

Sedbergh & District

LOOKAROUND

March 2018

Issue 363

Donation £1

The future of Lookaround is still in the balance. A few people have come forward and plans are in hand to get a Group started but there will always be room for enthusiasm and experience. If you would like to be

involved (the more people there are, the less work there is for the individual) please contact me.

A big thank you to those that have already shown an interest in helping.
Dennis & Jacky Whicker

Settlebeck School Senior Citizens Party

Tuesday 6th March
5.00pm – 7.00pm

Three-course meal & entertainment

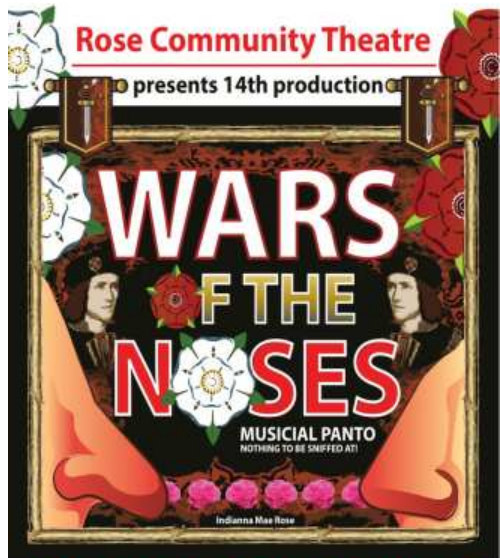
Please don't wait to be invited.

This event is for all local senior citizens, you don't need to have grandchildren in school.

Telephone Settlebeck on 015396 20383 to book a place. There is no charge for this event.

Transport available from various Sedbergh pick-up points.

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MARCH 2018 15TH/16TH/17TH
STARTS 7.30PM

 **TICKETS £6 & £3 FOR KIDS**
PROCEEDS GO TO COMIC RELIEF 

YOU CAN BUY TICKETS FROM THE INFORMATION CENTRE, MINI MARKET & NO.6 FINNLE ST SEDBERGH. FOR FURTHER INFORMATION CALL 015396 21808

CLOSING DATE: 15th of every month for everything

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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SWIMMING CLUB TIMES

Tuesdays

6.30 - 7.30pm children's lessons,
7.30 - 8.00pm training squad,
8.00 - 9.00pm adult swim

Thursdays

6.30 - 7.30pm children's lessons,
7.30 - 8.00pm open swim children
and adults,
8.00 - 8.30pm adults only

Saturdays

10.00 - 11.00am open swim, including
Parent & Toddler Group

The Beguiled

Colin Farrell, Nicole Kidman
Kirsten Dunst, Elle Fanning. Certificate 15

Saturday 3rd March

film starts **7.30pm**

Sedbergh People's Hall

Flicks in The Fells

Weekly Coffee Morning

Cornerstone Community Church
Main Street, Sedbergh
10 am to 12 noon
March

- 7 No Group but Coffee served
- 14 Christian Aid
- 21 Sedbergh Town Band
- 28 North West Cancer

USEFUL TELEPHONE NUMBERS

Age UK South Lakeland

01539 728180

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

Stricklandgate House every Tuesday 1400 - 1600
01539 795000 or 0845 6060265

Police in any area

101

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Yorkshire Dale National Park

0300 456 0030

*If you would like to see any numbers listed here,
please let us know.*

March Birthdays

Day	Name	Age
3	Meredith WADE #	11
3	Luke HUMPHREYS	10
5	Willow ASHWORTH	11
10	Aaron KELLY #	5
10	Leo KELLY #	5
12	Tommy METCALFE #	2
12	Evie STANLEY	10
12	Edward DEIGHTON	11
13	Isabel JOHNSON	8
17	Freya GARDNER	9
17	Fiona HOGGARTH	10
20	Mylo WADE #	4
20	Holly HAMLETT	11
27	Sophie WHITE	8
29	Zara GORNALL	9
29	Ellie-Ann STANTON #	9
30	Daisy ALLAN	7

Women's WORLD DAY OF PRAYER



11am

Friday 2nd March
St Andrew's Church, Dent
*Prepared by the Women of
Surinam, South America*
'All God's Creation is very good'
Service followed by a light lunch
All welcome



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STRANGE OCCURRINGS

Philip Johns

The official bit: due to plague and famine, the Garsdale Parish Council Meeting due to be held on January 18th had to be rescheduled to the 1st February. As no County or District councillors attended, the meeting was completed in super quick time. However, matters discussed were the very near completion of the village hall restorations and an imminent 'official unveiling', the progress of B4RN in the dale: wayleaves were being signed, routes planned but the weather was holding things back a little. Also discussed was the perilous state of The Old Road where unavoidable deep potholes were damaging vehicles and the

possibilities of joining in with "Battle's Over", the national celebration of 100 years' end of WW1 on November 11th this year. The latter will be an item of discussion at the Parish Meeting on May 17th to see if there will be enough local support. However, the most discussed item was the appearance of 3 sets of temporary traffic lights along the A684 which seemed to have been set up by Cumbria County Council and then abandoned. The next meeting will be on Thursday 15th March in the village hall at 7.30pm. Full minutes will be available to see on our website shortly.

Philip Johns, clerk to Garsdale PC,
015396 22170,
ps.johns@btinternet.com,

farfieldmill

Exhibitions

Geoff Rushton
Deep in the Wood
from 1st March

Gina Tawn & Penny Hunt
Scottish Landscapes
from 1st March

Jimmy Aitkinhead
Textiles from Down
Under from 6th March



'Meet the Artists' of our exhibitions 11th March
Mother's Day afternoon tea at Weavers café Sun 11th March (please book)
Howgills Landscape Painting Workshop with Stuart Gray 18th March

Adults: £4.05, Students £3.18, Children: FREE
Weaver café Open 11am-3pm - 01539621159
FREE ENTRY for LA10 residents on Sundays
www.farfieldmill.org

SEDBERGH ORCHESTRA

Conductor: Peter Crompton Leader: Lucy Baldwin

Beyond the Steppes of Central Asia
into Armenia and Russia

St Andrew's Church Sedbergh
Thursday 8th March 2018
8.00pm (doors open 7.45pm)

Khachaturian : *Masquerade Suite*

Arutunyan : *Trumpet Concerto*
Soloist: Stella Crompton

Mussorgsky : *Dawn on the Moscow River*

Borodin : *Polovtsian Dances*

Shostakovich : *Waltz No. 2*

Light refreshments will be available

Tickets £8 in advance, £10 on the door
18 and under Free

Tickets from: Orchestra Members,
Sedbergh and District Information Centre (015396 20125)
or Sedbergh Pepperpot Club (015396 21196)

Any surplus to the Alison Armstrong Pepperpot Fund
supporting the Orchestra and young musicians locally.

Sedbergh & District
COMMUNITY FIRST RESPONDERS

AGM

7pm

Wednesday 7th March

Rawthey Room
72 Main Street
All are welcome

picks or shovels, no measuring up the holes in the walls, no signs of replacement stones, nothing expect dark mutterings about the state of the river. And that was the last that was seen of them

Now, you could say that this was normal behaviour for the worthy workers from the Highway Department but what if it was all a ruse to fool the unsuspecting earthlings of Garsdale into thinking that nothing was wrong? What if these were creatures from a far-off galaxy, and were abducting normal hardworking folk, who liked to put in a full day's work, the salt of the earth, you might say? What if these decent folk were being teleported onto their

www.garsdaleparishcouncil.com

The unofficial bit: if you believe in conspiracy theories, then here's one. A couple of weeks before Christmas 3 or 4 vans turned up purporting to be from Cumbria County Council: out splurged umpteen 'men' in luminous yellow outfits followed by a 'women', also in yellow, carrying a clipboard and looking very important. Over the next 2 days, these 'people' milled around, erected and programmed the temporary traffic lights, peered for hours at the river below and studied the weird hieroglyphics some other 'person' had sprayed, at set intervals, along the road earlier in the month. However, not once did there appear to be any work done, no spades,

Encore Opera Group

CONCERT

Sedbergh School Chapel

Friday 9th March

7.30pm.

The programme will include
a selection of

popular opera solos,
duets and ensembles by

Mozart, Handel, Verdi, Puccini & others

Free entry with a retiring collection



alien spacecraft and having their brains reprogrammed into sloths and then teleported back to earth so they could infiltrate the workforces, such as the Highways Department, to gradually slow the work rate of earthlings, eventually down to nothing? By stealth, they could stifle the country into submission without anyone noticing. When, finally, all earthly mankind had been re-programmed into sloths, these aliens could take then over the planet without any resistance, as nobody would care or notice.

A fanciful theory, you may think, but as I sit in my 'office' I can see one of these sets of so called temporary traffic lights, changing randomly, even when there isn't a vehicle in sight.

What if these weren't traffic lights but a device to send signals to the mother-craft, alerting them of potential victims? And what of these hieroglyphics, what are they all about? Surely, they must be points of reference as to where the teleporting beams can be directed? Maybe they are targeting 'workers' in hi-vis apparel first as they are the ones that stand out the best but as their techniques improve, will they then start on earthlings in less gaudy outfits?

Maybe I'm wrong, but if I was presently a 'worker' for CCC Highways, driving around in one of those vans, wearing a hi-vis outfit, I would be very weary of being in Garsdale at present, as there has



Moving Mountains

Programme
Thursday 8th March
to
Sunday 11th March 2018



Thursday 8th March			Contact
7pm	Alpha	Cornerstone Community Church, New Street, Sedbergh	Sandy Roy 015396 20785
Friday 9th March			
9am	Archbishop of York	Sedbergh School	David Crouchley 015396 20329
10am	Little People	Cornerstone Community Church, New Street, Sedbergh	Naomi Lidiard 07734 699723
Visits to local Primary Schools			
3pm	Elegant Afternoon Tea	Cornerstone Community Church, New Street, Sedbergh	Heather Askew 015396 25465
7.30pm	This is our story- an evening of testimony and worship with a shared supper	Cornerstone Community Church, New Street, Sedbergh	David Crouchley 015396 20329

been no sign of those worthy people who turned up before Christmas. Where, on earth, can they be?
LET THE FORCE BE WITH YOU!

SEDBERGH PARISH COUNCIL

Janey Hassam, Clerk to the Council

This report covers items from the Parish Council meeting on the 8th February 2018. The next meeting is on Thursday 8th March at 7.30pm in the Committee Room, The People’s Hall, Howgill Lane, Sedbergh.

PLEASE ALSO SEE OUR NOTICE IN CONNECTION WITH FORTHCOMING SEDBERGH PARISH COUNCIL ELECTIONS ON 3rd MAY 2018 (Page 13) AND AN ARTICLE IN RELATION TO SELF-BUILD HOUSING (Page 11)

Proposed Street Closures – Finkle Street

Shelagh Cobb attended the meeting on behalf of Sedbergh CIC (Information Centre and Artisan Markets) to seek support for examining the possibility of closing Finkle Street, on seven Saturdays a year, to enable an expansion of the existing popular Artisan Markets. Six would run from April to September and one in December. Previously, Sedbergh CIC had asked Members to consider the closure of Main Street for the markets but it was now considered that the road diversions required for this would be problematic. Various matters were raised by Members, including; safety of pedestrians on Main Street (if stalls

Saturday 10th March			Contact
10am	Coffee Morning	St. Andrew’s, Dent	Christine Brown 015396 25418
10am	Coffee Morning	Garsdale	Mary Airey 015396 20616
12 noon	Lunch - booking required	Cross Keys, Cautley	David Crouchley 015396 20329
2.30pm	Afternoon walk	Meeting Sedbergh Tourist Information Centre	Malcolm Petyt 015396 21574
7.30pm	Youth Event	Cornerstone Community Church, New Street, Sedbergh	Joe Gorst 015396 20939
8pm	Moonshine Shakers	Red Lion, Sedbergh	Gordon Hosker 015396 22002
Sunday 11th March			
Various times	Mothering Sunday Services	Various places of worship	See Page 92 and Main Street Noticeboard
11am - 3pm	Messy Church	Rheged, Penrith	Susan Raw 015396 20542
6pm	St. Mark’s Gospel	St. Andrew’s, Sedbergh	Andy McMullon 015396 20018



COFFEE MORNING

Saturday 10th March
10 am to 12 noon
Garsdale Village Hall

Coffee ~ Biscuits
Cake Stall

Please come and support this event

Spanish & French

Lessons by a native speaker

Conversation - Written Skills
Beginners to Advanced
GCSE A Levels and beyond



Alan Marcus
07375 426095



were still to be located along the pavements there too) and access for Church functions etc. However, it was appreciated that further wider consultation was still to take place. Members voted to support the proposal in principle and will await further information/feedback from Sedbergh CIC in due course.

Langstone Fell car parking area & Sedgwick Trail

Members welcomed representation from the Frostrow Fell Commoners Association in connection with proposed improvement works to the informal car parking area and the Sedgwick Trail at Langstone Fell. This followed concerns by members of the public on the depth of the potholes at the viewing point. Following further consultation with YDNPA/Frostrow Fell Commoners and the landowner, SPC hope to coordinate some improvements to the

surface of the car parking area. It also hoped to complete some improvement works to the nearby Sedgwick Trail, possibly in collaboration with Sedbergh School in the summer.

Maryfell play park

Members were updated on current and proposed grant applications for the planned improvement works at Maryfell play park, with circa £35,000 already raised/pledged. Members hope to meet with SLDC's officers soon to consider ways to progress the project.

Parking Charges

Members agreed to confirm the proposed new parking charges to SLDC - to become effective from 1st April 2018. (*See below*)

Various other matters were discussed, including: A grant application for The Friends of Dales Countryside Museum - £100

Parking Charges	
1 hour = £1.00	4 hours = £4.00
2 hours = £2.00	5 hours = £5.00
3 hours = £3.00	One week = £10.00
Annual Resident Permit, Day = £40	Annual Resident Permit, 24h = £60
Both available from the Information Centre only, renewable annually on 1 st September.	



THE
MEDITATION
CENTRE
be still · be inspired · be free

Friday 2nd 10am-4.30pm
MINDFUL YOGA AND MEDITATION
MINDFUL LIVING

Sunday 4th 11am-1pm
RAINBOW CHAKRA GONG BATH

Saturday 10th 10am-4pm
CREATING FLOW WITH QIGONG

Sunday 11th 11am-1pm
GROUP MEDITATION
DROP IN – ALL WELCOME

Saturday 24th 10am-5pm
LEARN TO MEDITATE

For more information
e-mail meditationcentreteam@gmail.com
Telephone 07582 017 396
The Meditation Centre, Dent, Cumbria LA10 5QR
www.meditationcentre.co.uk

(awarded); Self Build housing (see separate article), Older Persons' Housing Strategy, the proposed improvement works at Joss Lane car park, the Tennis Courts at Guldrey, the feasibility of restoring water to the drinking fountain at Finkle Street, and a request from the Western Dales Bus to allow weekly washing of the buses at Joss Lane car park in collaboration with Sedbergh Scouts.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions. **Public Participation is now at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend from**

7.30pm.

If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at

clerk@sedberghparishcouncil.org.uk

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 and online at www.sedbergh.org.uk

SEDBERGH PARISH COUNCIL

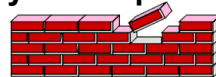
Janey Hassam, Clerk to the Council
Self-build housing – what is it and could it contribute to local housing needs?

There are various forms of self-build housing where an individual, a group of individuals, or persons working with or for individuals, build or complete houses to be occupied as homes by those individuals. The initial owner of the home always has a primary input into its final design and layout (and usually its

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construction also).

For example, it might be a single dwelling where a builder completes the shell of the house and the internal fitting out, wiring, plumbing etc. is undertaken by the individual who is to occupy the unit. Alternatively, it might be a small number of units where the work is undertaken by a group of individuals with different skills working in partnership. The aim in all cases is to reduce the overall cost of the dwelling so as to make it affordable for the individual who is to occupy it.

Self-build initiatives are often associated with innovative designs for sustainable, energy –efficient homes and with ‘co-housing’ schemes (where independent living space combines with shared community

facilities).

Government policy aims to increase the number of self-build homes. The Yorkshire Dales National Park Authority would welcome such proposals being put forward for discussion.

Many people might not be aware that the Self-build and Custom Housebuilding Act 2015, as amended, requires ‘relevant authorities’ to keep a register of individuals and associations of individuals who are seeking to acquire serviced plots of land in the authority’s area and to have regard to that register when carrying out their functions. The



SETTLEBECK SCHOOL

Telephone: 015396 20383

**We have a
vacant
Governor
post**

Settlebeck

**School
governors
make a
difference**



.... can you help?

Yorkshire Dales National Park Authority maintains such a register and individuals interested in self-build housing may apply to be included (full details available by contacting the Authority at Bainbridge or by visiting the YDNPA website).

Sedbergh Parish Council wishes to ascertain if there is enthusiasm locally for a self-build initiative and, if there is, the Council would be pleased to arrange an informal meeting of interested persons and to invite representatives of the housing and planning authorities to offer advice and exchange ideas. **If you are interested, please email or phone me or call in at the Parish Council Office (above the Information Centre) to leave your**

name and how you might be contacted.

email -

clerk@sedberghparishcouncil.org.uk

Phone - 015396 20125

SEDBERGH PARISH COUNCIL

*Janey Hassam, Clerk to the Council
(tel. 015396 20125 email*

clerk@sedberghparishcouncil.org.uk)

**Have your say in local matters-
become a Parish Councillor!**

Local Council elections will take place in May 2018 and will include the election of 11 councillors to serve on Sedbergh Parish Council. Not all current members of the Council will be standing for re-election.

Please consider if YOU would be prepared to contribute to our

SETTLEBECK SCHOOL

- Are you able to offer time to attend meetings during the term?
- Are you interested in helping to deliver the best possible education for local children to realise their expectations and aspirations?
- Do you see yourself acting as a 'Critical Friend' to the School Management Team, creating positive solutions for school improvements?

**In return you will have the satisfaction of knowing
you are making a real difference.**

You will have the opportunity to use and improve a range of highly transferable skills, work with new people and apply your knowledge and experience to benefit your local community.

No previous experience of being a School Governor is necessary – training on the role is available.

If you are interested in helping, please contact the school, or email:
Myles Ripley, Chair of Governors: mylesripley52@gmail.com

THANK YOU



Sedbergh and District
Christian Aid Committee

COFFEE MORNING



Wednesday 14th March
10am – 12 noon

in the
CCC rooms Sedbergh
Coffee ~ Biscuits
Homebaking ~ Stalls

All welcome

JHS Joinery

Qualified and Experienced Joiner
Providing a Quality Service

- Laminate Floor
- Spindle Balusters
- Internal & External Doors
- Wall & Floor Tiling
- Flat Pack Assembly
- Any small jobs considered

Jim Speak
Carpenter Joiner

Tel: 015396 21916

jim.speak1949@gmail.com
debs.speak@gmail.com



community by putting yourself forward for election.

The role of a parish councillor is important and rewarding. The full Council convenes monthly but there are additional meetings of committees and other groups which take place mainly in the evenings but occasionally during the day also.

If you have views on local issues - such as how money should be spent on your local amenities (including the car parks, toilets, the playing field at Havera and Queen's Gardens) and other facilities, the merits of planning applications, setting parking fees, the awarding of grants and a wide range of other matters – then you could have a part to play on the Council.

There are many ways to find out more about the work of the Parish Council:

- come along to a Parish Council meeting;
- have a chat with any of the

present Councillors (Ann Allan, Simon Arnold, Jim Atkins, Helen Bromley, Margaret Brooks, John Capstick, Martyn Dawson, Kevin Lancaster, Steve Longlands, Ian McPherson and Roger Sedgwick);

- take a look at the Parish Council's web pages on www.sedbergh.org.uk;
- contact me for an informal discussion at the Council's Room (above the Information Centre)



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

Wednesday 14th March

Future Training Dates will appear here when known.



DAFFODIL DAY

Caroline Sandys-Clarke

March and April are the time when Marie Curie are doing the daffodil collections. Please be generous when you see a collection box in a shop, Morrisons store collection in early March and also a street collection in Kendal on the 24th March.

Marie Curie look after ALL terminally ill people who wish to remain at home surrounded by their family and their hospices offer wonderful in and outpatient treatment and support.

This year we have been lucky enough to be offered the chance to have a DAFFODIL DAY at



WHELPRIGG HOUSE, BARBON, LA6 2LF by kind permission of Mr Henry Bowring on the 7th April. Full details will be in the next edition of Lookaround but put the date in your diary for a wonderful opportunity to wander around the lovely grounds of Whelprigg. There will be homemade teas served in the house, a cake stall and raffle, under cover if wet, amusements for children and walking with alpacas weather permitting.

Do come and support us.

Any offers of help beforehand and on the day and cakes and baking will be very gratefully received.

015396 21246.



Sedbergh Primary School

'Excellence in the heart of the community'



Is your child starting Nursery this September?

We have places in our Nursery, for 3 year olds, starting school in September 2018. Follow the links on our website to apply online (www.sedberghprimary.org) or pop into school to collect a paper copy of the application forms. Don't forget, we're always happy to show you around the school and answer any questions that you have.



"Effective teaching and a well resourced and vibrant setting means that the children in the early years learn quickly and make good progress." Ofsted 2016

Contact Us...Sedbergh Primary School, Long lane, Sedbergh, Cumbria, LA10 5ALTel: 015396 20510

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MEDITATION CENTRE DENT

2018 Programme

The Meditation Centre Team

After resting over the Winter months, the courses and workshops at the Centre are just beginning for the year ahead and include our popular Learn to Meditate day-long retreat and the peaceful and reflective Sunday morning monthly drop-in Meditation Group sessions facilitated by different members on our Team.

We are also welcoming back to the Centre this year the yoga teacher Lisa Milnor who will be facilitating four workshops of Mindful Yoga & Meditation. Her themes for 2018 are: Mindful Living; Mindfulness, Meditation and the Menopause!;

Communication and Connection; and Release, Re-balance, Re-new with TRE.

Lisa's courses are always popular so make sure you book early - more details of prices and dates on our website.

Also back for his second year at the Centre is our Qi Gong teacher Tony Bennet who is also offering four workshops throughout the year under the umbrella heading of Creating Flow with QiGong. Tony's aim is to help us all develop our emotional, physical and mental flow through this ancient Chinese practice of moving meditation.

Bringing music to our ears in 2018 are the gentle strings of the spiritual

harp and the healing sounds of Gong, Singing Bowls and Chimes - thanks to our resident celtic harpist Julie Darling and Sound Healer Kath Reade.

Julie has been providing sacred events with her harp at the Meditation Centre for many years, and will be offering a special Spiritual Retreat Day at the Centre in April. Her intention is to provide a gentle music-filled space to tend to the needs of our soul life, whatever spiritual path

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we are seeking or have chosen. The day will incorporate Celtic spiritual teachings from the natural world, with poetry and meditations, as well as time for silent reflection and walking in nature. Julie is also offering a special discount price for anyone who is a Friend of the Centre.

Kath from Hebden Bridge will be us again with her amazing Rainbow Chakra Gong Baths. Prepare to be restored and relaxed as you balance

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your energy centres moving to multi-coloured healing sound frequencies . Kath's sessions are held throughout the year so, again, check our website for more details.

Our resident yoga teacher, Elly Archer, will be offering yoga sessions throughout the week to the people of Dent and anyone holidaying in this beautiful area.

And if all of that isn't enough, we are also excited to be running the third year of our teacher training programme - and opening the doors of the Centre to private hire.

Remember - even if a course isn't running, the Centre is always open for you simply to drop in and enjoy it's unique stillness and beauty.

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Whether you are a regular visitor to The Mediation Centre or thinking about joining us for the first time we look forward to welcoming you over the coming year.

FAMILY MUSINGS

Sarah

One good thing about snow is when there is enough for the local youngsters to go sledging on the hill up from our house, I love seeing all the figures flying down the slope on sledges, plastic bags or whatever, and to hear the squeales of delight. Some grown ups joining in too by the size of them, making the most of the snow.

I made the most of it en route to Hull but not in a favourable manner,

having negotiated Dent Head and turned back from Hawes I decided to go to Ingleton and take what I call the low road. Between Dent Head and Ribbleshead it was a winter wonderland but rather icy. After skidding all over the place I decided to go home, even a snow free Ingleton didn't tempt me to change my mind!

Writing is my favourite pastime and writing letters is something I really enjoy be it to friends, family or publications. We have a tin of leaf tea to enjoy courtesy of the magazine which printed my letter about ageing, am I doing it well when I have been mistaken for a friend's mum (she 10 yrs younger than me) for being M (nearly 100) sister and then



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recognised by a school contemporary who hasn't seen me since we were teenagers..?

Has the joy of writing and receiving letters been over taken by emails and texts? If so what a shame.

While hubby has been under the weather, with flue, and I have kept him company with the cough, our cat has enjoyed watching daytime tv with me. Escape to the Country esp in Yorkshire or Cornwall is a favourite along with antique programmes. It was fun to be part of Antiques Roadshow last year at Holker and seeing myself on TV added to the experience. Enjoy your new experiences in life. And drive safely in the snow!

Thanks.

Keith Moorby MAAT
Accountant and Tax Adviser

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JANUARY WEATHER

As to be expected January was a cold month with a maximum recorded temperature of 48.7F (9.27C) and several days when it did not get

above freezing all day. The minimum recorded was 19.4F (-7C). Every night the wind chill took the temperature below freezing. Quite a breezy month overall with only 4 days when the maximum gust did not get into double figures. The maximum recorded gust was 28.0mph (45.06kph) from a North Westerly direction as was every other gust except on 6 days. We had 6.73 inches (171.6mm) of assorted precipitation. There were only 6 days on which we did not receive any rain, snow or whatever.

Another month battling with the elements as the mud continues to increase. Speaking to one retired farmer recently he reckons he has never seen everywhere so wet. The feeding station still gets plenty of visits requiring nearly daily refills. I trust you all did your garden survey at the end of the month. Ours was dominated by sparrows and blue tits but the brief visit of a family of long tailed tits was welcome. We seem to have had a kestrel fly through occasionally recently. The sparrow hawk hasn't put in an appearance. They don't seem to be around the same area together. It was good to see a goldcrest, if only briefly. Yet another couple of rabbits were seen around with myxomatosis. It seems strange to see it during the winter. The early snowdrops put in a bright appearance. Daffodils are well up and budding and crocuses have pushed leaves through. The rooks and jackdaws are showing signs of starting to nest as are the collared doves and woodpigeons. They are always early starters.

YORKSHIRE DALES NATIONAL PARK

The Visitor 2018: Out now!

Andrew Fagg

Hospitality and tourism businesses in and around the Yorkshire Dales National Park are being invited to pick up copies of the just-published free official guide to the Yorkshire Dales National Park – [The Visitor 2018](#).

Packed with features and useful information, the 68-page magazine contains a huge events section and a centre-spread map.

The popular guide can be found at the [National Park Centres](#) in Aysgarth Falls, Grassington, Hawes, Malham and Reeth, or at [Tourist Information](#)



[Centres](#) in and around the Park, such as in Kirkby Lonsdale, Kirkby Stephen, Richmond, Sedbergh and Settle.

The Visitor has been published since 1981 and now has an annual print run of 125,000 copies.

"If you run a B&B, café, attraction or activity centre, *The Visitor* is an ideal guide to put in the rack to help guests and customers get the most out of their visit," said the magazine's editor, YDNPA

Communications Officer Sarah Nicholson.

"This year's edition has features on caving, on the new 'Swale Trail' family-friendly mountain bike route and on the famous Malham Landscape Trail,

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which this month was voted into the top three of ITV's Britain's Favourite Walks. There is a bigger than ever events listing, as well as key information on what to see and do; how to get here and around; and where to eat and drink.

"Our job as a National Park Authority is to promote opportunities for the understanding and enjoyment of the special qualities of the area by the public – and *The Visitor* is one of the best ways we can do that."

The magazine is distributed nationally and can be found as far afield as the American Embassy in London.

YORKSHIRE DALES NATIONAL PARK

We are listening on second homes

The Chairman of the Yorkshire Dales National Park Authority, Carl Lis, has written an open letter to second home owners in the Park.

In it, he argues persuasively for a



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collective approach amongst local authorities to increase Council Tax on second homes in the National Park, while acknowledging the "hurt" it has caused some home owners.

The proposal – which the National Park Authority considered formally just before Christmas – has been revised following further talks between civic leaders this month.

Richmondshire District Council will now be the first of the constituent local authorities in the Park to take a formal vote on the final proposition, at a full council meeting on 27 February. That proposition is to "work alongside the other Councils and YDNPA to enter into discussions with Government on the options available

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Richmondshire and South Lakeland District Councils – see that impact with our own eyes every day.

“For every new home that we build in the National Park, two existing homes become second homes or holiday lets. That leaves us with only two options. We do something, or we shrug our shoulders and do nothing. If this generation of political leaders chooses the latter option, then the problems caused by too many second homes will only be passed to those that come after us.

“People have asked why the National Park Authority is getting involved in this issue. The answer is simple: the natural beauty, wildlife and cultural heritage of the Park cannot be effectively conserved and

for increasing Council Tax for second homes within the boundary of the Yorkshire Dales National Park”.

In the open letter, Mr Lis said: “It has never been in doubt that you love the Yorkshire Dales and want the best for the community in which you have your second home. Many of you have deep roots here, and contribute to the local economy when you are here.

“It is also true that the high proportion of second homes in the National Park is only one of the factors contributing to the decline of some of our towns and villages.

“However, there is one further fact that we cannot shy away from, no matter how uncomfortable: too many second homes are bad for local communities. Plenty of studies have shown it to be the case. Those of us who have the honour to represent communities within the National Park – including the Leaders of Craven,



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enhanced without strong, viable local communities.

“In the past few years, we have seen some local services cut back or closed. We have, sadly, seen schools shut. To ‘blame’ the problem solely on the growing number of second homes would be absurd. But denying that second homes are part of the problem would be equally absurd.”

He continued: “Building more houses; creating greater economic opportunities; extending broadband and mobile telecommunications; and better marketing the area all have to be part of the solution to the challenges we face. However, ignoring the impact of the ever increasing number of second homes

is simply not to acknowledge ‘the elephant in the room.’

“I have heard the objection that this is ‘social engineering’. But as Craven District Council leader, Richard Foster, has said, cutting a local bus service is social engineering. Shutting a school is social engineering. Leaving a village centre home empty for much of the year is social engineering.

“You might have argued that the proposal could make everyone poorer, because it could bring down the value of everyone’s home. I’d like to challenge the logic in that argument. We have a target to build 55 new homes in the Park each year. No one has yet provided any evidence that that policy will bring



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down house prices. Indeed, the local authorities have plans to build approximately 5,000 new homes in total across their areas in the next five years and nobody ever argues that shouldn't happen because of the possible effect on house prices. In other words, why should having more homes available through the sale or letting of second homes have any greater impact on house prices than having more homes available through new builds? The number of second homes in the park – around 1500 – is high as a proportion of the total, but is not high enough to dramatically alter house prices should a number of them be put up for sale.

"Please let me finish by coming back to my first point. I have listened to

your concerns – and I acknowledge that the proposal has caused some hurt, as it places the needs of the community above your own. The need to attract more people to live permanently in the Dales – and to retain those already here – is urgent. If the proposal results in some existing second homes being brought back into full-time occupancy, then everyone who loves the Dales will have cause to celebrate."

YORKSHIRE DALES NATIONAL PARK

Want to help save wildlife?

Volunteers are being sought to help carry out vital surveys of birds, butterflies and plants in the Yorkshire Dales National Park in spring and



2018



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early summer.

People are being asked to commit two or three days of their time each survey season over the coming years. Full training will be given.

Anyone with an interest in the environment – perhaps students, local families, existing Dales Volunteers or natural history groups – are invited to come forward.

Potential volunteers can contact the Yorkshire Dales National Park Authority's Wildlife Conservation team by email:

wildlifeconservation@yorkshiredales.org.uk

"Volunteers are right at the heart of our conservation work," said Ian Court, Wildlife Officer at the Yorkshire Dales National Park Authority. "We want to give people the skills, confidence and opportunities to help the natural world. The more people that get involved the better. There are opportunities right across the

National Park, so we will look to match people with the sites nearest to where they live."

In summary, volunteers are needed for the following areas of work:

- **Wading Birds:** people who can identify the common upland breeding waders like Curlew and Lapwing are needed to help with assessments, which will be used to support agri-environment scheme applications.
- **Butterflies:** people are needed to assist with counts of the Northern Brown Argus and Small Pearl-bordered Fritillary.
- **Plants:** people are needed to assist with surveys of priority plant species.
- **Habitat surveys:** people are

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needed to undertake general plant surveys that will be used to support the delivery of agri-environment schemes and the Plantlife National Plant Monitoring Scheme.

Ian Court added: "Here is a chance to get up close to wildlife and do something positive by helping to monitor some of the really important bird, butterfly and plant populations in the Yorkshire Dales National Park. We cannot continue to conserve and enhance wildlife unless we know how the populations of these species are faring. Monitoring data will help us carry out and support targeted conservation management for the benefit of these species."

For more information on the rich wildlife in the Yorkshire Dales National Park, visit our *Nature In The Dales* website: <http://www.natureinthedales.org.uk/>

CUMBRIA WILDLIFE TRUST

"Mad March Hares" Fact or Fiction?

Dr Myles Ripley

Mad? Who knows what madness is ... but people are often referred to as madly in love so we can use the term to describe some of the actions of the Brown Hare (*Lepus europaeus*) in its courtship/breeding season. Unlike most courtship with ritual fighting between male animals, in hares it is the over-amorous unwanted males being beaten off by

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unreceptive females!
 The female is only receptive for a few hours in a 6 week reproductive cycle. During this time, she will allow copulation with the 'fittest' male present, usually tested by a chase across open land. The successful breeding results in a litter of normally 2 to 4 leverets after a gestation period of 42 days. Birthing forms lined with fur are used for the first few weeks and after that the mother moves individual leverets to separate forms to reduce the overall risk to predators. "Despite the reduction in their numbers one of the most delightful signs of spring remains the sight of hares leaping in the air, apparently engaged in a boxing match. Once seen it is obvious why "Mad as a March hare" is an expression the British have used for 600 years."



Brown Hares are a species that should have benefited from Higher Level Stewardship schemes by virtue of their habitat being protected. They live above ground and need sufficient shelter to allow them to shelter in their "forms" which are

shallow depressions amongst grasses. Their preferred habitat is an area where woodland edges and/or hedgerows exist alongside natural grassland. They feed on various plants and nibble on bark from young trees and bushes. They can be distinguished from rabbits not only by the fact that they do not go down burrows but their longer ears and hind legs.

In 2010 the Westmorland Gazette published an article suggesting that their numbers are beginning to recover since habitat protection has



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been increased and coursing being made illegal. Tullie House in Carlisle coordinates records of Brown Hares in Cumbria. However, the mammal data collected by the British Trust for Ornithology shows a distinct decreasing trend over all of the UK and in the NW, though the Game and wildlife conservation trust (using data from game bags) shows a slight increase in the last ten years.

In Lewis Carroll's Alice's Adventures in Wonderland. The main character, Alice, hypothesizes, "The March Hare will be much the most interesting, and perhaps as this is May it won't be raving mad – at least not so mad as it was in March."

LAST WORDS>>>>

Don't forget our local famous

establishment "the Three Hares" – and they're not mad in there!

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Only 2 months to go now until our swifts return at the beginning of May! During our cold and wet weather it's often hard to imagine these amazing birds flying in the warm African skies.

As you read this in March we will be attending the bi-ennial International Swift Conference, which this time is being held in Israel. It's a great opportunity to meet once again all the swift experts from all over Europe and other parts of the world. One of the exciting events will be going to the Welcoming Ceremony at the Western Wall in Jerusalem, the holy site where

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people come to pray. It is a splendid event, with hundreds of people, press and tourists celebrating the return once more of these wonderful birds back to their breeding places. There are about 88 pairs nesting in the wall and Israel is the most southern country where the common swift

breeds. The picture shows the mayor of Jerusalem addressing the crowd.

Among the various outings we will also be visiting the tree of hope, an olive tree sculpture of swifts depicting peace, shown in the picture. Because swifts arrive a lot earlier in Israel we feel especially fortunate to have this additional chance to enjoy them, and visit some of the large colonies there.

We have also been to the previous international swift conferences in Berlin, Szczecin (Poland) and Cambridge. It was in Cambridge that we helped set up the UK swift local network (SLN) – an email forum where swift groups and individual enthusiasts from all over the UK can swap news, advice and ideas. It's a very useful network and Sedbergh

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Community Swifts has been able to pass on our experience and details of the things that we have achieved here, as well as benefitting from advice in return.

We give a lot of talks about swifts, not just in the north-west but all over the country, illustrating the lives of swifts with film clips from our cameras in the nest sites. What is especially heartening is when people in the audience are sufficiently enthused to set up their own swift group. We hope that by describing the amazing life of swifts and the threats they face, and explaining what our group has been doing in Sedbergh, it will prove to be a stimulus for others to follow suit.

Swifts are in trouble and urgently

need our help if we are not to lose them. Together let's all do our best to help our swifts and make Sedbergh and the surrounding area once again a swift-friendly town.

To Contact SCS: email
ta.hoare@btinternet.com or ring
01539 824043

MARCH GARDENING

Elaine Horne

We have had so much rain during the last months that I begin to think that I should convert at least some of the lawn to a water garden filled with plants which enjoy having their "feet" in water. Willows would be high on my list. Large trees such as the lovely "Golden Weeping Willow" *Salix alba*

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'Tristis') and "Crack Willow" (*Salix fragilis*) will be too big for the given space, but most willows are very tolerant of pruning, and cultivars such as *S. alba* 'Britzensis' (Scarlet Willow), which you might notice in parks and gardens at this time of year for its bright flame/orange twigs, *S. alba vitellina* (Golden Willow) and *S. daphnioides* (Violet Willow) can all be coppiced every two or three years to keep them good, small and colourful.

Smaller, shrubby willows will also be accommodated. *Salix fargesii* is most attractive in winter, when its leafless, red stems with large red buds are easily seen. In summer it bears large - five to six inch long, dark green, glossy, deeply veined leaves.

Some willows are cultivated for their catkins. "Musk Willow" (*Salix aegyptiaca*) bears fragrant, conspicuous, bright yellow catkins on bare grey stems in February and March. "Black Willow" (*Salix gracilistyla* 'Melanostachys') has bare stems with small catkins which turn from jet black to crimson to yellow.

"Woolly Willow" (*Salix lanata*) has long been a favourite in my garden. It bears large, pale yellow catkins amongst the newly unfolding, grey, felted leaves. It is one of the slower growing shrubby willows and has an attractive, low, spreading habit.

COGS

Steve Smith

The cordon framework has now

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been installed at the Community Orchard Group, Sedbergh, by Philip Horner. This work was funded by a grant from the Community Trust, for which we are very grateful.

Two Spring work parties were planned, on *Monday 19 February* and *Monday 5 March*. We will plant the ten cordon trees, which are all Yorkshire varieties donated by SLOG (South Lakeland Orchard Group). We'll also prune and feed the original twenty apple trees and six damsons, clear away any weeds, and weather permitting, fill the raised beds with topsoil.

The COGS AGM will be held at 7:00 pm on Monday 5th March, in the Rawthey Room at the TIC.

If you would like to support the

Community Orchard, you are warmly invited to join COGS with the following benefits:

- Meet other orchard enthusiasts
- Quarterly newsletter
- Attend free pruning and grafting workshops run by SLOG: for example,
- 3 March Grafting workshop at Growing Well, Low Sizergh
- 5% discount at Beetham Garden Centre
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Further information from Ann Parratt
015396 20964 & Jacqueline Smith
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PEOPLE'S HALL NEWS

Dr Gina Barney, Hon Secretary

AGM 5 April 2018

Notice is given that the Annual General Meeting of the People's Hall will be held on **Thursday 5 April 2018** in the Committee Room at 7.30pm. All the usual business: Chairman's and Treasurer's reports, elections of trustees and Management Committee.

Health and Safety

As part of our due diligence we have been reviewing various health and safety matters. For example the electrical installation. We are also reviewing the use of hirer's equipment brought into the Hall, which cause us concern, to ensure it is safe. Our insurance is particular in some cases, for example, no bouncy castles!

Shortly we will fit a gate to the refuse bin area to segregate it from the public areas. To do this we are re-using the moving part of the old "kissing gate" – it keeps a bit of our history. To improve safety on the pedestrian ramp to the side entrance we are fitting guide posts. In the same area we are fitting safety posts to the stepped section. We are grateful to the Community Fund for a grant to purchase these health and safety items.

Hearing loop

Many public venues today are displaying a map in their premises where it is best to sit for the best reception for hearing loop users. We can advise that the best place to sit in the main hall is on the top right near to the entrance to the side lobby, as the stick mike is above this area. You can tell if the loop is switched on by a

blue flashing light above the left hand stage door. If it is not on please ask.

Bouquets

Several hirers have remarked on our improved facilities. The Committee Room now more than replaces the recently closed Main Street business hub. The Italian class Tutor and a commercial hirer have both remarked on the "venue being absolutely perfect for their needs – as well as reasonably priced". The NHS, who hold training courses in the Hall, also complemented us. The YDNP use our facilities too. The commercial and other non-local hirers pay higher rates than the local hirers and this helps the Hall Committee to keep local rates very low.

Probably the nicest recent comment was from our long-time local hirer, the Flicks in the Fells, who remarked that "they've given us some nice flower beds to look at outside". There is no doubt the initial impression of the Hall is attracting additional hires.

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ENCORE OPERA GROUP

Naomi Lidiard

A Concert will be performed on Friday 9th March at 7.30 pm in the Sedbergh School Chapel, Loftus Hill by the Encore Opera Group.

The programme will include a selection of popular opera solos, duets and ensembles by Mozart, Handel, Verdi, Puccini and others. Free will be entry with a retiring collection so put the date in your diary now.

SETTLEBECK SCHOOL

Young Hearts Support Young Minds
at Settlebeck School
on Valentine's Day!

Mrs Sarah Campbell, Headteacher
For the second successive year,

three Year 10 students have taken it upon themselves to spread positive thoughts and kindness amongst their fellow students. Rose Sen, Shania Pereira and Zoe Alderson have put back in action their extremely successful plan from last year where they raised over £250 for the Air Ambulance.

This year they put their efforts into raising money for Young Minds, a charity which champions the wellbeing and mental health of young people. The girls have chosen this charity as they recognise the need nationally and locally to support all young people to have good mental health.

The girls sold candy canes for 50p. When a student purchases one, they

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wrote a message on it that spreads kindness, love and positivity to a fellow student in their year group. These were distributed on the Friday before the students broke up for half term. This is also being held in conjunction with a non-uniform day to further increase the amount raised.

Mrs Waring, Head of Year, said, "These girls are an inspiration and we are all very proud of their efforts. This fundraising idea could not suit the charity more - being positive, caring for each other and being open about mental health."

Two other Settlebeck students in Year 9 are also heavily involved in raising mental health awareness for teenagers, working alongside Tim

Farron MP, to promote need for mental health beds in hospitals for children and teenagers.

Mrs Campbell, Headteacher, said, 'We are incredibly proud of all our students for actively raising the awareness of the mental health issues facing our young people. It is crucial we ensure the most vulnerable children in our society are supported to get the help they need. By intervening early, young people can go on to lead happy and successful lives and we can reduce the number of adults with long term mental health issues. Fundraising and awareness-raising events such as these help to remove the stigma of discussing our mental health.'



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**SEDBERGH PRIMARY SCHOOL
PROMISE AUCTION
18th MAY 2018**

Becky Gubbins

The PTFA is busy planning a fabulous night of fundraising for our school. Building on the success of our first auction in 2016, which raised £3,500 for a fantastic outdoor climbing wall, the evening promises to be lots of fun with a great mixture of 'money can't buy' lots together with practical and luxury items - something for everyone! Our second promise auction takes place on Friday 18th May, and everyone is very welcome. Tickets cost £3 per person, and

include one alcoholic or soft drink and cheese and biscuits. Tickets go on sale on 15th March at the Information and Book Centre, Sedbergh



Mini Market, Number 6 Finkle Street and Sedbergh Primary School. Brochures detailing the lots will be available from these outlets nearer the event.

Enter our competition for the chance to win 2 free tickets plus a bottle of wine on the evening for you and your guest! Please write your answers to the following questions on a postcard, and post in the box at the Information and Book Centre. A card will be drawn on 2nd April, and the first person to answer all the questions



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correctly will win. Please ensure that you have written your name and contact details on your card.

Q1 – Which is the highest fell in the Howgills?

Q2 – Which town is twinned with Sedbergh?

Q3 – Fill in the missing word – _____ Hares.

Q4 – In which county is Sedbergh situated?

Q5 – What is the name of the sweet shop on Main Street?

SETTLEBECK SCHOOL

Cumbrian schools go hi-tech to investigate Dales housing problem

Mrs Sarah Campbell, Headteacher

Two Cumbrian schools collaborate with cutting edge technology to investigate the problem of affordable housing in the Yorkshire Dales National Park.

The 10 week project involved Year 5 pupils from Sedbergh Primary School working closely with design specialists at Settlebeck School in Sedbergh. During the project students investigated possible sites for affordable housing in the town and then designed their own solutions for

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this topical problem. The 9 year olds used specialist computer- aided design software and 3D printers to model their exciting ideas. The project culminated in a detailed presentation made by the students. As well as the teachers involved in the project, present at the showcase were Jim Atkins, Chair of Sedbergh Parish Council, Paul Beach, Deputy Head of Settlebeck School, and Anna Atkins, Governor of Sedbergh Primary School.

Headteacher of Sedbergh Primary School, Matt Towe, has been delighted with the project and its outcomes. 'Our pupils have benefitted significantly, not only from having access to high quality facilities and

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expertise, but also by regularly visiting a secondary school environment and beginning to understand the opportunities they will encounter once they move on from their primary education. They have really enjoyed themselves and learned loads. The project created by design teacher, David Jermy, is a brilliant blueprint for how future collaborative projects between schools could lead to improved outcomes for children and successful transition to secondary school.'

Lynsey Goodyear, Head of Lower School at Settlebeck School remarked, ' We decided to offer Sedbergh Primary the services of our internationally recognised 3D printing specialists in order to enrich their

understanding of design. In addition, it demonstrates the unique opportunities available to them on their doorstep. It is great to see such creative thinking from such young minds'.

Year 5 pupils Charlie and Nathan's response to the project says it all, 'It was really fun getting to design a house on the computer programme with loads of great accessories...it was fun to watch the 3D printer printing our houses'.

SEDBERGH SCHOOL NEWS

Karen BL

Events

The Hirst Centre (the new sports hall) is coming along apace with the green roof in place and the stone



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

Maria Gallego-Calderón, HR & Recruitment Administrator
at HRAdmin@sedberghschool.org or by ringing 015396 20303.

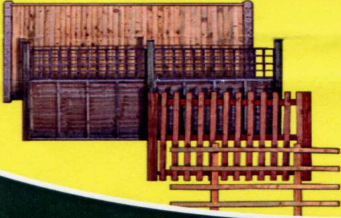
Also check the School's website regularly for details of individual posts as they arise.

Please return completed Application Forms by email to HRAdmin@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.

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The 1525 President Andrew Robertson (a former Governor) has been awarded a CBE for services to veterans, healthcare and affordable housing in Glasgow and the West of Scotland.

Hart House have acquired a new member, Jill the ferret, who has been rabbiting with the boys very successfully

This year's Jazz evening was again a great success.

The Prep School had a visit from soprano Jessica Hurst (OS) who treated them to a 40 minute recital. They also had a visit from Bill Beaumont (OS), former Lions captain

and presently Chairman of World Rugby, who gave a talk and was entertained to dinner

The Bursar, Peter Marshall, gave a talk on "Choosing the Right UK Boarding School" in Dubai

Academic

Three pupils have received Oxbridge offers to study medicine, engineering and law. Another 10 from years 11 and 12 have been visiting Cambridge with a view to their future applications.

The Scholarship assessments took place in the week beginning 19th February

Sport

James Griffen (yr 9) qualified to play in one of the world's top Junior Tennis

Tournaments, the "Teen Tennis Junior International" in Bolton Arena. He is ranked 7th in Great Britain in the U14s.

Six athletics girls were chosen to represent Cumbria in the Northern Schools Championships on 3rd February

Old Sedberghian Harry Brook scored a match winning 103 for England U19s in the World Cup

Sedberghians achieved about 18 Cumbria vests at the District Cross Country Championships at Cartmel on 17th January

Following the 1st XV's triumph in winning the Daily Mail Schools Trophy there is a short video which can be most easily found (in my attempts at least) via the Sedbergh

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School FC (@TheBrownSSFC) Twitter entitled "What it means to me" by Viaduct Video.

The Prep School hosted the Cumbria Schools Cross Country Championships for the second year running. The weather conditions were bad at the start but by the time of the last race the underfoot conditions were "horrendous". Sophia Longworth won the year 5 race making her County Champion and she, Elsie Barker and Harriette Smith qualified for the National Championships at Loughborough at the end of March. Jack Barker and George Dobson also qualified in year 6.

Cameron Redpath and Sam Moore joined the U20 for England at inside centre and No 8, and Carwyn (16) has been selected for the Welsh U18 squad

The girls Hockey team in one week qualified for the England Hockey National Schools Final at Olympic Park and qualified for the National Independent Schools Hockey Cup quarter finals. And the Netball VII qualified for the Nationals for the first time ever.

The 4 ½ mile Morgan Run took

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it will be held on the nearest Sunday after.



place on 27th January. International mountain runners Ben Mounsey and Ted Mason ran with 310 pupils, Old Sedberghians (including ladies for the first time), staff and parents. Sam Fisher won for the Senior School boys and William Coke was first in for the Prep School.

Future Events

The Headmaster's Handicap run is a new race which will take place on 3rd March over the same course as the Morgan Run – with the handicaps based on the times in that run. Anyone could win !

The postponed Rawthey Run will now take place on Tuesday 6th March with the racing starting at 2 pm

A Choral Society Concert will be

held in Lancaster Town Hall on Sunday 11th March

The 3^d and 4th qualifying runs for the Wilson Run are on 7th and 14th March.

The ten mile relays will be held on 12th March

The Archbishop of York will visit Sedbergh on 9th March

A Memorial Service for Brooke Dowse will be held in the School chapel at 1.30 pm on 19th March, followed by a reception in Lupton House, of which he was Housemaster when it was a boys' house. There is a detailed tribute to him by John Morris on the Old Sedberghian Club website.

The Wilson Run will be on Tuesday



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20th March at 2.30 pm. A dinner for Old Sedberghians will be held again this year on the previous night at Simonstone Hall

Term ends on 23rd March and the summer term starts on 18th April

The final Old Sedberghian Pilgrimage to the WW1 battlefield cemeteries will take place on 18 October and will be to Mons and Ypres

On 25th and 26th March the Sedbergh Super Tens will take place on Buskholme.

On the 25th the Army (the Yorkshire Regiment) will give a display and will have an inflatable assault course and possibly a paint balling game. Everyone is very welcome to come

and enjoy these"

SETTLEBECK SCHOOL

Ethos of Settlebeck School
allows pupils to thrive

Mrs Sarah Campbell, Headteacher

Ofsted visited Settlebeck School on Tuesday 16th January 2018, with inspectors judging that the school continues to be a 'GOOD' school.

Ofsted recognised that the 'family' feel of the school, where pupils know that staff care deeply about their academic progress and where teachers have a strong understanding of individual needs, is a key factor in ensuring pupils at the Settlebeck School thrive.

'I am incredibly proud of our pupils,

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staff and Governors who have worked extremely hard to achieve this positive outcome. Ofsted inspectors praised many areas of the school from high quality teaching, stretch and challenge for all pupils, governance and our unwavering commitment to inclusion.

Safeguarding was praised, with 100% of parents who responded to the Ofsted Parent Survey reporting they felt their child was safe and cared for.'

SEDBERGH BRITISH SCHOOL TRUST

Mrs Jean Cope Hon. Secretary

The Trustees will meet on Tuesday 13th March 2018 to consider **GRANT APPLICATIONS** from suitably

qualified persons who have attended local authority schools in SEDBERGH and DENT, and who seek FINANCIAL ASSISTANCE to further their education or for vocational training.

APPLICATIONS should be in writing and addressed to:

The Honorary Secretary of the Trust
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and should be made without delay.

SETTLEBECK SCHOOL

Settlebeck News

Mrs Sarah Campbell, Headteacher

It's been a successful start to the sporting year at Settlebeck, with netball and basketball victories against Kirkbie Kendal School and Cartmel Priory. The girls football team performed fantastically against Dallam and five students were selected for District Cross Country. At District Cross Country trials Caius Pennington, Thomas Moorhouse, Henry Hunter, Cj Middleton and Maisie Gough all performed brilliantly on a tough course at Cartmel. Thomas, Cj and Caius were named as reserve County runners with Maisie running for Cumbria at inter-counties. A fantastic achievement. Well done.

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TIM FARRON MP

The past month has been very much taken up with health matters.

The campaign to get a radiotherapy unit at the hospital in Kendal continues but there are also quite a few other issues that need dealing with urgently.

I was really upset to find out that the mental health facilities for young people in our part of the world are the worst in Cumbria. If you are young and need to access specialist mental health services in South Cumbria you can only do it on weekdays between 9 and 5. In the north of Cumbria young people can access the services they need between 9 and 8 and even at weekends. We all know that anyone experiencing a mental

health issue needs help there and then and it is even more important when the person is young. I have heard too many stories of parents struggling to cope with their children facing mental health issues when there is no help professional help available.

I have raised the issue with the various NHS bodies involved in this issue and have even raised it with the Health Secretary, Jeremy Hunt. So far everyone has agreed that it's a problem and we are letting our children down but I haven't seen enough progress. I have set up a petition to put some more pressure on them all to sort it out. It would be great if you could join the nearly 2000 people who have signed it. Just

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search the internet for "Tim Farron Young People Mental Health Petition" and follow the links. We owe it to our kids to stop what is really discrimination against them.

I have also been doing what I can to help our local pharmacies. I had always assumed that when they make up your prescription they would get back from the NHS the cost of the drugs they give you. But amazingly this isn't the case, one pharmacist in the constituency told me that in a month they were receiving £5000 less from the NHS than they were having to pay out for the drugs they give to you. Over the past couple of years our pharmacies have seen their incomes from the NHS fall by 20%.

Many of the smaller local ones like those we have around here are really beginning to struggle and we simply cannot afford to see them close. I have tabled a motion in Parliament calling on the Government to do more to support essential local pharmacies but I can see that this is only the beginning of this fight.

Beyond health, amongst other things, I have been pressing the Government to make some proper commitments on broadband speeds, I have been supporting the YDNP in their plans to increase the council tax charged to second home owners and I have been meeting up with the nice folk from Dent Brewery when they came down set up a stall in

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Parliament as part of Cumbria Day.

If you want to discuss any of this with me or have other issues that you want to raise then you have the perfect opportunity by coming along to my "Town Hall" meeting in the People's Hall between 7pm and 9pm on the 2nd March. Everyone is welcome.

And if you can't get along you can always email me at tim@timfarron.co.uk or call us on 01539 723 403.

Thanks for your support.

COUNCILLORS CORNER

Kevin J. Lancaster & Mel Mackie

On May 3 there will be all out elections for South Lakeland District

Council as opposed to election of one third of councillors. This will be the third set of boundary changes since I was elected in 1997 and the most difficult to justify. Here in the Lune Valley we have had a three member ward since 2008, now all South Lakeland is to put into three or two member wards. As councillors who had worked in a three member ward for some time Mel Mackie and I were asked by those promoting the change to explain the advantages. We replied that there were no advantages and we considered them to be a disaster for the council and electors alike. The officer did not get back to us.

The Boundary Commission gave the

district two options, either go to all out elections every four years on single member wards or else continue with election by thirds but have three member wards imposed. The controlling group chose the latter, under the absurd belief that three member wards would not be imposed. They have been. It is the position of my group that if it is in our power after May 3 to change this and go for all out elections we will. Sincerely we believe it is vital that as

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Contact KEVIN BATEMAN

raised in a small move to put more of the burden on the local rather than national taxation. Mel and I regret any increase in Council Tax from any level of government but consider some of the proposed increase to be unavoidable. Last year as Shadow Finance Potfolioholder I tabled a no increase shadow budget. This and the savings in it were of course voted down. This year over £200k of the saving which we the opposition identified are now included in the core budget. This is actually quite an achievement for me and us. But, taken together the budgets from all the taxing authorities will mean an increase of between £60 and £100 per Band D property. We do not

far as possible each of the small communities of South Lakeland has its own representatives which it has chosen. Elections every year weary the electorate which never knows what it is being asked to vote for and so reduces turnout. The district will shortly be considering its budget for the forthcoming year. National government has indicated an expectation that council tax will be

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consider this to be a safe way to proceed, year on year, on county, on district or even on parish.

I am immensely encouraged by how well the B4RN Hyperfast Broadband is going in the Lune Valley. With the projects in Barbon, Casterton and Middleton nearing completion Dent, Garsdale and Sedbergh are all well on the way. I am heavily involved with Cautley and Dowbiggin. We have the money raised, our route planning is complete and we will soon be agreeing wayleaves. Hopefully we will be able to put ducting in the ground this Summer. To say we only started planning last April this is quite an achievement for one terribly wet year.

The Friends of Queen's Gardens

are now making quite an impact on the Gardens. Once again I have used my small SLDC Councillor Grant to fund minor improvements – the purchase of some new solid oak benches to replace the existing rotten ones. Maintaining the Gardens is quite a burden for our parish, please come and help. They are a tremendous asset quite unlike public gardens anywhere else. They just need to be used !

If you have any problems please contact either me or Mel.

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SEDBERGH ART SOCIETY

Jenifer Alison

We had a very well attended Painting Day on **Saturday 27th January**, which gave members the opportunity to follow their own project, or to try some of the methods Peter Threlfall had used during his demonstration. These independent painting days are becoming increasingly popular. Members appreciate getting straight into their own work in a relaxed atmosphere. It is so enjoyable to be amongst supportive and encouraging artist friends. There will be two more of these in March and May.

This was followed on **Friday 2nd February** by our AGM. We thoroughly enjoyed the exciting talk by Christopher Ware, whose studio is part of the Levisham Station building on the preserved North Yorkshire Moors Railway. He described his profession as a railway and landscape artist. There was a lot of

interaction between him and the audience. His talk was followed by an appraisal of our work. The advice given by Chris and other members in the group was excellent. We hope to lure him here next year to run a watercolour workshop.

Saturday 24th February. At the time of writing (12th February) this day has not yet happened! Anthony Barrow will be returning to us to run a workshop in the Cornerstone Church Hall. We'll work on flower studies using watercolour, acrylic and ink. A report will follow in the April Lookaround.



On Friday 23rd March we will have a demonstration by Ruth Clayton featuring an owl in watercolour.

The next Painting Day will be on **Saturday 24th March 10am – 4pm** in the Cornerstone Church Hall.

All the above meetings have been – and will be – in the Cornerstone Church Hall. We extend a massive thanks to June and William Allen who look after us so well, making sure we are warm! Thanks also to Margaret Copestake and her team of helpers, who make sure we are fed and watered. Finally, thanks to all who support these events and also give invaluable help with setting up and clearing away.

If you would like any more information, or to book a place on a Workshop or Painting Day, please contact either myself, Jenifer Alison on 01539 824666 or email: jen.alison10@gmail.com, or Gill Impey on 01539 726640 or email: gillimpey@hotmail.co.uk

DENTDALE WI

Catherine Sugden

It had been a miserable day with rain and snow but 14 of our members came to the meeting which was held in the Sedgwick room as the heating was being replaced in the Hall. Sue Owen welcomed members and then Rita Corpe led us on the piano as we sang Jerusalem

Sue then introduced our speaker, a long term member, Freda Meakin, who talked to us about "My Memory Book". She explained that she is doing this for her grandsons who are very interested in social history and as she put it "putting flesh on facts" She was brought up on the Isle of Man Her grandparents lived and worked there along with 8 aunts. Many jobs which her father and uncles did when they were 14 were voluntary. One was getting up early on Saturday morning to meet the butcher who brought a big basket of meat which they delivered to the



widespread houses then returned to meet the butcher with the money and next weeks order. Often at the bottom of the box there would be an extra parcel of meat for the mother She moved from the Isle of Man to south Manchester She had nothing but praise for her education and was one of the lucky few in her school who gained a certificate to go to the Grammar school.. Freda kept us spellbound for an hour recounting her life and the social history of her generation

I'm sorry I was too busy listening to make notes to give more details for this report. Marion thanked Freda and invited her to come again!

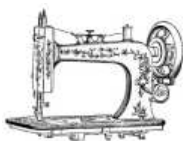
Tea and biscuits were followed by

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the business meeting.

The result of the Resolution vote showed a majority of members in favour of "Raising awareness of modern slavery in the UK" 80% of our members had voted. In March a member of the Great North Air Ambulance Service will be coming to receive our cheque for the money raised at our charity quiz night

Lists for helpers at the Dent Run on the 10th March was on the Information table along with lists for members interested in attending the Federation Spring meeting in Kendal and the Northern Show. Dentdale are offering a Bursary to two Dentdale members towards the cost of any course at Denman, so get in touch with Thelma if you are

interested.

A card has been received from Dentdale 1st Resonders thanking us for our donation to their funds following Peter Knaptons talk at our meeting..

The winner for the competition "My earliest memory;" was Thelma followed by Marion and Sue. Marjory won the raffle prize Next month Elly Archer will be telling us how Yoga can benefit our health.

Do come along we'd love to see you in Dent Memorial Hall.

HOWGILL & FIRBANK WI

Audrey Hoggarth

We had a good turnout of members at the February meeting. Our two visitors Norma and Ruth were given a



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warm welcome. We had good news, "Fishermans Bridge" in Howgill has now been rebuilt and reopened. An official Opening Event is to be held in Howgill Village Hall. We have agreed to provide home baking. Several members will be attending. Our Outing Organiser Liz Moore updated us on train times from Kirby Stephen to Carlisle. A date in June is to be arranged for a day trip. Liz mentioned Weeping Windows are coming to Barnard Castle in May. These are handmade ceramic poppies displayed in memory of loved ones who lost their lives in war. Over 30,000 have been planted across the world. Bridget is to be our delegate at the Spring Council Meeting at the Town

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Hall on 26th March. One extra ticket has been applied for. Following the business a welcome return was given to our speaker, David Alison, who we all know is a steam train enthusiast. We were treated to an informative talk and stunning pictures. Travelling along with wife Jennifer on the "Great little trains of Wales". Running on narrowgauge lines, they come with the charm of an old time steam train, with polished paintwork and brass. Originally used to carry Welsh slate

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from the quarries to the sea, their leisurely speed gives time to take in the stunning scenery. As we saw from Davids slide show presentation. Pauline Robson thanked David on behalf of us all.

The competition for "Your best train ride and why", was won by Pauline, with Dilys McCaffrey second. Ruth, our visitor, went home with the raffle prize. Refreshments were served bringing the evening to a close.

Our next meeting will be held at Howgill Village Hall on 1st March, when Anne Urquhart will be the speaker on "Mentoring Nurses in Nepal". Why not join us. New members and visitors will be given a warm welcome.

KILLINGTON WI

THE AFTERNOON W I FOR THE
ENTIRE DISTRICT

Wendy Fraser-Urquhart.

It was good to welcome President Susan Sharrocks back from the Antipodes to keep us in order once again though I fear that she might find the wintery weather more than a few degrees cooler than she had enjoyed for the last few weeks. Brrr! It continues to be chilly but, hopefully,

by the time you read this there will be more distinct signs of spring. The brave snowdrops are all around, accompanied by the odd rogue primrose and crocus. When I see the new-born lambs I say, "You should have stayed inside for a bit longer". They always agree with me.

The speaker at our meeting, Mike Beecroft, took us all back to the Tropics, 15 degrees south of the equator to be precise, to the island of St. Helena. He sailed from Tilbury with a right, royal send off, on what was intended to be the last trip of the Royal Mail Steamer -St. Helena. The regular lifeline sailings were scheduled to be replaced by a regular air service from South Africa to the newly constructed airport on the



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island. Sadly however, the powers that be had not correctly calculated the force of the South East Trade Winds which actually resulted in far too strong wind shear along the runway. This meant that the type of large aircraft which had been planned for the route could not be used and a smaller craft was later substituted. Thus the ferry had to continue its role for a little longer. Mike's sea journey was nevertheless a total pleasure providing wonderful seascapes and great company from the other enthusiastic passengers on board. Dilys Evans gave the vote of thanks to Mike for sharing this rare experience with us all.

The Federation Newsletter (in its

updated 'handbag size' format) provided us with several items of interest: - walking netball, writing competition, cowkeepers' talk (though Valerie constantly reminds us that we could have heard it more conveniently at a History Society meeting!), pictures are needed for the WI 2019 calendar (can I outdo my last year's cover photo? T.I.M.B.), re-join the W I Draw – better odds than the lottery, lesser prizes though). We were encouraged to get busy with our

Philip Horner

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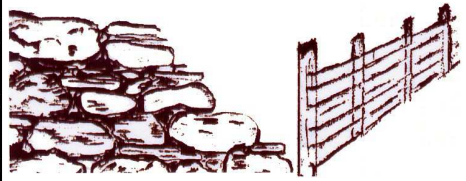
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entries for the **Spring Show on March 24th – last entries by 17th**.

We were invited to volunteer -YOU, YOU, & YOU – to help with refreshments and stewarding for the show.

During our usual tasty tea the competition for a *travel wash bag* was judged and won by Susan's pretty and well-travelled bag. I always knew that she was clean. Our lovely raffle prize of superior chocolates was won

by Valerie Cann which is very appropriate as she is the keenest chocoholic I have ever known. If we raffle a horse, please may I win?

Our next meeting will be at **the People's Hall Committee Room at 2 -00pm on Tuesday 13th March** when we shall learn to improve our skills. **Laura Rosenzweig** will take us with her on Her **Weaving Journey**. Do join us and have fun.

PS In case you have forgotten.
T.I.M.B.= This Is Me Boasting!

SEDBERGH WI

Moiria Folks

A singing workshop! Following musician Jude Jackson's entertaining talk to us in October 2017, we decided to ask her to teach some of

us how to sing. On Tuesday 16 January, nine of us gathered in the committee room to be taught how to breathe properly and warm up our voices with exercises based on Japanese 'haiku' poems before we were let loose on John Denver's "Annie's Song" and George Harrison's "Here Comes the Sun", accompanied by Jude on her ukulele. It was a friendly and fun evening even if some of us found ourselves a little bit out of our comfort zones! We were glad to contribute to Jude's favourite charity, Help the Heroes, to show our appreciation.

A week before our regular meeting on February 14th, we discovered that our planned speaker wouldn't be able to come! Panic! "Lookaround",



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SEASONED FIRE WOOD

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however, came to the rescue: in the February edition, I had already noted a possible talk for our 2019 programme, as the Killington WI report had described their own member Marion Wood's account in January about her travels "North and South" in 2016 with her husband Chris. Perhaps we wouldn't have to wait till 2019 to hear the same talk? An SOS to Marion had a favourable reply so we were able to enjoy her account of their two journeys: to the northernmost tip of Arctic Circle Norway via Stockholm in June, enjoying staying in very well equipped walkers' huts; and then 17 days of substantial walks in November when they travelled to Patagonia, sometimes camping, sometimes staying in hotels, in the southernmost part of South America. We enjoyed seeing the different types of accommodation they used in both countries, but Marion and Chris's most striking photos were of the stunning pinnacles, spires and towers of the Patagonian Andes as well as the mighty glaciers, which were wonderful to see. We were amazed at their adventurousness which probably made most of us go weak at the knees: thank you so much for sharing your adventures with us, Marion!

We had a very lively book club at Jean Jones's house the next day. One member of the group had been away on holiday and hadn't read "Crooked Heart" by Lissa Jones, so she requested a summary. The upshot of this was that we all chipped in talking about various events and characters and were probably all reminded of some things we had forgotten, so we experienced again

the funny, sad, exciting, terrifying and poignant moments that Noel, the highly intelligent 10-year-old evacuee orphan from London, billeted with the unpleasant Vee Sedge in St Albans, lived through during WW2. As a result, all of us ended up giving the book nearly 8/10 points rather than the slightly lower marks we had planned before the discussion. We highly recommend this book.

Please note a change of venue for our next meeting on March 14th: we will be meeting in the Methodist Hall in New Street at 7.30pm for a craft evening organised by Emily Jackson, entitled "A Little Easter Gift". All materials will be provided. New members and visitors are always welcome.



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DENTDALE, HEAD TO FOOT

Mike Steele

Following a well-attended and enjoyable Annual Over 60's Christmas lunch on December 9th, our opening meeting of the year in January was a talk about the Cave Rescue Organisation by Roy Holmes, which I unfortunately missed, but I understand it was extremely well received by those who attended. We owe a lot to the volunteer rescue services, either underground or above ground (and CRO do both), who turn out in all weathers when a "shout" is received.

Our February meeting I whimsically called "Blacksmithery" and asked our resident Dent blacksmith, Lucy Sandys-Clarke, to come and talk to us about her work. Now I have always thought of the blacksmith in the traditional sense, but Lucy proved me wrong and the items she brought showed not only her artistry in metal, but the great delicacy of some of the things she has been commissioned to manufacture. From work for replacement ironmongery for the National Trust to the manufacture of a metal cape for a Burberry fashion show in London, we were entranced by the variety of jobs she has completed over the past twelve months.

As with most self-employed people, you never turn work down and I can well understand her reaction turning from elation to anxiety when the enormity of the Burberry job became apparent, but she pressed on and delivered their commission, albeit not



without the odd anxious moment during the manufacturing process. Being prisoner in your part-finished creation whilst working on your own, but fortunately having a Dent local passer-by to release you, was one of the more bizarre moments of the job!

By contrast the production of butterfly hinges showed the delicacy employed of what is basically a heating and hammering process as the hammers used were not particularly small and I neither do I think any of us realised how many regional types of latch there are, from Norfolk and Cumbrian to "snecklifters". All in all, a good afternoon and I never cease to admire the many and varied local artisans, artists and craftsmen and women of Dentdale.

Our next meeting is on March 2nd, where David Wright will be talking to us about his interest in Icons, which promises to be a very interesting meeting.

For further information please contact Mike Steele on 015396-25054, 07813-806209 or mds@pesdent.co.uk.

LYNN NEWCOMBE

Memorial to Lynn Newcombe:
west side of Winder

John Sykes

A short distance above the gate at the head of the green lane on the west side of Winder, set amongst the tall grasses, is a memorial stone. Inscribed upon it are the words:

In loving memory of
Lynn Newcombe.

Who died here 15th September 1991
age 30 years.

Forever in our hearts.

Along with Nick Brown I went to photograph this stone in January. I knew nothing of Lynn, nor did Nick.

So who was Lynn and what happened to her on that fateful day? I would like to thank Elspeth Griffiths and Jeremy Prall for piecing together the elements of the mystery.

Lynn was not a local girl but she and her partner Rob were staying in the Sedbergh area to attend the wedding



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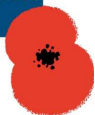
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of a university friend in Killington, the daughter of Mr and Mrs Mather. Lynn and Rob walked up Winder on the Sunday after the wedding. She had felt unwell and had turned back on her own but tragically she collapsed with heart failure on the western ridge of Winder, not far above the fell wall. When she was found, a doctor was called but it was too late to resuscitate her.

In Lynn's memory a bench was placed at the site of her collapse.

By 2009 the bench had perished from nearly 20 years of wind and rain. Jeremy got in touch with Gwen and Brian Newcombe, Lynn's parents, who were living at Lindfield in Sussex, to report that the bench had collapsed and to ask if he could help should the family decide if they would like the bench to be replaced by a new memorial. The family suggested having a modest stone. Consequently Edward Waller, of Able Memorials,

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along with Jeremy found a suitable stone at Carlin Gill, on the edge of the beck near the bridge. Edward fixed the original memorial plate from the bench onto the stone which he then erected on the same site as the bench.

Sadly Lynn's parents were not well enough to travel to Sedbergh to see the new memorial. But they asked if it might be possible for the vicar to bless the stone. Elspeth arranged this with Canon Alan Fell. So on the 15th September 2011, a warm and sunny day, Canon Fell, Elspeth and Jeremy walked up to the newly installed memorial where Canon Fell conducted the following service of dedication:

The Invocation: We meet in the name of the Father, creator and sustainer of all things; in the name of the Son, who shared our human life and brought to us the knowledge and love of God; in the name of the Holy Spirit, who comes to our minds with every good thought and worthy inclination. Amen.

The sentence of our coming today: As Moses climbed the slopes of Sinai to meet Yahweh in the eternally

burning bush, to receive the divine law and the commission of God; as the apostles Peter, James and John were taken up a high mountain, there to see the Lord transfigured in His divinity before them, and as the crowds followed Jesus to hear Him teach the ways of the Kingdom on the Mount of the Beatitudes; so we come today, with our minds open, to this high place of encounter, companionship, beauty and fresh disclosure.

A Psalm Of David: I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh even from the Lord, who hath made heaven and earth. He will not suffer thy foot to be moved: and he that keepeth thee will not sleep. Behold, he that keepeth Israel shall neither slumber nor sleep. The Lord himself is thy keeper: the Lord is thy defence upon thy right hand: so that the sun shall not burn thee by day, neither the moon by night. The Lord shall preserve thee from all evil: yea it is even he that shall keep thy soul. The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore. Glory be to the

Father, and to the Son and to the Holy Ghost, as it was in the beginning, is now and ever shall be: world without end. Amen

The beatitudes: A reading from the Gospel According to St Matthew, Chapter 5 verses 1 to 11: And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him: And he opened his mouth, and taught them, saying, blessed are the poor in spirit: for theirs is the kingdom of heaven. Blessed are they that mourn: for they shall be comforted. Blessed are the meek: for they shall inherit the earth. Blessed are they which do hunger and thirst after righteousness: for they shall be filled. Blessed are the merciful: for they shall obtain mercy. Blessed are the pure in heart: for they shall see God. Blessed are the peacemakers: for they shall be called the children of God. Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

The dedication of the memorial tablet and blessing: Calling to mind all our thoughts and recollections of Lynn, her virtues and her hopes, her strengths and aspirations; remembering her family, her relationships and all her friendships, recalling her times of joy and sadness, her childhood and her adult life, her work and recreation, all that she received and all that she gave to others: we now dedicate this tablet to her honour and in her continuing remembrance:



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Heavenly Father hear us as we dedicate this tablet to the memory of Lynn; by your power may it stand as a fitting tribute to her life and a token of our painful parting from her: may those who see it take courage, join her in the love of the beauties of creation and renew themselves in all that is good and true; and may the blessing of the Divine Trinity be upon us, upon her family and upon all who come to this place seeking refreshment and new understanding, now and all times. Amen.

ROSE COMMUNITY THEATRE

Sandra Gold-Wood

It's March and spring is just around the corner but just before that happens the RCT invites you to its 14th production. This year's bit of nonsense is entitled 'Wars of the Noses' featuring that arch villain Richard the nerd who is an undisputed master of dastardly deeds. The medieval court resides at Sedbergh castle where Mrs Moore the Queen's astrologer is on hand to predict the obvious. Arch Bishop Crookolune is harassing the monks at Firbank Abbey while Henry VI is away with the Fairies. Earl Winder the Kings Baker has his eyes on Queen Joan and Edward IV falls for the widow Garsdale. Still it all gets

sorted out in the end when a certain Lancashire lad turns up. Yes, folks it's Sedbergh's answer to Game of Thrones, so do come along to the People's hall on Thursday/Friday/Saturday, 15/16/17 of March it will be no fun without you. Come every night if you like it's bound to be different from the night before. Tickets £6 adults and £3 under 16's are available at Sedbergh Mini Market, No 6 Finkle Street and the Information Centre. This is a family show, a musical comedy with a pantomime flavour. Sorry we cannot offer a matinee this year.



Stage curtain update;

A few more donations have come in



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including £100 from the local Freemasons, £50 from Spellbound Theatre, £250 from the Chamber of Trade and a very large donation from Dr Gina; God bless her. All this extra money has made it possible to go ahead with the stage area. There will be new front of stage curtains in what we are calling People's Hall blue, side wings and back drop also the curtains each side of the stage at floor level plus the piece de resistance an electric motor to open and close the curtains on stage or from the technical box at the back of the hall. Marvellous and they are likely to be in place by April. However the fund raising will continue as the rest of the PH curtains need to be replaced so a Gala Community Awards Evening

with Supper and Auction is planned for July. Watch this space.

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19th- 22nd September 2018

John Reid

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SLOVENIAN CHOIR

Praise in high circles for Sedbergh

David Burbidge

Everyone in Sedbergh of course knows what a wonderful place it is to live here. But praise for the town also continues to ring out way beyond even the Greater Sedbergh area.

At the beginning of February Lep Pozdrav iz Sedbergha, a quartet made up of singers from the folk choir which I lead, Lakeland Voices, were invited to sing at a function in London attended by the Slovenian Ambassador His Excellency Tadej Rupel, and about 150 members of the British Slovene Association.

The Ambassador was extremely kind about our choir in his speech, praising it as the English choir which sings the most Slovenian songs of all British choirs. Our songs include four part arrangements of the Slovenian national anthem, Zdravljica, the mountain song Planinska ("Come brothers and sisters let's go to the mountains where we can be without worries!") and many other Slovenian folk songs and church songs.

Ambassador Rupel then went on to praise the town twinning arrangement between Zreče and Sedbergh, and our many school and choir exchanges - which included a choir visit just a few weeks ago over the new year to Sedbergh by a Ljubljana choir, and Lakeland Voices' many visits to Slovenia where we are always made extremely welcome in Zreče and other parts of the country

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by our friends who sing in several choirs there.

The function was in honour of Slovenia's national poet France Preseren (similar to Burns Night) and as well as hearing one of Slovenia's most famous singers, Vlado Kreslin, our group were able to make many valuable contacts. These included a language teacher who we have invited to come and help the students of the Slovene language in Sedbergh, and the leader of a choir made up of Slovenians living in London, who we have of course invited to Sedbergh to join our choir, enjoy the warm hospitality of local singers, and meet choirs visiting from Zrece and other parts of Slovenia.

We also enjoyed some happy

reunions - our bass singer Richard by coincidence met Peter and Milan who he has been on walking tours in Slovenia in the past - and to whose house I had gone with a friend over 12 years ago when I first visited this most hospitable country.

As many of you know, our choir sings over a dozen Slovenian songs and other fairly easy to learn folk songs. We are very much an open access choir - there are no auditions and we try to make the singing as accessible as possible for everyone, regardless of physical limitations or the ability to read music.

As well as singing songs from Slovenia, our choir visits Scotland where I have family connections, and we sing a number of songs in Gaelic,

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Scots and English. We combined these together at the beginning of last month with a weekend celebrating the songs from both countries - and of course both national poets.

We'll be touring in Slovenia at the end of May - I am writing this from a Slovenian bar where when the waiter heard I was coming with a choir, rushed off to get his accordion and launched into a medley of Slovenian folk songs and dance tunes - some of

which I will teach to our singers so they can join in when we come.

If you would like to join us you will of course be most welcome - we welcome all Slovenophiles living in the Greater Sedbergh area, but of course those from Sedbergh are especially welcome. I have been sending out recordings of our songs with harmonies for home practice, and we will have some weekend rehearsals before we go. We'll be staying in tourist farms and ethnic hotels and as well as some delicious home cooking, will be enjoying the many opportunities to join together in song, both indoors and outside among these beautiful mountains.

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SEDBERGH ORCHESTRA
Donald Smith
 CONCERT ON MARCH 8th

Keen supporters of the Sedbergh Orchestra will recall that in November we were taken for a tour around the world in 60 minutes or so. For our next concert we are visiting the Caucasus and coming back via Moscow. We will first bounce up and down to the tunes of Khachaturian's music written for a play during World War II: a romantic waltz and a stirring galop fringe a romance and a mazurka.

From the same era came the Trumpet Concerto written by Alexander Arutunyan for a friend killed in the war. Composed in one



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movement it will highlight the brilliant trumpet-playing of our conductor's wife Stella Crompton. Stella played the virtuosic trumpet part for us when we performed the music about the Battle of the Somme last summer and she specifically asked if she could play this work with us. So stand by for a treat !

After the interval we will play the prelude that Mussorgsky wrote for his opera Khovanshchina, a short piece called 'Down by Moscow River'. This will lead to a longer extract from Borodin's opera 'Prince Igor' with the dances of the Polovsti, lyrical, rhythmic and mischievous in turn, and we will end with a lively waltz from one of Shostakovich's suites....we have played this one before but it's got a new name now ! See advert on page 7.

So for a tuneful evening, full of lively vigour and fun , come to St Andrew's Church on Thursday March 8th at 8pm. You can get £2 off your ticket if you buy in advance at the Tourist Office or you can pay £10 at the door. For this you are promised an exotic excursion to the music of the Steppes and beyond !

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CITIZENS ADVICE

Karen Evans

My gym will only allow me to cancel my membership in person. This is written in the contract but I've since moved away from the area. What can I do?

To end your gym membership you will need to follow the terms of the contract. However, it's also possible to challenge terms which are designed to keep you tied into the contract.

Start by writing a letter (use



South Lakes

recorded delivery), or email, explaining why you can't end your membership in person.

If the gym won't accept your written cancellation ask if they've got a complaints procedure in place which you can follow. If not, then send another letter giving them a final chance to end the contract.

If they still won't agree to cancelling your contract get in touch with an alternative dispute resolution (ADR) scheme - an independent complaints body which settles disputes.

You can also contact the Consumer Service or your nearest Citizens Advice for help on cancelling contracts which include possible unfair terms.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 03444 111 444 for an appointment and help, 015394 46464 for debt and on-going enquiries.

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NEIGHBOURHOODALERT TELEPHONE SCAM 1
Telephone Preference Service
 Cumbria Trading Standards are warning local residents be aware of any unsolicited telephone callers asking for the banking details, following reports of residents being cold called by a company claiming to

be from the Telephone Preference Service (TPS).

The service/device they are offering is unlikely to exist and it is simply an attempt to obtain credit card, sort code and bank account details or other financial information from consumers.

Cumbria Trading Standards and Cumbria Police advice is simple; don't give personal or financial information to any cold callers. Often these sellers prey on the most vulnerable. For all your goods and services it is better to deal with reputable traders operating out of fixed premises who you know and trust.

Consumers can register their details

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with the Telephone Preference Service (TPS) to reduce the number of unsolicited sales and marketing calls. More details can be found at www.tpsonline.org.uk or contact the TPS registration line on 0345 070 0707.

If you have been called in this way and require further advice, or want to report the matter, Trading Standards can be contacted via the Citizens Advice Consumer Helpline on 03454 04 05 06 or by visiting www.adviceguide.org.uk

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NEIGHBOURHOODALERT TELEPHONE SCAM 2

Neil Graham

Warning as man posing as a police officer on phone carries out fraud.

Two incidents which appear to be related took place in the Kendal area recently.

This is a scam resulting in the loss of money.

A male claiming to be a Detective Constable contacted two unrelated women at their home addresses, via their landline phones.

Both women were told to withdraw money from their banks and were given instructions on how to do this.

The caller then requested the serial numbers of the bank notes and then

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stated that they were forged notes.

A man then attended the victims' home addresses to collect the notes.

He is described as a young, black man, of very slight build. He was wearing headphones and dressed casually.

Members of the public are asked to be vigilant and to report any similar phone calls to the Police immediately on 101.

NEIGHBOURHOODALERT

Cumbria Trading Standards are continuing to warn both the farming community and local residents to look out for doorstep callers after further reports have been received across the County.

Individuals are visiting farms and offering tarmac for sale stating that they have "left overs" after working on the local highway. Trading Standards advice is to always say 'NO' to any cold callers and we ask that you look out for elderly or vulnerable family, friends and neighbours.

Consumers should be extremely cautious when approached by any doorstep callers offering to sell goods or conduct work on their property. These types of callers often use

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persuasive or aggressive tactics to get people to agree to have work carried out and then charge far more than was quoted for poor quality work or goods.

They often fail to provide a legally required cancellation notice which enables the householder to cancel the work within a statutory fourteen day cooling off period.

If you have been called in this way and require further advice, or want to

report the matter, Trading Standards can be contacted via the Citizens Advice Consumer Helpline on 03454 04 05 06 or by visiting www.adviceguide.org.uk

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NEIGHBOURHOODALERT

D J Whicker

Neighbourhoodalert is a warning system which is activated by Services and Emergency Services by e-mail.

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UNSAVOURY ACTIONS

Dear Editor

Maureen Lamb

Look Out!

"Old age is a bugger! I cannot remember who said it, but it was someone famous. Actually old age isn't a bugger. You can get used to aches and pains and it is nice when some kind person gives up their seat for you in the bus. You realise there are so many kind people in the world but then something happens and you suddenly discover that there are a few out there that are less than kind: they are brutal.

Imagine you are living alone in a very small house, just a living room. a bedroom and a tiny, tiny kitchen. Reaching up to the top shelf in the kitchen is not easy and getting anything out of the back of a low

cupboard well nigh impossible. So SLDC in their wisdom suggest getting in someone to do a clean-up for you, for a price of course, and they suggest the name of a firm that does this sort of thing.

How many people would you think you would need to spend a couple of hours doing this job. One? Or perhaps two if there is heavy furniture to move and the 'one' is not quite built for that. Or perhaps three if you want the job done in an hour and a half. But four? Three men and a woman to be precise.

You are then told you have to get out of the house. Why? And where do you go all of a sudden if walking is not easy and there is a freezing wind outside? You find a solution for that



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problem and make your escape leaving strict instruction that nothing except rubbish must be removed - yesterday's potato peelings, old newspapers and the like.

Returning to your house in due course you meet the 'cleaners' setting off with a large black bag, presumably filled with 'rubbish', which they load into their van and quickly depart. Ready for a meal you look for your potato peeler. It's gone. You look everywhere. Your cutlery drawer is certainly tidy, but where have all your dessert knives gone? Then you notice the food processor is not there. Perhaps they thought that the bag of flour you had just opened you would no longer need now that you have no food processor and perhaps they thought that old ladies should not be eating porridge oats for breakfast, so they took that as well. The lady this all happened to decided she needed to phone someone about this, but where had the phone book gone and the calendar - her special calendar sent to her by her daughter for Christmas?

Life had suddenly become a nightmare. The sunflower oil she



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used for cooking was now with the cleaning materials under the sink and the shower curtain had been thrown over the top rail so that she could not get it down. So it went on, and on.

As you get older doing some jobs become more difficult, but most people can adapt to that. You do not complain as your body changes over time, any more than a teenager is likely to complain that they cannot touch their toes as easily as they could when they were 18 months old when their flexibility is amazing. What does bother most old people is the way younger people not only take advantage of them but treat them as if they were stupid. Would this cleaning firm have taken advantage

in this way of a younger person? As they were still on the list of firms recommended by SLDC, it seems they must have established a reasonable reputation with the local authority.

Bags of flour can be replaced. Things of sentimental value are less easily replaced. What it is impossible to replace are the weeks of mental anguish that follow and the loss of confidence that may be permanent.

So many people in Sedbergh are so kind and helpful but I guess that in every bag of apples you have to expect the occasional rotten one - but maybe this firm did not actually come from Sedbergh. I hope not.

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ELIZABETH'S HAIR

Janet Dodd

Thank you very much to everyone who donated for "Elizabeth's hair".

Our 8 yr old granddaughter donated 12 inches of her hair to the Little Princess Trust who make wigs for children who have lost their hair through medical treatment.

It costs between £300 and £500 to make a wig, friends and relatives in Sedbergh have donated over £150, altogether friends and relatives across the British isles have donated over £1,000! An amazing amount, many thanks to all who helped.

CHURCHES TOGETHER

News from the Pews



Your Parish Church

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

I wish I had a pound for every time I have heard people say how pleased they are to see the Howgills on the horizon when returning home from distant parts. Eagerly awaiting my first view of the fells as we recently returned from an extended time away there were no familiar shapes to see on the horizon as the mist was down and the rain did its best to dampen our homecoming.....it did not succeed!

The next morning, being Sunday, arriving early for the service I felt it such a privilege to be back in St Andrew's amongst all things familiar

and well cared for with faces I know so well arriving one by one and cheery greetings exchanged.

Having our Parish Church in the centre of town not too far away from any of us is a real plus for our community and can be so easily taken for granted. Behind its peaceful facade there are people giving their time and talents to keep the gardens looking good all through the year and likewise the inside is kept in pristine condition by a small group of helpers who sweep floors, polish furniture and clean brasses on a regular basis. Everyone gives of their best efforts and they must not be taken for granted either for without them the weeds, cobwebs and dust would start to take over. Extra hands

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to help are always worth their weight in gold. Everyone seems to be leading busy lives these days but if you can spare a little time now and again to swish a broom, or flick a duster please be in touch.

Soup makers are busy during Lent providing two varieties of their best homemade specialities for our delectation each Wednesday lunchtime at 12 noon immediately following the 11.15am Communion Service. Lent Lunches have been a major fundraiser for charities at home and abroad for many years now and will run until Wednesday 28th March. This year the money raised will be given in equal parts to St John's Hospice in Lancaster and Manna House in Kendal.

As always, there is a welcome on the mat.

B4RN 1

Douglas Thomson

Refreshed local B4RN website

Our refreshed local Broadband for the Rural North (B4RN) website was launched on 3rd February - <http://www.b4sa.org.uk/>

Can I encourage you to look at the site as it contains much information

about the project and how important it is for Sedbergh and the surrounding areas. The gallery page shows that ground work has begun in Firbank and Killington and a small amount in Sedbergh. In other areas a huge amount of effort is being put in by our current volunteers to route planning and gaining access from landowners.

It is always difficult to stimulate interest in investing in the project when there is not much to see. The same is true for people offering to help in some way. Be assured that any help with a wide range of tasks is a good contribution to this community project. Even those who can make tea and cakes are a valuable part of the volunteers' team for as the saying goes 'B4RN runs on tea and cake'!

Do consider investing or volunteering in this project. How to do this is all on the website. The community approach of B4RN has worked well in areas to our south. Let's work together to make it work here as well.

B4RN 2

Dr Gina Barney, Area Lead

Progress in Cautley & Dowbiggin

Now spring has come and we are

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able to get about better, our Route Master, Kevin Lancaster, and his colleagues have planned the primary route. It now needs to go on Google Earth for installation. Our landowners have collaborated in agreeing the necessary way leaves.

Secondary routes are the next priority. These are routes from the primary route to the edge of each subscriber's property. A few more way leaves, but some are over the benefitting landowner so this should be straight forward. Once on the boundary the subscriber is responsible for the route into the property. Lots of precious flagging and fish ponds to avoid!

The good news in our valley is that we have raised the money needed through shares and loans – so all we need now is some good digging weather.

SEDBERGH CRICKET CLUB

Julian Cann

After recent hard times, there are signs of new life in Sedbergh Cricket Club. We have a new captain this season in Ben Ferguson, and we all wish him the best of luck.

The club will be entering the Westmorland League 20 20 Cup competition. Further 20-20 friendly games are planned, as well as a longer game against Hawes on May 13th and the touring Wolvercote Club from Oxfordshire on June 24th at Sedbergh School. We are not yet in a position to rejoin the Westmorland League for Saturday cricket, but hope that 20-20 games will attract new players and lead to greater things in the future.

LADIES NFU

Caroline Sandys -Clarke

Members enjoyed a warm welcome and delicious meal at Sedbergh Golf Club on the 16th January.

Our March meeting is on the 20th when we are looking forward to welcoming our speaker who is to be Denis Whicker.

Visitors are always welcome to our meetings which happen in the People's Hall Committee Room at 7.30 pm on the third Tuesday of the month. A donation to funds is appreciated.

VOLUNTARY CAR SCHEME

Katy Wood

We are looking for Volunteers to assist in Cumbria.

Become a Voluntary Car Scheme Co-ordinator, Car Driver or Community Bus Driver.

Please contact me on 07788 396194 or visit www.cumbria.gov.uk/voluntarycarscheme.

LENT LUNCHES

Anne Reed Screen.

Lent lunches have now started in St.

Andrews Church, Sedbergh. Every Wednesday until 28th March from 12 midday to 1pm. Do come and join us for Soup, Bread rolls and Fruit, and a natter with friends. All proceeds will go to St. John's Hospice and Marron House. We look forward to seeing you.

SEDBERGH LITTLE PEOPLE

Naomi Lidiard

The Sedbergh Little People baby and toddler group would like to say a huge thank you to the Sedbergh Charity Shops for their very kind donation towards our equipment and toys. It was very much appreciated by the children, parents and volunteers and we are excited about investing in some much-needed items. Thank you.

SIGHT ADVICE SOUTH LAKES

Sue Harper

At our second meeting in February, we welcomed new members Donald and Shirley Smith to our group and after tea and biscuits, we all enjoyed a slide presentation and talk by Mike Beecroft on the subject of the island of Saint Helena.

Mike was inspired to visit the remote Atlantic island after picking up a book about the remaining outposts of Empire, on the market.

He spent several days on the island meeting the "Saints" as the inhabitants refer to themselves, after a voyage on the RMS "Saint Helena".

It is a very rugged, hilly island and was chosen as the last residence of Napoleon Bonaparte after his defeat at the Battle of Waterloo in 1815. He was unlikely to escape as the nearest

landfall is 1200 miles away. Napoleon stayed in a house called "Longwood" along with his entourage.

St Helena has been a crown colony since 1834. The total population of the island is only about 4200. The island has been in the news fairly recently due to the installation of an aeroplane runway which has proved to be unusable as a result of strong winds and sudden mists! The RMS ship service sailed for the last time on the 17th February.

Our next meeting is at 2pm on Tuesday 20th March. Members were invited to bring an object of interest to talk about. Tim Ward and Julie Halford from the Kendal office will also be visiting us.

If anyone would like to join the Group, this is your invitation. If you have a sight problem, you qualify to be a member and transport can be arranged.

KNIT & NATTER

Do you enjoy knitting, crochet, stitching etc?

If so, come to a meeting at 1pm on Tuesday 6th March in Gladstone House, Fell Close to discuss the possibility of holding regular 'Knit & Natter' sessions.

All ages and abilities are most welcome.

COIN SORTER

Andi Chapple

The Information Centre has a Coin Sorter available for use, and no, it's not me! Although I do like to count things, it's really soothing. We have just taken delivery of a brand-new, all-automatic coin sorter and counter.

The Parish Council's one wouldn't do the new £1 coins unfortunately and we thought it had been a useful device for several organisations so we would get a new one. If you need to count and sort some coinage, get in touch with the Information and Book Centre on (015396) 20125 or via office@sedbergh.org.uk – or pop in to 72 Main Street – and let us know when you'd like to borrow it.

There is no charge.

COMMUNITY OFFICER REPORT

CSO Mandy Coleman 5244

Logs of note for the area of Sedbergh are

24/1 – Report of cars parked on the pavement, persons watching rugby by the pedestrian crossing. We will monitor this and ticket if obstructing.

26/01 – Theft of fencing posts on the Garsdale Rd.

30/1 – RTC at Marthwaite, very lucky, and no injury. Local Resident stopped to help the trapped lady exit her vehicle before emergency services arrived. Well done!

01/02 – Theft of monies from a licensed premises.

03/02 – 1 person arrested for a drugs

offence.

07/02 – Cold Callers were in the area but we were unable to locate the male. He had been abusive when turned away.

Dangerous driving has been reported in the area, enquiries are still ongoing.

CRIME FIGURES

Crime figures can be obtained via the Cumbria Police Website:

<https://www.cumbria.police.uk/Your-Area/Your-area.aspx>

Alternatively use the following link:

<https://www.police.uk/>

CRIME PREVENTION

Any suspicious activity/vehicles please contact 101.

Keep your dogs on leads when crossing open fields that have a foot path across it, sheep are in lamb or have lambs at foot.

Make sure when seeing a suspicious vehicle/person you try to get all details, registration number, description and direction of travel.

Flooding and icy conditions has been an issue, please ask yourselves "Do I need to make this journey?", many cars were recovered from the roads with drivers trying to drive through the water and becoming

Calling all PHOTOGRAPHERS!

Please consider donating images for the
Information & Book Centre's 2019 calendar.

We're looking for striking and unusual images with something that ties them to the area.

Images will need to be landscape format and around 12 x 9 inches at 300 pixels per inch (they will be reproduced at A4). Email images, Flickr links etc. to office@sedbergh.org.uk or drop your prints in at 72 Main Street by the second week of February 2018.

* The 2018 calendar is on sale now at no. 72 *

submerged, you not only put yourself at risk, but those of others.

PARTNER AGENCY MESSAGES

Noise issues are dealt with by Environmental Health.

Cold Callers are dealt with by Trading Standards but you can inform us if they are pushy or rude or seem suspicious.

Please be aware of a recent telephone scam relating to PPI where the caller has promised a sum of money to be paid if the victim puts cash onto an itunes card for collection by their representative. Under no circumstances should cash be paid upfront for any such service and no legitimate company would request this.

CUMBRIA COMMUNITY MESSAGING

Please pass this message onto friends, family and residents of your areas to re highlight the issue.

If you would like to join Cumbria Community Messaging then please contact us or visit:

www.cumbriacommunitymessaging.co.uk

It is managed by the Cumbria Neighbourhood Watch Association and offers you and other members of communities across Cumbria the means to receive crime information from Cumbria Police. You can select which information you wish to receive by managing your own settings, and it is completely FREE. Anyone can join, you do not have to be a member of Neighbourhood Watch (NHW), or become a member of NHW to join. Farm Watch, Church Watch and Camping and Caravan Watch are a small example of the schemes that

you can register for. You can join as an individual or as a group. If you want to receive information but do not wish to be responsible for a larger group, you are still welcome to make use of this messaging system.

As well as Cumbria Constabulary the partners providing information are Cumbria County Council, Cumbria Fire and Rescue Service and Cumbria Neighbourhood Watch Association. If you do not have internet access, contact your local PCSO and they will aid in registering your details on the system.

FOLLOW US ON TWITTER AND FACEBOOK

www.twitter.com/cumbriapolice

<https://www.facebook.com/cumbriapolice>

<https://crimestoppers-uk.org/>

Contact police on 101 For emergency

always call 999

Your Community Support Officer is:

CSO Mandy Coleman 5244

Email:

Amanda.coleman@cumbria.police.uk

EDITORS COMMENTS

NEW ADVERTISERS

This month, we have another three new Advertisers with Valerie Hinde Architect, Richard Hoggarth Builder and Al Forno Italian Restaurant. Please give them your support and please tell them that you saw their Advert in Lookaround.

FUTURE OF LOOKAROUND

Progress is slow in forming a new Group' but the horizon is in sight. If you would like to help to keep the Lookaround going, please contact me by any means.

Back in the early days, everything



stramongate press

printers

printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448
fax 01539 730253
e-mail info@strampress.co.uk
website www.strampress.co.uk

came in on paper and it was hard work. Today, most of the information comes in electronically which makes the task so much easier. Regular Editorial Meetings would not be required and not so many people to put things together so just a couple of hours per month would be required.

Who would be required? I would suggest the following:-

- 1) someone to oversee everything
- 2) someone to collate information
- 3) someone to put things together after the Closing Date
- 4) someone to look after the finances.

To do all of 1) to 4) would be hard work for anyone but to do them individually would be very easy.

If there is no support or help, the last issue of Lookaround will be December 2018. I am now not taking any Advertising after that month. Should the Lookaround continue, new Contracts will be made from February 2019 with the new Group.

LOOKAROUND INFORMATION

The Sedbergh & District Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker & is printed by Stramongate Press. The content of The Lookaround does not reflect the views of the Editors.

Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions. If there is an error with your article or advert, it is your turn this month in amongst hundreds of entries each month.

Current Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by

Post (please enquire). *Back Copies* are available to read at the History Society Archive at 72 Main Street.

All items for Lookaround must be sent to 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to

editor@sedberghlookaround.org.uk

ARTICLES

All articles and reports are inserted for free and photographs are included pending on space. Could text be submitted either typed out or written in BLOCK CAPITALS as sometimes, it can be difficult to establish what is written.

ADVERTISING

For the benefit of advertisers, the following information will assist you.

If you wish to place an Advert in Lookaround, please include the correct money or cheque with the details & place it in the Post Box. A receipt will be issued & left in the Lookaround Tray in the Office for collection or include a SAE.

Our distribution area is the LA10 Postal District which is Sedbergh & the surrounding villages, but it is sent all round the country & the world.

We are published on the 1st of every month (except January).

February to November is printed black ink on white. The December/January issue is in full colour. All copies have a full colour cover to indicate a new issue & photographs are requested from our readers who will be credited.

We do not have whole page adverts but will allow two half page adverts opposite each other.

The Front Page is given priority to Event Adverts relevant for the

appropriate month.

You can supply the information & we can create an advert for you. You can supply an example in hard copy & we will reproduce it (please mention if a particular Font is required). You can supply an original using Microsoft Publisher, a Word, a jpg (preferred) or as a PDF (*although the quality is reduced when importing it*).

If you order numerous adverts, the content can be the same every month or it can change if you are seasonal.

The closing date for everything is 15th of every month.

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999 (*Over 18 years ago.*)

PERSONAL MESSAGES

These are £1 each & are for sending Good Wishes, Thank You's, Birthday Greetings, Anniversaries & any other celebration or congratulation. You may also sell personal items - not on a business basis, & also make an appeal for wanted items.

Details with respect to people Passing Away are inserted for free.

Please submit legible writing as many mistakes have been made in the past due to not being able to read the text properly.

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is

to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable (for the last 18 years). All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

Adverts for the Rent or Sale of property are not Personals & can only be included as a boxed Advert.

If you are a new advertiser in Lookaround & you order 3 or more adverts, you will receive one free advert & can also include some text explaining who you are, what you are, where you are, etc (which can not all go into an advert) up to about 550 words for free.

If you have more than 3 months of advertising, we will automatically send a renewal reminder should you wish to continue. If you order 10 months, we give you one free (making one whole year).

We respectfully request payment with ordering. Please make cheques payable to "Sedbergh & District Lookaround".

Payments by BACS can also be made.

This account is valid from June 2017.

Account: Lookaround
Account Number: 90931551
Code: 20-45-45
Reference: Invoice Number,
your name or reference.

CAN YOU PLEASE INCLUDE THE

INVOICE NUMBER WHEN PAYING BY BACS?

Any receipts issued for Adverts will be left in the Lookaround Tray in the Information Centre for collection.

CHILDREN'S BIRTHDAYS

Children's Birthdays are included free on the Birthday Page until their 11th Birthday.

Every month, a randomly selected child will receive a £10 Gift Voucher to be used in Sedbergh or Dent from Lookaround who will receive it by post. For this reason, we require the postal address of each child. If we have no address, they are unable to receive it.

If anyone or any business would like to Sponsor the Birthday Voucher, please contact us. Full credit will be given.

COVER PICTURES

If you have any suitable pictures to go onto the Cover of Lookaround, please send a High Quality copy with the location and your name and you will be credited. Please remember that the picture will be split into two by the Spine so try and get a picture of two halves.

Many good pictures also appear in 'Sedbergh in Pictures' on Facebook.

Below is a nice one by Sam Sandham.

Dennis J Whicker



PERSONAL & SMALL ADS £1

EILEEN CRAVEN

Wishing you a Happy **90th Birthday** Eileen on 6th March. With love from Peter, Dianne, Ian and their families.

=====

CAROLE MARSDEN

Greetings from the deep south well Shrewsbury. It's nearly 3 months since we departed Sedbergh for Shrewsbury and we wanted to report all is well. So far so good! Thank you to everyone for their heartfelt goodbyes and gifts. We were incredibly moved by all the cards and messages, to tears on some occasions! We miss the place and people of Sedbergh a lot, the familiar faces and easy conversations but have been made very welcome by the church folks and everyone we've met. Hannah and Eleanor have settled well in their new school and Roxy misses her human's. So thank you very much, you remain in our thoughts and prayers and we look forward to holidaying with you over the summer. Carole, Rob, Hannah, Eleanor and Roxy.

THANK YOU

Many thanks to the person who found my Bus Pass and kindly took it to the Information Office. Also to Sandra Gold-Wood who delivered it to me. Marjorie Fishwick.

=====

HELP REQUIRED

Help required by elderly lady for general duties e.g. shopping, cleaning etc (no personal care). Flexible hours and days. Must be reliable and car essential. Sedbergh area. £8 per hour. Phone Mary on 07484-113848 Mon-Fri, 9am - 3pm.

=====

FOR SALE

Sony 40" Bravia TV in vgc. £60 ono. Tel: 20980

=====

FOR SALE

Electric Rise & Recline Chair, high-backed and upholstered in light cream material. Good condition. £95. Electric single Rise & Fall bed in excellent condition. £125. Pine bedroom furniture consisting of Double Wardrobe, Bedside Cabinet & Chest of Drawers. Victorian style with attached mirror. £200. To view, please phone 015396 21400 or 07580 437923.



CONFERENCE & TRAINING SUITES

Station Road, Sedbergh
Tel: 01539 718191
Email: sedbergh.conference@cumbria.nhs.uk
www.sedberghmc.co.uk

FOR COMMUNITY & HEALTH RELATED

MEETINGS/CONFERENCES, WE HAVE 3 ROOMS FOR HIRE.

- **MEETING ROOM** UP TO 8 PEOPLE
- **IT TRAINING ROOM** UP TO 20 PEOPLE
- **LARGE TRAINING ROOM** UP TO 40 PEOPLE

PRICES RANGE FROM

£20-£50 PER HALF DAY AND £40-£90 PER FULL DAY.
HOURLY AND EVENING RATES AVAILABLE.

FREE WIRELESS FACILITY & STATE OF THE ART EQUIPMENT HIRE.

15% DISCOUNT ON ROOM HIRE

IF LOOKAROUND MENTIONED WHEN BOOKING



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs Lappin	The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05) <i>4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL</i>	20200
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB; Free Wi-Fi</i> e-mail: sangold.kwood@virgin.net	21808
Mrs G Baines	Howgill View, 11 Bainbridge Road, Sedbergh LA10 5AU (2017/09) <i>2D; CH; L; NS; NP; VB; CW; DFB; Free WiFi</i> e-mail: gill.durie@hotmail.com	21510
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 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
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

CAMPING, CARAVANNING & SELF-CATERING

Mrs Whitfield	Old Station Cottage, Station Road, Sedbergh LA10 5HP (2016/12) <i>Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage</i> www.oldstationcottage.co.uk	20799
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	20360
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/03)	21175 <i>Sleeps 4 people; D; T; CH; L; P; NS</i>	
Borrett Barn Flat, Marthwaite, Sedbergh (2018/03)	21175 <i>Sleeps 4 people; D; T; CH; L; P; NS</i>	
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)		01969 667356
	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	

KEY

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

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1600	3rd Sunday	Messy Church	CCCN
1000	Every Monday	Wild Goose Qigong	CCCM
1030	Every Monday	Sedbergh Songsters	GH
1730	Every Monday #	Brownies	CCCN
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1900	3rd Monday	Chamber of Trade	PH
1430	Last Monday	Tea & Company	CCCN
0930	Every Tuesday	Drop-in & Relax	MCD
1300	Every Tuesday	Howgill Toddlers	HVH
1830	Every Tuesday	Cub Scouts	SHQ
1830	Every Tuesday	Swimming Club	SS
1930	Every Tuesday	Bridge Club	WHC
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH
1930	3rd Tuesday	Ladies NFU	PH
0830	Every Wednesday	Sedbergh Market	JLCP
1000	Every Wednesday	Coffee Morning	CCCM
1000	Every Wednesday	Yoga for All	HVH
1145	Every Wednesday	Age UK Swimming	SS Baths
1315	Every Wednesday	Art Society	PH
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Beaver Scouts	SHQ
1900	Every Wednesday	Sedbergh Town Band	SSBR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1830	Every Thursday	Swimming Club	SS
1800	Every Wednesday	Yoga for All	SPS
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	Every 2 weeks	Cameo Club	CCCN
1430	1st Thursday	Afternoon Cream Tea	Duo
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Age UK Lunch Club	Red Lion
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1100	Every Friday	Mindfulness Course	MCD
1700	Every Friday #	Barrel of Fun	StAS
1800	Every Friday	Cub Scouts	SHQ
1930	Every Friday	Scouts & Explorers	SHQ
1330	1st Friday	Dentdale Club	DMH
1000	Every Saturday	Swimming Club	SS

= School Term Time Only

See Group Page for contact details & Diary Page for Keys

PLACES OF INTEREST TO VISIT IN THE AREA

Bowling Green, Queens Gardens
Bruce Loch Nature Area, Busk Lane
Cautley Spout, A683 towards Kirkby Stephen
Community Office, 72 Main Street
Cornerstone Community Church, Main Street
Cornerstone Community Church, New Street
Cumbria Wildlife Trust, Community Office
Dent Heritage Centre, Laning, Dent *
Farfield Mill, A684 Garsdale Road *
Free to LA10 Residents on Sundays
Friends Quaker Meeting House, Brigflatts
George Fox's Quaker Pulpit, Firbank
Golf Club, Catholes, Sedbergh *
Information Centre, 72 Main Street
History Society, Community Office
Holme Working Farm, Middleton *
Holy Trinity Church, Howgill
Jubilee Wood Nature Area, Castlehaw Lane
Langstone Fell, A684 Garsdale Foot
Motte & Bailey Castle, Castlehaw Lane
Pepperpot Folly, Busk Lane
Picnic Site, Ghyllas, Cautley Road
Picnic Site, Settlebeck New Bridge
Play Ground, Dent Village
Play Ground, People's Hall
Play Ground, Maryfell
Queen's Gardens, Station Road
St. Andrew's Church, Dent
St. Andrew's Church, Main Street, Sedbergh
St. Gregory's Church, Vale of Lune
St. John's Church, Cowgill
St. John's Church, Firbank
St. John's Church, Garsdale
St. Mark's Church, Cautley
Sedbergh Embroidery, StAS
Tennis Courts, Guldrey Lane
Winder Fell, above Sedbergh

* = Entry Fee Applicable

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	09/16	Helpline	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
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
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	12/15	Mr Parratt	Sed:	20964
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	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cornerstone Community Church Rooms	01/09	Mrs Haworth	Sed:	20428
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	06/16	Dr Ripley	mylesripley52@gmail.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	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
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
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	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
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	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
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	mylesripley52@gmail.com	
Labour Supporters Group *	12/17	Mr Cross	Sed:	22566

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 *	03/18	Mrs l'Anson	Sed:	21757
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554
People's Hall	08/15	Sleepy Elephant	Sed:	21770
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	04/17	Mr Hopps	07870	785322
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Schools				
Dent Primary	03/13	School	Dent:	25259
Dent Primary - Friends of	03/13	School	Dent:	25259
Sedbergh Primary	01/09	School	Sed:	20510
Settlebeck	01/09	School	Sed:	20383
Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com	
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
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
Yoga	11/16	Mrs Hennedy	Sed:	20899
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect, please let us know.

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	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1300	1330 (L)	Wed	564A	W
1015 (L)	1045	Wed	564A	W	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	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 to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
					Last Update: May 2017				

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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)

Western Dales Bus S1 Kendal Shuttle Saturdays from 7th October 2017						
Kendal Morrisons				12:45		
Kendal Blackhall Road [opp bus sta]		09:00	12:50	14:20	16:15	
Kendal Asda		09:06	12:56	14:26	16:21	
Westmorland Hospital		09:07	12:57	14:27	16:22	
Oxenholme Station		09:10	13:00	14:30	16:25	
Killington M6 Bridge		09:20	13:10	14:40	16:35	
Sedbergh Dalesman		09:33	13:23	14:53	16:50	18:40 R
Sedbergh Maryfell		09:35	13:25	14:55	16:52 R	-
Dent village		09:50		15:10	17:05	18:55 R
Cowgill		10:03			17:18	19:08 R
Dent Station		10:05			17:20	19:10 R
<i>Dent Station</i>						
<i>Train from Leeds</i>		10:16				19:23
<i>Train from Carlisle</i>		10:40			17:32	19:20
Dent Station		10:20 *			17:35	19:30 R
Cowgill		10:22			17:37	19:32 R
Dent village		10:35		15:15	17:50	19:45 R
Sedbergh Maryfell	08:15	10:48	13:38	15:28	18:03	-
Sedbergh Library	08:20	10:50	13:40	15:30	18:05 *	20:00 R
Killington M6 Bridge	08:30	11:00	13:50	15:40		
Oxenholme Station	08:40	11:10	14:00	15:50		
Westmorland Hospital	08:43	11:13	14:03	15:53		
Kendal Asda	08:45	11:15	14:05	15:55		
Kendal Blackhall Road Bus Station	08:55	11:25	14:15	16:05		
Kendal Morrisons		11:30				
<p>* R = Calls on Request only.</p> <p>* On reaching Sedbergh Library at 1805 the bus will only continue with the last journey to Dent Station and back by request to the driver earlier in the day.</p> <p>* 1020 from Dent Station will wait up to 10min beyond the scheduled departure for a late running train from Leeds</p>						

BUS SERVICES

Western Dales Bus S3 Hawes Hopper
Tuesdays only from 2nd May 2017 R = Request only

Dent	-	09:30	-	13:40	15:40 R
Spar	-	09:44	11:20	13:54	15:54 R
Library	-	09:45	11:21	13:55	15:55 R
Maryfell	-	09:47	11:23	13:57	15:57 R
Farfield Mill (entrance)	-	09:49	11:25	13:59	-
Garsdale Street	-	09:58	11:34	14:08	-
Garsdale Station Arrive	-	10:04	11:40	14:14	-
Garsdale Station Depart	-	10:06	11:42	14:16	-
Moorcock Inn	-	10:08	11:44	14:18	-
Hawes Creamery	-	10:19	11:55	14:29	-
Hawes Market Place	-	10:21	11:57	14:31	-
Hawes Dales Centre	-	10:23	11:59	14:33	-
<i>Garsdale Station</i>					
<i>Train to Carlisle</i>		10:21	12:17	14:20	16:16
<i>Train to Leeds</i>		10:02	13:02	15:13	
Hawes Dales Centre		10:35	12:33	14:43	-
Hawes Market Place		10:40	12:35	14:45	-
Hawes Creamery		10:42	12:37	14:47	-
Moorcock Inn		10:53	12:48	14:58	-
Garsdale Station Arrive		10:55	12:50	15:00	-
Garsdale Station Depart		10:57	12:52	15:02	-
Garsdale Street		11:03	12:58	15:08	-
Farfield Mill (entrance)		11:12	13:07	15:17	-
Maryfell		11:14	13:09	15:19	-
Library	09:10	11:16	13:11	15:21	-
Opposite Morphet's Garage	09:11	11:17	13:12	15:22	-
Dent	09:25		13:26	15:36 R	-

- * R = At 1522 at Sedbergh Spar the bus continues to Dent village only on request to the driver.
- * Connection to Hawes from 1021 train provided by Little White Bus (tel 01969 667400).
- * The bus can be boarded or alighted at any place it is safe to stop. Please give a clear indication to the driver.

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

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

BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect
 Fridays only from 6th October 2017 R = Request only

Dent	-	09:30	-	-	13:40	15:45 R
Sedbergh Spar	-	09:44	-	11:29	13:54	15:59 R
Sedbergh Dalesman	-	09:45	-	11:30	13:55	16:00 R
Sedbergh Maryfell	-	09:47	-	11:32	13:57	16:02 R
Cautley Cross Keys	-	09:54	-	11:39	14:04	-
Fat Lamb	-	10:00	-	11:45	14:10	-
Ravenstonedale	-	10:05	-	-	14:15	-
Kirkby Stephen Station arr	-	10:12	-	11:52	14:22	-
Kirkby Stephen Station dep	-	10:15	10:36	11:55	14:25	-
Kirkby Stephen Town	-	10:20	10:41	12:00	14:30	-
Kirkby Stephen Co Op		10:21	10:42	12:01	14:31	
<i>Kirkby Stephen Station</i>						
<i>Train from Leeds</i>			10:34	12:30	14:32	
<i>Train from Carlisle</i>				12:49	15:00	
Kirkby Stephen Co Op		10:24	10:49	12:34	14:48	
Kirkby Stephen Town		10:25	10:50	12:35	14:49	
Kirkby Stephen Station arr		10:30	10:55	12:40	14:54	
Kirkby Stephen Station dep			10:58	12:43	15:02	
Ravenstonedale				12:50	15:09	
Fat Lamb			11:05	12:55	15:14	
Cautley Cross Keys			11:11	13:01	15:20	
Sedbergh Maryfell			11:18	13:08	15:27	
Sedbergh Library	09:10		11:20	13:10	15:29	
Opposite Morphet's Garage	09:11		11:21	13:11	15:30 *	
Dent	09:25			13:25	15:44 R	

* R= Calls on request only

* The 1530 from Sedbergh to Dent and back will only run upon request to the driver on the day.

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

BUS SERVICES

Western Dales Bus S5 Kendal Shopper
Thursdays only from 19th October 2017

Sedbergh, Dalesman	08:55		
Sedbergh, Maryfell	08:57		
Cautley, Cross Keys	09:05		
Fat Lamb	09:13		
Kirkby Stephen Station entrance	09:19		
Kirkby Stephen Town, Market Place	09:24		
Kirkby Stephen Co-op	09:29	11:39	14:19
Kirkby Stephen Town, Market Place	09:30	11:40	14:20
Kirkby Stephen Station entrance	09:35	11:45	14:25
Ravenstonedale, Nursery School	09:41	11:51	14:31
Newbiggin on Lune	09:45	11:55	14:35
Tebay Roundabout	09:54	12:04	14:44
Killington M6 bridge	10:04	12:14	14:54
Kendal Castle Green	10:13	12:23	15:03
Kendal Blackhall Road	10:18	12:28	15:08
Kendal Morrisons	10:23	12:33	15:13
Kendal Morrisons	10:33	13:13	15:23
Kendal Blackhall Road	10:40	13:20	15:30
Kendal Castle Green	10:45	13:25	15:35
Killington M6 Bridge	10:54	13:34	15:44
Tebay Roundabout	11:04	13:44	15:54
Newbiggin on Lune	11:13	13:53	16:03
Ravenstonedale, Primary School	11:17	13:57	16:07
Kirkby Stephen Station entrance	11:24	14:04	16:14
Kirkby Stephen Town, Market Place	11:30	14:10	16:20
Kirkby Stephen Co-op	11:31	14:11	16:21
Kirkby Stephen Town, Market Place			16:22
Kirkby Stephen Station entrance			16:27
Fat Lamb			16:34
Cautley, Cross keys			16:41
Sedbergh, Maryfell			16:49
Sedbergh, Library			16:51

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

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

March Church Services					
St. Andrew's Sedbergh	4th	11th	18th	25th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	Ecumenical Service @ CCCM	FS Mothering Sunday	Holy Communion	Palm Sunday	
6.30 pm	Evening Prayer		Evening Prayer	6pm Choral Evensong	
Wednesday	7th	14th	21st	28th	
11.15	HC BCP	HC BCP	HC BCP	HC BCP	
	4th	11th	18th	25th	
St. Mark's Cautley	2:30 pm Holy Communion			2.30 pm Prayer & Meditation	
St. John's Garsdale	10.00 am Holy Communion	2.00 pm Low Smithy	6.30 pm Street Chapel	10.00 am Holy Communion	
Lune Parish Services					
	4th	11th	18th	25th	
Holy Trinity Howgill		2.00 pm Howgill		2.00 pm Holy Communion	
St John's Firbank		2.00 pm Firbank			
All Saints Killington	10.30 am Ecumenical Service @ CCCM		2.00 pm Holy Communion		
Dent & Cowgill Parish Services					
	4th	11th	18th	25th	
St. Andrew's	10.30 am Holy Communion	10.30 am Holy Communion	10.30 am Holy Communion	10.30 am Holy Communion	
St. John's		2.30 pm Service of the World		2.30 pm Holy Communion	
Cornerstone Community Church (CCCM/N) Services (Formerly URC & Methodist)					
	4th	11th	18th	25th	
10.30 am	CCCM	CCCN	CCCN	CCCN	
worship@peopleshall			Messy Church		
	7th				
10.30 am	People's Hall				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			Taize = Modern Chants & Choral		
			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. Peter Campbell Tel: 20918

CORNERSTONE COMMUNITY CHURCH

New Street/Main Street

Sunday 10.30

Rev. David Crouchley Tel: 20329

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. Andy 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: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. Andy McMullon Tel: 20018

Rev. Christine Brown Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

Rev. David Crouchley Tel: 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

Amanda Reynolds Tel: 07545 375721

Lookaround Advertising Rates

Single Column 2.56" x 1"	=	£7.50
Single Column 2.56" x 2"	=	£10.00
Single Column 2.56" x 3"	=	£12.50
Single Column 2.56" x 4"	=	£15.00
Double Column 5.2" x 2"	=	£15.00
Double Column 5.2" x 3"	=	£20.00
Double Column 5.2" x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month to Britain	=	£2.50
Postal per month Overseas	=	£6.00

All information to
72 Main Street, Sedbergh LA10 5AD
Closing Date 15th of every month.

*Can all adverts please be
accompanied with the correct money
at the time of submission.*

*Last Advert Update August 1999
Last Donation Update December 2009
Last Postal Update September 2016*

DIARY OF EVENTS

Dates are held up to 13th December 2018.

Dates in **BOLD** are start & finish events.

Numbers in Brackets indicate Advert/Article on a Page.

Month in Bracket relates to issue that details last appeared.

MARCH

1	St David's Day	
1	1000 Voices from the Land Exhibition	DCMH
1	1030 International Textile Exhibition (6)	FM
1	1930 WIH&F - Mentoring Nurses in Nepal	HVH
2	1000 Mindful Yoga (11)	MCD
2	1100 Women's World Day of Prayer (5)	StAD
2	1900 Tim Farron MP (44)	PH
2	1930 Domino Drive & Tattie Pie	HVH
3	1000 StAD Coffee Morning	DMH
3	1030 International Textile Exhibition Ends (6)	FM
3	1930 Flicks in the Fells (4)	PH
4	1100 Rainbow Chakra (11)	MCD
5	1900 COGS AGM (31)	RR
5	1930 GVH Domino Drive	GVH
6	1300 Knit & Natter (text)	GH
6	1700 Senior Citizens Party (1)	SSAT
6	1930 Scottish Dancing (text - Feb)	CVH
7	1000 Weekly CM - Vacant	CCCM
7	1900 Community 1st Responders AGM (7)	RR
7	1930 HS - Discovering Landscape History (21)	SSAT
8	1200 Lunch Club Age UK	Red Lion
8	1900 Moving Mountains (8)	CCCN
8	1915 Royal British Legion	WHC
8	2000 Sedbergh Orchestra Concert (7 & 66)	StAS
9	Moving Mountains (8)	Sedbergh
9	1930 Encore Opera Group Concert (7 & 34)	SS
10	Moving Mountains (8)	Sedbergh
10	1000 Creating Flow with Qugong (11)	MCD
10	1000 Coffee Morning (8 & 10)	GVH
10	Dentdale Run	Dent
11	Mothering Sunday	
11	Moving Mountains (8)	Sedbergh
11	1100 Meet The Artists (6)	FM
11	1100 Group Meditation (11)	MCD
13	1400 WIK - My Weaving Journey	PH
13	1930 Domino Drive	FCH
14	1000 Weekly CM - Christian Aid (14)	CCCM
14	1300 Medical Centre Closed for Training (14)	MC
14	1915 WID - Yoga for all ages	DMH
14	1930 WIS - A Little Easter Gift	CCCN
14	1930 CWT Gardening for Butterflies	CCCM
15	1900 The Wars of the Noses (1)	PH
16	1900 The Wars of the Noses (1)	PH
17	St Patrick's Day	
17	1000 CM - Dentdale Chapel	DCS
17	1900 The Wars of the Noses (1)	PH
19	1930 Trade & Commerce Meeting (text - Feb)	PH
20	1400 SASL - An Unusual Object	PH
20	1430 SS Wilson Run (38)	Back Lane
20	1930 Scottish Dancing (text - Feb)	CVH
21	1000 Weekly CM - Town Band	CCCM
21	1930 HS - Iron Age Track to Motorway (21)	SSAT
23	1330 AS Ruth Clayton	CCCN
23	SS Term Ends	
24	1000 AS Autonomous Workshop	CCCN
24	1000 Learn to Meditate (11)	MCD

24	1300 Spring Show (24)	PH
24	St John Hospice Jumble Sale	Ingleton
24	1900 HS AGM (21)	SSAT
25	Clocks March Forward	
25	Sedbergh Super Tens (38)	Busk Lane
25	1930 North Westmorland Arts Concert (Sept)	Appleby
26	1000 Voices from the Land Exhibition Ends	DCMH
26	Sedbergh Super Tens (38)	Busk Lane
26	1930 Dentdale Memorial Hall AGM (Dec text)	DMH
28	1000 Weekly CM - North West Cancer	CCCM
30	Good Friday	
30	Town Band Concert & Dance	
APRIL		
1	1330 Easter Duck Race (41)	New Bridge
2	Easter Monday	
2	1000 Easter Monday Sale (42)	DMH
4	1000 Weekly CM - Garsdale Village Hall	CCCM
5	1930 People's Hall AGM	PH
5	1930 WIH&F - NW Blood Bikes	FCH
7	Marie Curie Daffodil Day (15)	Barbon
7	1000 StAD Coffee Morning	Cancelled
7	1930 Flicks in the Fells (4)	PH
10	1400 WIK - Life Histories in Dementia	PH
11	1000 Weekly CM - St John's Hospice	CCCM
11	1915 WID - From Barrow to Bagdad	DMH
11	1930 WIS - Your Bladder & You	PH
12	1200 Lunch Club Age UK	Red Lion
12	1915 Royal British Legion	WHC
17	1400 SASL - Dennis Whicker Presents	PH
18	1000 Weekly CM - St Andrew's Mission	CCCM
20	Town Band Dance Concert	PH
21	1000 AS Workshop - Alex Jakob Whitworth	CCCN
21	1000 CM - Dentdale Chapel	DCS
21	1930 Olde Time Dance	PH
23	St George's Day	
25	1000 Weekly CM - North West Cancer	CCCM
25	1930 CWT Amazon to the Antarctic	CCCM
MAY		
2	1000 Weekly CM - TBA	CCCM
3	0700 Local Elections	
3	1930 WIH&F - Quilling Demonstration	HVH
4	1800 KL Beer Festival	KLRC
5	1000 StAD Coffee Morning	DMH
5	1200 KL Beer Festival	KLRC
5	1930 Flicks in the Fells (4)	PH
6	1200 KL Beer Festival	KLRC
7	May Bank Holiday	
9	1000 Weekly CM - Firbank Church	CCCM
9	1400 WIK - Resolutions + Joining the Dots	PH
9	1915 WID - Resolutions	DMH
9	1930 WIS - First Responders	PH
10	1200 Lunch Club Age UK	Red Lion
10	1915 Royal British Legion	WHC
11	1900 British Legion Annual Dinner (59)	Golf Club
12	Town Band Garden Concert	Queens Gardens
13	Sedbergh Singing Walks Starts	Sedbergh
15	1400 SASL - TBA	PH
16	1000 Weekly CM - Christian Aid	CCCM
18	1330 AS Helen Shields	CCCN
18	Sedbergh Singing Walks Ends	Sedbergh
19	1000 AS Autonomous Workshop	CCCN
19	1000 CM - Dentdale Chapel	DCS

COVER PHOTO

St Andrew's Church Snowdrops and Shadows

Bill Lewis

23	1000	Weekly CM - Ladies NFU	CCCM
28		Spring Bank Holiday	
30	1000	Weekly CM - COGS	CCCM

JUNE

2	1000	StAD Coffee Morning	DMH
2		Country Fest	Crooklands
3		Sedbergh Music Festival Starts	Sedbergh
3		Country Fest	Crooklands
6	1000	Weekly CM - Garsdale Church	CCCM
7	1930	WIH&F - Aunt Edna's Hats	FCH
12	TBA	WIK - Outing	TBA
13	1000	Weekly CM - H&FWI	CCCM
13		WID - Summer Outing	TBA
13		WIS - Summer Outing	TBA
14	1200	Lunch Club Age UK	Red Lion
14	1915	Royal British Legion	WHC
17		Sedbergh Music Festival Ends	Sedbergh
19	1200	SASL - Summer Lunch/Outing	TBA
20	1000	Weekly CM - Allotment COGS	CCCM
23	1930	Olde Time Dance	PH
23	1000	CM - Dentdale Chapel	DCS
27	1000	Weekly CM - Killington WI	CCCM

JULY

4	1000	Weekly CM - United Reformed Church	CCCM
4		Town Band AGM	
5	1930	WIH&F - Members Evening	HVH
7	1000	StAD Coffee Morning	DMH
10	1400	WIK - British from the bottom up	PH
11	1000	Weekly CM - Royal British Legion	CCCM
11	1915	WID - Weather & Climate	DMH
11	1930	WIS - 30 Years Behind the Mike	PH
12	1200	Lunch Club Age UK	Red Lion
12	1915	Royal British Legion	WHC
18	1000	Weekly CM - Middleton Church	CCCM
21	1000	CM - Dentdale Chapel	DCS
25	1000	Weekly CM - Sedbergh WI	CCCM

AUGUST

1	1000	Weekly CM - Allotment COGS	CCCM
2	1930	WIH&F - YDNP Ranger Paul Wilkinson	FCH
4	1000	StAD Coffee Morning	DMH
8	1000	Weekly CM - North West Cancer	CCCM
8	1915	WID - Blood Bikes	DMH
8	1930	WIS - Games Night & Photo Share	PH
9	1200	Lunch Club Age UK	Red Lion
14	1400	WIK - Khiraula Education in Nepal	PH
15	1000	Weekly CM - Garsdale Churches	CCCM
18	1000	CM - Dentdale Chapel	DCS
22	1000	Weekly CM - Beekeepers	CCCM
27		August Bank Holiday	
27	1200	Dent Gala	Dent
29	1000	Weekly CM - St Andrew's Mission	CCCM

SEPTEMBER

1	1000	StAD Coffee Morning	DMH
1	1930	Flicks in the Fells (4)	PH
5	1000	Weekly CM - Garsdale Church	CCCM
6	1930	WIH&F - The Smokery Haverigg HM Prison	HVH

11	1400	WIK - Why Not Alpacas?	PH
12	1000	Weekly CM - Talking Lookaround	CCCM
12	1915	WID - Open Meeting	DMH
12	1930	WIS - A Little Bit of Art	PH
13		Westmorland County Show	Crooklands
13	1200	Lunch Club Age UK	Red Lion
18	1400	SASL - TBA	PH
19	1000	Weekly CM - St John's Hospice	CCCM

DIARY KEY

AS	= Art Society
BF	= Brigflatts
BVH	= Barbon Village Hall
CCCM	= Cornerstone Community Church, Main St
CCCN	= Cornerstone Community Church, New St
CM	= Coffee Morning
CTIS	= Churches Together in Sedbergh
CVH	= Casterton Village Hall
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DCS	= Dentdale Chapel Schoolroom
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
KLRC	= Kirkby Lonsdale Rugby Club
KPH	= Killington Parish Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
PH	= People's Hall
QG	= Queens Gardens
RR	= Rawthey Room, 72 Main Street
SASL	= Sight Advice South Lakeland
STAD/S	= St Andrew's Church, Dent/Sedbergh
STJCC	= St Johns Church, Cowgill
STMC	= St Mark's Church, Cautley
SIC	= Sedbergh Information Centre, 72 Main St
SPS	= Sedbergh Primary School
SS	= Sedbergh School
SSAT	= Settlebeck School Academy Trust
WID	= Women's Institute, Dentdale
WIHF	= Women's Institute, Howgill & Firbank
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

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

Monday by appointment only

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

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street
People's Hall, Howgill Lane
Fire Station, Long Lane

POLICE

101 or 999

Crimestoppers 0800 555 111

DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Ian Dawson,
Miss Katie McKay & Sarah Boom (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

If you are an event organiser or accommodation
provider and you would like a listing on the
website, or if you are a local organisation and
want the website to carry information about your
activities, please email the Information and Book
Centre on office@sedbergh.org.uk."

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 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

MARKET DAY

WEDNESDAY

Last Page Update:

March 2018