

We played some fantastic games both indoors and outside including Kerplunk, shooting ducks with bow and arrows, hat football, spot the difference game on a projector screen and farmers eggs.

Although we didn't win we all had a great day finished off with juice and a Kit Kat. *Thomas Moorhouse.*

worship@peopleshall

It was great to welcome back Tim & Janet Widdess to Sedbergh again, now living in Brookhouse. Tim came to speak at the February meeting and brought with him a friend who had an amazing story to tell. He shared with us how God had transformed his life and brought him from drug addiction to a completely new life. He spoke very movingly to a packed hall of how God had miraculously intervened, even when in a critical condition in hospital due to his use of hard drugs. All along his faith was strengthened by God's answers to his prayers and he began to accept that God loved him. It took more than one attempt before he was finally freed. It was a great morning and we look forwards to next month 2nd March and then 6th April. *Sedbergh Methodist Church*

DENTDALE CHRISTIAN FELLOWSHIP

Our party in January was a great evening of laughter and fun. We began by singing worship songs, heard an update on various things and a prayer and then games. First a word for everyone to include in the conversation without it being spotted, I Spy, Beatle, and stick the tail on the Ass all had us in great hilarity. Then the bring and share supper was eaten with great enthusiasm accompanied by great banter.

We continue to meet once a month for lunch and once a month for testimony and you are very welcome to join us, please contact us for dates and times.

John and Sarah Woof 25212

SEDBERGH & DISTRICT ART SOCIETY

The Society's AGM took place on the 14th of February when members looked forward to some new and exciting ideas for the coming year. Mike Morrison is currently setting up a new website for the Society where members' work will be on display. Details of this will follow later.

Some free taster-sessions are coming up shortly - see the advert in the Lookaround for details and do come if you are interested in getting started or developing your skills in art.

The Wednesday painting group will continue to meet in the URC room at 1.15pm. Our final meeting of the season is at 7.30 pm on March 14, and will be 'Dynamic Watercolour Landscapes' with Paul Talbot Greaves. *Margaret Copestake*

AGE UK SOUTH LAKELAND

If you are aged over 50, why not come along to one of our sessions in the Sedgwick room, Memorial hall, Dent where we have a guest speaker or demonstration each month followed by tea, coffee, cake and games. We meet every first Friday of the month at 1.30 pm and I hope you may find something of interest from the list below -

- March 7th – Susan Garnett - ‘The Echidna Enigma’
- April 4th – Linda Greensmith - ‘Recipe swop’
- May 2nd – Elaine Horne – ‘The work of a lady gardener’
- June 6th – Wendy Cooke – ‘Jewellery demonstration and small talk’
- July 4th – Trip out to country harvest
- August 1st– Reminiscing session - Age UK
- September 5th – Tony Wood – ‘Flowers of the Yorkshire Dales’
- October 3rd– Edward Mills – ‘Woodlands in Cumbria’
- November 7th – Police and fire
- December 5th - Xmas party

Linda Greensmith

GRAHAM J MOFFAT



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72 MAIN STREET

Last Month we reported on the progress made during the past 2 years to purchase the building for the Community, the formation of the Community Interest Company and the Sedbergh and District Charitable Incorporated Organisation (CIO).

At the time of writing the final negotiations are in hand for the purchase of the building from the White Knights and by the time this article is published the building will be in the care of the CIO and once again owned by the Community. Arrangements for the transfer of the responsibilities of the Sedbergh and District Heritage Trust to the CIO are proceeding apace and we are confident that the target date of 31 March for completion will be met.



In the February article we highlighted our hope that 72 Main Street would become Sedbergh's focus for advice, assistance and resources for the whole community. In furtherance of this aspiration we are delighted that the Sedbergh Neighbourhood Policing Team will be moving to a new office on the First Floor at the beginning of April.

We hope that the Policing Team move will underline the importance of Number 72 to Sedbergh and will encourage those of you who have not visited recently to drop in and see the changes that have taken place.

Tony Reed Screen



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BARBON ROUND

We are a Long distance Walking group in West Lancs and have organised a Challenge Walk in Barbon for a number of years. The route and application details are available on the West Lancs LDWA website. The date is the 5th April.

There is a 14 mile and 24 mile route across the fells that surround this



beautiful area. The start is from the Village Hall at 8.00am.

Refreshments are available at the start and at checkpoints en

route, with a hot meal at the end.

You do not need to be members of the Long Distance walkers association, but reasonably fit to complete the walk. Please telephone 07952 673357 if you require further details.

Ian Wardle (organiser)

RED LION

In December, Carole and Jonathon of the Red Lion held a Raffle in aid of McMillan Nurses Sedbergh Branch.

A total of £171.50 was raised so a big thank you to everyone that bought a ticket and who donated the prizes which included a T Shirt which realised £46 on E-Bay.

COMMUNITY OFFICER REPORT

Logs of note

22/1 In the Dent area a Landrover was broken into and a chainsaw, tool kit and jacket were stolen. The landrover was then attempted to be stolen but the offender was unsuccessful.

24/1 Outbuildings at a farm at Castlehaw were broken into, nothing was taken.

25/1 A suspicious vehicle was seen in Dent at 0400hrs.

27/1 A suspicious vehicle was seen selling tools in the Firbank area.

4/2 12 Bags of Sheep feed were stolen from a barn at Gawthrop.

9/2 Two reports of a suspicious Red Transit van were reported in the Dent area.

10/2 A public Order Offence happened on Long Lane whereby a motorcyclist thumped the side of a car.

14/2 A report was made regarding a phone call received from a company purporting to having information on the recipient being in an accident. Do not give out any personal information. If at all you are uncomfortable with the call, just terminate it.

If you would wish an update on any crime, suspicious incident you have reported then please add to the log at the time you ring stating my name as your local officer and I will ring you back with any details we have.

If you would like to receive up to date crimes then please sign up to www.cumbria.communitymessaging.co.uk You can find it on line or alternatively email me on Amanda.

coleman@cumbria.police.uk or ring Cumbria Police on 101 and leave me a message with your name, address, phone number and email address.

CSO Mandy Coleman 5244

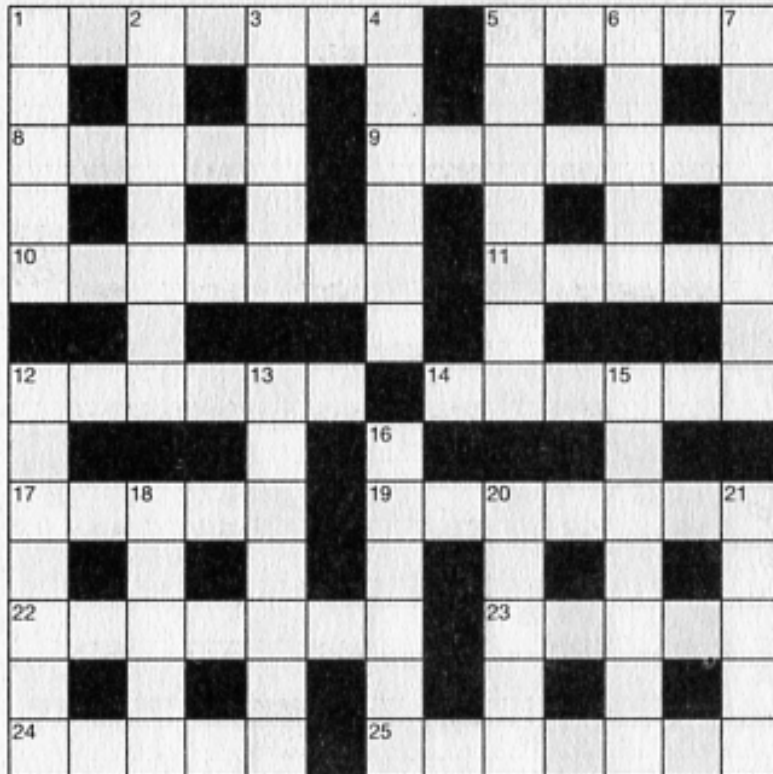
CITIZENS ADVICE BUREAU

Help control unwanted marketing calls and texts

In November 2012, the Information Commissioners' Office (ICO) fined the company Tetras Telecoms £300,000 for sending huge numbers of unsolicited text messages (mainly about PPI mis-selling and compensation for accidents). This was overturned on appeal, the Judge decided that the company's actions did not cause, and were not likely to cause, substantial damage or distress to those affected.

The ICO disagrees and wants Government to change the law so that companies can be fined where the texts and phone calls cause nuisance, annoyance, inconvenience or anxiety. ***If you have been affected let us know.*** We can pass your story onto the ICO and together we can try to get the law changed.

We call this action 'Social Policy'. Every CAB around the country uses local experience of your problems to build a national picture. We have people employed in London who then take this information and lobby Government to try and get changes for the better. So as you can see, each person's story can build to something powerful, helping prevent similar problems in future.



ACROSS

- 1 Arrogant newcomer (7)
- 5 Seventh sign of the zodiac (5)
- 8 Do without (5)
- 9 Trifling amount of money (7)
- 10 Disease also known as lockjaw (7)
- 11 Soup server (5)
- 12 Prompt (6)
- 14 Steady, firm (6)
- 17 Head of an abbey (5)
- 19 Word of opposite meaning (7)
- 22 Isle of Man parliament (7)
- 23 Think fit (5)
- 24 Quaintly amusing (5)
- 25 Gift, donation (7)

DOWN

- 1 Out of condition (5)
- 2 Layer of rock (7)
- 3 Deck out (5)
- 4 Office worker (6)
- 5 Handbill (7)
- 6 Tied (5)
- 7 Severe (7)
- 12 Cooked (7)
- 13 Sport similar to basketball (7)
- 15 Outdoor blaze (7)
- 16 German composer (6)
- 18 Stringed instrument (5)
- 20 Henry VIII's surname (5)
- 21 Take away (5)

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

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

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

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

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



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WILL save the world!**



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789
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
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

CAMPING, CARAVANNING & SELF-CATERING

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

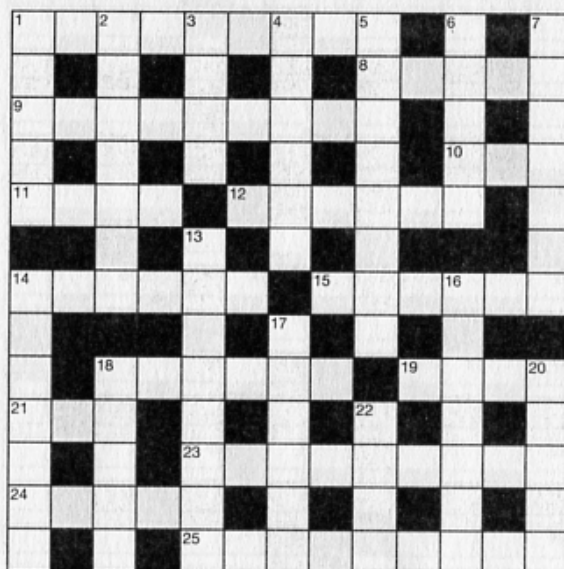
KEY

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

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	WDB	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	WDB
1545	1620	M - S	564	GPS	1625 (C)	1658	M - S	564	GPS
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0855 (L)	0932	M - F	564	GPS	0705	0740	M - F	564	GPS
1125 (L)	1202	M - S	564	GPS	0935	1002	M - S	564	GPS
1440 (L)	1505	M - S	564	GPS	1235	1310	M - S	564	GPS
1655 (L)	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	WDB	0950 (CG)	1000	Wed	548B	W
1330	1345	Wed	564B	W	0910	0925	Sat	564A	WDB
1500	1515	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1650	1705	Sat	564A	WDB	1615	1630	Sat	564A	WDB
1840 #	1855	Sat	564A	WDB	1740	1755	Sat	564A	WDB
					1930 #	1945	Sat	564A	WDB
Dent to Dent Station					Dent to Sedbergh				
0840	0855	Sat	564A	WDB	1000	1015	Wed	548B	W
0950	1005	Sat	564A	WDB	1035	1050 (L)	Sat	564A	WDB
1345	1355 CG	Wed	564B	W	1630	1645	Sat	564A	WDB
1515	1530	Sat	564A	WDB	1755	1810	Sat		WDB
1705	1720	Sat	564A	WDB	1945 #	2000	Sat		WDB
1855 #	1910	Sat	564A	WDB	Last Update: June 2013				
L = Sedbergh Library					H = Via Westmorland General Hospital (Request Only)				
C = Via Kendal College					CG = Cowgill				
W = Woof's of Sedbergh					WDB = Western Dales Bus				
GPS = Grand Prix					# = British Summer Time Only				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
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)				

Dent Station Western Dales Bus Saturday Service 564A					
Train connection From Leeds		1016	1611		1923
Train connection From Carlisle	0905			1732	1920
Buses leaving Dent Station	0910	1020	1615	1740	1930
Buses Arriving Dent Station	0855	1005	1530	1720	1910
Train connection To Carlisle		1016	1611		1923
Train connection To Leeds	0905	1040	1540	1732	1920



ACROSS

- 1 Join together (9)
- 8 Blend of tea (5)
- 9 Irritable at any delay (9)
- 10 Stretch out (3)
- 11 Layer (4)
- 12 Soft silky goat fur (6)
- 14 Miscellaneous mixture (6)
- 15 Stick (to) (6)
- 18 Glared (6)
- 19 Small Malayan dagger (4)
- 21 Climbing plant (3)
- 23 Compass direction (9)
- 24 Farewell (5)
- 25 Victorian cookery book author (3, 6)

DOWN

- 1 Utter fool (5)
- 2 The best player (3, 4)
- 3 Duty list (4)
- 4 King of the fairies (6)
- 5 Capital of Nepal (8)
- 6 Large showy daisy (5)
- 7 Plunge into liquid (7)
- 13 Each year (3, 5)
- 14 Enchanted (7)
- 16 Amelia - - -, first woman to fly solo across the Atlantic (7)
- 17 Card suit (6)
- 18 Lebanon's neighbour (5)
- 20 Smooth glossy fabric (5)
- 22 Horse's iron footplate (4)

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/08	Mrs Leigh	Sed:	20794
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	01/09	Mrs Whitton	015242	72004
Bell Ringers (StAS) *	02/14	Mrs Sharrocks	Sed:	20754
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 - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
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
Cub Scouts *	02/14	Mr Hubbard	Sed:	20028
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
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 - Sedbergh	06/13	Mr Kernahan	Sed:	20733
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 *	12/13	Mrs Gilfellow	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
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	03/14	Mrs Richards	Dent:	
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 - Sedbergh	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
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	12/13	Mrs Kernahan	Sed:	20733
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

CHURCH SERVICES FEBRUARY					
St. Andrew's	2nd	9th	16th	23rd	30th
8.00 am	HC CW	HC BCP	HC BCP	HC BCP	
10.30 am	HC CW	Parish Comm Sunday School	HC CW	Mattins	Special Service
6.30 pm	EP	EP	EP	EP	EP
Wednesday	5th	12th	19th	26th	
11.00	Ash Wednesday		Joseph of Nazareth	The Annunciation	
7.30 pm	Ash Wednesday				
St. Mark's	2nd	9th	16th	23rd	
9.30 am	HC	No Service	MP		HC
2.30 pm				Taize & HC	
St. John's	2nd	9th	16th	23rd	
9.30 am	MP	No Service	MP	HC	2pm Special Mothers Day Ecumenical Service
LUNE PARISH SERVICES					
	2nd	9th	16th	23rd	30th
Holy Trinity Howgill	Church Closed February & March				10.30 am Joint Family Worship
St John's Firbank	10.30 am MP	2.00 pm Joint HC Killington	2.00 pm Joint HC Firbank	2.00 pm Joint HC Killington	
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	2nd	9th	16th	23rd	30th
St. Andrew's	10.30 am HC	10.30 am HC *	10.30 am HC	10.30 am United Communion Service @ Dent Methodist Church	
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	2nd				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			NSV = New Sedbergh Version		

Religious Services in Sedbergh

CHURCH OF ENGLAND
 St. Andrew's Parish Church
 Sunday 08.00, 10.30 & 18.30
 Wednesday 11.15
Rev. A. McMullon Tel: 20018
Church Wardens:
 Tony Reed Screen 21081
 & Susan Sharrocks 20754
www.sedbergh.org.uk/churches/anglican

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. H. Stuteley Tel: 20329

UNITED REFORMED CHURCH
 Main Street
 Sunday 10.30
Rev. C. Marsden Tel: 22030

**SOCIETY OF FRIENDS
 QUAKERS**
 Brigflatts
 Sunday 10.30
Tess & Philip Satchell Tel: 20005

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

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

CHURCH OF ENGLAND
 Cautley & Garsdale
Rev. A. McMullon Tel: 20018
Church Wardens:
 Cautley: Judith Bush 20058
 & Linda Hopkins 21455
 Garsdale: Mary Grant 20573
 & Bill Mawdsley 20723
 Firbank: Colin Wilson 20952
 & Jean Dixon 20435
 Howgill: Mary Stainton 20426
 & Dorothy Parker 20493
 Killington: Jennifer Thornely 20444
 & John Mather 015242 76333

Dent & Cowgill
Rev. P. Boyles Tel: 25226

METHODIST CHURCH
 Dent; Dent Foot;
 Cautley; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostrow
Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE
 5.30 pm People's Hall every Sunday
Tel: 20588 or 20503
www.sedberghchristiancentre.co.uk

worship@peopleshall
 10:30 am 1st Sunday each month
Beth & Sandy Roy Tel: 20785

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

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Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£2.00
Postal Overseas	=	£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 19th March 2015

MARCH			
1	St David's Day		StAD
1	1000 Dutch Exhibition till 21/04 (10)	FM	
1	1900 Flicks in the Fells	PH	
4	Shrove Tuesday - Pancake Day		
5	1000 Coffee Morning Rose Theatre (7)	URCR	
5	1030 A Journey to Easter (12)	URCR	
5	1900 Neighbourhood Forum	BVH	
5	1930 Tennis Club AGM (8)	Bull Hotel	
5	1930 HS Transport over Shap Fell (19)	SSAT	
6	1930 WIH A Career in Ruins	HVH	
6	1945 Musical Coincidences (71)	StAS	
7	1400 Women's World Day of Prayer (8)	DMC	
8	1300 Dentdale Run	Dent	
11	1400 WIK So you think you can stitch?	PH	
11	1930 FCH Domino Drive	FCH	
12	1000 Coffee Morning Town Band	URCR	
12	1030 A Journey to Easter (12)	URCR	
12	1915 WID Painting & Sketching	DMH	
12	1930 WIS Singing my Travels	PH	
15	1000 Coffee Morning	DMC	
16	1930 NWA Concerts (*)	APH	
17	St Patrick's Day		
18	1400 SASL Sedbergh Support Group	URCR	
19	1000 Coffee Morning Christian Aid (19)	URCR	
19	1030 A Journey to Easter (12)	URCR	
19	1930 HS High Bank House, Barbon (19)	SSAT	
19	1930 DMH AGM	DMH	
20	1300 Medical Centre Closed for Training (73)	MC	
20	1900 Turnabout Abbey (1)	PH	
21	1900 Turnabout Abbey (1)	PH	
22	1000 Pepperpot Coffee Morning (22)	URCR	
22	1430 Turnabout Abbey (1)	PH	
22	1900 HS AGM (19)	SSAT	
22	1900 Turnabout Abbey (1)	PH	
23	1100 Snowdrop Walk	Sizergh Castle	
23	1700 Alan Lewis Tribute Concert (23)	SSPH	
26	1000 Coffee Morning Utd Ref Church	URCR	
26	1030 A Journey to Easter (12)	URCR	
26	1930 Wildlife & Environmental Policing	SSAT	
27	1930 Art Society Taster Evening	URCR	
29	1030 Jumble Sale	URCR	
29	1200 Spring Show	CANCELLED	
29	1900 Tebay School Auction of Promises (29)	Shap	
29	1930 PH Dance	PH	
29	1930 A Night in Venice (28)		StAD
30	Clocks March Forward		
30	Mothering Sunday		
APRIL			
1	1000 Dutch Exhibition till 21/04 (10)		FM
2	1000 Coffee Morning NW Cancer		URCR
2	1030 A Journey to Easter (12)		URCR
3	1930 WIH Hearing Dogs		FCH
3	1930 Art Society Taster Evening		URCR
5	0800 Barbon Round		BVH
5	1900 Flicks in the Fells		PH
6	1400 Cobweb Orchestra		SSPH
8	1400 WIK "Holhirdiana"		PH
9	1000 Coffee Morning Ladies NFU		URCR
9	1030 A Journey to Easter (12)		URCR
9	1915 WID Stories & Poetry		DMH
9	1930 WIS The Lost Community of Mardale		PH
9	1930 Art Society Taster Evening		URCR
13	Palm Sunday		
15	1400 SASL Sedbergh Support Group		PH
16	1000 Coffee Morning Garsdale Village Hall		URCR
16	1030 A Journey to Easter (12)		URCR
17	Maundy Thursday		
18	Good Friday		
21	Easter Monday		
21	1000 Dutch Exhibition Ends		FM
23	St George's Day		
23	1000 Coffee Morning StAS Mission		URCR
25	Rural Highlights - Snake Davis		PH
26	1000 Coffee Morning		DMC
26	1930 PH Dance		PH
30	1000 Coffee Morning - WIS		URCR
30	1300 Medical Centre Closed for Training (73)		MC
30	1930 CWT Mountains in the Sea		SSAT
30	1930 Town Band Concert		(Now 14th May)
MAY			
1	1930 WIH Guiding at Dalemain		HVH
3	1900 Flicks in the Fells		PH
5	May Day		
7	1000 Coffee Morn Dent & Sed Oral Society		URCR
12-15	Christian Aid Week		URCR
13	1400 WIK Resolutions		PH
14	1000 Coffee Morning Christian Aid		URCR
14	1915 WID Resolutions/Handbag to Reticule		DMH
14	1930 Town Band Concert		StJCG

*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
accept any responsibility for any inconvenience caused through errors or omissions.
Copies are available from Sedbergh Office Services, Green Door,
Premier, Howgills Bakery, Post Office, Dent Stores & Barbon Inn.*

COVER PICTURE

River Dee at Cowgill

Painted by Jennie Holmes

14	1930	WIS Resolutions & Jacobs Join	PH
16		SIA Great British Fish & Chips Event	
16	1930	PH Quiz Night	PH
17	1000	Coffee Morning	DMC
17	1200	Sedbergh Gala	Sedbergh
19	1930	WI Group Meeting	PH
20	1300	Medical Centre Closed for Training (73)	MC
20	1400	SASL Sedbergh Support Group	PH
21	1000	Coffee Morning McMillan Cancer	URCR
21	1930	Olde Time Dance	PH
26		Spring Bank Holiday	
28	1000	Coffee Morning TBA	URCR
30		Holker Show	

JUNE

1 - 15		Music Festival	Sedbergh
1		Holker Show	
4	1000	Coffee Morning Howgill WI	URCR
4	1930	Town Band Concert	StAS
5	1930	WIH Jubilee Flotilla	FCH
7	1900	Flicks in the Fells	PH
10	1400	WIK Trees	PH
11	1000	Coffee Morning Garsdale Church	URCR
11	1915	WID History of Halecat	DMH
11	1930	WIS Lumps, Bumps & Wobbly Bits	PH
16		Father's Day	
17	1400	SASL Sedbergh Support Group	PH
18	1000	Coffee Morning WIK	URCR
19	1300	Medical Centre Closed for Training (73)	MC
21	1930	PH Dance	PH
25	1000	Coffee Morning Firbank Church	URCR
28	1000	Coffee Morning Music & Beer Festival	DMC

JULY

2	1000	Coffee Morning Utd Ref Church	URCR
3	1930	WIH Members Evening	HVH
9	TBA	WID Summer Outing	TBA
9	1900	Town Band Concert	Country Harvest
8	1400	WIK Outing to Howarth	PH
9	1000	Coffee Morning Middleton Church	URCR
9	1930	WIS Wedding Myths & Magic	PH
15	1300	Medical Centre Closed for Training (73)	MC
16	1000	Coffee Morning TBA	URCR
18	1400	Strawberry Teas	DMH
23	1000	Coffee Morning TBA	URCR
26	1000	Coffee Morning	DMC
30	1000	Coffee Morning Garsdale Village Hall	URCR

AUGUST

6	1000	Coffee Morning Howgill Church	URCR
7	1930	WIH Laughter, the best medicine	FCH
13	1000	Coffee Morning StAS Mission	URCR
13	1915	WID Home, Heart, Heft & Jacobs Join	DMH
13		WIS Summer Outing	
20	1000	Coffee Morning NW Cancer	URCR

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DIARY KEY

APH	= Appleby Public Hall
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	= Dent Methodist Chapel
FCH	= Firbank Church Hall
FM	= Farfield Mill
GVH	= Garsdale Village Hall
MC	= Medical Centre
MiddC	= Middleton Church
HS	= History Society
HVH	= Howgill Village Hall
IRC	= Information Resource Centre
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
PH	= People's Hall
RD	= Rhumes, Dent
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJCG	= St John's Church, Garsdale
SHQ	= Scout Headquarters
SSAT	= Settlebeck School Academy Trust
SS	= Sedbergh School
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 – 10.00am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Surgery by appointment only –

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

Dent Surgery by appointment only - Monday

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday

afternoons **(By appointment only)**

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

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

See our website www.sedberghmp.nhs.uk for further details

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

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Wendy Thompson,
Dawn Douglas & Sarah Boum (Hygenist)

Monday to Friday 0900 - 1700

Saturday *

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH TOURIST OFFICE

Main Street 20125

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

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

COMMUNITY OFFICE 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail: office@sedbergh.org.uk

www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

There are no local facilities

www.cabsouthlakeland.org.uk/

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

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