

Sedbergh & District

LOOKAROUND

June 2015

Issue 333

Donation £1

Another bumper issue of 100 pages. A continued thank you to everyone for your contributions.

Please note that from July, we will start to introduce new procedures for Lookaround. August will see the

completion of our change-over from SmartOffice to 72 Main Street. Please see Pages 7, 54 and 91 for more information. If you have any questions, please don't hesitate to ask. *Dennis & Jacky Whicker*

JUNE EXHIBITIONS

Fusion Revealed - Dover Gallery

an exhibition from a textile group based in the North East of England

Alison Stockmarr Facebooks - 2K Gallery

'Face Books' is a collection of work poking fun at Facebook.

Textillia 3 Time Pieces - Howgill Gallery

This exhibition will celebrate the idea of Time in all its guises



Workshops

Double weave with Jan Beadle - Tues 14 July £50

Learn to weave 2 layers together to make sculptural and 3d effects. Perfect for beginners or experienced weavers.

Digital B&W Photography with Colin Reynolds

Sat 8th Aug - £50 Learn what creates a good B&W photograph and some basic composition techniques



Weavers Café open 10.00 - 5, daily.

For amazing cakes and other delicious treats!
Free admission to café.



Farfield Mill is open daily 10.30 - 5.00, £3.50/£3,
under 16s free. Garsdale Rd, Sedbergh, LA10 5LW. www.farfieldmill.org

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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Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
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	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	04/15	Mrs Pauley	015242	51549
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 - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
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	02/15	Mr Hoggarth	01539	583793
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 Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary 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
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
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 Gilfellon	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
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	01/09	SmartOffice	Sed:	20788
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	06/14	Mrs Foott	015395	30163
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
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
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Voluntary Car Scheme *	06/15	Mr Dodgson	Sed:	20869
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
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	02/15	Miss Bainbridge	07975	647566
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

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

Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
1000	Every Sunday	Free Entry to Locals	FM	Bowling Green, Queens Gardens
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch, Busk Lane
1330	Every Monday	Knit 'N' Natter	DHC	Cautley Spout, A683 towards Kirkby Stephen
1400	1st Monday	Bridging the Gap	MC	Community Office, 72 Main Street
1930	1st Monday	Dent Parish Council	DMH	Cumbria Wildlife Trust, Community Office
1930	1st Monday	People's Hall	PH	Dent Heritage Centre, Laning, Dent *
1900	3rd Monday	Chamber of Trade	PH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1300	Every Tuesday	Howgill Toddlers	HVH	Friends Quaker Meeting House, Brigflatts.
1300	Every Tuesday	Knit & Natter	FM	George Fox's Quaker Pulpit, Firbank
1830	Every Tuesday	Cub Scouts	SHQ	Golf Club, Catholes, Sedbergh *
1930	Every Tuesday	Bridge Club	WHC	Information Centre, 72 Main Street
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	Picnic Site, Ghyllas, Cautley Road
1730	Every Wednesday	Sedbergh Juniors	PH	Picnic Site, Settlebeck New Bridge
1730	Every Wednesday	Brownies (term time)	SMCR	Play Ground, Dent Village
1730	Every Wednesday	Beaver Scouts (Term Time)	SHQ	Play Ground, People's Hall
1930	Every Wednesday	Sedbergh Seniors	PH	Play Ground, Maryfell
1930	1st & 3rd Wednesday	History Society (Winter)	SHS	Queen's Gardens, Station Road
1915	2nd Wednesday	Dentdale WI	DMH	St. Andrew's Church, Dent
1930	2nd Wednesday	Sedbergh WI	PH	St. Andrew's Church, Main Street, Sedbergh
1400	3rd Wednesday	Age UK South Lakes	Library	St. Gregory's Church, Vale of Lune
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	St. John's Church, Cowgill
1930	1st Thursday	Howgill WI	FCH	St John's Church, Firbank
1200	2nd Thursday	Lunch Club	Red	St. John's Church, Garsdale
1915	2nd Thursday	Royal British Legion	WHC	St. Mark's Church, Cautley
1930	2nd Thursday	Sed. Parish Council	PH	Sedbergh Embroidery, StAS
1930	Every Friday	Scouts	SHQ	Tennis Courts, Guldrey Lane
1330	1st Friday	Age UK Dentdale Club	DMH	United Reformed Church, Main Street
See Group Page for contact details & Diary Page for Keys				Winder Fell, above Sedbergh
				* = Entry Fee Applicable

JUNE BIRTHDAYS

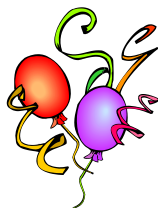
Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipients this month are:-
Natalie Waller who is 11 years old on 10th June and
Lavinia Capstick who is 11 years old on 15th June.

Happy Birthday and please collect your vouchers from

SmartOffice

13 Kings Yard, Sedbergh
which can be used in any shop in
Sedbergh & Dent.



IMPORTANT INFORMATION

From August, the Birthday Vouchers system will change. If you wish to have your child to have the opportunity to receive the monthly Voucher, we need a Postal Address and Post Code please. We are sorry but if there is no address, the Birthday Child cannot receive a Voucher. You do not have to wait until the month of the Birthday, please submit the details as soon as possible. Thank you for your help.

Dennis & Jacky Whicker

Day	Name	Age
5	Tate GORNALL	2
7	Rowan ASHWORTH	5
7	Harrison BROOKS	11
9	Jack McDOWALL	8
10	Natalie WALLER	11
15	Lavinia CAPSTICK	11
22	Sophie-Mae BRATHWAITE	1
23	Lewis DALZELL	9
23	George LABATTE	2
Nonagenarian & Over		
8	Edward Morphet	94

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

PERSONAL & SMALL ADS £1

SOPHIE-MAE BRAITHWAITE

Happy **1st Birthday** to our little Princess - Sophie-Mae on 22nd June. Lots of hugs & kisses from Mummy, Daddy, Nanna & Grandad. XXXX
=====

SOPHIE-MAE BRAITHWAITE

Hapy **1st Birthday** Sophie-Mae on 22nd June. Love from Uncle Ian. XXX
=====

BETTY CAPSTICK

Tommy, Teresa, Karen and families wish to sincerely thank family, friends and neighbours for all the love and support and beautiful flowers and cards following the recent sudden and sad loss of Betty. Special thanks to the many people who came to Betty's service and for all the generous donations received, totalling well over £1,000. Many thanks to Rev Peter Boyles and Rev Harold Stutely for their lovely personal service. Also to Brian Goad for all his great help and support with the funeral arrangements, and to Dorothy and helpers for the delicious and plentiful refreshments.
=====

GEORGINA DEVINE

Happy Birthday Georgina on 19th June. Love from Laura, Nigel, Anne-Marie & Ben.
=====

BEN GARNETT

Happy 13th Birthday Ben on 24th June. From Mum & Dad, Anne-Marie & Terry, Aunty Dawn & Aunty Georgina.

FOR SALE

Super Ser heater including 1.5kg gas cylinder £20. Adjustable 3 shelf computer trolley £10. Pair of men's Hightec Golf Shoes with Soft Spikes Size 9 hardly worn £20. Tel: 20828
=====

FOR SALE

4mtr Deluxe Bell Tent. Used only 3 times - as new. £300. can be viewed at www.belltent.co.uk. 3 "new" Fence Panels 6' x 4' Larch Lap panels £12 each. Tel: 21362 or 07508 846650.
=====

FOR SALE

Caving Books, Guide Books & 'Descent' Magazines. Tel: 20828 for information.
=====

FOR SALE

Couch with drop down end. Well upholstered. £45 ono. Fold away **school desk**. Offers. Tel: 015396 20553.
=====

FOR SALE

VHS Video Player. Tel: 20828.
=====

WANTED

Late 1800's or early 1900's Dictionary. Office type Tape Cassette Recorder/Player or incorporated into a unit. Slide magazines with their projector. (Some previously offered have not fitted.) Old fashioned feather filled items and wool blankets still of interest. Top loading washing machine in working order please. New request for an wheeled Tea Trolley. Any material or finish. Tel; Kendal 720974.
=====

WANTED

In exchange for a 2/3 bedroom house with a garden. Two bedroomed, well decorated ground floor flat with South Lakes Housing with good access. Tel: 07917 716070.

GALA DAY

We had another great Gala day this year, although it was windy at least it kept dry!

As well as all the usual attractions Team Rubicon Skateboarding proved very popular and Katy Cropper & Her Sheepdogs entertained the crowds. We were lucky this year to have three different styles of musical entertainment in refreshment tent, getting everybody's feet tapping.

The Sedbergh Football Club took over the marquee for a very successful evening event and the Gala committee would like to thank them for all of their help and co-operation.

The Results are in for some of the

Competitions and Congratulations go to the following winners;

Best Pedestrian walking group - Playgroup

Best Decorated Bicycles, prams etc - "Mike the Knight", Mitchell Family

Fancy Dress Girls age 4-7 - Lauren Metcalfe

Fancy Dress Boys age 4-7 - Solomon James

Shop window Competition

1st Abracadabra

2nd Boots the Chemist

3rd On a Roll

So, a big thank you to everyone who came along and enjoyed the day, and a massive thank you to everyone who helped to making this year's Gala such a success. *Neil Kernahan*

{Nº6} FINKLE ST.

Two floors of lovely Homewares, Leather Handbags & Jewellery



Happy 1st Birthday to No.6

Coffee Morning & Cake Stall

10am Saturday 6th June

All proceeds to People's Gym, Sedbergh



VOYAGE
Maison

Shepherdess



PILGRIM

WAX LYRICAL®
ENGLAND

TUTTI&CO

SEDBERGH
SOAP COMPANY
NATURALLY MADE BY HAND



L.B.
LENE BJERRE®
DENMARK

'Food for Thought'

You are warmly welcomed to a series of evening reflective discussions to be held in
Dent Memorial Hall

on Tuesday evenings, commencing Tuesday 2nd June

Each session will begin at **7pm** with a meal (no charge)
followed by a brief simple presentation of some aspect of the Christian Faith.

The titles of the sessions are:-

June 2nd - What went wrong?	June 9th - God to the rescue
June 16th - What should we do?	June 23rd - Getting to know God
June 30th - What about Church?	July 7th - Serving other people

If you have any queries or require further information, please contact:
Rev. H Stuteley (Sedbergh) or Rev C Brown (Dent)

SEDBERGH ANNUAL PARISH MEETING

Chairman's Report 2014-15

Sedbergh Parish Council has had yet another very busy year. Unfortunately a lot of time and effort has had to be spent on trying to protect services rather than in developing and improving them.

The most notable of these was the campaign to try to save the banks in Sedbergh. Despite vigorous national and local lobbying, gaining support from all sectors of the community and presenting to NatWest a well reasoned and positive economic case for keeping the bank our efforts were ignored and dismissed out of hand. The only concessions which we were able to wring out of them was to have the mobile bank visiting twice a week and an agreement to leave a cash point in the Town.

The other very serious issue is that of the post 16 transport fiasco, a

matter which the Parish Council has been giving its support to those who have been leading the campaign to obtain a resolution to the matter.

Much of the work carried out by Parish Councillors is done through the various committees. The Policy and Resources Committee ensures that policies, which the Parish Council is obliged to adhere to, are in place and are followed and it also oversees the finances of the Council. The planning committee examines all the planning applications and makes recommendations to the Council, which if agreed, are passed on to the Yorkshire Dales National Park Authority, which takes the planning decisions. The Amenities Committee looks after the assets, which are owned or leased by the Parish Council, including the car parks, toilets, benches and some of the street lighting while the Queens Gardens committee has responsibility

for maintaining and developing the gardens.

In addition, individual Councillors liaise with a variety of outside agencies putting the case for resources and support for the Town, a recent example being the cycle stands and getting the County Council to repair the pavements, although as we all know that that went spectacularly wrong! Comments are also prepared about documents and proposals, which might impact on the Town, such as the YDNPA consultation on their Draft Local Plan and the Review of Housing Policy and Infrastructure Needs. This is often very time consuming and laborious, but can result in obtaining resources and improvements. The

Sedbergh Townscape Project Group, which is so ably led by Jim Atkins, also provides a forum for liaison and input to a wide range of agencies and organisations.

A number of voluntary organisations were again supported by the Council and Councillors represented the town on a number of groups including the Neighbourhood Forum, the Local Area Partnership, Sedbergh & District Chamber of Trade & Commerce and Sedbergh United Charities.

Thanks go to Cumbria in Bloom for their work in the Town and particularly for improving the appearance of the area outside the Information Centre and to the Town Twinning Group for keeping the links going with Zrece, our twin town, and for organising events to celebrate the forthcoming tenth anniversary this summer. The Parish Council was very pleased to agree to the request from the People's Hall Committee to extend the area of land leased to them to accommodate the latest extension for the gym.

I would like to take this opportunity to thank my fellow Councillors for all the work that they do and for the support, which they have given me during my time as Chairman. I am sure that my fellow Councillors would agree that one person in particular deserves a special mention for the tireless work he does on behalf of the Council and that is Jim Atkins. Thank you Jim and thank you Anna! A special thanks goes to Janey Hassam who has been in her post as Clerk to the Council for over a year now. She has learnt very quickly, works extremely hard and always has a



THE
MEDITATION
CENTRE
be still • be inspired • be free

PROGRAMME FOR JUNE

Saturday 6th
MEDITATION FOR BEGINNERS

Sunday 7th 11-1pm
MONTHLY GROUP MEDITATION
(DROP-IN ALL WELCOME)

Saturday 20th
LIVING FROM ESSENCE
SEASONAL MEDITATIONS
WITH THE CELTIC HARP

Sunday 21st 2-4pm
SUMMER SOLSTICE CELEBRATION

Saturday 27th
SILENT RETREAT DAY

To book; email meditationcentreateam@gmail.com
Telephone 07582 017 396
The Meditation Centre, Dent, Cumbria LA10 5QR
Registered charity no: 1076345

The Haddock Paddock

Takeaway & Café

015396 20468



Facebook us - The Haddock Paddock



Every Monday - Fish & Chips £4

Every Wednesday - Jumbo Sausage £2

Sunday Night Chippy

7th June ~ 5 - 7pm

smile on her face, even when being asked to do many things for different people all at the same time!

Thanks also go to all those who contribute to the work of the Parish Council including Andi Chapple, Andrew Allan, Mike Hinson, Mel and Paul Mitchell and others too numerous to mention.

Acknowledgement and thanks should also go to the Town's volunteer who goes early in the morning, of his own accord, picking up litter, without seeking any recognition for the valuable job he does, an example of true voluntary service.

Planning for one's old age is undoubtedly a wise thing to do, but is with great sadness that the outcome of my planning involves me moving to live near to my daughter in Cambridgeshire. It was very inconsiderate of both my children to settle the other side of the Pennines making traveling to and from them so difficult!

It has been a great privilege to serve on the Parish Council and to have had the honour of being the Chairman. Sedbergh is a great community and I am very upset at the

prospect of leaving. I wish you all well for the future.

Hilary Hodge

Chairman Sedbergh Parish Council

GARSDALE PARISH COUNCIL

News Brooms and Fresh Tea

The evening started well, 27 attended the first parish meeting that Garsdale Parish Council has held for many a year. Tea, made from village hall water (explanation later), and biscuits greeted them. The projector was in place and all settled down to a night of celebration of the achievements of a rejuvenated parish council.

Annette Colton, chairman since last August, reported that from a low of having just 3 councillors, Garsdale now had a full, vibrant council of 7 councillors with an active clerk, the first time since 2010.

Chairman Annette then outlined the strides forward that had been made in Garsdale over the past few months.

1. Finally, fibre ducting was now being laid in the dale which will bring unique ultra-fast internet to Garsdale.
2. An extraordinary public meeting with Tilhill had been held to discuss the proposals for tree felling at

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Sedbergh People's Hall

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Dandra Garth. The meeting was very lively with many concerns being expressed and council was not at all happy with the attitude shown to local residents.

3. The unjust and unwarranted imposition of private water risk assessments by SLDC was of great concern. In a letter to SLDC, it was noted that there had been no consultation either with the residents or the council prior to "engineers" knocking on doors demanding to inspect their private water supplies. One resident commented on her experience at the hands of these "engineers" who appeared not to have a clue what to do and later received a report that their water

supply was extremely hazardous. Council is still waiting for a formal response to their suggestion that a much more informed local should be carrying out these tests and at a much more reasonable cost. Council vowed not to let this matter drop.

4. Representations had been made to YDNP to emphasise that future planning applications should be in favour of more residential and less holiday properties.

5. The village hall lease had finally been signed after 7 years, which had unfortunately attracted a solicitor's bill of £2000+VAT –however, this is offset by the Diocese forgoing the rent for the past 5 years. Chairman Annette explained that at the council meeting



Dent Grammar School Educational Foundation

Registered Charity No 1012330

A vacancy has occurred for the post of

Property Manager

for the Dent Grammar School Educational Foundation

The DGSEF is a local charity based in Dent with 3 properties to care for: 2 flats in the original Grammar School building and 1 family dwelling in the Grammar School House. The main aims of the charity are to give grants to local students under the age of 25 and following the resignation of the current Manager, for whose dedicated service over recent years the Trustees are most grateful, we are looking for a person to continue supporting the

Trustees in their role of managing the charity's properties.

The post requires a few hours per week, depending on requirements of the properties, and carries an honorarium of £250 per annum, paid in March and September.

If you are interested in such a part time post and would like further details and a Job Description, please contact the Clerk at dgsef1@yahoo.co.uk



On Powell Pitch Starts at 1 Pm Sunday 14.06.15



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in February, it was decided that signing the village hall lease offered by the Diocese was preferable to running up further solicitors' bills with a subsequent permanent increase in rent or even loss of the hall. On the plus side however, the stalwarts of the councillors and village hall committee had organised and installed a new water system in the hall costing around £100 since all the digging was done by volunteers, a fraction of the around £3,500 both originally estimated, and subsequently quoted in January from a contractor for a different solution. The hall now has virtually smell free water which we have all sampled in the tea!

6. Communications to the residents were paramount and Chairman Annette urged those who haven't already, to sign up via the website or through the clerk (ps.johns@btinternet.com) to a new confidential database, allowing easier, quicker and less costly communications.

7. School transport for 16 to 18 years olds had still not been resolved. SLDC have been derelict in their legal

duty to provide transport to schools or colleges from September for the now compulsory higher education. Unfortunately, there were no representatives of SLDC at the meeting to bring us up to date with any proposals and it appeared that this matter was heading to the courtroom.

The clerk then presented the accounts. The sterling efforts of the volunteers who had replaced the village hall water system for a fraction of the money that council had put aside, had rescued the accounts, so were still in a healthy state. Clerk commented that he might actually start drawing his salary!

Dave Ryall and John Colton presented a colourful, informative and very interesting update of the progress of FibreGarden. To date, four and a half kilometres of ducting had been laid but were at present being held up by the intransigence of BT in signing contracts to allow further progress. £482,000 was waiting to be spent on contractors, who had temporarily withdrawn, and was being held back by the bizarre situation of asking their competitor,

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BT, for permission to continue. Residents were asked to lobby councillors and MPs to put an end to this unfair situation. Once contracts have been signed, the contractors would be able to return full-time to complete the first community led project, delivering 100mb of broadband to a rural community.

There followed the AGM and normal council meeting of which you can be spared the details (draft minutes will be posted on the website in a few weeks) apart from the sight of 6 grown men, down on bended knee, begging the sole female councillor to stay on as chairman, fare brought a tear to the eye!

The next meeting, buckets and all,

will be on July 16th in the fragrant-free village hall.

SEDBERGH PARISH COUNCIL



This report covers items from the Annual Parish meeting held on the 12th of May 2015 and the Annual Parish Council meeting (along with normal monthly meeting) held on the 14th May 2015. The next Parish Council meeting will be on Thursday 11th June 2015 at 7.30pm in the People's Hall, Sedbergh.

ANNUAL MEETING OF SEDBERGH

PARISH

This open meeting was well attended by residents and The 'Vision for Sedbergh' was discussed. Several ideas surrounding priorities for Sedbergh were raised and then voted upon for ongoing discussion by Sedbergh PC. One of the highlights for future provision in Sedbergh saw an overwhelming wish for a care home for the elderly within the Town. Full minutes of this meeting are available at the Parish Council office. Also, attached to this report is an attendance record for Parish Councillors at monthly meetings during 2014/2015.

SEDBERGH PARISH COUNCIL ANNUAL MEETING

This meeting sees the annual business of the council discussed, including the appointment of Members to committees and community organisations.

Cllr Hilary Hodge has resigned from Sedbergh PC after many years contribution and Members wished to show their thanks and appreciation for all her commitment to the PC. Cllr Jim Atkins now takes up the role as Chair, with Cllr Mary Macpherson as Vice-Chair.

POST 16 TRANSPORT

Sedbergh Parish Council continues to liaise directly with Cumbria County Council. We are concerned that progress is slow and can assure parents that we are pursuing this at every opportunity.

PLANNING

The Planning Committee Report detailed several applications and related matters, full details can be found on the Parish Council Website.

It was also noted, following an update from the Police, that a recent sheep worrying incident had occurred in Sedbergh and Members wished to express their concern.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment at 8.30 pm. Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office.

Janey Hassam – Clerk



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APRIL WEATHER

As often happens in April we had a bit of everything weatherwise! We didn't get a lot of rain, with half the days actually being dry, resulting in a total rainfall of 2.5 inches(65mm). We did have the odd cloud burst.

Temperatures varied also from a high of 73.9F(23C) to a low of 25.5F(-3.5C). The added windchill to the night temperatures took them below freezing on all but 9 nights. The wind was from the North Westerly quarter on all but 2 days with a maximum gust of 28mph. It was a fairly breezy month with only 3 days not registering a gust of over 10 mph.

April is lambing time for me and many others. A time I look forward to with mixed emotions. When we scanned the 4 shearlings only had singles on board and I thought that could be trouble. It did in fact turn out to be so with very big lambs requiring much assistance. Any singles next year will be on starvation rations! I got the ewes carrying twins about right this year as I had far fewer problems. "Our" cock swallow was back on 8th and "his" hen a week later. I've heard a cuckoo for the first time for several years working its way up the river valley. The curlews seem to have moved on as they have been less obvious with their calls recently. They are usually the first to call as the first signs of light appearing over Wildboar Fell each morning closely followed by a blackbird and song thrush. A hen blackbird, which had hatched off 4 chicks, in the donkey shelter I found dead just outside. Although I fed the youngsters with some 32 worms during the day sadly they did not

Oliver Higginbotham

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make it through the night. I had optimistically expected the cock bird to take over brooding but he didn't!

As the month unfolded so did the various trees with their blossom. Some of our cherries have been lacking in blossom, unlike many around the town. The amelanchier has also had a thin do blossom wise. We had some mysterious seedlings germinate in the grass under a red oak but The odd shaped cotyledons were nothing like oak and we certainly didn't see any acorns. Unfortunately we may never know what they might have turned into as the frost on the very cold night turned them brown over night. We shall have to hope some more appear.

COUNCILLOR CORNER DISTRICT COUNCIL ELECTION

The result of the election for the District Councillor for Sedbergh and Kirkby Lonsdale was a win by the Conservative Mel Mackie from Casterton by 3 votes from Evelyn Westwood, the sitting councillor
The results were:-
MARTIN HOLBORN

(LABOUR) 205

DAPHNE JACKSON

(GREEN) 269

MEL MACKIE

(CONSERVATIVE) 1622

EVELYN WESTWOOD

(LIBERAL DEMOCRAT) 1619

Congratulations to Mr Mackie on his win.

The three councillors for our ward of

SEDBERGH MEDICAL CENTRE

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

Thursday 18th June

Wednesday 8th July

Thursday 17th September

Wednesday 21st October

Thursday 19th November



Sedbergh and Kirkby Lonsdale come up for re-election in rotation.

Evelyn will be missed. To have found a councillor of such calibre is rare in local politics— and I speak as a former county councillor.

She has contributed significantly to the transformation of Sedbergh into a Booktown, a transport hub, and an attractive tourist centre.

I worked with her on the Campaign for Community Banking and know how much effort she put into that.

Many projects will be in limbo now. It is good however to hear she will be continuing with her efforts to sort out the problem of hospital transport.

I first got to know her through the bookshop, Westwood Books, acclaimed by the Guardian as one of the top bookshops in England. She and Mark moved here from Hay on Wye to put Sedbergh on the bookshop map.

She was, like me, a graduate from Bristol, with a degree in Politics which she had not used in active politics until coming here. She worked as a financial Journalist and then married a stock farmer in Herefordshire. She was widowed young and ran their

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Or AgeUK on 01539 728180

farm singlehanded for 9 years and brought up two sons on her own. Marriage to Mark brought her into the second-hand book world.

All this experience was recognised at South Lakeland District Council where she served as the Chairman for two years.

As well as her council duties she has carried out a heavy load of public engagements. She described this side of her work with humour and enthusiasm in one of her Councillors' Corner articles for Lookaround.

Looking back, I realise it has been the most amazing year of my life. I have met people I never dreamed I would meet, including Her Majesty the Queen, and undertaken some enjoyable and some quite daunting

activities.

Altogether I have been presented to four members of the Royal Family - the Queen, Princess Anne, Prince Charles and the Countess of Wessex. I have attended several engagements in Carlisle Cathedral including a moving service to commemorate the 60th anniversary of the Coronation and the Judges Service where there were several red robed judges. Best of all, though, was one of the graduation ceremonies for the University of Cumbria where the dignitaries formed a corridor and applauded the graduates as they passed through. *Anne Metcalfe*

COUNCILLOR CORNER

Appleby Horse Fair preparations are

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well under way for this year's event from 4th to 10th June - see www.applebyfair.org. There was recently a pre-Fair drop-in event at Barbon Village Hall where representatives from South Lakeland District Council, Cumbria County Council and the Police were in attendance. There is very good communication between the three organisations to prepare for the event, putting up signs and posts, anticipating arrivals and trying to ensure that the movement of the travellers through the area goes smoothly.

The Appleby Horse Fair has been taking place since the late 17th century when a Royal Charter allowed a horse fair 'near to the River

Eden'. Some 15,000 gypsies and travellers gather each year to buy and sell horses and meet with friends and relatives. More than double that number of visitors come to see the Fair. In the Sedbergh & Kirkby Lonsdale area we see a mix of 'bow tops', the brightly painted wooden caravans towed by horses, and ordinary caravans towed by vehicles. Often the same family uses both forms of transport, one as a back-up vehicle for the other.

Scrogg Bank on the A683 to the east of Sedbergh is the main official site close to the town. There are also sites to the north at Rawthey Bridge on the Cautley Road and further south at Middleton Common and Devil's Bridge in Kirkby Lonsdale. On

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help in dealing with chronic pain (needs a GP referral)
helping with grief
tinnitus (a condition in which I have a special interest)
mild skin problems
eating healthily
improving sleep
replacing unhelpful habits

each of these sites there are toilets, water and waste facilities.

The numbers that stay overnight at Scrogg Bank are a fraction of the numbers that can be seen on Cote Moor, on the A683 near to the Fat Lamb pub at Ravenstonedale or in and around Appleby itself. Scrogg Bank tends to be a transit zone with people moving through on their way up to the Fair.

From 26th May to 12th June ie before, during and after the Fair there are daily drop-in events that alternate between the Library in Kirkby Lonsdale and the Community Office in Sedbergh. There will be local authority representatives and Police Officers who can answer any enquiries. If you need to make an urgent call about any incident then call 101 which will put you through to the Police.

From Cllr Nick

COUNCILLORS CORNER

I would like to thank all of you who supported and welcomed me at the local elections this year, in particular Kevin Lancaster, fellow Conservative Councillor and local farmer who left

no stone unturned in ensuring my familiarity with the territory. Though not a farmer myself I have the good fortune of having married a farmer's daughter so many of the sights and scenes were particularly familiar. The voting was

Martin Denis HOLBORN, Labour 205
Daphne Mary JACKSON, Green 269
Mel MACKIE, Conservative 1622
Evelyn Mary WESTWOOD, Lib Dem 1619

(Conservative Gain)

*District Councillor Mel Mackie
Beech Cottage, High Casterton, Via
CARNFORTH, Lancashire LA6 2SD
Telephone 015242 71644,
07957868256*

email mel.mac@uwclub.net

I would also like to thank everyone who voted for Mel Mackie and / or Ann Myatt last week. For the first time since 2008 two of the three Lune Valley District Councillors are Conservatives. That will make life a lot easier for me, representing you. Attending parish councils is every bit as important as meetings in Kendal

but with six parish councils and three parish meetings the schedule can be daunting for a councillor working by himself. The result must put my party in a better position for the third district seat next year and the county council the year following. I would also like to thank everyone who voted for Pat Bell who would have been an excellent councillor for Whinfell and who came so close to victory.

I will continue to sit on the Planning Committee at South Lakeland and I have now been put back on the Audit Committee. Mel has been appointed to the Licensing Committee. This means that between us we should have a full knowledge of all regulatory issues outside the Yorkshire Dales.

It remains a grievance with me that

the controlling group has preferred to put a Kendal councillor on Yorkshire Dales rather than me, a local member. That was in clear breach of the spirit of the regulations if not the letter.

Meanwhile, I am delighted to support the proposed improvements to Mansergh Community Hall and intend to give my full councillor capital grant for 2015/6 to the project. I have given this year's grant of £1,000 to Howgill Village Hall as a contribution towards a new oil storage tank.

*District Councillor Kevin J. Lancaster,
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LADIES N.F.U.

Our Coffee Morning on the 8th April was a great success due to generous Sedbergh residents and many Visitors! Donations were gratefully received, including the donation by Mrs. C. Knipe of her February Speaker Fee. Very many thanks to all who helped raise the huge sum of £378-80p for Sedbergh First Responders!!

Our April Meeting was well attended, and we all enjoyed our Speaker Mrs. Christine Marshall who discovered at a very early age the joys of Cookery and Needlework, She then studied to become a Teacher, and was always happy passing these skills on to her pupils be they girls or boys. Christine now owns her own Craft Shop called Reticule in Kendal which stocks lots of beautiful materials etc.

We were shown some exquisite Handbags made by Christine, absolute works of art. We then enjoyed holding the Collection of Antique Handbags and Money Belts collected by Christine and her Mum. A very big thankyou to Christine for sharing the results of her many talents! Doris Havvorth was our lucky raffle winner.

Details of our Summer Outing to the Antiques Auction Mart at Junction 36 with Kevin Kendal organising a Meal for us were discussed. The visit will start at 6 p.m. on Monday 8th June, names to be taken at our May Meeting with final details and or any alterations to the above!

Visitors and New Members are always welcome at our Meetings and Outings.

Marlene Mason

HOPE AND HOMES

On Sunday 14th June, Powell Pitch is going to **host** a charity tug of war competition. Not only will there be plenty of competition on the rope, but there will also be food, drink and plenty of other entertainment. Everybody at Powell House would love as many people as possible to attend and all the money raised will be going to Hope and Homes for Children www.hopeandhomes.co.uk

This charity aims to ensure all children across the globe receive love and care no matter what their situation: as you can see an amazing cause. So please come along and join in what will be an incredible day. For more information email jhs@sedberghschool.org.

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 10th June
DISCOVERING
KIRKBY LONSDALE
With Mike Kingsbury.
6:30pm Loftus Hill Car Park

Tuesday 23rd June
QUEEN STREET MILL
BURNLEY BB10 2HX
12 noon Loftus Hill Car Park

If you would like a lift to any event, please ring a member of the Committee.

We usually meet in Loftus Hill Car Park and arrange to share transport if possible.
Please note that dogs are no longer allowed on Outings.

www.sedberghhistory.org

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Secretary: Karen Bruce-Lockhart 20224
Treasurer: Chris Elphick 20605
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WORDS & WHEELS

John Walsh and Hannah Reynolds of 'Words and Wheels' would like to welcome you to their writer's studio at 2 Mill 2, Farfield Mill on Wednesday 24 June to celebrate the upcoming Tour de France and the launch of their cycling guide book 'France en Velo'

France en Velo is a beautifully illustrated guide to travelling across France by bike. This iconic journey of more than 1000 miles starts in St-Malo on the coast of Brittany and ends in Nice on the French Riviera taking you through some of the country's most striking and dramatic landscapes. Stunning pictures, insightful writing and detailed maps ensures this will be both an inspiration in your planning and a practical companion on the road.

Join them from 7pm-9pm for plenty of complimentary French wine and cheese, plus some French themed nibbles and a game of boules, weather permitting. The book will be available on the evening at a specially discounted £15 (normal rrp £16.99) £2 donation will be made to The People's Gym.

EVENT ADVERTISING

Got an Event coming up in the next few months? Would you like to get it advertised on the Internet but haven't a clue how to do it? Help is at hand.

If you could jot down the details 1. Event Name 2. Long description detailing all the main attractions 3. Venue, date & times 4. Contact name, telephone number and email address 5. Entry costs and how to get tickets if applicable. 6. Details of a Web Page if there is one. We will make sure it is put on Local Event sites such as Sedbergh.org.uk, Explore South Lakeland, YDNPA Event Page, Bay & Lakeland Radio, Facebook, Twitter to name but a few. It's all FREE so you have nothing to lose and you could get your event some great additional publicity with minimal effort. Either pop the details into No.6 Finkle Street or email us on hello@no6finklestreet.co.uk.

This is ideal for reaching people outside our area but don't forget that Lookaround reaches everybody in our area. Ed.

CAR TRAVEL TIPS

As the holiday season is upon us, here's a couple of travel tips that may help you get about more easily. From 8 June, the DVLA is abolishing the paper counterpart of the UK photocard licences. All endorsements, such as speeding offences, will be held electronically. If you commit an offence you will still have to pay any applicable fine and submit your licence to the court, but endorsements will no longer be recorded on the paper counterpart. You can view your record online, or request a copy by post (see www.gov.uk and type 'View your driving licence information' in the



search box).

All of this means if you want to hire a vehicle, then you will no longer be able to show your paper counterpart or paper licence (pre- 1998). Instead you must obtain a unique access code (which expires after 72 hours) from the 'Share your Licence' online service and give this to the hire company along with the last 8 digits of your driving licence number. Alternatively you can call DVLA on 09061 393 837 and give permission for your driving record to be checked verbally by a nominated person/organization, but this may be difficult overseas or out of hours. A video explaining it all is available at www.gov.uk/government/news/driving-licence-changes

Closer to home, did you know that Cumbria County Council have a 'Highways Hotline'? Phone them on 0845 609 6609 to report potholes, faulty traffic and street lights, anything to do with the condition of our roads. It's helpful if you have the precise location and the 3 number digit on the nearest lamppost. You can also report online, go to www.cumbria.gov.uk click on 'roads and travel' then 'report a problem/issue'.

Free, confidential advice and help is available from South Lakes Citizens Advice Bureau on any aspect of debt, benefits, housing, employment, consumer problems and any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for an appointment and help.

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APPLEBY FAIR

As the annual Appleby Fair approaches, a series of public drop-in sessions are being organised by Cumbria Constabulary, South Lakeland District Council and Cumbria County Council. These drop-ins will offer an opportunity for residents to speak with officers regarding the arrangements and bring any questions, concerns or feedback.

Pre-Fair drop-in event: Tuesday 12 May, between 4pm and 7pm, Barbon Village Hall. This is an opportunity for members of the community to speak to officers before Appleby Horse Fair about the arrangements and to bring any questions, concerns or feedback.

Daily drop-in sessions:

During the period that the temporary

sites in South Lakeland are open, officers will be available at daily drop-in sessions (except Sundays) at the following times and locations:

Monday 1 June 6-7pm Community Office, Sedbergh

Tuesday 2 June 6-7pm Kirkby Lonsdale Library

Wednesday 3 June 10-11am Community Office, Sedbergh

Thursday 4 June 10-11am Kirkby Lonsdale Library

Friday 5 June 10-11am Community Office, Sedbergh

Saturday 6 June 10-11am Kirkby Lonsdale Library

Monday 8 June 6-7pm Community Office, Sedbergh

Tuesday 9 June 6-7pm Kirkby Lonsdale Library



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WALK FOR ANITA

After literally months of planning and preparation, on 22 April I took my first apprehensive steps on my 1,050+ mile journey to John O'Groats in memory of my late wife Anita, and in aid of Genesis Breast Cancer Prevention.

The weather for the first couple of days could not have been kinder. The Land's End "theme" village was happily empty and closed and after the obligatory photograph by the iconic signpost I set off under a cloudless blue sky but with a very brisk wind blowing off the sea. I followed the South West Coastal Path beyond the pretty Sennen Cove and at the end of Whitesand Bay headed inland via footpaths, farms and quiet lanes for the gentle introductory 11 miles to Penzance.

The weather gods smiled on me again the following day as I spent



most of it on the SWCP as far as Porthleven and then inland to Helston (famous for its Floral Dance). The scenery was stunning , though the constant steepness of the ups and downs draining. I'm told that this is Poldark country! I will not see the sea again until north of Inverness.

From Helston I followed lanes and paths (they all seemed to be uphill) to Truro and then on to Roche. Much of this was through China Clay pit and quarry country: scenic Cornwall it was not. To avoid Bodmin Moor I then headed east via lanes and yet more steep hills to the market town of Liskeard and on the following day via the rolling Cornish countryside to the attractive hillside town of Launceston and a much needed rest day (and the chance to do some serious pasty tasting!).

The good news is that I covered just less than 100 miles. The bad news is

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that I have at least 950 to go.

Launceston - Nantwich

As I write this, (15th May) I have been walking for four weeks and have reached Nantwich in south Cheshire, a distance of just less than 400 miles. This sounds quite heartening until I remind myself that I still have over 650 miles to go.

Following my rest day in Launceston, I soon crossed the River Tamar into Devon . I naively thought it would be flatter than Cornwall ; it isn't, though the scenery is equally beautiful. With the weather largely fine, all I had to worry about was whether to put the jam or cream on my scone first.

My route took me via Bridestowe, Spreyton, Crediton and Sampford Peverell , all picturesque towns and villages with its deep red soil and not a dry stone wall in sight. I followed the Grand Union Canal to Taunton, through the Somerset Levels that were so badly flooded in 2013/14 and

over the edge of the Mendips towards Radstock and onto Bath.


From Bath I picked up the well waymarked, but hilly Cotswold Way towards Dursley, before striking off along the Severn Way towards Gloucester. It may be flat, but many of the field paths and footpaths are long or overgrown which can make for prickly walking if you are wearing shorts.

I stayed with the Severn – a quite beguiling river – via Tewkesbury and Worcester until I reached the Stourport basin, the start of the Midlands canal system. Firstly it was the quiet and exceptionally peaceful Worcestershire and Staffordshire canal to Wolverhampton and then the famous Shropshire Union through Staffordshire and Shropshire (arable country) to Nantwich and another much needed rest day.

The wettest day? There have been a few but none so bad as from Worcester to Kidderminster. I fear that as I approach the north- west it is not going to become any drier, though Lancashire and Cumbria may yet surprise me. If all goes to plan I will reach Kendal on June 1st.

I am still in one piece, though my feet are a little sore and my legs probably a couple of inches shorter. Many a person has stopped to ask me about the walk and to wish me well. I hope that my next article will have me reporting that I have reached the outskirts of Glasgow. In the meantime you can continue to follow my progress on my blog at www.walkforanita.wordpress.com and on Twitter @walkforanita.

Peter Lindsay



WALK FOR ANITA

Lands End
John O Groats

Millthrop Resident Peter Lindsay is walking from Lands End to John O'Groats between April & July in memory of Anita Lindsay and in aid of Genesis Breast Cancer Prevention Reg'd Charity 1109839

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HOWGILL W. I.

We met at Howgill Village Hall on May 7th. Our President Bridget gave a warm welcome to members and our visitor Deborah.

Nine members took part in the Link Up Day. This was a celebration to help mark both the 100th Anniversary of the W. I., and the 95th Anniversary of Cumbria and Westmorland Federation. Our plans for a Howgill Sports event was called off due to the rain, although Mary and Tanya made an entrance into the Hall on completing the three legged race.

Honorary President Olive Clark and Federation Chairman Ruth Rigg joined us at Old Hutton Village Hall for tea arriving in the W.I. Honda car. A memorable afternoon enjoyed by all. We were given more details for our Day at the Races. We are to obtain tickets for the paddock and take a packed lunch, followed by a meal out. We were reminded of our

Coffee Morning on 17th June to be held at U.R.C. rooms, Sedbergh.

Our speaker Jean Scott Smith has a vast knowledge of folklore, customs and superstitions in the Lake District and Cumbria which she was ready to tell us about. Old wives tales, myths, and magic have been around since the 13th Century and are a part of all our lives. We are all familiar with walking under a ladder and a fear of Friday 13th. Believing that certain events or things will bring us good luck like horseshoes and good luck charms, amber beads can protect from illness and colds. So many people have an intense interest in these fictitious and fantasy stories. Anita Carey thanked Jean for explaining a part of popular culture and age old tradition. A piece of history we can all learn from.

The competition for an Old Fashioned Remedy was won by Audrey Hoggarth with Mary Stainton

second. Raffle winner was Joan Luffman. A Tree Quiz was won jointly by Bridget, Lyn and Dilys. The meeting was brought to a close with our usual Jacobs Join.

We meet on June 4th at Firbank Church Hall when Georgia Houghton will be speaking on Diabetes. Do join us to hear about this important health issue. A.H.

KILLINGTON WI

THE AFTERNOON WI FOR THE ENTIRE DISTRICT

Spring, the sweet spring, is the year's pleasant king,

Then blooms each thing, then maids dances in a ring,

Cold doth not sting, the pretty birds do sing:

Sadly, the cold still doth sting and some of the blossom has been nipped by the frost. Nevertheless, May is a joyful month, the bluebells are glorious and uplifting to the spirit.

As usual, we gathered for a joyful meeting and conducted our usual business with speed and thoroughness, not worrying about the usual mistakes from the chair. Four Happy Birthdays, a splendid financial report (though insufficient funds to cause the treasurer to abscond), vital correspondence presented by our secretary (what was it now?), followed by a report on our recent attendance at the celebration of the WIs Centenary, "Let's Connect" at Old Hutton Village Hall.

Members had all been asked to

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arrive in some unusual way, so Killington WI made a noisy and unmissable entrance as a line of dancers doing the Conga. Did we Conga all the way from Sedbergh? You guess! We made plans for our summer outing to Samlesbury Hall and then moved on to the serious business of the day.

We discussed the resolution to be considered at the WI National AGM at the Albert Hall next month. ***"This meeting calls on HM government to remove the distinction between nursing care and personal care in the assessment of the needs of individuals, in order to advance health and wellbeing"***. Having recently been involved in a case

where a frail 98 year friend was to be uprooted from a loving, caring **residential** home and placed in the strange environment of a **nursing** home elsewhere because social services had decided that the category of her needs had changed, I feel vehemently in favour of the motion. However, I would prefer a resolution calling for the application of love and common sense in the care of all vulnerable people. Our members voted unanimously in support of the motion and our delegate Wendy McLean will vote accordingly.

Wendy was a prominent figure in the next part of our meeting, teaching us all to make pretty little boxes in which

to secrete valuable presents. It was great fun. I made a very beautiful box lid with flowers on and lined in green. Soon I shall make the bottom half of the box! Yes, I will! I know how to do it. A delightful tea rounded off the afternoon

Our activities continued the following week when we hosted the Lunesdale Group Meeting. We entertained members from Sedbergh-Frostrow, Howgill, Dentdale, Barbon and Casterton WI s with an evening of Magic & Fun. Our entertainer, Michael Diamond, from Liverpool has been earning his living as a performer since his first magic show in Blackpool at the tender age of 17. His skills have taken him around the world, from the Antipodes to Las

Vegas, though he was happy to agree that he has really reached the top of the ladder by performing in Sedbergh! As usual the evening concluded with raffle, competition (won by Barbon WI), and a grand supper. We look forward to all meeting again next year at Howgill WI.

June will be another busy month for us. On Wednesday June 24th we look forward to welcoming you all to our Coffee morning at the URC Room.

Please do all come. You would also be most welcome to join us at our next meeting on Tuesday 9th June at 2-00pm in the committee room of the People's Hall. Afternoon meetings are good. Our speaker, Christine Raafat will be taking us for a trip along our own beloved River Lune. In our family

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we maintain that once one is south of the River Lune one is in Barbara.

Wendy Fraser-Urquhart

SEDBERGH WI

The Spring Show on April 18th revealed the talents of several of our members who had joined us since the last Spring Show and were therefore able to pick up points, not merely for winning prizes in individual classes, but also additional points for entries in new classes, helping us to win the WI Cup. Special congratulations go to Anne Symons who won the Cup for the most new entries, as well as the Craft Cup, astonishing us with her skill and the variety of crafts she had entered. It was also thanks to Anne

that the First World War Centenary Rag Rug was made by several members of the group, since the idea for it sprang out of a rag-rugging demonstration that she gave us in early 2014: the rug, designed by Christine Sheppey and showing poppies in the Flanders fields, drew many admiring comments at the Show, won First Prize in its section and is now hanging in the People's Hall Committee Room where we meet every month, as do many other groups, and it can therefore be seen by a lot of people.

The walking group holiday in Derbyshire in late April was a chance to renew old friendships and catch up on news because former members

Linda Hopkins and Christine Sheppey joined the group for four days of walks. The weather, though mainly cool and dull, was at least not wet so they had an enjoyable time. Ellen did her bit at promoting Sedbergh and its charity shops when she got into conversation with two ladies on the group's visit to the plague village of Eyam, discovering a week or two later that these ladies had recently come to Sedbergh and had been asking for her at the charity shops! We hope they supported other businesses too...

The WI National Resolution for 2015, to be presented to the Government, calls for 'the removal of the distinction between nursing care and personal care in the needs of

individuals in order to advance health and wellbeing'. We invited Dave Thomson of Age UK and Linda Greensmith, our Age UK village agent (and daughter of our very own Sue Bateman!), to come to our meeting on May 13th to explain what this distinction actually was. Nursing care is health-related and therefore funded by the NHS whereas 'personal care' (which may include assistance with dressing or housework, for example) has to be paid for by the individual on a means-tested basis. Age UK offer a lot of advice and can potentially help people to apply for grants and benefits to which they are entitled, helping them to fill in forms to get Attendance Allowance and Blue Badges, to give just two examples.

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One of our own members can bear testimony to this and has Linda to thank for it! Linda also runs the monthly Age UK lunch club in the Red Lion, a monthly cream tea, and a swimming club on Wednesdays; there's also a singing group that meets at Gladstone House. So if you're retired and would like to join in, please contact Age UK.

The book club met at Moira's house on May 14th to discuss 'Huracan' by Diana McCaulay, a Jamaican writer and environmental activist. Starting in 1986 with a young woman returning to her native Jamaica, we go back to 1786 and 1886 and explore the life and times of two of her ancestors: it's a fascinating book with excellent descriptions of the Jamaican countryside, climate and characters. Our enjoyment was reflected in the 8.5 average score we gave.

We welcome everyone to our Sedbergh WI coffee morning on May 27th from 10 to 12 noon in the URC Rooms which will have the usual stalls.

Well-known storyteller Jackie Huck will be entertaining us at our next meeting on June 10th in the

committee room at People's Hall at 7.30pm. Visitors can be sure of a warm welcome.

Moira Folks

DENTDALE WI

The May meeting is traditionally for Resolutions and naturally, it was the first item on the Agenda. The Resolution this year concerns the uneven access to NHS funding for Continuing Care for over 18s "who are not in hospital, but have complex ongoing health care needs" requiring full time caring. It urges the government to find a way forward to fairer funding between nursing care and personal care in order to enhance health and well being.

Pat Allen read out fuller details of the background to the Resolution from the April WI Life. After a short discussion, it was unanimously agreed to support the Resolution going forward to the AGM in London on 4th June. Some members are booked to see the simultaneous screening of the AGM at the Brewery Arts centre in Kendal.

After the important business of the evening, it was on to the dates of future events. Details of the Group

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Meeting at the People's Hall, Sedbergh on the 18th May were given, and we were shown our entry for the competition of a puppet of the Knitters of Dent. It was beautifully made by various members of the craft group overseen by Sue Owen and captured our memories exactly. Since I am writing on the following morning, I can tell you that it came a very worthy second and those of us there at the meeting were delighted! Michael Diamond, a puppeteer and the group meeting speaker, talked about the history of Punch and Judy and showed us puppets of the entire cast right down to the sausages!! He pointed out that Punch and Judy never started as children's entertainment but by travelling players who would work the Fairs and Street venues to entertain the working men. It was an entertaining, interesting and informative piece of social history. Michael finished the

evening with a few magic card tricks too!

Back to the May meeting then, with more dates for the diary. This year's summer outing on July 8th will be to Dalem House near Ullswater. A visit to Holehird Gardens on 25th June was on offer with a talk by one of the gardeners and a centenary cruise on Windermere on 29th June.

Marion our President, then welcomed the Speaker for the evening who was Mr George Crossman talking about his life as a Morecambe Bay Coastguard. George had been introduced to the Bay by his father as a young boy and after a career in the police force has brought his considerable lifelong experiences to the job of guarding the coast around Morecambe Bay. He gave his account of the Cockling tragedy and said the sands are constantly moving and coupled with strong rip tides etc, most of the men drowned with nothing the coast guards could do! It was harrowing for him to recount even all these years later, but there were tales of dramatic rescues also. The men who guard our coast have such amazing combined experience and we are fortunate to have their skill used for our safety on this treacherous piece of coastal waters.

The winner of the competition for a Limerick "Walking across the bay" was composed by Thelma Belfield and who also won the raffle prize.

Next month's meeting is on 10th June and the speaker will be Jacqueline McDonald with a talk entitled "Singing my Travels." Visitors and new members always welcome.

Pat Allen

NEW BRIDGE PICNIC SITE

The plan was to have a lovely picnic in dappled sunshine that also twinkled delightfully off the gently flowing river. Sadly a precautionary umbrella and a warm coat was needed for the supporters of the site that recently held a celebratory picnic!

The idea of creating the site was developed after talking to people seen picnicking in the layby or perched on the bank around the bridge. Many of them had just left the M6 and were on their way to the Dales via Hawes. Now they and local residents have a lovely site to start their holiday in the Dales'.

The site on the river bank has three picnic benches that overlook the river and can be accessed from the Town by footpaths. The adjacent layby off the A684 provides excellent parking and the site has been further protected from the road by tree planting which was done by the pupils of Settlebeck School.

Accessibility is included with a special bench, suitable gates and a restored path to the town.

The plan is to manage the site with

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minimal maintenance so that it retains a rural look with a diverse flora.

The site will appear on the next revision of OS19, new sign posts are planned for the footpath route from the town and the installation of QR codes is being considered.

The creation of the site was funded by YDNPA Sustainable Development Fund, Sedbergh's Community Fund, Councillor Westwood's Member Locality Budget Scheme, and a generous family donation.

Douglas Thomson

Picture by Stuart Manger shows supporters of the site gathered for a celebratory picnic.



PEOPLE'S GYM SAVES SWIFTS!

The exterior of the gym extension at the People's Hall is nearly finished – but did you know that an initiative to help swifts has also been included? You may have read in *Lookaround*, or seen our publicity, that Sedbergh Community Swifts (SCS) is urging people to create more nesting places for swifts in their properties. New buildings offer the best option of all, which is to incorporate special swift nest bricks into the walls - so SCS seized the opportunity to get this considered for the gym.

After discussion with Hall Secretary Dr Gina Barney, and Garsdale Design, it was clear that there was no reason why the swift bricks could not be installed. It was decided that four commercially available hollow bricks would be used, and the work started a few months ago to install them in the gable end facing Woodside Avenue. The facility to also play swift attraction calls has been included - it is believed that this, particularly in mornings and evenings, helps draw in the prospecting swifts that are looking for new nest places.

The picture shows the work in progress, with Gina Barney on the



scaffolding with SCS co-ordinators Tanya & Edmund Hoare. You can see the entrance holes to two of the bricks, which are beneath the barge boards at the gable end. What is especially encouraging is that swifts were seen that day flying and feeding high in the air above the playing fields, showing that this is a good place to try and lure them in.

Go along and have a look at what is going on, and consider how, with a little planning and co-operation, much can be done to help save our swifts. It is the loss of nest sites in the eaves and nooks and crannies of old buildings that has caused the serious decline of these remarkable birds - over 40% in the last 20 years. Only by making places in our houses, offices and other buildings will we give them a future.

We are indebted to Garsdale Design for their enthusiastic support for the project, and for the donation of their time. The project was supported by the YDNP Sustainable Development Fund.



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Tanya Hoare

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SETTLEBECK NEWS

3D Printing

Settlebeck School and Kirkby Stephen Grammar School are rapidly gaining an international reputation for their expertise in applying innovative 3D printing techniques in the classroom.

Last month a group of European teachers and 3D printing specialists spent 3 days visiting the schools to see how their students are using 3D printing to improve their learning. Dave Jermy, Head of Design here at Settlebeck remarked, 'Students of all abilities and ages use 3D printing on a daily basis. The opportunity to realise a concept or idea quickly into a 3D product is an incredibly powerful teaching tool'.

Both schools are formulating new teaching resources and have been delivering 3D printer training to schools throughout the Northwest of England in an initiative funded by the Department for Education. Earlier this

year Dave and Kevin Gough (from KSGS) were invited to take part in a European-wide study involving partners from Italy, Turkey and Spain. At the first meeting, near Milan, Dave and Kevin were invited to be the keynote speakers as they are currently spearheading the use of 3D printers in schools, an indication that British education in this technology is ahead of the game.

Music

Settlebeck School's music department has been awarded a £1700 grant by the Freda Trott Foundation to help us widen musical opportunities in school. This is a tremendous help towards achieving our aim of offering instrumental and vocal experiences to all students who want to take them. There is already a wide range of instrumental lessons available, including the option of shared guitar lessons at a much reduced rate. This funding will enable us to offer singing lessons on the

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same basis. We will also be able to develop the school band further, giving our musicians, as well as Sedbergh Primary instrumentalists, the opportunity to experience ensemble playing.

Sport

Another fantastic County story for the students of Settlebeck. Ben Ferguson and Liam Mason have recently been playing football for Cumbria after being selected at the county trials. They have played in two games so far, Ben playing centre back and Liam in midfield. They had a tough game against North Yorkshire and were victorious against Northumberland 4-2.

Girls' rugby has finished on a high.

The South Lakeland District Girls Rugby tournaments have recently been held. The U15 girls produced two teams, playing some fantastic rugby under difficult conditions at Kendal Rugby Club. The U13 team played amazing full contact rugby at Kirkby Lonsdale Rugby Club, winning all 4 games against Queen Katherine's A and B teams and Ulverston Victoria's A and B teams, to win the competition. A fantastic achievement for all involved.

Juliet Proctor

SEDBERGH SCHOOL NEWS

The summer term. Well, it started well enough and for the first week it was indeed summer. But then reality

set in – cricket with a freezing wind is not much fun. The summer term in fact does not have many events apart from cricket matches and exams.

The one major event is Speech day at the Bank Holiday at the end of May. This consists of a chapel service, followed by Prize Giving (with the Chairman of the Governors and Headmaster updating the parents on the position of the School, a visiting Speaker, and of course the major prizes awarded), lunch in the Houses for parents, and then the Sports finals. This year the speaker was Lt Col. Revd Nicholas Mercer, Assistant Chaplain, Sherborne School, who was the Army's Command legal adviser in Iraq. At the end of the sports the half term holiday begins. The only other event of note is the Leavers' Ball at the end of term.

The Conservation group have succeeded in putting up nesting boxes, and hope to add more. They also hope to help with work in Jubilee

Wood.

Winder House held a very successful Ball to celebrate their 100th anniversary.

Years 9 and 10 recently entered the Society of Biology *Biology Challenge* and ranked in the top five per cent of the 32,500 participants. Pupils came second in the Salters' Chemistry Challenge in the North West. Lydia Hoby from the Prep School was runner up in the senior category of the Wordsworth Young Poets competition mentioned in an earlier article.

Auditions have been taking place for *Les Miserables*, which will be put on in November.

The Giant Wiggle, a charity sponsored walk for toddlers which the Sedbergh playgroup attended, led by the Very Hungry Caterpillar, was very successful at the end of March at Casterton, and raised £941 for Action for Children

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School will be holding a Country Fayre at Casterton – all will be very welcome. There will be a host of rural pursuits and activities for children and the whole family, including Archery, a climbing wall, kite and hawk display and much more. Entrance is free and car parking £5 per car.

Pupils from the School will take part in the Great Northern Swim to raise money for Great Northern Air Ambulance Service in thanks for their services in the Sedbergh area. On 14th June at 1pm

Powell House will be holding a tug of war competition to raise funds for the charity Hope & Homes. I understand that there is likely to be several local teams involved including

the Young Farmers, and it is hoped that there will be some ladies' teams. There is even talk of a Headmaster's team. It was very successful last year. Two Lupton girls, Charlie Neate and Emilia Tyser ran the Wilson Run qualifier course at the beginning of May dressed in crocodile and zebra "onesies" to raise money for Restart Africa. Running in wet onesies is not easy!

Roger Strachan and Phoebe Hollings, who left in the summer, were working as a volunteer teachers in Kathmandu when the earthquake struck. Roger was in a restaurant at the time and hid under a table while "the building was shaking very violently and cracking" and felt he was very lucky to escape. He was interviewed on return by BBC TV and you may have seen the interview on BBC Breakfast or the news. He was one of the first arrivals back, and Phoebe followed soon after. The pupils and staff raised just over £1,000 for the Disasters Emergency Committee, and Roger and Phoebe both have their own Just Giving sites.

Colin Gunning, Housemaster of Evans House, returned from holiday on crutches. He jumped into a swimming pool and as he did so his Achilles tendon exploded. This was bad enough, but as he was literally in the wilds of Kenya it was 5 days till he could get to hospital to have it sorted. He is likely to be seen around the town on crutches for some time to come.

The tea concert advertised for 21st May in the Thornely Studio had to be cancelled, but it is hoped that there will be one in the second half of the

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term. These take place roughly once a term – tea and cakes are provided as well. Usually they give up and coming musicians, rather than the very best in the School, an opportunity to perform in public, and a good outside audience is therefore much appreciated.

There was also the last formal concert of the year – the Headmaster’s invitation concert – which was very successful with a diverse programme of excellent solo and chamber performances, many pupils performing for their last time in the School. Among these were Tony Randall-Pandy (a rhapsody for piano by Brahms) and Marianne Yacoub (1st movement of Beethoven’s Spring Sonata) with violinist Florian Wittstock. Other pieces included Sarasate’s notoriously difficult Caprice Basque and Chopin’s Black Key Exercise. Jerry Yang and John Chan who have played with the Town Band for five years leave this year.

The cake stall run by the School at the Gala raised £165.50 for the Gala funds, and pupils helped set up the Gala and take it down afterwards. That weekend also saw the Cyclosporitive event (formerly known as the “Howgill Horror”) taking place. Some 118 cyclists took part on the 30, 55 and 70 mile courses with visitors from all over the England, including Old Sedberghians, parents, pupils, staff and outsiders. While it was *not* a race, Charlie Neate, the girl who won the Wilson Run, arrived home first in the 30 mile, some 17 minutes ahead of the next to arrive and well ahead of the bulk. The event raised something approaching £5,000 for the Lupton Scholarship. Members of staff also took part in the Trail 126 Fell Race, and Dick Gorst did particularly well. Three pupils helped run Killington Sailing Association’s open day “Push the Boat Out”.

The School’s sailors took part in the



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4th round of the Laser Lakeland and Far North series 16 on St Mary's Loch in Scotland, bringing home silver and bronze. Sixteen sailors braved the winds, which reached up to Force 7, but only four reached the finish line of the second race, of which only three completed both the races prior to abandonment. George Thomas managed to complete both races, commenting "I don't think I have ever sailed so fast downwind..." At abandonment more boats were capsized or abandoned than were racing.

In the week before the General Election a mock elections was held both at the Prep School and the senior School. In the event in both cases, not surprisingly perhaps, the

Conservatives won, at the Prep with a percentage vote remarkably close to the General Election result.

The cricketers have been playing well throughout the School, but the 1st XI have not had a good term. They unfortunately lost against both the Old Sedberghians and Ampleforth, due to tactical errors rather than skill with the bat and ball, despite 160 not out by Harry Brook against Ampleforth. Further down the School all the elevens won against Ampleforth except one, and there were two hat-tricks by Sam Barratt and George Hill. Despite getting the MCC out for 153, the First XI could not cope with some excellent spin bowling and were out for 88. This pattern for the 1sts and the other

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teams has been repeated throughout the first half of the term, and the 1st XI lost disastrously against Shrewsbury by ten wickets. They did, however, win against Stockport Grammar School in the National T20, Harry Brook making 95 and Max Silvester 73 not out.

The home matches in June for the 1st XI are Bolton on 6th June, Durham CCC Academy on 18th June, and Bromsgrove on 22nd and 23rd June. The girls' 1st XI play Giggleswick on 16th June.

At the HMC Athletics at Gateshead the School came away as Senior and Inter Boy Champions and Senior Girls Champions, over 20 schools

The newly formed Equestrian Team

represented Cumbria at the National Schools Equestrian 90cm Show Jumping on 18th April, competing against 23 counties and came seventh, and Storm Straker came second in the Individual Competition. The team included Elizabeth Gale from the Prep School. George Bentley and Katherine Fleck were selected to shoot for the UK Cadet Rifle Team in Jersey in August. Taylor McGuire won the U14 National Fives Championship. A Lupton girl, Amy Slattery, won first place in the Under 14 Kendal Winter League up Arant Haw. Sophie Wilson completed the London marathon in 3 hours 47 minutes. Dr Batty also ran in the marathon.

KBL

PEOPLE'S HALL NEWS

The People's Gym & Fitness Centre

The work has reached first fit stage. The roof is on and the external walls are being prepared for "wet dash". The internal ceilings are plastered. Electrical works are proceeding and some decoration has been carried out. Detailing of the hot water supply, access control (swipe cards), air conditioning, carpeting, CCTV and other fit outs are progressing. Some remedial work will be necessary on the adjacent wash, shower and toilet area resulting from the roof works to integrate the Gym annexe to the existing building. We had to block up a kitchen window to accommodate the new roof ridge, but have replaced it on the field side of the building. The Gym Committee are preparing to bring back and lay out the stored Gym equipment. Progress can be seen at:

www.sedberghpeopleshall.blogspot.org

[rq](#)

Changes to booking arrangements

The arrangements for booking the Hall facilities are under review. Booking forms, terms and conditions, user information and availability can be found on our web site. This site also shows forthcoming events.

www.sedberghpeopleshall.org

Rag rug

The Sedbergh WI has very kindly made and donated a rag rug with a WW1 theme of poppies. This rug now graces the Committee Room. The People's Hall Committee wishes to thank the WI for their gift which considerably enhances the Committee Room appearance.

The Committee is wishing to

Cut off its head*



Rebirth of a popular show

Saturday 29th August 2015
People's Hall, Sedbergh

* If you have a giant marrow or will have, or an enormous sunflower, cut off its head and enter it!

Closing date for entry forms:
Saturday, August 22nd

PLEASE ENTER EARLY

decorate some of the other blank walls that have been created as a result of the redevelopment work. We would be pleased to receive offers of artwork from individuals and organisations to further improve the appearance of the Hall.

Old Time Dance

There will be an Old Time Dance, featuring Denis Westmorland, in the People's Hall with a Jacobs Join on 20 June 2015. Doors open at 7.30pm. Admission £5.00

Diary events

Coffee Morning: Wednesday 8 July 2015 in URC rooms – offers of cake gratefully accepted.

Dr Gina Barney
Hon. Secretary (20790).

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SIGHT ADVICE SOUTH LAKELAND

Sedbergh Support Group Meeting

Dennis welcomed Margaret, Jenny, Jennifer, Jenny, Rosemary, Keith, Elspeth, Jean Jessie, May, and Sue to the above. Absent apologies came from Winifred who has got a gammony knee she hopes will soon be cured, Doris who was feeling a bit under the weather and Elizabeth who was away cruising, and the least said about that the better. Dennis also gave a very warm welcome to our guests for the afternoon, Claire, Margaret and Bruce from Head Office - which explains why we had platefuls of posh biscuits. After what seemed an interminable delay we then proceeded to the business of the day.

It was decided that The Fat Lamb was to be the venue for the next Meeting on the 19th. June. Sue read out the menus and took orders. It was suggested that we might go to Country Harvest at Ingleton for the Christmas Meal in November, so that will be something for every-one to look forward to. Meanwhile, back in the real world

Claire, who had not brought her spring spaniel or rugby playing husband Chris with her but was going to a show in Leeds with her ten children at three o'clock, introduced herself as SASL's new Chief Executive. At that point I stopped taking notes, so from memory - INSIGHT MAGAZINE. This is SASL's

award winning large print and audio Newsletter which comes out 6 times a year. There are copies in the Health Centre and the Dentists in Sedbergh. The magazine gives you lots of information about what is 'going on' in the Society and up-dates on the latest aids and equipment which have become available for vips. The magazine is FREE and anyone interested in getting a copy should ring the office (01539 742633) to get themselves put on the 'mailing list'. My favourite bit of the magazine is the fiendishly difficult crossword compiled by Didymus!

POSITIVE STEPS. This is a five week series of 'introductory/refresher' sessions for people with sight problems run by 'Superman Scott' and the lovely 'Maid Margaret' at Stricklandgate House. Not only are they extremely informative and helpful, but they also give you the opportunity to meet and share with other vips your experiences of

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'dealing and coping' with 'living with' a sight problem. If anyone is interested or you want to know more about Positive Steps, again, ring the Office for further details. It MAY be possible to arrange transport. Talking of 'transport'

COMMUNITY TRANSPORT, RURAL WHEELS etc.etc. There is a great deal of confusion about all these transport schemes. Not only do different rules and regulations seem to apply, but also there is great uncertainty about what you can use these schemes for. Enquiries are to be made about what 'transport' is available for people living in Sedbergh and the surrounding areas, and hopefully I will be able to give more information at a future date.

(see page 88)

VOLUNTEERS. In addition to the annual Kendal based Volunteer Bun Fight, it is proposed that a number of 'Area Volunteers' Meetings' be held.

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These would further improve the help and support SASL gives to its wonderful, wonderful Volunteers, and would have more of an 'information / learning content' rather than a load of social waffling over cups of tea and extra posh biscuits. Final details are being worked out and Moira will be letting every-one know as soon as something definite has been arranged. If any-one would be interested in becoming a Volunteer with SASL, please get in touch with Moira on 01539 742633 and she will be able to tell you of all that opportunities that are available. STREETS / PAVEMENTS. Sheelaah Maguire who is based in Stricklandgate House but works for

the Cumbrian Consortium of Societies for The Blind and Visually Impaired is to contact Sue to explore ways in which the Cumbrian Consortium could support the Parish Council's attempts to find a solution (s) to this on-going problem. It was suggested that the entire town be flattened thereby creating a 'brown-field' site which could then be redeveloped. You can just imagine it can't you, you could have a 'Place de les Eglises', sky-scrapers of affordable housing, a covered market, an Arcadian mall of supermarkets, bistros on specially designed pavements, variegated hostels and hostleries, a leisure centre and performing arts complex, a cable-car

up Winder, a park and ride from Killington Services, oh, and a lake, not just a piddling little mere or tarn, but a full size lake complete with steamers, ferries and nuclear submarines - the possibilities for a Sedbergh New Town are boundless, why, we could make Kendal seem like a medieval hamlet and Manchester a museum of Urban Life - and you never know, The Duke and Duchess of Cornwall could well take up residence in the motte and bailey at Castlehaw! Meanwhile, back on planet earth

BUILDING FUND APPEAL. Funds towards the purchase of a 'new home' for SASL are creeping ever closer to the target of £325,000 - but as always, all donations, large or small, will be most gratefully received. A large problem associated with this ambitious project is to find the 'right premises' which will tick all the right boxes. However, eyes and ears if not as yet cheque books, are fully open

and hopefully it will not be too long before my old man is saying follow the van and don't dilly-dally on the way!

TRUSTEE BRUCE. I think it would be a very good idea if we invited Bruce to come along to one of our 'Reminiscence Meetings'. Why? Well in his mis-spent youth he used to play in some sort of band which played for dances / fights at the People's Hall - he was very impressed with the improvements that have been made to the facility since 'his day'. Perhaps he could persuade the other members of his band to get together and play a 'come-back gig' for us so we could don the drain-pipes, plaster our hair with brylcream and rock and bop the afternoon away - and that's just the girls!

AND FINALLY. Don't forget, if you would like a copy of INSIGHT (Large Print or Audio) please ring the Office (01539 742633) rather than sit for ages in the Health Centre or Dentists



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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*

reading it and trying to do the crossword.

Also ring the Office for details and information about ALL the services SASL provides for VIP's - including volunteering.

If you would like a large print or Audio version of Lookaround, please see Dennis.

The Sedbergh Support Group Meetings are held on the **THIRD TUESDAY OF EVERY MONTH** usually in the People's Hall Committee Room starting at 2.00pm. and finishing around 4.00p.m. However we have a holiday in July, August and December and usually have a meal out in June and November, so if there's any VIP's out

there who like a bit of a laugh, a good crack and can put up with my moaning and groaning, please do come and join us, we'd be delighted to see you (no pun intended), and who knows with an extra pound or two going into the tea kitty, we might be able to afford posh biscuits at every Meeting in the future!

For some inexplicable reason I have been given June off for 'good conduct', so the next report you read from me will be after the September Meeting. I hope you all have a healthy and sun kissed summer - let's face it with my age and looks, the sun's about all that's left that wants to kiss me - take care, love and God Bless you all. *George Watson*

UNITED CHURCHES

Methodist and URC talks - Update

Change can be tricky, exciting, scary and exhilarating in varying measures. I would say that these are just some of the emotions experienced over the past few years as the Methodist and United Reformed Churches have been discussing how best to share resources and support each other. We have recently had an open community meeting with over 70 people joining in the discussion as well as meetings with our neighbours.

Our Enabler, Revd David Crouchley, has been busy on our behalf, engaging with the authorities and congregations and bringing his professional experience to help us. Both of our churches are dated and expensive to maintain though are much loved by those who worship there.

Our desire is to have a place to meet in that meets both the needs of our fellowships and also the needs of the community. With the other site we would like to work with our community to establish how it can be best used, meeting the needs of Sedbergh and the surrounding areas.

On Thursday 14th May David presented, to a gathering of both churches, his recommendation of how we could proceed together in the future. We went away to think and pray and during shared worship on Sunday 17th May we cast our votes.

The proposal was that the Methodist and United Reformed Churches should come together on the URC site on Main St and that we should aim to build a new building on that

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site. A church that is fit for 21st century Sedbergh life and would be an asset to church and community alike.

When all the votes were in the proposal had overwhelming and decisive support from both congregations. The results were greeted with a cheer and a great sense that together we go forward in confidence.

This is going to be a long journey but we are committed to it. Seeking funding, drawing our fellowships ever closer, working with our church neighbours in St Andrew's and with all of the community. Exciting times!

We are aware that there are some who feel saddened by the changes to church life, after all church life rarely changes at the same pace as society. However both churches are seeking to ensure that the church remains vibrant and living now and in the future.

We will keep updating everyone on progress through the pages of Lookaround and through open meetings and publicity.

Revd Carole Marsden

CHURCHES TOGETHER

Traditionally, the month of June was celebrated by the Catholic Church as the month of the Sacred Heart of Jesus. It was a time of reflection on the great love that Christ has for each one of us and a reminder that we should, in turn, reach out with love to each other.

God has created everyone of us for a specific purpose, though we may never know what that is in this life. If we love and trust Him then He will help us in our effort to love and serve others. Perhaps our neighbour needs help - do we reach out in friendship, spend time with them if they are lonely, offer to do some shopping for them? We could make such a difference in their life.

Further afield, in developing countries the struggle for life and a peaceful existence continues. Our love for those we shall never meet, is shown in our generous response, both in prayer and in finance.

May we all be united in the love of the Sacred Heart of Jesus

Pauline Fozard

News from

St Andrew's Dent & St John's Cowgill



As visitors begin to come to the Dale in larger numbers this month, St Andrew's Dent will be welcoming visitors to the Music Festival on June

Sedbergh & District

LOOKAROUND

will be moving to the
Sedbergh Tourist Information Centre
72 Main Street, LA10 5AD

in July where there will be a **Drop Off** point for all contributions.

There will be a change in procedures
which will be further outlined in July.

The new telephone number for all enquiries will be

015396 21960

which can be used from now.

ROYAL BRITISH LEGION

*If you or yours have ever served in any of our armed forces
and you feel that the Royal British Legion can help you in any way,
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Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.

You do not need to have served in the Armed Forces to be a member.

Membership costs £16.00 - call 21575 or 20536 or

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For more information, visit our website:

<http://branches.britishlegion.org.uk/branches/sedbergh>

THE ROYAL BRITISH
LEGION



28th with a special presentation of the music and spirituality of the Taize Community at its' usual 10.30am service. Judith Bush has been regularly presenting Taize worship at Cautley for years now. Its' simplicity and serene tranquility provide a wonderful antidote to the stresses of modern living. Roger Bush will be helping us explore the music as we learn about and discover this very distinctive worship of the Christian Church. As an Ecumenical Christian community in France, it shows us an excellent template of how Christians can work and pray together. It does mean the pattern of services will be different this month, with an extra service at Cowgill for people who wish to make their communion on June 28th:

News from the Pews



"Thank you" to Bob Turner who has satisfied my curiosity regarding the beautiful baptismal shell used in the Parish Church and mentioned in the

April News from the Pews.

May Croft whose name is engraved on the silver handle was just a young child when she died aged five in 1907. A pupil at the National School, which is where the telephone exchange is now May was crushed by a falling room divider. She was taken to her home just a few doors along the Main Street where she died a few days later. The shell was given to the church in her memory by the schoolchildren. It is a thing of beauty to be treasured.

Beauty is springing up all around us as we expect at this time of the year. The churchyard is looking very colourful with the spring flowers and the cherry blossom adding much colour to a busy corner of the town. Eleanor looks after the borders so well and as we walk along the paths we spot new additions to the wide range of plants already in place. Cutting the grass is not for the feint hearted and I wonder if Tony and Eric eat plentiful supplies of spinach before their mowing sessions begin? The results of their hard work are much appreciated not only by the folk who walk through the churchyard but

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Kate Seymour is still our Sedbergh representative - please do not hesitate to contact her in the first instance on any legal matter.



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the visitors who walk, cycle, or drive past the church.

The Archdeacon's Visitation on Monday May 11th was a happy occasion. Churchwardens, clergy and parishioners had come from Dent, Kirkby Lonsdale, Kendal, Levens, Grange, Crosscrake and other churches across the Deanery some never having visited St Andrew's before and some visiting again after many years. The legal matters were dealt with; the service specially written for the occasion by the Archdeacon with her chosen hymns sung powerfully. As always the tea and chat afterwards was well supported.

Pentecost, better known to us of a

certain age as Whitsun falls on Sunday 24th May. Our friends from the United Reformed and Methodist Churches will join us for the morning service. I know the singing will be amazing.

For that reason must remember to check the rafters afterwards!

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

St Mark's Cautley



On Saturday 25 April, which happened to be St Mark's Day, we

held a "Quiet Day". It began with coffee at 10 o'clock and was followed by a Northumbrian Service of Morning Prayer after which we found our own space within the church for meditation, prayer and contemplation. Andy McMullen, our Vicar, had prepared a range of activities for us to pursue as individuals which turned out to be both searching and inspirational. Lunch brought us together again and as the wind and rain battered away outside, we felt the warmth and calm of our fellowship and friendship within. During the afternoon Andy gave a talk on Icons and then followed an exercise where we all chose a quartz pebble from a blue bowl. We learned that every pebble is different - just like us - shaped by its history. Our day ended with prayers and thanks for the beautiful world in which we live and for our "little church (no great cathedral) far from the splendour and squalor of hurrying cities". This was truly a memorable day. Try to join us when we have the next one.

Judith and Maureen

BISHOP OF MANCHESTER

Dr. David Walker, Bishop of Manchester, takes a Walk "Upstream" to Kendal.

Following its tradition of inviting eminent religious speakers to Kendal at least once a year Kendal Ecumenical Group is delighted that Dr. David Walker, Bishop of Manchester has agreed to visit Kendal to deliver KEGs summer lecture on Friday 12th June at 7pm in the Shakespeare Centre, Kendal.

Bishop Walker has submitted an

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intriguing title for his lecture "Taking a Walk Upstream; Churches responding to Poverty and Injustice" Bishop Walker has much experience in social justice and in housing issues.

Free refreshments will be provided from 6.30pm. ALL ARE WELCOME.

There is plenty of free parking in Kendal after 6pm

As with all KEG events there is no charge but it is important to register to ensure a place. Once registered you will receive more details.

To register please email kendalecumenical@gmail.com or text 0780 466 2044. Please include your name and the number of people expected in your group. Or you can telephone 01539 732 995 and leave your details on voicemail. Whichever option you use we will respond giving you full details as soon as possible.

Norman Burnellfab

JUNCTION 37

Some of you may remember that some years ago a member of my family had a particularly nasty accident on the A684 at junction 37 of the M6 involving a hit and run incident with a lorry. As a result of this I asked for people's experiences of other collisions here and I started a petition asking for some remedial works to be carried out at the junction to improve safety.

Unfortunately life became rather busy and it all got put on the back burner, but in the intervening years we have witnessed the collisions continuing at this junction with the latest one that we saw on Saturday 4 April this year. As a result I thought I would finally do something about it and I sent a letter to Highways England with a copy to Tim Farron, setting out the problems and giving them all the suggested courses of action for improving the junction that people had given to me.

I have had an in depth response from an executive director of Highways England and I have summarised below what he had to say.

Taking account of the incident in April and the historic personal injury accident record (going back to 1 January 2010) they are going to review the signs and road markings to see whether there is scope for improvements to be made.

He claims that it is very unusual for heavy goods vehicles to proceed across the A684 from one slip-road to another. I dispute this having had near misses on many occasions and I cannot see how he knows this is



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unusual if the near misses are not being reported. However, he has asked the Traffic Officers who patrol that stretch of the M6 to confirm whether they are aware of this practice and he will speak with Cumbria Police. Once they have had these discussions they will consider whether any action is required.

Staggering the slip-road would make it more difficult to cross the A684 from one slip-road to another, which may in turn introduce manoeuvres that are less safe. My argument would be that we are trying to stop the practice of vehicles going straight across in front of other vehicles travelling on a straight A road subject to the national speed limit, which surely is the least safe practice.

They will take measurements on site to assess visibility at the junction and use this information to consider whether a STOP sign is feasible.

They will review the signs on the slip-road against current guidance to see whether there is scope for improvement, and consider whether the road markings need enhancing. They will also take into account the suggestion about having rumble strips on the slip-road.

They have no evidence to suggest that installing permanent cameras would be beneficial.

As Cumbria County Council is responsible for the A684 they will be relaying my comments on each of the following points to their highways department:

Worn red hatching; installing street lights at the junction; prohibiting heavy goods vehicles from parking in the lay-bys on either side of the

junction; imposing a 40 mph speed limit on the A684 at the approach and on the bridge over the junction.

They will be in touch again following their assessment. I received a speedy response to my letter from Tim Farron who advised me that he had written to the Highways and Transport Manager of Cumbria Highways and will write to me again when he has received a response.

I will put an update in the Lookaround when I have any more news. In the meantime if anybody has anything they would like add about accidents and incidents that they have witnessed, or with suggested improvements, please contact me by email

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SEDBERGH WANDERS JUNIOR FC

On the 6th June our towns junior football club will be one year old and we hope our 2nd year is as successful as our first has been, on and off the field. Starting up last June with a handful of under 7 players, No money, No kit, No Sponsors, No equipment, No league and No committee, but then with a lot of hardwork with the players training and friendlies, parents fundraising and our under 8s then joining us in July things started to progress to the good very quickly. We entered the Kent Valley League and after some early hiccups from both teams in the leagues opening weeks, things had changed drastically by Xmas where both teams were doing very well. Off

the field in December and we had just gained the prestigious FA Charter Standard accreditation, plus had 3 FA level 1 coaches, Into the New year and the boys were stronger, better and fitter and results started to show that with the 4 months upto Mays finish, Unofficially both our u7s and u8s teams finished 4th place out of ten teams in each division. We now have three excellent kit sponsors, several funding sponsors, more fundraising events on the way, A very healthy bank account, We've won 6 very large equipment grants, been given 4 x FA cup final tickets, (through our charter standard status) which the 4 lads will have been to Wembley by now. On the 3rd May we held our first presentation day with

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Most promising players

William Dawson & Alex Sayner

Referee's player Hayden Cousins

Parents player

Charlie Rendall - 9 goals

Managers player Andrew Mitchell

Players player James Moffat

Top goalscorer

James Moffat - 69 goals

The club would like to thank all our sponsors, supporters and wellwishers over the past season. Plus you can keep in touch with all our club updates and news on our facebook page. If anyone as boys wishing to play football and are starting either year 3 or year 4 in September please contact the club, we will also be hoping to start a new team up very soon and will be hosting a recruitment day at the pitch look out for the details in town

Sedbergh wanderers Junior FC

DENT INDOOR BOWLING

The almost weekly slot in the Memorial Hall on Wednesday evenings, 7.30-9.30pm came to a close for lambing time. There is interest to start up again but possibly on Monday evenings depending on support. There will probably be a

the following winners

Under 8s

Most improved player

Tom Houghton

Best trainer

Adam Hall

Most promising player

Scott Lawson

Referee's player

Jodie Middleton

Parents player

Alfie Patton

Managers player

Sam Wilson - 14 goals

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Most improved player

Nathan Todd - 25 goals

Best trainer

Jack Dawson

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Advance donations

As I said in a previous article, we are so close to opening the gym now and you can help bring the opening date closer by paying advance memberships of £10 per month. In return, when the gym opens you will get one month's free membership for every month you have paid a £10 advance payment. Please contact Rosemary for the bank details to set up a standing order.

We do have people who are already paying advance memberships and we are very grateful for their support. However, another point that came from our meeting was that some people might have set up a standing order but might have got the bank details slightly wrong and their payments are not coming into our bank account. If you have set up a standing order please could you drop me an email to confirm that you have done so, so I know what payments to expect and the date that they should

have started? I will then let you know if your payments have not been coming into our bank account!

Keep a look out for details about the events. Visit the gym's Facebook page where you can keep up with the latest ideas and developments. Or contact us on:

Sandra Gold-Wood (Chair)

sangold.kwood@virgin.net

Tel: 21808

Rosemary Lewes (Treasurer)

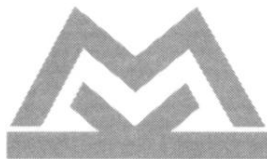
rosemary@rlccountants.co.uk

Tel: 20088

SEDBERGH FOOTBALL HAS BRIGHT FUTURE

Sedbergh Wanderers under 8's played in the Kent Valley trophy event. The first half of the tournament was played at Kirkby Stephen on the 11th April, the squad consists of Adam Hall, Adam Sen, Alfie Patton, Jody Middleton, Sam Wilson, Stan Allen, Scott Lawson & Tom Houghton. The lads fought off Wattsfield 2-0, Kirkby Stephen 1-0 & Heathwaite 5-0 only losing to Kendal Utd 2-0. This put them in second place out of these 5 teams with another 5 teams playing at Wattsfield.

The Under 8's made it into the semi finals held at Milnthorpe on the 25th April playing Esthwaite Vale for a place in the final. After playing a great first half they still found themselves trailing 5-2. After a half time team talk by Jon Thornton, Pete Lawson & Jay Ferguson they played the game of their life's, making an incredible comeback to make it 5-5 in the final seconds. This then took them to their first ever penalty shoot out, unfortunately they lost and then had



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to battle it out for 3rd & 4th position. They eventually finished 4th out of 10 teams after losing to Kendal Utd.

After joining the league late in January these boys have made major progress but most importantly enjoy every match they play & are a great squad.

With Sedbergh now having both an under 8's & under 7's team the future for Sedbergh Football is certainly looking bright.

Both teams have to be commended on their fantastic efforts and a superb finish to their first season as Sedbergh Wanderers Juniors.

If any boys or indeed girls would like to join either teams please contact either John Thornton or Casper.

Special thanks to our sponsors BDS Fuels & Biomass, Dawsons Fuels & MK Conversations. Also we would like to thank our coaches and parents who turn out every week, not forgetting our regular supporters who turn up at every match home and away.

Michelle Middleton

SEDBERGH BOWLING CLUB

We will be holding another two taster sessions at the green on Saturdays 6th and 13th June. Come along and find out more about the sport. Please wear flat shoes.

Sessions start at 5pm till 7pm. We look forward to seeing you. For any further information ring Linda on 20279.

YORKSHIRE DALES NATIONAL PARK

New pot of money for community projects

More cash is up for grabs to provide a boost for business ideas and community projects in the Yorkshire Dales National Park.

A total of £140,000 is available this financial year either to help launch schemes or to provide a much-needed extra push as they get on their feet.

The money is being supplied by the Yorkshire Dales National Park Authority's Sustainable Development Fund (SDF), which last year handed out just over £150,000 to 26 projects.

Andrea Burden, the Authority's Sustainable Development Officer, said: "The SDF is now in its 14th year of operation and has so far given out £2.3m to help more than 250 projects. That's a fantastic track record but we know there are plenty more good causes that could do with a hand.

"The project may only be in its early stages – just a string of ideas. That doesn't matter because the Fund is there not only to provide financial help towards the cost of physical

things like building work or equipment but also to pay towards help and advice to turn the ideas into a reality.

"Projects should contribute in some way to looking after the National Park's natural beauty, wildlife or cultural heritage, or they should promote opportunities for the public to understand and enjoy those things – while at the same time providing some local economic or community benefit.



"We will consider all projects – whatever their size – that have been submitted by individuals, businesses, community groups or voluntary-sector bodies."

SDF grants given out to projects in the last financial year included:

- £711 to Dent Parish Council towards the cost of resurfacing the Beech Hill car parking area in the village

The key dates for submission and determination of non-delegated applications will be set at the beginning of each year and made available on the SDF webpage at yorkshiredales.org.uk/living-and-working/sdf

In the first instance enquirers are recommended to get in touch before they submit an application. They can do this via email

SDF@yorkshiredales.org.uk or by phoning 01969 652337. Prospective applicants can also download an electronic application form and guidance notes via the website.

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YOUNG PEOPLE'S FUND

Sedbergh School Local Young People's Fund.

Applications are invited for grants available from The Sedbergh School Young People's Fund. The fund exists to help young people from the parishes of Sedbergh, Garsdale and Dent.

The grants can be awarded by the Trustees in one or more of the following ways;

- i) The award of Scholarship, Bursaries or Maintenance Allowances tenable at any School, University or other place of learning approved by the committee.
- ii) The provision of financial assistance, outfits, clothing, tools, instruments or books to enable beneficiaries on leaving school, a University or other educational establishment to prepare for, or assist their entry into a profession, trade or calling.
- iii) The award of Scholarships or Maintenance Allowances to enable beneficiaries to travel abroad to pursue their education.
- iv) The provision, or assistance towards the provision, of facilities,

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of any kind not normally provided by the Local Education Authority, for recreation and social and physical training, including the coaching in athletics, sports and games to beneficiaries who are receiving primary, secondary or tertiary further education.

- v) The provision of financial assistance to enable beneficiaries to study music or other arts.

Applications should be in writing to The Bursar, Peter Marshall, The Bursary, Malim Lodge, Loftus Hill, Sedbergh LA10 5RY using an application form obtainable from The Sedbergh Information Centre or The Bursary to be received by July 1st for consideration by The Trustees at the next meeting which is on July 10

During the last twelve months 18 individuals received awards ranging from £150 to £500 each and a total of £5, 895 was ultimately awarded.

Examples of the requests received included a grant towards the cost of attending the World Scout Jamboree in Japan, costs of attending the National Youth Ballet Summer School, grants towards the cost of university courses, grants towards



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the cost of essential computer equipment for further education, and transport costs for attending college amongst many others. It is hoped that recipients of awards will provide some feedback after receiving their award to acknowledge the help they have had usually as a letter to the Bursar.

The Trustees of the Fund are;
The Headmaster of Sedbergh School,
Mr Andrew Fleck (ex officio)
The Bursar, Mr Peter Marshall (ex officio)
The Chairman of Sedbergh School Governors, Mr Hugh Blair (ex officio)
Mr John Morris (Chairman)
Mr James Morgan
Mr Donald Smith
Mrs Margie McVoy
Mr Roger Moore
Mrs Janet Oughton
Mrs Dorothy Pratt
Mrs Sue Wallace-Woodroffe
Mrs Jackie Robinson
Mrs Angela Wearmouth
Mrs Evelyn Westwood
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The Cinnamon Trust is the only specialist national charity for the terminally ill and people in their later years and their much loved, much needed companion animals.

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Sally Collins

SONGS OF FRIENDSHIP

*Slovenian Ambassadors Concert
People's Hall 7:30pm Tuesday 30th
June*

At the time of writing we are all getting ready for several groups from Sedbergh and district to perform at a concert to celebrate both the extraordinary amount of musical talent in our town - and our twinning with Zrece in Slovenia. The concert is called "**Songs of Friendship - Pesmi Prijateljjevanja.**"

We are very pleased to announce that our special guests of honour are The Slovenian Ambassador, His Excellency Tadej Rupel, his wife Valentina, and his 3 children. As well as visiting the primary school, a local farm and other attractions in our area,

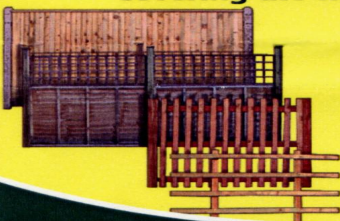
the Ambassador is having a lunch with Sedbergh people and meeting children from the Zrece school who are visiting Sedbergh and the Zrece Mayor Boris Podvrnik.

When our group of Sedbergh singers who sing songs from Slovenia - Lep Pozdrav iz Sedbergha - visited London recently to sing for the British/Slovene Society dinner we met the Ambassador and found him very charming - he is very keen to visit our town having heard so much about it from previous ambassadors Iztok Jarc, and Iztok Mirošic.

As well as Lep Pozdrav iz Sedbergha, other groups performing include **The Sedbergh Parish Church choir, The Sedbergh Primary School Choir** (who as well as their

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own songs will sing the Slovenian national anthem Zdravljica,) **Lakeland Voices** (who sing a number of arrangements of folk songs from Slovenia and around the UK,) **Sedbergh's Common Ground Ceilidh Band**, the **Sedbergh Songsters** (a group of senior singers formed to help those with Alzheimers,) **Lakeland Fiddlers** and the Sedbergh duet **Tan Yowes**.

We have also invited the **Sedbergh junior town band** and singers from **Sedbergh's Rose Theatre**, and are awaiting confirmation.

Refreshments will be served - and an evening of cracking good company and music is guaranteed. Tickets will be available from the Sedbergh TIC and at the door and

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cost £5. More details, David Burbidge 015396.21166. (There is also a concert with visiting Slovenian musicians on Monday evening June 29 - details elsewhere in the Lookaround.)

David Burbidge

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MUSICAL CONCERT

A Programme of Light Classics to Enjoy on a Summer Evening

Members of Sedbergh Orchestra are looking forward to their next concert on Thursday July 2nd at 8.00pm. On the day, they will be rehearsing beforehand in the People's Hall until 7.40pm so, for the audience, the doors will open only at 7.45pm. The occasion provides us with an opportunity to let our hair down at the end of the season - and those in the audience will have a chance to do so too! The concert will be presented in Café style, as was our very first public concert in December 2011 and also that in Spring 2013. As then, we shall hope that the takings will enable us to make a contribution towards the redevelopment of the People's Hall - such an asset for Sedbergh - and to

add to the Alison Armstrong Pepperpot Fund which supports the orchestra and young musicians locally.

An attractive selection of short pieces will be played under the direction of Roland Fudge, who has kindly taken over the baton while Peter Crompton, our regular conductor, is assessing music exams in Australia. Roland is the regular conductor of the Westmorland Youth Orchestra and we are very much enjoying our rehearsals with him. He will act as compere for the occasion as well. Sue Armstrong, our regular leader, is taking a term off too and so we are pleased to welcome back Val Snelling who led the orchestra at the outset. But then it became clear that

her little dog required her presence at dog training in the People's Hall on Thursday evenings . . . The dog training class will not take place on the day of the concert, but be prepared for a surprise all the same...

You may have seen the advert for the concert elsewhere in LOOKAROUND. This should have given you an inkling of the lighthearted nature of the programme. We hope you will be tempted to come along, not only for the concert but also for the light refreshments that are included in the cost of the ticket. This is just £6.00 in advance of the day or £7.00 on the door. Young people 18 and under come free of charge and the concert will be suitable for quite young people, apart

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from the late start time. There will be a free glass of wine or soft drink available for everyone on arrival, with a short top-up interval part way through, and you will find nibbles on the tables to sustain you throughout the concert. When the music is over at about 9.00pm, there will be a chance to chat before you go home and a finger buffet for us all to enjoy, courtesy of the players and Sedbergh Pepperpot Club members.

Tickets can be obtained from Sedbergh & District Information Centre (20125), orchestra members or Sedbergh Pepperpot Club (21196).

We look forward to seeing you there!

Shirley Smith

THE SEDBERGH SONGSTERS

We have now had four sessions with this new group of senior singers at Gladstone House, open to all, every Monday at 10.30pm. The group is organised by Dignity in Dementia and Age UK, and we have had up to 20 singers on occasion joining us. We choose songs from the 1950's, 60's and 70's - with many suggested by the singers themselves and we

provide songs sheets to help with words.

As well as the lively singing of well known songs such as Rock around the Clock, Some Enchanted Evening, Amazing Grace, Edelweiss, California Dreaming, Yesterday, When I'm 64, Que Sera Sera, and You are My Sunshine, we have also sung some short rounds and added some simple harmony where possible.

We are planning to present some of our songs at the Ambassador's Concert at the end of the month - though participation at this is of course entirely optional.

Anyone who would like to join us is most welcome to come at 10.30am on a Monday (though not bank holidays or other holidays) at



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We look forward to seeing you there. Please ring 21166 for more information. *David Burbidge*

SEDBERGH PRIMARY SCHOOL CHOIR

Thursdays 3.30pm


The choir has now been running for four sessions as an after school club with visiting teacher Jane Lawrence. Jane leads primary school choirs in Kirkby Lonsdale and Leck, and accompanies some of the songs the children sing with her lively piano playing (you may have seen her playing before in local band, the

Balkanics.)


Unfortunately Jane is not able to come every week due to other commitments so apologies to anyone who turned up on a week when she wasn't here. The dates for the rest of June are **Thursday June 11** and **Thursday June 25** at 3:30 in the Sedbergh Primary School, and at the Songs of Friendship concert in the People's Hall on **Tuesday June 30** at 7.30pm where the children will be performing.

The choir is generously supported by a grant from the Sedbergh Community Fund for which the singers and parents are very grateful - each singer also pays £2.50 per week towards our expenses. More details, 21166. *David Burbidge*

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TWINNING EVENTS

30 students and their teachers accompanied by the Zreče mayor Boris Podvršnik and 11 musicians will arrive in Sedbergh on June 28th. On the evening of the 29th June we are hosting a hog roast and concert at St Andrew's Church. The hog roast will start at 6.00pm followed by the concert at 7.00pm.

I am delighted to say that the Sedbergh Town Band will be joining us for the occasion with the early music group Cornucopia. Several of the Town Band have met the musicians from Zreče either here or in Slovenia so it will be an opportunity for them to renew those friendships.

The Zreče students will be performing for us with song and dance and I understand there are several accomplished instrumentalists amongst their number. The UK ambassador to Slovenia Tadej Rupel and his family will be with us as well.

These events are free to all. The hog roast might be "first come first served!"

On Tuesday 30th June, the



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Ambassador will be at a concert in the People's Hall and we are hoping that Carole Marsden's Junior Orchestra will be performing there as well. More details elsewhere in Lookaround.

By the time you read this, the group from Sedbergh who have been celebrating 10 years of twinning in Zreče will have returned from Slovenia and we will all be looking forward to the return visit of our many friends.

We know you will join us in giving them a warm welcome.

For further details please contact Susan Garnett 21138
msg@wardses.org.uk

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JUNK MAIL

The Junk on the Doorstep – do we want it?

How much of the mail which arrives on our doorstep goes straight in the bin – hopefully the recycling bin? Most of it is stuff we just don't want and didn't ask for. With so much information available online do we really need so many random leaflets and brochures? Buying goods online is so often followed up by advertising material/leaflets/brochures arriving in the post. Once it arrives on the doorstep we have to deal with it – open it or chuck it, think about it. On average, Americans spend 8 months opening junk mail in the course of their lives.

So is it OK if we recycle it? All that

paper has then to be collected, transported, mixed with water and chemicals. It is then chopped up and heated to make a slurry which is cleaned, de-inked, bleached and mixed with water again. After all this, new recycled paper is made. Now this is a 'good thing' in that it is less polluting and uses less energy than producing new paper – but – if all this stuff wasn't printed and posted in the first place we wouldn't even need the paper in the first place. 'Reduce' comes before 'reuse' and 'recycle'. Most of the junk we get isn't printed on recycled paper and is therefore using trees.

If those of us who don't want it could stop it then the organisations that produce it would presumably stop

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producing so much! A bit of time spent putting a stop to the vast majority of the pile could in the long run save you time. However, it is also important to be sure about what you are doing. Some of the 'junk' is useful and interesting but if this is only a tiny fraction of the whole and the information is available elsewhere, it could be better to stop the lot. A personal decision!

Stopping mail addressed to you personally:

1. Tick the right box – in order to opt in or out of receiving the mail in the first place,
2. Contact the sender and ask them to remove you from their mailing list. They must do this by law (Data Protection Act). Technically you should do this in writing (email will do) but I have usually found that a phone call will do the trick.
3. Alternatively just return the mail to the sender. Write 'unsolicited mail, return to sender' on the envelope and put it back in the post. The receiver will have to pay the postage. This should get the message through.
4. Register with the Mail Preference Service online - <http://www.mpsonline.org.uk> to take your address off direct mailing lists and stop unwanted advertising material which is addressed to you personally.

Stopping unaddressed mail – leaflets and brochures

1. Register with the Royal Mail's Opt Out service – oddly not easy to find on their website! All you need to do is to email your name and address to

'optout@royalmail.com' and they will send you a form (as an attachment) to fill in and post back. This stops all unaddressed mail delivered by Royal Mail. You will still get election material which is not delivered by the Royal Mail

2. You may still get some from other distributors. To stop this, contact the DMA (Direct Marketing Association at yourchoice@dma.org.uk. They will also send you a form to fill in.

Finally you can get a 'no junk mail' sticker from junkmail@merseysidewda.gov.uk – or even better make your own. The problem here is that your idea of junk may not agree with the Royal Mail's view!

Detailed information and advice on this issue is available at: <https://www.citizensadvice.org.uk/consumer/post/problems-with-post/problems-with-unwanted-or-junk-mail/>

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DENT & SEDBERGH ORAL HISTORY SOCIETY

Old photos wanted!

For the past twenty years the Dent and Sedbergh Oral History Society has been collecting the memories of local people. We now have almost a hundred recordings and plan to publish the first of two books based on them. It's called *Telling it Like it Was! All our Yesterdays in Dent, Sedbergh and the Western Dales*, and it's coming out this summer.

We have concentrated on recollections of life in the first half of the twentieth century, before many of the modern conveniences we enjoy today such as mains electricity, domestic water supplies and motor

transport. Our interviewees are drawn from Dent, Sedbergh, Garsdale and the surrounding districts.

We are now asking *Lookaround* readers for their help. We are looking for photographs to illustrate the various subjects included in the book. We start with Childhood and School Days and it would be good if people have photographs of their childhood days, their local school and fellow pupils. Maybe you have a picture of yourself as a youngster working with horses, driving a tractor - or showing off the rabbits you've caught to earn some pocket money!

As you would expect, several chapters deal with aspects of farming. There are vivid accounts of milking by



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hand in the field or the shippon, making butter, doing the milk round and taking animals to market. There's a chapter on sheep, with gathering, dipping and clipping. And, of course, there's haytime, with scything and raking, mowing with horse drawn machinery, making cocks and pikes in case of rain, leading in with cart or sledge and stacking in the moo.

In other chapters interviewees talk about their local church or chapel and the social life and the outings organised around them. They tell us about family life, their weddings, honeymoons and funerals, and the social life they enjoyed such as dances and potato pie suppers and local Fairs. If you want a traditional

recipe for pig-foot pie, toenails and all, you'll find it here!

This is not a profit making venture. Everybody working on the book has given their skills and their time voluntarily, as of course have our interviewees without whom the project would not exist. We give sincere thanks to all concerned. We have pledged that any profits after production costs will be given back to our local communities.

We recognise that peoples' photographs are precious and must be treated with great care. We would not necessarily need to take them away to copy them. If you have a photograph which you think might be of interest we'd be most grateful to

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It is hoped to launch 'Telling it Like it Was' in Dent Memorial Hall between 11am and 1230pm on Saturday 12th September with a further showing in Westwood Books between 11am and 1230pm on Saturday 19th September.

*Anthea Boulton
Dent and Sedbergh
Oral History Society*

SEDBERGH & DISTRICT HISTORY SOCIETY

Winter Programme

Wednesday 7th October:

"The men who built Carlisle Cathedral" - Thirlie Grundy.
Settlebeck School 7.30pm.

Wednesday 21st October:

"Writers, warriors and the war hospital" - Isobel Stirk

Settlebeck School 7.30pm.

Wednesday 4th November:

"The Great Wall of China" - Dr Raynor Shaw

Settlebeck School 7.30pm.

Wednesday 18th November:

"North Craven in the early medieval period, an archaeological perspective" - Dr David Johnson
Dent Memorial Hall 7.30pm.

Wednesday 2nd December:

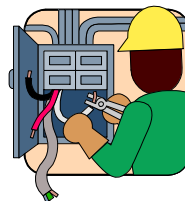
"The history of manorial courts and commons in Northern England"
Professor Angus Winchester
Settlebeck School 7.30pm.
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Wednesday 20th January:

"Evacuation of civilians from Burma 1941-1942" - Dr Mike Leigh

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Settlebeck School 7.30pm.

Wednesday 3rd February:

"Sedbergh in the past" – Richard Cann

Settlebeck School 7.30pm

Wednesday 17th February:

"Waiter, miner, butcher, spy; Germans and Austrians in Cumbria during WW1" - Dr Rob David
Sedbergh Peoples Hall 7.30pm.

Wednesday 2nd March:

"Telling it like it was" -Anthea Boulton
Dent Memorial Hall 7.30pm.

Wednesday 16th March:

"The Highland Clearances" -Dr Mike Winstanley

Settlebeck School 7.30pm.

For more information, contact
Richard Cann 015396 20771.

DENT MEDITATION CENTRE

Come and join us at The Meditation Centre this June to help celebrate the Summer Solstice! We have song, poetry, music and meditation along with some lovely light refreshments.

This is a friendly, informal, happy occasion and an opportunity for those of you who haven't yet visited the Centre - and would like to know more - to come & enjoy meeting our team.

The event starts at 2pm and lasts until 4pm. All details are on our website - [http://](http://www.meditationcentre.co.uk/)

www.meditationcentre.co.uk/

Also this month we have a group meditation on Sunday June 7 at 11am. This is a drop in for anyone - whatever their practice - and an opportunity to simply experience & enjoy the peace & stillness of the Centre. Everyone welcome .

And if you have ever wanted to learn to meditate, you can join us on Saturday June 6 for a Meditation For Beginners Course - learn a classical meditation technique which will help you deal with the stresses and strains of everyday life.

Anyone wanting to take 'time out' is also very welcome at the Centre to enjoy one of our popular Silent Retreat Days - a chance to escape from the world, reflect and enjoy essential time just for you.

We have lots going on this month at The Meditation Centre and we would love you to join us. Take a look at the website for more information or give us a call on 0758 201 7396.

Hope to see you soon

The Meditation Centre Team

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SEDBERGH COMMUNITY SWIFTS

In June you should see swifts, with their magnificent scythe-shaped wings, flying high above town. Look up into the sky on a fine day near the playing fields on Back Lane or the Peoples Hall, and watch them swooping and swerving to catch insects (including lots of gnats and midges!). Maybe you are lucky enough to have them nesting near you: a good indication is if there are low-level screaming parties that hurtle past. The birds zoom around to show others that it's a good place to stop.

We have had the privilege to share our home at Lowgill with swifts for well over a decade - we inherited the colony which may well have been in



the cottages since they were built 150 years ago. Watching them has been a constant source of pleasure, and it could be yours too. We expect the chicks to hatch around the middle of June, so the adults will be going in and out of the nests more often, bringing in food (on average about every 45 minutes) for their increasingly hungry offspring.

Many people who talked to us at Sedbergh Gala found our "What's the difference?" poster useful, explaining the differences between swallows, house martins and swifts. A simple guide is: firstly, swallows and martins have whitish patches, while swifts have all-dark plumage, are larger and have longer swept-back wings. Secondly, you can



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.

see the nests of swallows in outbuildings and the cup-shaped mud ones of house martins outside houses under the eaves. But you never see a swifts nest as it is hidden high up in the crevices of walls or in eaves (they do not enter a house, the nest is in a cramped space in or on top of the wall, and they do no damage). And a real plus point is that swifts are not messy birds, unlike swallows and martins! Lastly, because of their tiny legs, swifts can't perch so a bird on a wire is not a swift.

Sedbergh should be a good place for swifts, with plenty of tall old buildings. But as you walk around, look upwards, and notice how many of the gables and eaves have been

mortared up during renovations, denying the swifts any nesting sites. Many people tell us how there used to be lots of screaming parties zooming around, and that often swifts could be seen darting into their nest holes, but how few there are now. It's just a case of swifts simply not featuring on the radar of most house-owners, builders or architects. But unless we act now Sedbergh is in danger of losing its swifts forever.

Swift-friendly repairs are not difficult and do not compromise the structure or insulation of the building. Putting up swift boxes, on newer properties too, is a good step to take so if you are planning any work or have scaffolding up, please use the opportunity, as they need to be as high as possible.

We usually have some boxes, and don't hesitate to get in touch for a chat, or for any advice and help. We are also happy to give talks.

Please help save our swifts and make Sedbergh, Dent and all the surrounding area swift-friendly:

- Tell us where you see swifts going into nest sites.
- Tell us where you see swift screaming parties
- Put up boxes, especially if you have scaffolding up
- Volunteer for surveying - please get in touch, details below.

Tanya Hoare

SCS: email

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TIM FARRON MP

I can't thank you enough for your support in the General Election last month.

Elections, whether they are local or national, are always a nervous time for politicians. I am not ashamed to say that I had quite a few butterflies during the run up to May 7th this year. So seeing the votes pile up in stacks on the floor of Lakeland Leisure Centre during the count in Kendal was a massive relief. I had spent almost all of my time in the five weeks of the election out knocking on doors and the response I got was quite positive but until you actually see the votes you cannot relax.

Not that I can relax now, being re-elected is of course great but it also brings with it a great responsibility. Over half of those of you who voted for me and I feel a massive responsibility to justify that degree of faith. Rest assured I will keep working as hard as I have over the past ten years to make this area one of the best places in the country to live and ensure we get the services and attention we deserve.

One of the really positive things

about knowing that over half of the people who voted for me is that I can be fairly confident that most of you think that the work we have been doing over the years addressing issues like the shortage of affordable housing, the need for more apprenticeships, fair treatment of farmers and in particular improving the facilities at the Westmorland General Hospital is useful. Knowing that I have that support makes conversations with Government ministers about these issues that bit easier.

Of course not being in coalition any longer means that I will not be able to raise things with Liberal Democrat ministers any more. But, to be honest, please of my conversations were with fairly unfriendly Conservative ministers during the coalition and my first five years as your MP were spent dealing with Labour ministers who really did not seem to understand the needs of rural areas at all. So I am quite practiced at making my voice heard by people who are not immediately willing to listen.

By the time you read this Parliament



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will be back at work. I have a big pile of issues that I need to address that were picked up as we went around knocking on doors during the election campaign but don't let that hold you back. If there are any issues that you would like my help with you can contact me by emailing tim@timfarron.co.uk or calling the office on 01539 723 403.

Of course it wasn't an entirely successful election for me around here, I was very sorry to lose Evelyn Westwood as a colleague on the District Council by only three votes. Evelyn put in a lot of effort in helping people in Sedbergh and the surrounding area and so it was sad that this was not recognised in the way I would have liked. But we all live to fight another day and I hope we can persuade those three votes to change their minds before the next election.

Thanks for your support

Tim Farron MP

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WESTERN DALES BUS

The new Western Dales Bus service to Hawes from Sedbergh, Dent and Cowgill got off to a good start last month, and has been particularly welcomed by residents of Garsdale. The bus runs every Tuesday and picks up at the following times:

Cowgill	0930
Dent	0945
Sedbergh Joss Lane Car Park	1000
Sedbergh Maryfell	1002.

It returns from Hawes at 1330, giving three hours in Hawes to visit the market and get a bite to eat.

As well as stopping at the places shown on the timetable, the bus will also pick up passengers all along the route. So if you want to catch the bus at the Pinfold caravan site, or anywhere in Garsdale, all you need to do is stand where it will be safe for the bus to stop, make sure you can be seen easily by the driver, and flag the bus down.

And if you enjoy a linear walk locally but don't want to return by the same route, the new Sunday service between Sedbergh and Dent Station could meet your needs. The Sedbergh Information Centre has some suggestions for how you can explore the countryside and surrounding hills between Cowgill and Sedbergh, and use a one-way trip on the bus to avoid having to retrace your steps.

Concessionary passes are accepted on all Western Dales Bus services, and full timetables are available from the Sedbergh Information Centre and the Library, as well as on the website www.westerndalesbus.co.uk.

NEIGHBOURHOODALERT

Trading Standards have been made aware that Cumbrian residents are receiving unsolicited scam phone calls. The caller claimed to be from the 'Security Company' and then proceeds to ask various questions - whether you own your property and have you paid off your mortgage.

Cumbria Police are also investigating a number of similar incidents. The cold call initially is by telephone and a free home visit and consultation is quickly arranged. Reports are that in some cases there is extreme sales pressure put on the householder. *This company states that their security systems provide direct links to your local Police Station but no such system exists!*

Our advice is if you do receive unsolicited or unexpected telephone calls always be on your guard it may be a scam. Never give personal or financial information out to anyone who cold calls. Simply hang up. In all cases if it sounds too good to be true it probably is.

Police are working with Trading Standards to identify those involved and investigate the conduct of these callers.

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Contact Andrew on 07788 688490

or email: techno.wizard@btinternet.com

If you have received a similar call, been a victim of a scam or require further information contact or Cumbria Police on 101 or Trading Standards via Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org.uk

NEIGHBOURHOODALERT

Fraudsters often target 'goods for sale' adverts on popular online auctions sites, so watch out whenever you're selling anything online.

How does the fraudster operate?

The fraudster will contact the seller to say that they want to buy the advertised item.

The seller then receives what looks like a genuine PayPal email, to confirm that the money has been paid by the buyer into their account.

With confirmation of payment, the seller will then send the item to the buyer's address. The seller will later find that the PayPal email is fake and that the money has not been paid. The seller ends up losing out twice as not only do they not have the money, but they no longer have the item to sell.

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- Check your PayPal account to ensure that the money has been paid in and has cleared into your bank account before you send the item to the buyer.
- Do not be bullied or rushed into sending items before you know that the payment has cleared – a genuine purchaser will not mind waiting a day or two for you to send them their item.
- If you are selling a vehicle, think carefully when selling to overseas purchasers – especially if they tell you they will send an extra payment for shipping – check that the funds have cleared before arranging this.

TELEPHONE SCAMS

It has been brought to our attention in Lookaround Office that a Sedbergh resident was recently contacted by telephone and told that they had an outstanding bill and was advised to get money out to settle the debt by way of a 'UKash Voucher'. An eagle eyed member of the community saw what was happening, stepped in and saved the person losing £250. Not a lot but if they con 10 people, it's a lot of money.

If you have a genuine debt, you would not be put under any pressure to make a payment immediately. BGe warned and watch out for others who make succumb.

Citizens Advice is always available to help and offer advice.

Dennis J Whicker

GARSDALE GOING FOR GROWTH

On Sunday 26th April we held our Lambing Service at St. John's Church, Garsdale.

Once again we enjoyed a time of fellowship and friendship with an excellent tea in the Village Hall. Grateful thanks to Rev. Andy and Rev. Harold for leading us in a wonderful time of worship and reflection. Also to the Labbate family for the loan of their impeccably behaved lambs and to all who provided food or helped and supported us in any way.

Donations were requested for Great North Air Ambulance which resulted in the sum of £136. Thank you all.

Mary Airey

JUNE GARDENING

One of the great pleasures of gardening is that of sharing favourite plants. Sometimes friends make "Discoveries" – plants which are not common in cultivation, and after a reasonable time, when they have thoroughly tested them out, they give bits to me and I make lovely additions to my own borders.

I have, in recent years, been introduced to several herbaceous perennials which are now safely installed in my garden plot. Some may not like the site here, but as they have been given, rather than purchased the disappointment if they fail will be aesthetic rather than financial.

I have several new *Geums*: *G.* 'Beech house Apricot', *G.* 'Lemon Drops', and *G.* 'Hirterton Primrose' all of which have nodding flowers and are pretty in a quiet sort of way. They are very good tempered being low growing – around 1ft in height and spread, and need no staking. Alongside these I have 3 new blue flowered things. The first, *Corydalis elata*, produces mounds of soft yellow green foliage over which scented, electric blue flowers are born in early to mid summer. "False Indigo" (*Baptisia australis*) likes a well drained soil in full sun and produces stems 3- 4ft tall bearing rich blue, lupin like flower spikes. *Amsonia* 'Blue Ice' has panicles of small, starry, sky blue flowers on 12-18 inch stems. It has a long flowering period from late spring to mid summer and likes to be in a sunny position

Contrasting most beautifully with these blue flowers are the daisy

flowered cultivars of "Dyer's Chamomile" *Anthemis tinctoria* (now *Cota tinctoria*) 'Sauce Hollandaise' is a beautiful creamy yellow and 'E C Buxton' a clear lemon yellow. These do not always come through the winter here, but do grow readily from cuttings begged from the garden of friends who live in the sunny south (Lancashire!)

Elaine Horne



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WALKING & CYCLING GROUP

Walking in the Soundscape – an introduction and sound walk with Andi Chapple on Monday, 29th June, 7:30pm–9pm, People's Hall.

A sound walk is one in which participants move slowly, not speaking, attending to the sounds around them. Andi will explain the idea and where it comes from, and then, whatever the weather, lead a short walk around Sedbergh.

This is one of a series of free public talks entitled Talking the Walk – Adventures on Foot at Home and Abroad organised by the Sedbergh Area Walking and Cycling Group. For details of other events, see www.sedberghgateway.org.uk/events.

Daphne Jackson

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SEDBERGH PLAYGROUP

Sedbergh Playgroup would like to thank everyone who supported us with our 'walk' to Gala and our Duck Race. We won 1st Prize at Gala in the Walking Procession.

We had great fun at our annual Duck Race. The winners were
1st Jim Mattinson
2nd Kieran Milburn
3rd Pompy

The winner of our Novelty Duck Race was Andrew Mitchell.

FAMILY MUSINGS

Confusion abounded as to where I was when my car did not move! Had I gone on my usual weekly visit to M in Hull or was something amiss and I had stopped at home? At M's there was confusion too, I was heard in the garden with a giggling little boy but where was my car? Mystery was solved at Hull when elder daughter turned up in her car, back home the mystery continued to confound those not in the know!

Life has brought emotions of every kind to us during our married life, the happiness of our children's births and growing up, somehow into well adjusted adults, them falling in love,

our grandchildren coming, the conflicting emotions of parting with loved ones and of all the changes and challenges we live through. Becoming parents of a Pastor is something which is a bit scary, we are immensely proud of Woofie, of all he has achieved and look forward to all that is to come. Next month I will share with you how the ordination went but I think tissues may well be needed. And yes, Rev Woof can wear a dog collar ..but Pastor's rarely do!

My weight loss continues as does the list of food I can no longer enjoy, even jelly babies are out so I need a new way of dealing with frustration other than biting of their heads..perhaps digging the garden?!
Enjoy your gardening. Sarah

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SEDBERGH LITTLE PEOPLE

A huge thank you to everyone who came to our Under 5s Fun Day on 2nd May. We had a great afternoon and raised £200 for Sedbergh Little People. Another big thank you must go to those who baked lots of lovely cakes and scones, Clutterbooks and Clobber and all the volunteers who helped us. We couldn't have done it without you!
Gemma Suttle

CIVILISATION

I thought I'd reinvent myself in style
I'd been living in uncivilised denial
I nipped my idle dreams within the
bud
And cursed the flesh and froze the
heart and blood.

Like Stalin with a hangover from Hell
I cauterized the life in every cell
And soaked myself in nationalistic
pride
And vowed to get more civilised
inside.

I burned the vague distractions on my
walls
And old cassettes within my chest of
drawers
And books that gathered dust on my
shelf
To summon up more will and mental
health.

The heart may have its reasons, so
do I
I invested in a brand new suit and tie
The seedy underbelly has been split
I'm civilised, I'm focused and I'm fit.

I've worked upon myself from East to
West
I've filled myself with sanctity and
zest
I've realigned my heart and soul and
core
I'm civilised enough to go to war.
Charlie Thornley

VOLUNTARY SOCIAL CAR SCHEME

*Volunteer Drivers needed in
Sedbergh"*

The Voluntary Car Scheme provides
transport to members of the
community of any age (under 16's
must be accompanied by an adult)
who cannot make their journey by
public or private transport. Volunteer
Drivers use their own car to provide
journeys which are co-ordinated
locally and expenses are reimbursed.

Volunteering has many advantages
including being Fun and helpful,
getting to know people in your
community, experience to help get a
job and a hobby for when you retire.

Anyone interested in driving for the
scheme and would like an informal
chat can contact Tony Dodgson on
015396 20869.

The Voluntary Transport Officer at
Cumbria County Council can be
contacted on 01228 226721 or at
intergrated.transport@cumbria.gov.uk

MARKETS, MARKETS, MARKETS

A Date for your Diary

The Wednesday Market is going
strong, we think; there is a good
selection of stalls every week selling
food, bric a brac, clothes and shoes

Steve Hopps



Property Maintenance

Painting and Decorating

Gardens tidied & maintained

All types of work considered

Tel 07870 785322

steve.hopps2@gmail.com

(weather permitting) and plants. We hope that by the time you read this, our newest food stall, 'All Greek To Me', will have become a regular feature.

Since the Market shares the car park with the cars, the more stalls we have the less room there is for customers, and that needs fixing. We have been negotiating with stall holders and we are going to try a new arrangement of the Market with the stalls in the centre of the car park and one or two on Main Street. We hope this will make more room for parking as well as making a tidier block of stalls which will be more attractive and convenient for shoppers. There will be one-way traffic on the car park on Wednesdays: in on the top side, out on the recycling side.

The first day of the new layout will be Wednesday 17 June. If you're used to looking up from Main Street to see if you can see Kath Earl Cakes and the other stalls at the west end of the Market, please look instead at the signs and banners we hope to have at the entrance to the car park and the bottom of Joss Lane and walk or drive up to have a look round – the Market runs from 8.30 am and traders pack up between 1.30 and 3.30 pm, depending on the weather and which of their regular customers they're still expecting.

If you park overnight on Joss Lane car park, we will be in touch with you soon about where we would like you to park on a Tuesday night.

Sedbergh Artisan Markets

The Artisan Markets are being held again this year on Saturdays – the

next one is on June 27, followed by July 25, August 22 and September 26. Stallholders will offer a wide range of great locally-produced food and attractive craft and design that they have produced themselves. The Markets have been very lively and popular in previous years and we expect them to be so again. Stalls will be on Main Street in the heart of town. Traders and shoppers suggested an earlier start and finish, so this year the Market will open at 9am and finish around 2pm. All Main Street shops will of course be open as usual.

The music at the Market has always gone down well so bands or musicians who would like a slot should get in touch too. You can put down a hat and support your local charity or earn a little extra.

This year the Information and Book Centre is organising the Artisan Markets as well as the Wednesday ones, so if you would like a stall on Wednesdays or Saturdays please contact Andi at 72 Main Street, on 20504 or via office@sedbergh.org.uk. Thank you!

Andi Chapple

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EMMA LUDHAM

As some of you will know, Emma Ludlam has been carrying out her legal training with Dalton & Hague over the last eighteen months. We are pleased to say she has recently qualified as a solicitor and will continue working alongside Graham Dalton in Sedbergh.

Emma attended Queen Elizabeth School in Kirkby Lonsdale followed by the University of York, and then spent a few years working for the district council before beginning her legal training. She currently lives in Kendal.

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BARCLAYS BANK

In May, I sent the following On-Line complaint to Barclays Bank.

"In February 2015, you closed our Sedbergh Branch of Barclays Bank. We now have no Bank as Nat West also closed at the same time.

10 miles away, Kendal, Kirkby Lonsdale & Kirkby Stephen all have 3 banks. Why couldn't one of Barclays be closed there to even things out???

Since closure, Nat West have sent a Mobile Bank to Sedbergh twice a week but Barclays customers cannot use it. PLEASE PLEASE PLEASE can we have a mobile Barclays Bank

attend Sedbergh. Just once a week will suffice. I cannot pay cash and cheques into an On-Line account and I cannot get to Kendal, K. Stephen or K. Lonsdale easily.

It's disappointing when you cannot look after your loyal customers of many years but can sponsor the Football League who do not need it!!!

Thank you in anticipation."

I have had a response from Barclays and have been told that there are no Mobile Banks with Barclays or any chance of them coming to some agreement with Nat West to use theirs. I must use the other Branches! It was worth a try!!!

Dennis J Whicker

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0770 99 77 619

DENT DALE CHRISTIAN FELLOWSHIP

For our May Friday fellowship with food we followed the meal with prayer and praise. The forthcoming Christian Festival from 7th -10th August this year based in and around the Memorial Hall was discussed . There will be meals and speakers, activities and workshops and it is hoped to bring a bus which is kitted out as a youth centre to the village. Further information will be given when known.

J & SE Woof. (25212)

SEDBERGH PLAYGROUP

Sedbergh Playgroup is open 5 mornings a week during term time. All themes and activities follow the Early Years Foundation Stage and children learn through lots of indoor and outdoor play, sand and water play and visits to local places of interest including the Fire Station.

If your child was born between 1st September 2012 and 31st August 2013 and you would like them to attend playgroup, please contact Joanne Kitchen on 20826.

EDITORIAL

Another new Advertiser this month with W. Milburn & Sons Building Contractors. Please give all our advertisers support and please mention that you have seen their advert in Lookaround.

IMPORTANT INFORMATION

Please note that from the July issue, the Lookaround administration will be altering. This is due to vacating SmartOffice who has looked after us since October last year when Janice retired Sedbergh Office Services. We would like to thank all the staff for all their support of Lookaround and their help.

Our new home from August will be the **Tourist Information Centre at 72 Main Street LA10 5AD**. There will be a Post Box for you to drop any information into. There will also be leaflets giving hints and information about how and what to submit to Lookaround and what would require a payment. Any payments should accompany the Advert and a Receipt will be left with the Post Box for collection later. Any Adverts not

submitted with the correct money will not appear. (Your *greatest* cooperation with this is requested.) The telephone number will also change to **015396 21960** so please ring this number for any enquiries or if you wish to speak with me.

As a reminder for submissions:- The closing date for Adverts of 15th of the month will remain the same Articles and everything else - The closing date of 19th of the month will also remain the same.

There will also be a change with respect to **Children's Birthdays**. A request is made to all parents and guardians that if you wish your child to be in receipt of the Birthday Voucher/card, please ensure that we have the name, date of birth and address to where it should be sent. Only children residing in the LA10 area qualify for the Voucher.

Again, we wish to thank SmartOffice for their help and look forward to the new chapter in the life of Lookaround and thank everyone at the Tourist Information Centre for their help and assistance during the transition.

Dennis J Whicker

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

COMMUNITY OFFICER REPORT

28/4 – Caller reported shots heard in the Firbank area and suspected poaching. Officers arrived and were unable to locate any person.

3/5 – Caller reported a fight on Main St involving 20 persons, when officers arrived all persons had dispersed. 1 male was treated for a head injury.

3/5 – Criminal Damage was caused to a vehicle on Long Lane.

6/5 – A vehicle caught fire at Killington, the fire service dealt with the car.

8/5 – Sheep were worried in the Sedbergh area, the offender has been spoken to and dealt with by means of community resolution.

9/5 – ASB was reported on Maryfell,

loud music was being played. Officers arrived and spoke to the perpetrator.

13/5 – Caller reported an abandoned vehicle on Birks Lane, the owner was traced and spoken to.

CSO Danielle Ayers has now left us and CSO 5251 Martin Boak has now replaced her.

Please keep ringing in on the 101 number if you think that something is suspicious or makes you think twice, stop one of us when we are out and about.

I do enjoy getting flagged down and being asked... "wer`st thou frae lass, thers somat not quite reet!"

CSO 5244 Mandy Coleman

Amanda.coleman@cumbria.police.uk



Sedbergh Gala 2015 by Stuart Manger



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail:- stay@drawellcottage.co.uk	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk 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); IT/F(ES); TV; NS; CH; P; CB; VB; DFB;; Free Wi-Fi</i> e-mail: sangold.kwood@virgin.net	21808

CAMPING, CARAVANNING & SELF-CATERING

Borrett Barn Caravan, Marthwaite, Sedbergh (2015/06)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2015/06)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
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			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	564A	WDB
0820 (L)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (L)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (L)	Sat	564A	WDB
1340 (L)	1415	Sat	564A	WDB	1615	1650 (L)	Sat	564A	WDB
1530 (L)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
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				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: December 2014				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1040	1732	1920						

L = Sedbergh Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

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

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



Katy Cropper at this years Gala with her Sheepdog and geese



SEDBERGH ROLLS OUT ITS USUAL WARM WELCOME TO THOSE REGULAR VISITORS OF OURS AS THEY MAKE THEIR WAY TO THEIR ANNUAL HOLIDAY IN APPLEBY.

JUNE CHURCH SERVICES					
St. Andrew's	7th	14th	21st	28th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC	HC	HC	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	3rd	10th	17th	24th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
St. Mark's Cautley	7th	14th	21st	28th	
9.30 am	HC	MP NC	HC Extn		
2.30 pm				P&M	
St. John's Garsdale	7th	14th	21st	28th	
9.30 am	HC Extn	MP	HC	MP	
LUNE PARISH SERVICES					
	7th	14th	21st	28th	
Holy Trinity Howgill	10.30am Joint MP Firbank	2.00 pm Joint HC Killington	2.00 pm Joint HC Howgill	2.00 pm Joint HC Firbank	
St John's Firbank					
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	7th	14th	21st	28th	
St. Andrew's	10.30 am HC	10.30 am Baptism & HC *	10.30 am HC	10.30 am Taize Servive	
St. John's	9.00 am HC		2.30pm EP	2.30pm HC	
worship@peopleshall					
	3rd				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			P&M = Prayer & Meditation		
PC = Parish Communion			Taize = Modern Chants & Choral		
MP NC = MP with Northumbrian Community			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
 & Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
 & 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 & Frostraw

Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

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

Lookaround Advertising Rates

Single Column x 1"	=	£7.50
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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 18th October 2016

JUNE				
1	SSAT End of Half Term		24	1900 Words & Wheels (24) FM
1	1030 Daily Exhibitions (1)	FM	25	1800 PTFA Summer Fete (25) SSAT
1	1800 Appleby Fair Drop-In (26)	CO	27	Silent Retreat Day (11) DMC
2	1800 Appleby Fair Drop-In (26)	KLL	27	0800 Artisan Market (27) Sedbergh
2	1900 Food for Thought (10)	DMH	27	1000 DMC Coffee Morning DMC
2	1900 Aglow International	KLI	28	1900 Dentdale Christian Fellowship (28) Rhumes
3	1000 Coffee Morning - Firbank Church	URCR	29	1800 Zrece Twinning Event (73) StAS
3	1000 Appleby Fair Drop-In (26)	CO	29	1930 Walking & Cycling Group PH
4	1000 Appleby Fair Drop-In (26)	KLL	30	Age UK Walk (*) Cross Keys
4	1930 WIH - Diabetes	FCH	30	1900 Food for Thought (10) DMH
5	1000 Appleby Fair Drop-In (26)	CO	30	1930 Singing Slovenia Concert (30) PH
5	1330 Age UK - Touring Tasmania	DMH	JULY	
6	1000 No. 6 Coffee Morning (9)	No. 6	1	1000 Coffee Morning - Utd Reformed Church URRCR
6	1000 StAD Coffee Morning	DMH	1	SS Term Ends
6	1000 Appleby Fair Drop-In (26)	KLL	2	1930 WIH - Iceland HVH
6	Meditation for Beginners (11)	DMC	2	2000 Café Concert (43) PH
7	1000 Summer Fayre (15)	Casterton Sch	3	1330 Age UK - Trip Out DMH
7	1100 Group Meditation (11)	DMC	4	1000 StAD Coffee Morning DMH
7	1300 Town Band Concert (*)	Grange over Sands	4	1900 Flicks in the Fells PH
8	1800 Appleby Fair Drop-In (26)	CO	7	1600 Appleby Fair Debrief (26) BVH
9	1400 WIK - The River Lune	PH	7	1900 Food for Thought (10) DMH
9	1800 Appleby Fair Drop-In (26)	KLL	7	1900 Aglow International KLI
9	1900 Food for Thought (10)	DMH	8	1000 Coffee Morning - People's Hall URRCR
10	1000 Coffee Morning - Garsdale Church	URRCR	8	TBA WID - Summer Outing TBA
10	1000 Appleby Fair Drop-In (26)	CO	8	1300 Medical Centre Closed for Training (18) MC
10	1900 History Society Walk (23)	Kirkby Lonsdale	8	1930 WIS - Flower Arranging PH
10	1915 WID - Singing my Travels	DMH	9	1200 Lunch Club Red Lion
10	1930 WIS - Story Telling	PH	9	1915 Royal British Legion WHC
11	1000 Appleby Fair Drop-In (26)	KLL	14	Doble Weave Workshop (1) FM
11	1200 Lunch Club	Red Lion	15	1000 Coffee Morning - Royal British Legion URRCR
11	1915 Royal British Legion	WHC	17	1200 History Society Walk Barnard Castle
12	1000 Appleby Fair Drop-In (26)	CO	17	SSAT End of Term
12	1900 Bishop of Manchester (62)	Kendal	22	1000 Coffee Morning - TBA URRCR
13	Meditation & Chant (11)	DMC	25	0800 Artisan Market (27) Sedbergh
13	1900 Flicks in the Fells 'Wild' (13)	PH	25	1000 DMC Coffee Morning DMC
14	1300 Charity Tug of War (14)	SS	26	1900 Dentdale Christian Fellowship (28) Rhumes
16	1200 SASL Lunch	Fat Lamb	27-31	Sedbergh Holiday Club (*) PH
16	1900 Food for Thought (10)	DMH	29	1000 Coffee Morning - Garsdale Village Hall URRCR
17	1000 Coffee Morning - WIH -	URRCR	30	Age UK Walk (*) Barbon
17	1930 Town Band Concert (*)	Middleton Church	AUGUST	
18	1300 Medical Centre Closed for Training (18)	MC	1	1000 StAD Coffee Morning DMH
18	1000 Age UK Brain (18)	GH	3	Summer Bank Holiday
20	Seasonal Meditations (11)	DMC	5	1000 Coffee Morning - Howgill Church URRCR
20	2000 Old Time Dance (20)	PH	6	1930 WIH - Members Evening FCH
21	Summer Solstice Meditation (11)	DMC	7 - 10	Christian Festival in Dent (36) Dent
21	1100 Town Band Competition (*)	K Lonsdale	7	1330 Age UK - Reminiscing DMH
23	1200 History Society Walk (23)	Burnley	8	Digital Photography (1) FM
23	1900 Food for Thought (10)	DMH	12	1000 Coffee Morning - St Andrew's Mission URRCR
24	1000 Coffee Morning - WIK -	URRCR	12	1915 WID - Missed Cues DMH
			12	1930 WIS - Summer Outing TBA

The S & D Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker and is printed by Stramongate Press.

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COVER PICTURE

Church Walk Cricket Field

by Bob Turner

13	1200	Lunch Club	Red Lion
13	1915	Royal British Legion	WHC
19	1000	Coffee Morning - North West Cancer	URCR
22	0800	Artisan Market (27)	Sedbergh
22	1000	DMC Coffee Morning	DMC
23	1900	Dentdale Christian Fellowship (28)	Rhumes
25		Age UK Walk (*)	Holme Fell
26	1000	Coffee Morning - Bee Keepers	URCR
29		Flower & Produce Show (47)	PH
30		Flower & Produce Show (47)	PH
31		August Bank Holiday	
31	1200	Dent Gala	Dent

SEPTEMBER

2	1000	Coffee Morning - Garsdale Church	URCR
3	1930	WIH - Grayrigg First Responders	HVH
4	1330	Age UK - Age UK - Information	DMH
5	1000	StAD Coffee Morning	DMH
6	1100	Moorcock Show	MF
8	1400	WIK - Memories from the Coal Face	PH
9	1000	Coffee Morning - A&LP Lookaround	URCR
9	1915	WID - Discover Lake District Villages	DMH
9	1930	WIS - A Bee Keepers Wife	PH
10		Westmorland Show	Crooklands
10	1200	Lunch Club	Red Lion
10	1915	Royal British Legion	WHC
12	- 20	Sedbergh Sheepfest Begins	Sedbergh
12	1030	Heritage Open Day	FM
12	1900	Flicks in the Fells	PH
13	1030	Heritage Open Day	FM
15	1400	SASL	PH
16	1000	Coffee Morning - Town Band	URCR
17	1300	Medical Centre Closed for Training (18)	MC
20		Sedbergh Sheepfest Ends	Sedbergh
23	1000	Coffee Morning - TBA	URCR
26	0800	Artisan Market (27)	Sedbergh
26	1930	Town Band Concert (*)	Thornton
29		Age UK Walk (*)	Frostrow Fell
30	1000	Coffee Morning - Firbank Church	URCR

OCTOBER

1	1930	WIH - AGM & WI Advisor	FCH
2	1330	Age UK - Cumbrian Birds & Wildlife	DMH
3	1000	StAD Coffee Morning	DMH
3	1900	Flicks in the Fells	PH
7	1000	Coffee Morning - Utd Reformed Church	URCR
7	1930	HS Carlisle Cathedral	SSAT
8	1200	Lunch Club	Red Lion
8	1915	Royal British Legion	WHC
13	1400	WIK - A Table Decoration	PH
14	1000	Coffee Morning - Christian Aid	URCR
14	1915	WID - Gift Wrapping	DMH
14	1930	WIS - Bibby's in a Nutshell	PH
20	1400	SASL	PH
21	1000	Coffee Morning - TBA	URCR
21	1300	Medical Centre Closed for Training (18)	MC
21	1930	HS Writers, Warriors & War Hospital	SSAT
24	2000	Old Time Dance	PH
27		Age UK Walk (*)	Casterton
28	1000	Coffee Morning - Garsdale Church	URCR

DIARY KEY

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
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLL	= Kirkby Lonsdale Library
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MCH	= Mansergh Community Hall
PH	= People's Hall
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
SSAT	= Settlebeck School Academy Trust
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

30	1930	Domino Drive	HVH
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NOVEMBER

4	1000	Coffee Morning - TBA	URCR
4	1930	HS Great Wall of China	SSAT
5	1930	WIH - Gift Wrapping Demonstration	HVH
6	1330	Age UK - Gardening for Bees	DMH
6	1930	WIH - Domino Drive	HVH
7	1000	StAD Coffee Morning	DMH
7	1900	Flicks in the Fells	PH
8	1930	Town Band Remembrance Concert (*)	URC
10	1400	WIK - Film Show of Old WI Photos	PH
11	1000	Coffee Morning - Ladies NFU	URCR
11	1915	WID - AGM & Sing Along	DMH
11	1930	WIS - AGM & Jacobs Join	PH
12	1200	Lunch Club	Red Lion
12	1915	Royal British Legion	WHC

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 (Hygienist)

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 & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

www.cumbriaruralcab.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