

Sedbergh & District

LOOKAROUND

March 2019

Issue 374

Donation £1

Welcome to our new advertisers, Craig Chamberlain IT, Footloose, the Primary School Start Nursery, and a returning long time advertiser, The Head at Middleton. Please support

them, and all our other local shops and businesses whenever you can.

Thanks to Llana Fearn for the photo and please, all photographers, send us cover photos! *Ed Welti.*



2019

Spring Show

Saturday 30th March 2019 1pm

Opening by Head of Sedbergh
Primary School
Matthew Towe

**Closing date for
entries Saturday
23rd March**



CLOSING DATE: 15th of every month for everything
S & D Lookaround 72 Main Street, Sedbergh LA10 5AD
Mobile: 07464 - 895425

e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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Weekly Coffee Morning Every Wednesday 10am to 12 Noon

**We have moved from the URC to St Andrews Church.
Do come along as usual!**



Groups who would like to run a Coffee Morning
please call Judith Ryder on 01539824379



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March Birthdays

Day	Name	Age
3	Luke HUMPHREYS	11
10	Aaron KELLY	6
10	Leo KELLY	6
12	Evie STANLEY	11
12	Tommy METCALFE	3
13	Isabel JOHNSON	9
17	Fiona HOGGARTH	11
17	Freya GARDNER	10
20	Mylo WADE	5
21	Georgina CLOSE	7
27	Sophie WHITE	9
29	Ellie-Ann STANTON	10
29	Zara GORNALL	10
30	Daisy ALLAN	8

Fred Trott's Centenary

A Celebratory Concert

Presented by the Trustees of the
Trott Music Foundation
will be held in the
Thornely Studio, Station Road
Sunday 3rd March at 2.30pm

A wide selection of music will be played
by the grant recipients.

Admission is free; a retiring collection
will be made to help with
Trott Music Foundation Funds



Light Refreshments
Generously provided by
Sedbergh School

The Trott Music Foundation is a Registered Charity number 1129182

A YEAR IN FITNESS – MARCH

Stuart Wetherell

A simple question “Why be active?”
A simple answer: It helps us to function better – both physically and mentally. It’s about prevention rather than cure. It isn’t just about feeling better now, it is about having quality of life as we get older. Whatever our current state of health and wellbeing, activity can support us to achieve more... and it’s never too late to start!

From Type II Diabetes, to Cardiovascular Disease; From Osteoporosis to some Cancers; from Joint and Back Pain, to Falls, Depression and Dementia – physical activity reduces the probability of suffering with these conditions. The research is overwhelmingly in support

of being more active.

As humans, we are designed to move, to be fit and strong – allowing us to function better every day and be more resilient to the occasional curve-ball that life throws at us. We are not designed to be still. Movement is something we do naturally as children but, because of changing priorities, reduces as we get older. We convince ourselves we don’t have time to be active, to be functioning well.

Initiatives such as “Change 4 Life” or phrases such as “Move it or lose it” encourage us to be more active but what should we all be doing? The recommendation is to focus on two types of physical activity each week: aerobic exercise and strength

farfieldmill

Much More Than Meets The Eye!
James Owen Thomas
1 March - 28 April

Forgotten Landscapes, Hidden Secrets
Andrew Burns Colwill
2 March – 6 May



Meet the Artist Sunday 3 March 2 - 4pm

Adults: £4.05, Children & Students: FREE Open 10.30 – 4pm

FREE ENTRY for LA10 residents on Sundays

www.farfieldmill.org 01539621159

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 6th March

His Sisters, And His Cousins, And
His Aunts!

Diane Elphick

7:30 pm Settlebeck School

Wednesday 20th March

How Water Shaped Kendal

Geoff Brambles

7:30 pm Settlebeck School

Saturday 23rd March

Annual General Meeting

Followed by Jacob's Join

7 pm Settlebeck School

Everyone is most welcome to attend
any or all of our lectures.

Members £1 ~ Non-Members £2

www.sedberghhistory.org

Chairman: Graham Dalton 25436

Secretary: Karen Bruce-Lockhart 015396 34603

Treasurer: Adrian Braddon 21025

Membership Secretary: Adrian Braddon 21025

exercises. How much physical activity you need to do each week depends on your age ... but most of us are not living to our potential.

For aerobic exercise, weekly guidelines for most adults are at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity. You can mix and match moderate and vigorous activity every week. One minute of vigorous activity typically provides the same health benefits as two minutes of moderate activity. Activity raises your heart rate. By "Moderate Activity" we mean an intensity where you can still talk but can't sing the words of a song – examples are cycling on the flat or a brisk walk. When working at a

"Vigorous" level you won't be able to say more than a few words without pausing for breath – examples are running or active sports.

The second important component is strength. We should all aim for at least 2 days a week of formalised strength exercises working all the major muscle groups. Muscle strength is not only necessary for all daily movement, it also builds and maintains strong bones and regulates blood sugar and blood pressure. As a side benefit, we are more likely to maintain a healthy weight.

Unfortunately, working on strength is an area where many people lack confidence or become nervous. Strength to some is "The Gym", an alien place, full of torture machines, grunting bodybuilders and Lycra. Don't worry, times have changed, and most gyms are designed and run to feel accessible to people of all ages and fitness levels. Where would you start? Books and magazines, the internet and professional trainers can all point you in the right direction.

However, if gyms aren't your thing then you may be heartened to know some vigorous activities can be both aerobic AND muscle strengthening! Circuit training, football, rugby and netball are some examples and group activities can keep you motivated to continue with a new regime. You can make new friends and it can be much more fun than working out alone.

Whichever way you approach it; the variables of strength or resistance training are as follows:

Duration – how long you exercise for, both in total but also each specific activity

Intensity – how quickly or slowly you perform the movement

Range of motion – our skeletal muscle controls the movement of our limbs and torso. They need to contract and extend to allow a full range of motion

Weight loading (or resistance applied)

Duration: When doing strengthening exercises, we count the number of complete movements of a given exercise (repetitions or 'reps') and the number of sets – how many times we repeat that number of reps. Typically, someone new to the gym would aim for at least one set of 8 to 15 reps.

Intensity: With weight training a typical tempo is 1-0-2. That is one second to contract the muscles, zero seconds of 'hold' and two seconds to return to the start point. Heavy gardening / physical labouring, yoga or Pilates are also strength training but with very different rhythms and tempos.



**SEDBERGH
MEDICAL CENTRE**

*will be closed for Training Purposes
at 1pm on the following afternoons:-
2019*

Thursday 14th March
Wednesday 10th April
Thursday 16th May
Wednesday 12th June
Thursday 11th July



Range of Motion: We have an active range where we can control movement and a passive range where we could move, if forced, or where we may feel pain – it is in this 'passive range' where injury is most likely to occur due to loss of control of the movement. Avoid working in this passive range and select a weight/resistance that doesn't compromise you. The good news is that with exercise and stretching your active range should increase.

Weight loading: Recent research shows that for most health outcomes it doesn't matter if you carry out a small number of 'reps' with a heavy weight or a greater number of 'reps' with a lighter weight. However, when lifting heavy, technique or 'form' becomes more critical in preventing injury – so seek advice. The important thing is that, when you finish, you should be feeling you couldn't do one more rep!

The NHS provides some great fitness resources and I strongly recommend you look at the following link <https://www.nhs.uk/live-well/> but feel free to contact me if you have any further questions.

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YOGA AND MEDITATION - ARE THEY DIFFERENT?

Lisa Milnor

Meditation Centre Teacher

As one of the growing number of teachers that offer courses and workshops at the Meditation Centre in Dent I am often asked "What exactly is yoga and how does it differ from meditation?" It can be helpful to consider why people are first attracted to yoga and how that journey unfolds. There are many ways of practising yoga and many ways to start practising yoga. More often than not people are attracted to the physical aspects and the benefits that practising postures bring to the body in terms of improved flexibility, strength and joint mobility.

Yoga Roots: if we go back in time to the ancient Indian scriptures from which the practice of yoga evolved then we find very little reference to postures and we learn that there is a great deal of depth and richness to the teachings that extend far beyond just the body. The Yoga Sutras of Patanjali (a text of short teachings on the practice of yoga) emphasise all aspects of human life, including our relationship with others, our behaviour, our health, our breathing and our meditation path. Patanjali sets out this path for us, known as the *eightfold path* which offers a framework to explore the nature of the mind so that we might move beyond it towards self-realisation. Beginning with a focus on ethical



Grand Opening *Friday 8th March*

After 30 years in Ilkley, Footloose Travel opens in Sedbergh.
Doors will officially open at 11.30am so please call in to talk to a
travel adviser and see our range of tours.

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conduct towards others and ourselves in terms of how we live our daily lives, we are then invited, through the practice of asanas (yoga postures), to develop the habit of discipline and the ability to concentrate, both of which are necessary for meditation. Connecting to the breath and using this too as a vehicle to bring greater calmness to the body and mind is part of the path and is often used as a meditation focus in practice.

These practices, which can themselves be considered a moving meditation, prepare us for other meditation practices by helping the mind to settle and the body to be still and comfortable when sitting.

The next stages invite us to direct our awareness inward and to become more aware of the habits of the mind and then to become more one-pointed in our attention which leads to meditation where there is an uninterrupted flow of concentration with few or no thoughts. In the final stage the meditator comes to realise a profound connection to the Divine, an interconnectedness with all living things and in doing so experiences the sense of peace that deep down all human beings aspire to. So the physical and breathing practices of yoga are ways of preparing the body and mind for further meditation practice so that we might better understand the nature of the mind and experience liberation from it.

Paying Attention: These ancient yogic teachings and texts introduce us to ways of seeing and looking inside ourselves and to do this we must learn to pay attention. The

practice of yoga encourages us to pay attention to the activity in which we are currently engaged. Through our yoga practice we seek "...to create a state in which we are always present – really present – in every action, in every moment." TKV Desikachar

So at its essence, the practice of yoga is about being awake to this life in all its fullness. Whatever label is given to Yoga, it is always a mindful practice and for this reason is an integral part of an eight week mindfulness course as another way in which we can cultivate awareness.

Friendly Curiosity: In the practice of yoga we use the postures and the breath to help us look more deeply inside with a sense of friendly curiosity to what's here right now and we learn not only more about the physical form with all its perfect imperfections but also the workings of the mind. We begin to notice the self-judgement and the thoughts of wishing things were different from how they are in this moment. We feel frustration when our bodies won't move in the way they used to do or we would like them to do or how someone else's body is moving on

Bingo Night



**Sedbergh Primary School
Friday 8th March.**

**Doors open 6.45pm, eyes down at 7.30pm.
£10 for 10 games and table nibbles.
Licensed bar and raffle.**



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the mat next to us! We notice the ego triumphant in the fact that we can bring our head nearer our shins than anyone else! And in time we learn to hold all of this in awareness and let the practice of yoga and our life unfold in a gentler and compassionate way.

Yoga may have its roots in Indian thought, but its content and application is universal, just as the ancient teachings of meditation are, and the two are inextricably linked.

Together yoga and traditional meditation practices help us cultivate a greater awareness of our breath, body, thoughts and emotions so that we can gain more self-understanding and find new, more helpful ways of responding to challenges in our daily lives. They encourage us to reflect more, connect to ourselves and open our hearts. This doesn't stop life from happening, but gives us an essential steadiness – a place of peace, clarity and understanding from which we can engage and respond and not react out of habit and our conditioning. We can then meet challenges of our modern daily life with greater ease and equanimity.

Here at the Meditation Centre in Dent we offer a wide range of courses, workshops and events that incorporate meditation and yogic practices. It is hoped that the variety of these offerings allows each of us to find our own path to healing and to realising at a deeper level what it means to be a human being.

As an example of this variety I am running a day retreat on the 3rd May that use the practices of yoga and meditation to support women experiencing the challenges of menopause. This day is for anyone who wishes to better understand this key transition in a woman's life. Together we will explore and experience mindfulness, yoga and meditation practices that can help us embrace this transformational process and potentially alleviate the challenging symptoms that can accompany perimenopause and menopause.

On the 14th June I will be running a

day of self-care using the practice of TRE® together with yoga and meditation to help release stress and invite a sense of inner calm and peace. This simple practice helps release deeply held tension to allow a rebalancing that opens us up more freely to renewal and growth in the body, mind and heart. We will cultivate being in a wiser relationship to ourselves, learning how to stay grounded and to self-regulate so that we are more able to release physical, mental and emotional tension in a gentle and supported way.

For further information:
www.meditationcentre.co.uk
www.shapingclarity.com

SEDBERGH'S DEMENTIA ACTION ALLIANCE

Myles Ripley

What is a Dementia Action Alliance (DAA)? It is a unique platform that aims to bring about a community-wide response to dementia. Members make individual commitments to action within their organisations, setting out what they hope to achieve to support people affected by dementia. We also work on wide-reaching Calls to Action, or campaigns, which have driven improvements in the quality of life for people with dementia and their carers.

Currently in Sedbergh there are six organisations who have joined into our DAA and have committed to trying to take actions to improve their response to those living with Dementia. These actions might include some awareness training for their employees/members, improved signage in their locations, collecting funds for research or just being willing to display information material. If you want to see more about who is involved just Google "Sedbergh Dementia Action Alliance".

We would like to recruit a few more organisations (businesses, shops, clubs etc etc) to join the alliance.... So what would you have to do? You would have to fill in some details about your organisation and then decide on some actions that you feel you could undertake to improve the quality of life of those living with Dementia and that includes their carers. For instance you could organise to get some Dementia awareness training which normally

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SHOWROOM:
34a Main Street, Staveley, Nr Kendal

takes about 45 – 60 minutes and is free.

Dementia Awareness week is in May and we intend to host a coffee morning with information and examples of resources available. Our next group meeting is on April 25th at 12 noon upstairs in the Health Centre. We would be delighted to meet then or just get in contact if you are interested

mylesripley@btinternet.com

In the meantime get a copy of our Dementia Directory from the information centre or upstairs in the library.

Five Key Messages

1/ Dementia is not a natural part of ageing

2/ Dementia is caused by diseases of the brain

3/ Dementia is not just about losing your memory – it can affect thinking, communicating and doing everyday tasks

4/ It's possible to live well with Dementia

5/ There's more to a person than the Dementia

SIGHT ADVICE

Sue Harper

We met once again on the 19th February when we were very fortunate to hear an engrossing talk by the 'Barefoot Shepherdess', Alison O'Neill, who took time out of her busy life running Shakla Bank farm to be with us for the afternoon.

Born in Sedbergh, Alison comes from a long line of lead miners and farmers, originally from Garsdale.

Never particularly interested in academic pursuits, Alison was always passionate about sheep farming. But during a varied career she has picked grapes in the south of France and worked with horses in Andalucia, among other things. Eventually however, she arrived back in Sedbergh where, as she says, she felt 'hefted', or in other words, a profound sense of belonging.

In 1999 she moved into a small farm at Shakla Bank, with beautiful views and bluebell woods but also a lot of hard work to do.

It was a tough learning curve, she began with just three ewes but Alison later diversified into leading walks on the Howgill fells and after a while she had succeeded to the point where she was invited to a reception at Hampton Court by 'Country Living' to receive an award for the best new business.

Another successful venture was to make top quality tweed clothing, at first from Herdwick wool, but later from Rough Fell sheep yarn; the first ever Rough Fell tweed!

On the 22nd May Alison's coffee table book about her life at Shakla Bank farm, entitled 'Shepherdess',

will be on display at the Dales museum in Hawes.

Alison's talk was absolutely enthralling and we were very grateful to her for giving up the time for us. Thanks also to Elizabeth, whose brainchild the event was!

Diary dates.

19th March: Age UK

16th April: Visit by Sight Advice, Kendal

21st May: Alpacas

18th June: Lunch

MARIE CURIE DAFFODIL APPEAL

Caroline Sandys-Clarke

March 1st sees the launch of the Marie Curie Daffodil Appeal.

There will be collection boxes in local shops and surgeries and collections in supermarkets, including one in Morrisons in Kendal on the 28th February and the 1st and 2nd March. Also a street collection in Kendal on the 30th March AND for those of you who are keen swimmers a SWIMATHON between the 29/31st March. For more details see www.swimathon.org.

Marie Curie is a marvellous charity, who's lovely and dedicated nurses look after patients with ANY

terminal illness in their own home, if that is where they prefer to be, or in one of the wonderful Marie Curie Hospices.

Please be generous with your contributions. Every £20 collected pays for 1 hour's nursing and money raised in Cumbria and the North East stays up here.

SEDBERGH GRIEF SHARE

Janice Rusling

The Grief Share Team has been asked more than once if there is a suitable group for those with issues around bereavement and the loneliness that follows. If you would like the opportunity to chat with others in a similar position, we will be holding drop in meetings at St Andrew's church on 5th March and 19th March from 10 am to mid-day. Call in any time during the morning and join us for coffee and company. Members of the team will be on hand if you wish to talk to someone on a confidential basis.

If you would like more information, or to make an arrangement to speak privately to a member of the team please contact 07498 870267.

EST. **SEDBERGH • MARKET** 1538

WEDNESDAYS ON JOSS LANE CAR PARK FROM 8.30

**SECOND WEDNESDAY IS BACK!
EXTRA STALLS ON 13 MARCH**

We're hoping for jams, beeswax, Greek food, sauces and more. Look at Sedbergh Market Town on Facebook and sedbergh.org.uk for more details.

Try our stall plus gazebo deal - £11. Contact the Info Centre on 015396 20125.

GARSDALE PARISH COUNCIL
Water, Water Everywhere....

Philip Johns

The official bit: at the last Garsdale PC meeting, Kevin and Sheila, two of our District Councillors, outlined their efforts in thwarting South Lakelands District Council's efforts to fleece residents over risk assessment fees for private water supplies. SLDC were unsuccessful in the main (*sic*) in their efforts two years ago, but it appears that their biscuit fund must be running low as they are looking to raise £300,000 in their renewed assault.

SLDC initially denied having any correspondence from Garsdale PC, a particularly ridiculous claim as all correspondence is kept on file by the chairman and clerk, but after Sheila was able to produce an extensive folder of previous correspondence, they rapidly backtracked.

The clerk has written to Highways at Cumbria County Council regarding some issues along the A684. Whilst council have a lot of praise for the quality and efficiency of the recent wall repairs by the contractors, further resurfacing of part of the road has further decreased the height of the retaining walls. In places, some are

nearly at ground level and are, as such, of no use whatsoever. There are three areas where water is accumulating on the road and will become extreme road hazards when freezing and, in time, cause further erosion. The top cattle grid at Longstone Fell is crumbling and parts of the protective rails along the river from Slack Cottage to the village hall are still missing. As ever, Highways have failed to respond.

The owners of a redundant barn, who wish to convert it to a residential property, appealed to council for support. Despite changing their plans, which will reduce the present size of the property by removing some ugly lean-to additions, YDNP planners are being obstructive about vehicular access. Garsdale PC cannot understand their attitude. Their official policy is to encourage regeneration of existing properties against building new ones and to encourage local occupancy. Their recalcitrant attitude is of no help to anyone.

The implementation of B4RN broadband has slowed temporarily as a new government voucher system, which will benefit smaller builds, has been paused for a review. However, council has been assured that normal service will resume shortly. House kit fittings and some road crossings are still being undertaken so that when the green light is given, route 1 will become 'live' very quickly.

Lastly, a 'complaint' had been received by a partially disabled visitor arriving at night at the station who had difficulties negotiating the track down from the platform. Council agreed to investigate whether it was



SEDBERGH COMMUNITY
TEA PARTY

Gladstone House 2-4pm

All welcome

14th and 28th March

11th and 25th April

9th and 23rd May

possible to arrange the track to be tarmacked or even have lighting installed. This will be discussed in depth at the next council meeting on 21st March after fact finding has been undertaken.

Council would like to see local representatives there so a full, constructive discussion may take place. Philip Johns Clerk to Garsdale PC, 015396 22170, ps.johns@btinternet.com www.garsdaleparishcouncil.com

The unofficial bit: so here we go again, SLDC are sticking their noses into things where they have no business, all because of greed and envy. Similar to recent government sneaky, underhand dealings of massively increasing probate fees, our local district council is looking to milk the resident who 'enjoy' free water supplies. Not only are they attempting to extract fees for supposed 'risk assessments', they are also abolishing the cap set on such fees. These were set when, previously, these 'assessments' were to be carried out by a contractor from Ireland and so limiting residents' exposure. Now that these 'assessments' have been brought in house, surprise, surprise, the sky's the limit! So how do residents benefit from these inspections? Absolutely diddly squat. How do SLDC benefit? £300,000 into their biscuit fund. Bring on the Garibaldis and the Hob Nobs! Yes please!

So, this is what happens, a SLDC official turns up to a private property, dressed in Hi-Viz jacket and hard hat, carrying a note pad and donning a

serious expression, and demands to see where the resident extracts and stores their private water. They make a note that the tank, half a mile up the hill, is not fenced in, there's no UV light steriliser and no micro filter; tut tut! See, the water is brown, how could you possibly drink that?? Notwithstanding that generation after generation have been supping said brown water with absolutely no ill effect; water, which I must say, contains no chlorine or any other additives and isn't the product of treated waste water as in major cities, makes the best tea in the world and tastes wonderfully crisp and clean. SLDC then insist that a fence is built around any tanks at a cost to the resident of hundreds of pounds,



THE
MEDITATION
CENTRE

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PROGRAMME FOR MARCH 2019

Friday 15th 10am-4pm
PERSONAL RETREAT DAY
Friday 15th 6pm-9pm
CONTEMPLATION AND COMMUNICATION
Saturday 16th 11am-1pm
SEASONAL SPACE FOR STILLNESS
Saturday 16th 2pm-4pm
SEASONAL SOUND BATH
Sunday 17th 10am-4pm
QIGONG AND MOVEMENT
Saturday 30th 10am-5pm
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The Meditation Centre, Dent, Cumbria LA10 5QR
www.meditationcentre.co.uk

install a UV system and micro filter at an additional cost of over a thousand pounds, and by the way, here's our bill. How much will SLDC charge? Your guess is as good as mine; think of a number and add a few noughts.

The resident may enquire why the water supply has to be fenced in. SLDC will say "It's for safety, there could be accidental or deliberate contamination by animals falling in".

If the resident points out that it's their choice as to whether to drink their own water, filtered or unfiltered, the official will purse their lips and smile at the lack of understanding, "It's not allowed, the EU says so". But we're coming out! "But we haven't yet".

You may ask if SLDC are so concerned about our welfare, why not install mains water? "What, think of the cost!!"

So, after all that, what has been achieved? Even after spending thousands of pounds per residence, after a spell of wet weather, no domestic filter system will stop the water turning brown. How many lives will be saved? None! But is the biscuit barrel full? Oh yes, thank you very much: Kerrching! Someone put the kettle on!

I fear officials at SLDC envy us for having 'free water' and try to extract their pound of flesh in lieu of water rates, failing to appreciate that each resident is responsible for the cost of installation and maintenance of both water supply and septic tanks which are quite considerable. I think I'm going to resort to the ways of old, before introduction of mains water, and just drink beer instead. CHEERS!

SEDBERGH PARISH COUNCIL

*Janey Hassam
Clerk to the Council*

This report covers items from the Parish Council meeting on the 14th February 2019. The next meeting is at 7.30pm on Thursday 14th March 2019. The meeting will be held at The Cornerstone Community Church, New Street, Sedbergh.

Castlegarth

Sedbergh Parish Council welcomed 18 residents to the meeting to hear their concerns over the proposed residential development at Castlegarth by South Lakes Housing. Many strong views were expressed in regard to the current proposal, including concern for loss of garages/ current amenity, loss of green and safe space, potential damage to Settlebeck Gill's natural habitat for the parking area, over populating the estate, the perceived lack of need for one bed dwellings and changes to the established footpath leading to Thorns Lane. Also highlighting the need for three/four bed family accommodation to encourage families to live and stay in Sedbergh. Members noted the concerns, which were also raised with SLDC during

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their attendance, and Cllr Arnold will request a meeting with SLH to discuss the consultation further.

South Lakeland District Council

Members welcomed SLDC Cabinet Members informally from 7.00pm to speak about Localism and what it means for communities. SLDC advised they want to engage with Parish Councils and hear about perspective projects that they may be able to support, and also to listen to concerns from residents. The Chairman of Sedbergh Community Trust was able to raise the notion of a Pump Track, and this was warmly received by SPC Members and SLDC – the Trust now hopes to progress matters further and undertake some professional investigation, with the support of SLDC, for a potential identified site in Sedbergh.

Cumbria Police – Appleby Horse Fair

Chief Sup/t Rob O'Connor attended along with Insp Paul Latham. They were able to update Members on the planned provision for Appleby Horse Fair in 2019. Noting an uplift in Police (patrolling on foot and vehicle throughout the period before, during and after) along with a desire to have a dedicated telephone line for non-emergency reporting.

Other Matters

Various other matters were discussed, including: Planning, Amenities and Finance. Continued concern for problematic parking at Station Road and Long Lane (close to Settlebeck School and Castlegarth) and the rising number of vehicles parking at Havera/Howgill Lane.





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Parking at Maryfell, and the plan for works to commence on the playpark at Maryfell at the beginning of March, the Tennis Courts/Club as well as projects for the proposed Sedbergh School Challenge week. Finally, Members agreed to progress investigations into the viability of Police monitored CCTV for Sedbergh.

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 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

THE MP'S COLUMN

Tim Farron

It was interesting to read the report on the Yorkshire Dales National Park Management Plan in last month's Lookaround. For me it highlighted the big issue I continue to have with National Parks which is that although they have a really important impact on the lives of those of you who live in the park, you have no direct control over the decisions they make through the ballot box.

If you disagree with any of the decisions they make you there is very little you can do about it. I know there are lots of councillors and local people sitting on the authority, including, in the case of the Yorkshire Dales National Park, several very

hard working souls from the Sedbergh and Dent area. But even the councillors, who were at least elected, were voted in on the basis of what they would do if they got elected to their respective councils and then were selected to sit on the authority.

I pressed a Government minister on making park authorities directly accountable again during questions in Parliament the other day. Sadly she felt it was not her area of expertise but promised to get one of her minister colleagues to respond to me.

I would be really interested to hear your opinion on this. Please drop a line to the email address at the end of this column to let me have your thoughts.

I was very honoured to be formally

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lected the chair of the new All-Party Parliamentary Group for Hill Farming at the launch of the group the other day. We took advantage of the presence of a Government minister to give him a copy of our 'Manifesto for the Uplands'. This calls for more funding for hill farming and for the Government to ensure that our hill farmers have tariff free access to the EU when we leave. Without an agreement with the EU our farmers face a tariff of at least 50% on any lamb exported to Europe. Europe accounts for about 90% of the export of our lamb; you see the problem!

Beyond these two issues the past month has also been mostly taken up with health. I met with the new chair of NHS England and made the case for a radiotherapy unit at the hospital in Kendal. I wrote to Matt Hancock the Minister of Health to demand he invest more in our ambulance services. Recent figures from the NHS showed that there are twice as many ambulances per head of population in London as there are for the whole of the North West. Our ambulances respond to an average of over 4,000 calls during the course of a year, whereas those in Yorkshire respond to less than 1,500. Many of you will have responded to my health survey last month. One of the figures from that was that one in ten people had had to wait more than an hour for an ambulance; I think we can now see why and it surprises me that the figure was not higher.

As ever if I can help you with anything then please just drop me a note at tim@timfarron.co.uk or call us on 01539 723 403.

Thanks for your support., Tim.

COUNCILLORS CORNER

Kevin J. Lancaster

Sheila Capstick

So far we have been fortunate that the weather has been relatively kind. However, for the week when the frost and snow were on the ground what an excellent response from Sedbergh's community in making the footways safe to walk on. Thank you to those who helped Sheila and myself in securing the supply of salt and thank you to everyone from both schools for their hard work in spreading it where it was needed.

I have been surprised by the amount of feedback we have received concerning private water supplies. It is clear that this is affecting even more people than we thought. Every one responding seems to be agreed that the charges being imposed are totally disproportionate to the "service" provided. Moreover, there is a general view that the alterations demanded are arbitrary and change



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from inspector to inspector almost as a whim. It cannot be right that the council can charge however much it likes, from whosoever it likes and say whatsoever it likes without any meaningful appeal on either the cost or the contents of the report.

I had thought that Sedbergh had made it very clear over ten years ago that the open spaces on our excellently designed estates, built by Sedbergh Rural District Council were there for a reason, and were and are sacrosanct. Sheila and I were therefore very disappointed that South Lakes Housing came forward, in the midst of the snow with plans to cram more houses on Castlegarth. These would reduce the whole quality of life on Castlegarth and Castlehaw and yet would fail to produce the social housing which Sedbergh needs.

Sheila and I were pleased to attend this year's Spring meeting preparing for Appleby Horse Fair. This year

there was a very full attendance and a very strong commitment from all sides to address the very serious public order concerns which so marred last year's fair. For some years the legal framework at the Loop Road has proved inadequate and difficult to enforce. It is a sign of the different attitude being taken this year that a Temporary Traffic Regulation Order specifically concerned with the Loop Road will sit alongside the permanent TRO for the Fair as a whole. This is excellent news. If you have any problems please contact either me or Sheila.

District Councillor Kevin J. Lancaster,
Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS
Telephone 07 980 844 695;
email Kevin@Sarthwaite.com
District Councillor Sheila Capstick,
12, Maryfell, SEDBERGH, Cumbria
Telephone 07 818 221 999
email sheilacapstick@hotmail.co.uk



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DENTDALE W.I.

Thelma Belfield.

We arrived for our February meeting with the expectation of learning how to write our memoir and to get it published. The would-be authors amongst us being very excited. However, Sue our President having welcomed everyone, announced that due to family issues a change of speaker had been necessary and welcomed Martin Coombes who was to talk to us about his experiences as a volunteer working at the Amasango Career school in Grahamstown, South Africa.

As always we begin our meetings singing the traditional 'Jerusalem' and on this occasion we were

accompanied on the piano by Marjorie.

As business is first on the agenda at our meetings, Sue set the ball rolling with the issue of Fund Raising. Each year we choose a deserving cause generally nominated within our membership. This year we have two suggestions to date: The Homeless and Rough Sleepers and Unsupported Ex-Servicemen. The list for suggestions still open and other proposals will be considered before a final decision is made. We also then have to come up with ideas for an event that we can organise to enable us to make lots of money for our cause. Lots of work for us still to do on that one.

Onwards to two social events! First our next Dining Club outing which is a visit to Carnforth exploring the iconic station there and lunching at the cafeteria followed by a little retail therapy with a visit to the Kitty Brown Boutique. Secondly, although it is only February we are looking forward to where we might visit on our summer outing this year; suggestions please.

A more imminent event is the forthcoming annual Dent Run. Each year we are invited to make home made cakes, buns, scones and tray bakes as contributions towards providing teas for the runners participating in the race. Last year 600 runners registered for the race so providing each one with copious cups

of tea and filled rolls, cakes and scones is quite a task. Many of our members willingly give their support not only to baking but also to prepare and serve the food.

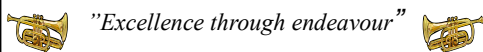
Federation matters were next on the list. Tickets are available for the Spring Meeting at the end of March and a delegate is needed to attend the National Federation AGM being held in Bournemouth this year and we are required to select nominees for the Board of Trustees at national level.

Business matters dealt with by Sue introduced Martin, who, with the aid of some very colourful and Informative slides, shared with us his volunteer year spent in South Africa at Amasango.

He began by telling us how after he retired from teaching, in addition to driving the local Dale's bus and Bell Ringing, he was seeking something different to do when he heard about the School and subsequently applied for a one year voluntary post.

Grahamstown is a cathedral city about the same size as Lancaster but it is very isolated, completely surrounded by open uncultivated land approximately 80 miles from the next nearest city. It is an area of high unemployment and despite there being a state school system, many parents are poor, living in shanty townships and there is very low motivation to ensure children are educated. There are also a great many 'street children', orphans without homes subject to violence and crime, including rape, with result that HIV infection is widespread.

The Amasango Career school was



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founded by Jane Bradshaw about 20 years ago with the aim of providing education for these children. It is partially funded from the state but relies heavily on voluntary donations.

Pupils at the school range from pre teenage to seventeen. The curriculum is limited and does not have the wide variation found in schools in the UK. The younger children are taught in their own language with English as a subject and the older ones are taught in English. Learning continues from Grade 1 to 7; a system that generally takes seven years to complete.

However, given the age range and differing experiences of individual children, the system is flexible and examinations can be set at six monthly intervals which shortens the

time studying and enables the older children to achieve High School standards sooner.

The school also provides food daily for the children who otherwise may not have eaten. Food parcels are distributed on Fridays to ensure the children have food over the weekend.

Despite the lack of structured schooling from an early age, the children are extremely well motivated to learning. Initially the curriculum was focussed on basic subjects including maths and English, but recently the addition of crafts and art classes have been included with the children being taught basic DIY skills and other practical skills including Pottery classes.

The majority of the pupils are boys

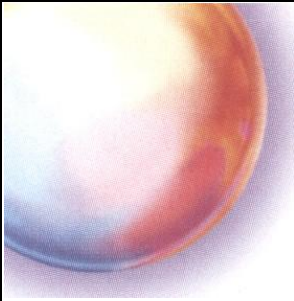
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and a male only hostel exists. Female street children are at very great risk of abuse and exploitation which disadvantages them in some respects. Many of the girls wear their hair cropped short as boys do to disguise their female appearance and to help ensure their safety.

Martin clearly greatly enjoyed his year working at Amasango and the varied experiences he had, from teaching to driving the School minibus and doing general maintenance work on the school buildings. He keeps in touch with the school and has hosted visits to the UK from the current trustees.

Concluding his presentation he showed a short video clip of some of the Amasango Children playing the Marimba, a type of Xylophone; a truly talented group of kids clearly moved by the rhythm and beat of the music and thoroughly enjoying themselves and a fitting tribute to the work done at this excellent project.

As expected there were many questions and I could fill another page but we all really enjoyed Martin's very interesting and descriptive talk about this extremely different type of educational project.

With the meeting drawing to a an end, the raffle was won by Jackie, with Kate taking second prize and the competition won by Christine, with Chris and Catherine in second and third place.

Our next meeting is on the 13<sup>th</sup> March when our Speaker will be PCSO Marion Jeffrey telling us about Police Work in the Community. Visitors and new members are also most welcome, do come and join us.



## SEDBERGH WI

*Moira Folks*

With over 30 years' experience as a BBC Radio Cumbria presenter and journalist, Sedbergh resident Martin Lewes was well qualified to tell us about his 'Thirty Years behind the Mic' – or 'mike' if you prefer it – at our meeting on February 13<sup>th</sup>. It's been a period of speedy technological change, of course, which has transformed communications. Martin told us that when he was covering the Haverigg Prison riots in 1988, he had to go half a mile to the nearest payphone to make his reports, whereas nowadays he can make instant contact with news stories around the world on his iPhone, speaking and sending photos as well as video footage. Martin spoke also of reporting from the scenes of the train crashes at Mallerstang in 1995 and Grayrigg in 2007 when he was able to speak to survivors and the local helpers who provided refreshments for them, giving a human aspect to breaking news. None of these events, however, has had such a lasting and visibly emotional impact on him as the tragedies caused to farming families caught up in the foot & mouth epidemic in 2001: a truly terrible time.

On a lighter note, Martin told us of some of the famous people he has met, ranging from the Queen and Prince Charles (who has a special fondness for Cumbria deriving from the days he spent with farming victims of foot & mouth, and can be spotted on the fells from time to time!) to 'Kate' who spent time with Scouts cooking over an open fire in a

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blizzard! We were amused to hear that Palace officials who do the marshalling on these royal occasions have been heard referring to the Lune Valley as 'the Cumbrian Cotswolds' on account of the fine houses and estates they've seen in the rolling countryside. Pam Drower thanked Martin on our behalf for his talk, and asked his view of the best way into a career in journalism. Would it be a degree in journalism? Martin replied that he thought a degree course in another subject (science being particularly useful as there is a dearth of scientists in the profession) followed by a graduate qualification in journalism would be more useful.

A number of years ago, several members of our book club became addicted to a series of books about a private investigator called Maisie Dobbs, which was set during WW1 and its aftermath; the author was Jacqueline Winspear. Our chosen book for January was a standalone novel by Winspear, who in 2011 had found a battered copy of 'The Woman's Book' published in 1911. She decided that, in order to commemorate the centenary of the

start of WW1, she would base a novel on this manual of advice about the Care and Management of the Home, looking at how it might have affected British women caught up in WW1. In 'The Care and Management of Lies', Winspear concentrates on two old school friends, Thea Brissenden, a suffragette, and Kezia Marchant, who marries Thea's beloved brother Tom, a farmer, shortly before war breaks out. Thea spitefully gives Kezia a copy of the book as a wedding gift, implying that she is giving up her teaching career and independence in order to follow traditional female stereotypes. While interesting for the social history of the time regarding farming practices and the effect on the local community of wartime events, it was felt that too much time was spent on the farming aspect before following Tom and his fellow villagers to the war. Winspear's descriptions of war in the trenches were appreciated by some, but people familiar with the excellent 'Birdsong' by Sebastian Faulks were disappointed. There was a wide disparity of marks given, varying from 4 to 8: the average was nearly 6/10.

'Lady Anne Clifford – A Great Northern lady' is the subject of our next meeting on March 13<sup>th</sup> in the People's Hall committee room at 7.30pm. The speaker will be Pat Newsham, who will be telling us about this remarkable woman whose life influenced many aspects of life in Westmorland in the 17<sup>th</sup> century. It should be a fascinating evening! Ladies, do come along and join us – you will be very welcome!

## KILLINGTON WI

*Wendy F-U & Valerie Cann*

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'THIRTEEN WI CALENDAR GIRLS MAROONED WITH SEXY TOUR GUIDE!'

That could well have been the introduction for our latest meeting. Our guest speaker, Chris Bibby, of Bibby's Coaches of Ingleton, manager, coach driver extraordinaire and tour guide really has missed his vocation! We suggest The Royal Shakespeare Company, or maybe an appearance at the Edinburgh Fringe would be well within his capability! He kept us happily entertained for over an hour with tales of his experiences 'on tour', and on the development of the family business, started many years ago by great-grandfather Clem. Clem had been the owner of one of the first motor vehicles in the area and soon realised the advantage of

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delivering produce from his greengrocery shop to folk in the surrounding areas. Trade prospered, delivery vehicles increased in size, and it became more profitable to transport people rather than cabbages! Each generation of the family learned the business and then added something new.

The company now has 60 or so coaches and travels far and wide. The tours are all carefully researched and it can take up to three years from the idea for a new tour until it is ready to be entered into their attractive brochure. Norway and Austria are high on Chris's list of places to visit. He told us how moved he always is by the reaction of pupils when they visit the battlefields, cemeteries and

war memorials in France and Belgium. The scale of what happened there really stuns the youngsters.

Chris ended his talk on a lighter note with the tale of a WI trip returning from the WI College at Denman in Oxfordshire. The return route via the A1(M) proceeded reasonably well until they reached Leeming Bar. Most of the ladies managed to disembark safely into the arms of waiting husbands (or lovers!?) The rest however needed to be transported further west to Leyburn, Hawes and onward. By now it was dark and after hours and hours of Pennine rainfall the roads were flooded so deeply that even a large coach was unable to get through. So, it was time to beat a strategic retreat. Neither forward nor



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back was possible and at 11o'clock at night accommodation seemed impossible to find. Eleven pubs were tried but to no avail, but eventually a B & B, which was not even open, was able to offer night refuge. The ladies all had to make their own beds, and in some cases erect those beds. But what does that matter? After all – we are the Women's Institute!! Please note – Chris slept in the coach!

Chris was warmly thanked for his entertaining and informative talk. He might even have enticed some new customers. The brochures are very inviting.

Tea and raffle followed, and then our usual meeting.

There are lots of birthdays this month -Avril, Anne Macer, Pam Siddall, Joyce Swann, Shirley Richardson and last, but certainly not least, our revered President, Susan Sharrocks. We send them all our good wishes. We also send wishes to Diane Turner who has entered the community of 'bionic personages'. We send our very special wishes to Shirley Richardson who is currently gracing the Royal Lancaster Infirmary with her presence.

We are all thinking of you, Shirley.

The competition for an old holiday postcard was won by Barbara Kooper with her postcard sent to her mother by her grandfather during World War One - hardly a holiday but a lovely photo of a soldier and a little girl.

And finally! Our next meeting will be on Tuesday 12<sup>th</sup> March at 2-00pm in the committee room of the People's Hall. Jeff Clegg will tell us all about Mining in the Yorkshire Dales. **NB. MEETING IS IN THE PEOPLE'S HALL – not as printed in our programme.** We look forward to seeing you there.

---

## HOWGILL AND FIRBANK W I

*Audrey Hoggarth*

We met at Firbank church hall for our February meeting, former president Bridget Postlthwaite presided, eleven members were present. A warm welcome was given to our visitors Leslie and Amanda. We had news Lyn Marsden is settling in her new surroundings in great Ecclestone. We had perfect weather on our January walk around Barbon and Kirby Lonsdale. The walk scheduled for February 8th.was

cancelled due to storm Eric, Helen Price will be leading the March walk.

The President and secretary are invited to a planning meeting ahead of the group meeting, hostesses being Casterton W.I.

Liz Moore our outing organiser put forward ideas for a summer outing, a pamper day or a coach trip were suggested.

We were reminded of the spring council meeting on the rescheduled date of April 1st with a guest speaker and a catch up on federation news.

Bridget introduced our speaker Dianne Mathews who moved from London to Rayrigg Hall in Windermere and became Chairman of Rayrigg estates in Windermere which has been building homes for local people since the 1850'S. Following the death of her husband and brother she took over the business. Having a long standing love and connection of the lake

District, with the help of slides we were given a historical profile of the well-known country houses and Castles in the area - focusing on the architectural features and their beauty, all to be seen on the shores of Windermere.

The competition for a favourite quotation was Won by Ann Kendal, Audrey Hoggarth went home with the raffle prize.

The evening was brought to a close with our usual Jacobs join.

We meet again on March 7th at Howgill village Hall when Judy clay will be advising us on fraud protection and scam awareness

Do join us to hear all about this important issue.

## NEWS FROM THE PEWS



*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*

There is a real buzz around St Andrew's on Wednesday mornings since the coffee mornings have been held in the church room.

An unseen hand puts the room heaters on early. Bang on 9am out come the tables and chairs, sugar bowls, biscuits counted out onto plates, mugs warmed up and at 9.40am all is ready for the first customer.

Tall and small, old and young, doubles, singles, four legged friends, in they come ready to sit down and enjoy a hot drink whilst catching up on the news and views with friends and acquaintances. For some the shopping is already in the bag whilst others have yet to splash the cash in the shops or on the market.

So, it is good to report that all is well in the coffee morning department and the folks from St Andrew's could not be more pleased.

From Ash Wednesday on 5<sup>th</sup> March for seven weeks until Wednesday 17<sup>th</sup> April Lent Lunches, consisting of homemade soup, roll and butter plus a piece of fruit will be on offer immediately following the coffee morning.

Be sure you get your shopping done early and come along to bag a seat at the best value lunch of the day.

## SEDBERGH COMMUNITY SWIFTS

*Tanya & Edmund Hoare*

Migrating Common swifts return from Africa to their various breeding grounds at differing times. In March when you read this, they will already have laid eggs in Israel, while they arrive in Northern Europe in late April/early May, and generally it is the end of May before they return to Sweden. It's always exciting when we get messages from our international fellow swift enthusiasts to hear that 'their' swifts have arrived back, and makes us feel that summer is on its way. Sightings of pallid swifts were reported in Southern Spain on Feb 7<sup>th</sup>, and we saw many swallows and martins in southern Portugal in mid-February.

For their migration back to the UK our swifts will fly from central Africa, over West Africa, crossing the sea around Gibraltar, then northwards via Spain to us. Some of the swifts going to other countries in Europe have been shown to take what might see a less favourable route, crossing the emptiness of the Sahara and then

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flying over the Mediterranean to Italy and onwards further north.

We are keen to raise awareness about swifts in the younger generations, and In February we were invited to run a session about swifts at Leighton Moss RSPB reserve for the Wildlife Explorers (WEx), the junior branch of the RSPB. The children were very enthusiastic, learning all about swifts, the threats they face and what we can do to help them. We are once again extremely grateful to Garsdale Design for their support in creating and printing large size posters and material for the children to use in their activities. The final display they created is being put up in one of the hides.

Finally, there is still time to put up boxes before the swifts arrive – any type of house of 2 storeys or more should be fine. The aspect (north/south etc) doesn't matter, so long as there is a clear flight path in for the swifts, i.e. no big trees right in front. We have a stock of boxes and it's a simple job to fix them. If you spot any scaffolding up, let us know so that we can discuss swift boxes with the





owners.

A new idea for creating internal nest sites simply, at low cost and with minimal inconvenience to the builder, is to use an air brick liner, with the end closed off. A hole of the right dimensions can be easily cut in, or a separate entrance piece can be used, making a very suitable and cheap hollow nesting unit (as shown in the picture).

Do please get in touch with us for any help or advice or to discuss any ideas.

**To contact Sedbergh Community Swifts:**

**[ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043**

**K. W. Electricals  
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## CUMBRIA WILDLIFE TRUST

*Emma Palmer*

Tree Health - Ted Wilson

The Sedbergh CWT January talk on 'Tree and Woodland Health in Cumbria' proved to be very popular. After a brief outline of a career working in forestry and education, Ted Wilson, Director of Silviculture International focused on trees and woods in Cumbria.

Several interesting facts were shared, including that many oak trees in Cumbria are genetically related to those of Spain, principally a result of 'post glacial rebound'. Whereas ash trees were introduced by the Vikings to the area, rather than by any natural forces. 9.5% of Cumbria is covered in woodland, which is slightly lower than the national average of 11.18%, but over 4 million trees live outside what is defined as a wood.

Common trees in Cumbria include Sikta Spruce (*Picea sitchensis*), oak and birch and many fine examples of ancient trees were shown on slide including the 400-year-old sweet chestnut (*Castanea sativa*) at Rydal Hall and the ancient woodlands of Johnny's Wood (SSSI) in Borrowdale.

The focus of the talk was tree health. Ted explained that a 2012 independent report on forestry found a number of stressors on trees. Such stressors include weather conditions and tree diseases caused by invading insects or fungi. Importantly, Ted noted that these stressors are accumulative, which means the more a tree experiences the weaker it will become. Unusual weather conditions such as flooding or drought place a stress on a tree as well as changes

occurring in the surrounding ecosystem.

A particular interest of the audience was ash die back (chalara die back). Ted gave a brief history of ash die back, starting with its first identification in the UK in 2012. However, ash die back had been known about since 1992 in Poland and slowly spread across Europe. Initially, it was thought that the spread of ash die back occurred naturally but Ted indicated that in fact it was a result of contaminated seedlings. Ash seedlings from the UK were sent to Holland and Denmark to be grown and were then reimported with the disease.

Ted was able to give some advice to many of the audience who were

worried about the condition and appearance of ash trees in their gardens. First, younger trees will be more likely to succumb than older trees, so expect that young ash trees may show signs of infection. At present there is no 'cure'. Pruning an infected tree is not recommended as spores can be released and spread. Using fungicide is also to be avoided as it may in fact act as another stressor and cause further harm. Ted advised that if an ash tree is diseased then it needs to be cleared out and replaced with a different species. Making sure that there is enough space between trees is also a good way of maintaining their health, as is introducing a variety of tree species.

Ted ended his talk illustrating the links between global problems and the need for local solutions. Recent tree disease and infection can be linked to globalization, specifically how bugs may accidentally be spread around the world through manufacturing and import/export. One question Ted asked was for those with wood burning stoves, could they be sure that the wood they are burning is from the UK and not imported? Small simple steps contribute to much larger changes. With this in mind, Ted recommended other small steps such as planting a mix of species, avoiding monocultures and being involved in 'citizen science' of which 'Treezilla' (the monster map of trees) is just one example. Ending on a more positive note, Ted pointed out that even a species like ash is showing some resilience.

## Calling all PHOTOGRAPHERS!

Please consider donating images for the Information & Book Centre's 2020 calendar.

We're going to have the theme  
**'Sedbergh in Action'**

Images will need to be landscape format and around 12 x 9 inches at 300 pixels per inch (to be reproduced at A4). Email images, Flickr links etc. to [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)

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### SETTLEBECK NEWS

*Juliet Proctor*

Settlebeck School, according to the annual league tables, is ranked top in Cumbria for the progress made by students in maths, placed second for English and placed joint second for the progress made by students in all their GCSEs.

Students are achieving almost a full grade better in maths and English than in an 'average school' and half a grade better in all their GCSEs.

Sarah Campbell, Headteacher at Settlebeck School said, "We are incredibly proud of the achievements of our students and the dedicated staff that support students in their studies. This is particularly pleasing as we are such a small school. Of the top three ranked schools, two are small rural secondary schools, demonstrating that larger schools are not always best for every child in every community. As a small school, we are able to be consistent in our approach and really focus on each child as an individual, supporting them to achieve their very best. There were some outstanding individual performances which can be attributed

to the hard work of our staff and students."

Other Settlebeck News: Winter brings a significant cross country calendar. After the district competition, five students were selected to represent South Lakes at the County Trials in Keswick. All our students ran really well, with Maisie Gough and Henry Hunter being selected to represent Cumbria at the Inter-Counties competition and Vicky Woof being a reserve for the team. Henry is running so well at the moment and is competing for Cumbria at the English National Cross Country event in March.

*Editors note: As Chair of Governors of Settlebeck School, I am immensely proud of what is achieved by our school which puts us at the top of the County rankings - Congratulations and thanks to all the hard working staff" MP Ripley*

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## **SEDBERGH SCHOOL NEWS**

*Karen Bruce-Lockhart*

At the Prep School years 3-8 completed a sponsored swim on behalf of the NSPCC in the second week of term. They raised over £2,500 for the maintenance of Holy Trinity Church in the Michaelmas term.

The Tatler's Schools Guide describes Sedbergh as "Northern Gold"

The Archives have discovered the record of a debate exactly 100 years ago this year on whether a "non-meat diet is in all respects superior to a meat diet". The debate was won by the meat eaters!

Pupils have begun planting 2,000 trees at Low Branthwaite as part of

the Yorkshire Dales Millennium Trust's Together for Trees campaign, which aims to plant 100,000 trees over the next two years. Pupils also cleared snow on pavements in town, especially round the Medical Centre, while Settlebeck did similar work in other areas of Sedbergh.

The Prep School thoroughly enjoyed "winter sports" when the snow fell – some of the pupils had never seen snow before.

The wind blew so strongly one night in February that it brought down three of the rugby posts on Lupton field

Cameron Harris (U6) is running in the London Marathon to raise money for MS-UK

The Jazz and Swing evening on Sunday 11<sup>th</sup> February was a great

### **a helping hand**



To help older people in the community retain their independence in later life by offering a friendly and reliable service.

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or email [lindagreensmith1@aol.com](mailto:lindagreensmith1@aol.com) and I will be happy to help

All members of the team are DBS checked, have public carers liability insurance and have completed numerous courses in connection with older adults such as first aid and dementia awareness.

success and said to have been “the best night of the year so far”.

The Friends of Sedbergh Prep held an extremely successful Ball which raised over £4,725 for a climbing frame and outdoor play area. £2,000 has been raised for the NSPCC and Who Dares Cares by the pupils

**Academic** - Round one of the Academic Challenge has taken place. This is a quiz similar to University Challenge fought out by the Houses

**Music and Drama** - The Prep School choir sang at the Christingle service in Holy Trinity Church. The Prep School are rehearsing for their performance of the Railway Children at the end of term, and are auditioning for parts in the Lion King, to be performed later in the year. Rehearsals are in hand for *Joseph* and the Set and Props team are hard at work

**Shooting** - Daisy Armstrong and Freddie Cade have been chosen for the British Cadet Rifle Team’s U17 tour to Canada in August. Both were in the team that won the Ashburton Shield, Daisy won a “hatful of trophies” in Jersey and Freddie qualified for the St George’s Final at Bisley. Sarah in year 10 has been selected for the squad for the UK U16 cadet rifle team, having been the top shot at Ashburton.

**Cricket** -Harry Brook (OS 17) has signed a two-year contract with Yorkshire

**Running** -At Giggleswick on 16<sup>th</sup> January the Prep School came away with three out of four trophies in the Catteral Shield cross country. The Rawthey Run was held at Sedbergh School on 24<sup>th</sup> January. Tink

Longworth won the U11 Girls and the team took the gold. Other placings to note were the Under 11 Boys’ Team, who came second overall, Millie Gunning, who took individual bronze in the Under 13 Girls’ and the Under 13 Boys’, who took team silver, with Jack Barker coming in the bronze medal position individually.

The Morgan Run was held on 26<sup>th</sup> January. On the 4 ½ mile course there were about 500 runners from Sedbergh Prep School, Sedbergh School, Old Sedberghians, Staff, Parents, Local Schools, Running Clubs and others. The weather was appalling and conditions were “grim” on Frostrow. A pity as a run on Rise Hill the previous Wednesday had been on a glorious day in snow. New



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trophies were awarded to the race winner – Sam Fisher (OS) and first female – Alex Duckitt (pupil)

One of the “Epic” runs, to the Calf, had to be cancelled due to the snow, visibility, and expected “feels-like” temperatures of -10C

Cumbria won the Northern Inter-Counties Cross-Country – the School contributing ten runners to the team.

At the King Henry VIII’s Relays the Boys came 6<sup>th</sup> in a field of 55, in the second fastest time they had ever achieved, the Girls achieved their third best time coming in 12<sup>th</sup>.

The first of the Wilson Run Qualifiers will have taken place on Wednesday 27<sup>th</sup> February with three more to follow on the succeeding Wednesdays.

At the Prep School following the Cumbria Cross Country Trials, 2 boys from year 7, two girls from year 6 and a boy and a girl from year 5 have been chosen to run for the county in

the National Competition at Prestwold Hall on 23<sup>rd</sup> March

**Rugby** - The School hosted a Coach Development Day on 21<sup>st</sup> January. “A fascinating and thought-provoking” day with many in attendance.

**Future Events** - Over half term a group of 17 from Art & Graphics are visiting New York. Also during half term pupils are taking part in the ECCA National Cross Country Championships, and there will be Laser winter training at Killington Lake

The School website is being given a make over

The Prep School will hold an Open Morning on Saturday 2<sup>nd</sup> March

There will be Teatime Concerts on Monday 4<sup>th</sup> March and 18<sup>th</sup> March at 6 pm in the Thornely Studio to which everyone is welcome. The refreshments are worth going for alone!

The Ten Mile relays will be at 4.15 on 11<sup>th</sup> March and the Wilson Run is at 2.30 on 26<sup>th</sup> March, with runners leaving then from outside Lupton House and returning to Sedbergh from 3.40pm onwards, and there will be more cross country relays at 1 pm on Thursday 21<sup>st</sup> March

The Sedbergh School U14 Rugby Sevens will be held on 9<sup>th</sup> March starting at 11 am, and the U16 Rugby Sevens will be on 16<sup>th</sup> March starting at 11 am. A Rugby Club Festival will be held on Sunday 10<sup>th</sup> March on Buskholme.

Term ends on 28<sup>th</sup> March after the House Singing Competition and end of term service.

The Sedbergh National Super Tens

are on Sunday 31<sup>st</sup> March and Monday 1<sup>st</sup> April. The summer term starts on Wednesday 24<sup>th</sup> April

During the Easter Holidays there will be three courses for children aged 6-11: A STEM course; Junior Sports Development; and a Pony Camp. All courses run from Monday 8 – Thursday 11 April. In addition, there will be courses based at the Senior School for Rugby 7s and cricket for 11-16 years. Booking for the summer courses is open

**The Hirst Centre** - The School is pleased to announce that the new Hirst Centre is now fully open, with all interim works now complete. The Centre provide 2 competition sized courts and a truly multifunctional space with the facility for netball,

basketball, volleyball, badminton, cricket and indoor football. In addition, there is also a fully equipped gym with state of the art machines.

The full Community Use and Membership documents are available on request from [eventsmanager@sedberghschool.org](mailto:eventsmanager@sedberghschool.org) and by phone from Nick Brown on 015242 79236 (Monday to Thursday 8 am-1pm during term time).

As well as gym membership, the School will be offering a variety of fitness classes that will be open to all.

If you are qualified with a current DBS (Disclosure & Barring Service Check) and would also be interested in running classes or hiring the facilities, please do get in touch as above.



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## SEDBERGH BRITISH SCHOOL TRUST

*Mrs Jean Cope, Hon Sec*

The trustees will meet on Wednesday 13<sup>th</sup> March 2019 to consider **Grant Applications** from suitably qualified persons who have attended local authority schools in SEDBERGH and DENT, and how 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,  
14 Guldrey Fold, Sedbergh, Cumbria  
LA10 5DY

## HELLO FROM THE BLACK BULL INN!

*James Ratcliffe*

It's been 6 months now since we reopened, and we'd just like to thank the residents of Sedbergh. We have had some fantastic support from you during both an exciting and challenging time. It's been quite a ride getting used to the new building, finding the right team and getting to grips with the restaurant, bar and rooms but we are settling in now. We've got some fantastic events coming up this year, including a 'Beer Festival' as part of the Food & Drink Festival in April, 'Taster Evenings in the Restaurant', 'Sake, Japanese & Pottery Master Class' and hopefully we'll get a summer like last year to make full use of the Black Bull's Beer Garden.

I'd also just like to mention our food and beverage offerings. Lunch at the Black Bull is a simpler thing in a relaxed environment with Soup &

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Sandwich offers, Drovers Platter, Rare Breed Beef Burgers, Curries, Stew's and Light Bites. Our evening menu offers a mix of dishes from the more refined, like we did in the bistro at the Three Hares, to honest grub such as hearty pies and steaks. We have plenty of Vegetarian options, and can cater for Vegans too, but a heads up would be great. The bar stocks a mix of independent beers, wines and spirits as well as some more well-known brands. Our beers range from £3.40 a pint and wines from £3.65 a glass. Of course there's plenty of soft drinks on offer too for those that don't want a tipple.

We open every day from 11am and welcome anyone in for tea and coffee.

Bookings and information 015396 20264

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

## PEOPLE'S HALL NEWS



*Dr Gina Barney, Hon Secretary*

### **AGM Monday 1 April 2019**

Notice is given that the AGM of the People's Hall will be held in the Committee Room at 7.30pm on 1 April 2019. All residents of the civil parish of Sedbergh may attend. The agenda includes: Minutes of meeting held 5 April 2018, Chairman's Report, Treasurer's Report and the Election of Management Committee

### **Change of Booking Agent on 22 March**

No 6 Finkle Street is sadly to close in April 2019. The issue of keys and

their return will transfer to the Sedbergh Information Centre, 72 Main Street on

Friday 22 March 2019.

The Information Centre opening hours are: 10.00 – 16.00 daily.

Hirers can obtain forms and information from the Hall website: [www.sedberghpeopleshall.org.uk](http://www.sedberghpeopleshall.org.uk)

*On the Bookings & Documents tab:*

Forms: includes paper & electronic booking forms, alcohol form.

Information: includes: price list, T&Cs and hirer information.

*On the Availability tab:*

An up-to-date availability calendar.

The volunteers at the Information Centre may be able to help with general queries. Otherwise email:

[booking.peopleshall@gmail.com](mailto:booking.peopleshall@gmail.com)

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## ROYAL BRITISH LEGION

*If you or yours have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080 (free phone).*

Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.

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

Membership costs £17.00 - call 20964

email: [dmparratt@gmail.com](mailto:dmparratt@gmail.com) for a form.

For more information, visit our website:

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

THE ROYAL BRITISH  
LEGION



## FARFIELD MILL NEWS.

*Peter Rothery, Chairman.*

Truth be told, our share offer plans were greeted with more than a little scepticism by the powers that be. When the redoubtable Maureen Lamb first shared her idea to save Farfield Mill by becoming a Community Benefit Society, none of us had contemplated having to raise quite such a large sum. More than once the professionals we were working with suggested we should set our sights a little lower if we were to be successful.

But the figures did not lie. We knew what we needed to put Farfield Mill on a stable footing for the future. Any lesser sum would delay, not remove, the risk of closure. The sceptics' position was understandable. How could such an ambitious plan succeed? Farfield Mill was not in London, or Bristol, or Manchester or some other populous cultural city. But they did not know Sedbergh. Perhaps they'd not even heard of it until they worked with us.

We are immensely grateful to the town for rallying in such numbers to the support of Farfield Mill. That a town of 3,000 souls delivered on one

of the most ambitious Community Benefit share offers of its type really, is an extraordinary feat and a reflection of a vibrant local community. In just 2 months we raised over £340,000. Nearly 700 individuals or organisations contributed just shy of a quarter of a million pounds, with the balance of £100,000 being matched funding from Cooperatives UK Power to Change.

About £150,000 was contributed by 65 people who invested £1000 or more. 449 investors contributed £100 or less, a total contribution of £32,750

Investors were from as far afield as the Shetlands in the North and the Isle of Wight, in the South. Farfield Mill now has members in Guernsey, Michigan, Osaka, Zurich and Stockholm. But most people by far were local; 450 members live in Cumbria or Lancashire.

We could not have done this without the support of Sedbergh; 188 people or organisations from Sedbergh contributed a massive £100,000 to the future of the Mill. Whilst the investment of money is gratefully received, equally important is the

farfieldmill



investment of trust in the Mill which it represents.

Our task now is to repay that trust. The community benefit society was always about more than just raising money. It was about changing the way we do things; rebuilding our relationship with the Town. As a cooperative organisation, we are committed to being transparent and accountable to members, and to working as part of the Sedbergh community to benefit the whole town and district.

We will hold our AGM on 4<sup>th</sup> May 2019 (details will follow) when members will elect a new board to take our plans forward. We are looking for members who wish to serve as directors. If you are interested do contact us at the Mill.

We would particularly welcome interest from women and younger people.

In the meantime, come and visit the Mill, particularly if you haven't been for a while. All residents of LA10 5 get free entry every Sunday. And members get free entry whenever they like.

We have new exhibitions opening in March - Forgotten Landscapes, Hidden Secrets by Andrew Burns Colwill a skilled landscape artist and Much More than Meets the Eye by James Owen Thomas, a remarkable 16 year old whose remarkable collage works are created from discarded scratch cards, tickets and packaging. Both are well worth a look.

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Thursday, Friday & Saturday open to non residents from 6.30pm for Evening  
Meals ***but prior booking essential***



## **SEDBERGH AND THE BRITISH/ SLOVENE SOCIETY**

*David Burbidge*

As we have done in previous years our singers travelled down to London where we joined the British/Slovene Society's annual function celebrating the work of their national poet, France Preseren. Our group sang a number of songs in Slovenian - both formally in a concert before the main act, and informally at the end joining many Slovenians living in London in singing their national folk songs.

The Slovenian Ambassador, His Excellency Tadej Rupel, made a fabulous speech about the value of culture in bringing people together across the borders that divide us - and then praised Sedbergh and our group for our many cultural exchanges which have often been hailed as part of the most successful town twinning in Europe and have brought hundreds of people together from both of our wider communities.

Some of those present had joined our functions here in Cumbria, and others say they will join us in Slovenia when our group goes on tour at the end of May, and on an expedition in August to sing on the top of Triglav, Slovenia's highest mountain. Our songs include an anthem in praise of this beautiful mountain Triglav moj

dom, and also the mountain song Planinska: "Come brothers and sisters, let's go to the mountains where the sun is shining on the hills and where we can be without worries."

I have attached a photo showing our singers at the function joining with Slovenians living and working in London.



### **Stobars Hall Residential Home**

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## SEDBERGH WEDNESDAY MARKET – ‘SECOND WEDNESDAY’ IS BACK!

*Andi Chapple*

It used to be that we had some market traders who couldn't do every week but wanted to have a stall regularly so that their customers knew when to look for them so they came once a month. We had it so that traders all came on the same week in the month and made a thing of it.

We're going to do this again this spring, on the second Wednesday of the month beginning on 13 March. We hope there will be traders selling jam, beeswax polish and candles, Greek food, cooking sauces and more – have a look at the Sedbergh Market Town page on Facebook and/or the events page of [sedbergh.org.uk](http://sedbergh.org.uk) for up-to-date details of who's going to be there.

All the usual Wednesday traders will be there, which means eggs, cakes and pies, greengrocers, wet fish, bric-à-brac, Thai food, meat and bread – and we hope goat milk and meat will be back soon. The market starts around 8.30am (and the greengrocers are there much earlier)



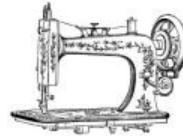
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and runs till lunchtime, with some traders staying on into the afternoon. If you want a stall, or would like more information, please contact the info centre on (015396) 20504.

I hope to see you there.

## LEGAL SPRING CLEANING

*Clare Tamea*  
*Solicitor with McGarry & Co, Main  
Street, Sedbergh*

When doing your spring cleaning this year, why not take ten minutes to bring out your will from its safe place, dust it off and just read it through to check it's still what you want?

A regular review of your will is useful, especially following major events in your life- moving in together, getting married, getting divorced, having children or grandchildren, losing a loved one or even winning the lottery.

Many people don't realise for example that getting married

automatically revokes (cancels) their will unless it was specifically made with a forthcoming marriage in mind. If you move in together and want to make sure your partner is provided for, putting your partner in your will is essential - English law simply does not recognise a 'common law husband or wife' and they will not be counted as your next of kin for these purposes.

Even without any major changes in your life, wills can sometimes just get out of date. Perhaps you left specific items, property or investments in your will that you no longer own. Maybe your executors have moved away, grown frail with old age or simply are now too busy to be able to help.

People can become closer or more distant with time. You may be motivated to leave a gift to a charity that now means a lot to you.

If your will is out of date, simple changes can be made by an addition called a codicil. For anything more, a fresh will would usually be recommended.

Finally, don't forget to check investments that don't pass under your will. For example, many workplace pensions and life assurance policies pay out under a discretionary trust to those nominated by you rather than under your will. Contact these organisations to confirm whom you have nominated and ask for a new nomination form or expression of wishes form. After this, if all is still relevant, return your will back to its safe place and sit back with the peace of mind that comes from knowing all is in order.

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### LOCAL ENERGY ADVICE PARTNERSHIP

#### **Are you or someone you know struggling to cope with fuel bills?**

A new scheme, tackling fuel poverty, is now under way and accepting referrals for South Lakeland residents. LEAP is a free service that is helping keep people warm and reduce their energy bills. It's 100% paid for by energy companies.

LEAP is available to all households, whether owner occupiers, privately rented or social tenants. It offers a free of charge in-home advice visit and can help you save money and keep your home warm and cosy. You would be visited by friendly energy assessors who will be able to fit small energy measures, offer advice, help change tariffs and refer on for further help and support to reduce bills and stay warm and well.

This scheme is being promoted among local residents by South Lakeland District Council.

For further information please check out the website:

[www.applyforleap.org.uk](http://www.applyforleap.org.uk)

Or telephone 0800 060 7567

## 20'S PLENTY FOR SEDBERGH

*Suzie Pye*

I have recently launched a campaign for safer roads in Sedbergh, and will be petitioning Cumbria County Council for a 20mph speed limit to be set for the town.

I have been prompted to act, partly as a result of hearing from residents time and again that they don't feel safe walking around the town; and partly through my personal experience of walking young children to school every day, and having had a very frightening "near miss" a couple of years ago.

The 20's Plenty Campaign is for residential streets, with A, B and arterial roads remaining at current limits. To drive from Queens Drive to Thorns Lane at 30mph takes 2 minutes. To drive at 20mph takes 3 minutes. So it adds a maximum of 1 minute to people's journey times and has all the following benefits:

Potentially save lives and prevents injury

Encourages walking and cycling leading to healthier children and adults.

Lower congestion and pollution  
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Contact KEVIN BATEMAN

Create a better environment on residential roads

Most people involved in transport development recognise that, at some time, 20 mph will become the default speed limit for all residential roads in the UK. Sedbergh can "hang on" till such a time, however the sooner we adopt the 20's Plenty initiative then the greater the opportunity for prevention of accidents, and benefits in quality of life on our streets.

If you would like more information, or to sign the online petition, please go to [www.change.org](http://www.change.org) and search "Sedbergh". Or look out for the paper petition dotted around key places in the town. Thank you.

## WHAT'S IN A NAME?

*James Palmer*

WHICKER: Wicker, Wickers, Wheeker. *Walter la Wykere*, 1225 Somerset Assizes. Thomas Whicker, 1581 Oxon, 'Dweller or worker at the dairy-farm' (OE *wic*).

## THE FUTURE OF THE URC

*Douglas Thomson*

Considerable activity continues for the United Reform Church to be purchased by our community.

It would seem the Manse has been sold subject to contract. It is expected that the church will be placed on the market once contracts for the Manse are signed.

Sufficient funds in the form of loans are now in place from individuals for an initial purchase of the church if a price that can be afforded can be agreed with the URC synod. If purchased the church can be used immediately for community use but fund raising will then be required to repay the loans and hence ensure continued community use.

Plans are well advanced to create a community organisation to run the 'Sedbergh Centre', as it is likely to be called, should a purchase be successful. If you can help in the running of the building please contact me at [douglas@ddathomson.co.uk](mailto:douglas@ddathomson.co.uk).

Grants for both the purchase and development of the building are being explored.

---

## SEDBERGH FIRST RESPONDERS

*MP Ripley*

We are very pleased to announce that we have just completed our 100<sup>th</sup> call out since our team's inception in June of 2015 thus averaging just over 2 calls a month, though they often clump together – we had 5 calls in January but none in July!!



## Sedbergh Primary School

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### Is your child starting Nursery this September?

We have places in our Nursery, for 3 year olds, starting in September 2019. Follow the links on our website for more information and an application form ([www.sedberghprimary.org.uk](http://www.sedberghprimary.org.uk)) or pop into school to collect a paper copy of the application form. 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 5AL Tel: 015396 20510

Email: [admin@sedbergh-pri.cumbria.sch.uk](mailto:admin@sedbergh-pri.cumbria.sch.uk) Web: [www.sedberghprimary.org.uk](http://www.sedberghprimary.org.uk)

**Look out for further information about 'Stay and play' sessions and our EYFS Open Evening**



In our history we have trained 15 first responders but currently only have 4 active responders as people have moved away or found the commitment didn't suit their lives or work commitments. We are, hopefully, about to acquire our first Enhanced first responder once his training is completed which allows him to be called to and deal with a wider range of incidents along with an even heavier equipment bag that he has to lug around with two heavy compressed gas cylinders!

Incidents have ranged from the funny to the sad; the serious to the, in the end, trivial; the frightening to the routine. Throughout patients and their families and friends have been very generous in their appreciation of our efforts which, to be honest oft times are in essence "tlc". The professionalism of the NWS paramedics has been exceptional and we thoroughly enjoy working with them.

Just a brief reminder that if you are ever in doubt about calling an ambulance do so.... The call centre is a fount of knowledge and practical advice and they will advise you and take the appropriate action. If you really feel that calling 999 is too alarmist do phone 111 who will assess the situation and either pass you on to Ambulance Control or take other appropriate action such as alerting the out of hours Doctors.

We would like to thank the Sedbergh Community for all their support over our time. I hope we don't have to meet "professionally" but we are always available if you would like us to do some CPR or

defibrillator training – do get in touch. If anybody is interested in joining the team please don't hesitate to call Myles on 21101.

---

## ZERO WASTE SEDBERGH

*Suzy Pye*

When we talk about zero waste we tend to talk of things concerning the inside of our homes. But as February turns to March, the afternoons get longer many of us will be spending more time outside tending to our gardens, so here are a few pointers on how to be a zero waste gardener:

- 1) Make your own compost. It not only utilises the goodness found in food and garden waste, but it also gives you a constant supply of lovely rich compost to help nourish your plants. There is something highly satisfying about harvesting your first handful of homemade compost!
- 2) Collect toilet roll inners and use them to start seedlings off in. They can then be planted directly into your

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plot once the seedlings are big enough, and once they have served their purpose you can either dig them into the soil, or pop them in the compost bin.

3) Take cuttings. Beg, borrow or steal (actually, just beg and borrow – stealing is naughty) from friends and family. It's the cheapest, most zero waste way of restocking your garden. Make sure you do your research on the best method and time of year for each plant.

4) Up-cycle household items. You don't always have to buy expensive pots for your plants. Why not experiment with other containers you already have lying around the house. A little creativity can transform an old wellie, a set of drawers, a painted tyre, wheelbarrow, or even a toilet!

5) Try to buy for life when purchasing garden tools and equipment. You don't want to be throwing away a broken pair of secateurs a year after you buy them. Maybe team up with a couple of neighbours to make larger purchases more affordable.

6) Grow your own. Allow me a smug moment: last summer I went three months without buying a single lettuce from the supermarket – I scattered a packet of seeds, hoped for the best, and reaped the rewards. If you aren't experienced at growing your own produce, start with relatively simple choices like lettuce, herbs, potatoes, or runner beans.

As always, more information can be found at

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

Happy gardening!

## SEDBERGH & DISTRICT CHAMBER OF TRADE & BUSINESS

*Sedbergh Project Manager*

Notes from meeting held on 21 January 2019 in the People's Hall

The meeting was chaired by James Ratcliffe, who thanked the outgoing Chair (Andy Cobb) for his years guiding the Chamber.

It was reported that the Church Rooms and the Black Bull would be open to provide refreshments to the coaches that arrive on Tuesdays.

Subscriptions are now due and Gina Barney informed the meeting that more than half the members had re-joined. Funding for the Town Project Manager (Heather Thomas) was being sought from the Dulverton Trust

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to add to the funds provided by the Town organisations.

James Ratcliffe as Chair said he would like the Chamber to try and pull a strategy together involving three key issues of Tourism, Businesses and encouraging young families to come and live here. There is a meeting at the end of the month with SLDC as a result of the Economic Forum and they are going to help us with marketing.

Douglas Thomson made a presentation on B4RN for Sedbergh Town. He said the idea was to circle the network around Sedbergh and then through the town centre. This won't necessarily mean digging up the road or pavements as the ducts can be attached to the eaves of the businesses. He added that there is a new government scheme called the Gigabit Voucher Scheme (GBVS) which is designed for businesses, but residential properties can be included (10 properties to one business). There is £300 cashback for the business and £150 for the residential property. The Chamber was keen for Main Street to pull together and get started and would like to call a

meeting in the People's Hall to gather support. A leaflet which can be given to each business and property will be prepared.

It was reported that Late Night Opening was a success. There was a suggestion to introduce a carol singing evening to create an atmosphere when people are looking for somewhere to eat and drink. It was also suggested that the lights were more up to date with twinkly lights instead of large bulbs.

Future events planned include a Food Festival at the end of April, the Gala on the 18th May, Sheepfest in September and the Artisan markets which continue in 2019.

There is a proposal to use a space at the back of the Bull for electric bikes. There were problems to overcome such as repairs and attending breakdowns away from Sedbergh.

**POST SCRIPT:** The Chamber has been successful to receive an award from the Dulverton Trust to support the Project Manager.

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## LENT LUNCHES

*Anne Reed Screen*

Lent lunches will start on Wednesday March 6<sup>th</sup> 2019 in the Parish rooms at St Andrews Church from 12 noon to 1pm. All welcome, so come along and enjoy a variety of delicious soups, bread, fruit and good company all for £3.



## DENTDALE, HEAD TO FOOT

*Mike Steele*

“A father, a Spitfire pilot and a lifelong hobby”

Our February meeting was a talk by Richard Gledhill, which told of his father's experiences of learning to be a pilot at the age of 17 on Tiger Moths at Yeadon airport in 1938, followed by an immediate transition after joining the RAF, into flying Spitfires. Which is like moving from a basic Ford Focus to a Ferrari.

Fortunately, the training ensured that they knew every control in the Spitfire cockpit, literally blindfolded, so that on the first of necessity solo flight, they at least had a sporting chance of landing.

On posting to 72 Squadron in Kent in 1941, after much practising, he ended up attacking German targets on the continent, either escorting bombers or individual targets such as trains and other areas of the German war effort. Of course this meant many pilots became Prisoners of War when shot down over the continent, so the RAF was always short of trained pilots and when he had the opportunity of a transfer to defend Malta as a Hurricane pilot on an aircraft carrier he jumped at the chance, but was eventually sent back to Biggin Hill where he joined the famous 602 Squadron where, after the abortive Dieppe raid he was eventually shot down off Cap Gris

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Nez and ended up as a Prisoner of War himself. Sent to a camp in Poland, after the Russian defence of Stalingrad they found themselves on the long march between the Russians and the Germans as the Russians advanced towards Germany.

They were in effect used as a human shield, thousands of POW's being force marched over long distances in sub-zero temperatures without adequate nourishment and clothing. Many died on the way, but Richard's father survived only to be declared unfit for flying in 1945 after being invalided back to Church Fenton, which oddly enough is now the home of his original Squadron, No. 72, flying the Tucano trainers we often see over Dentdale today.

So father instituted in son a love of aircraft and aeronautics which he proudly carries on to this day. All in all, 23,000 Spitfires were built from the original designs of R J Mitchell, who sadly did not live to see his masterpiece help to win our war effort.

Many aircraft, both fighters and bombers, were shot down over the hills surrounding the Vale of York,

where many of the northern airfields were situated and our own region has many aircraft wrecks from this period which Richard is also interested in, showing us some of the original wreckage from a crash which clearly showed the original paintwork livery from that period.

He is now trying to set up a memorial to those aircrews lost in this area in conjunction with the help of the Vicar of Kettlewell.

We shall be donating our talk fee to this memorial, in memory of all those aircrews lost during this conflict in the Dales.

Our next talk is from Romany Garnett, who will be telling us about her recent visit to Estonia, which she entitles "a land of potatoes and Song"

This is on March 1<sup>st</sup> and will be held in Dent Methodist Schoolroom at 2 p.m., rather than the Dent Memorial Hall, which is otherwise engaged on that day.

For further information, call Mike Steele on 015396-25054, m: 07813-806209 or e-mail [mds@hallbankcott.co.uk](mailto:mds@hallbankcott.co.uk)

## KILLINGTON CALLING

*Maureen Lamb*

Sedbergh, Garsdale and Dent drip off the tongue, but what about Middleton, Howgill, Firbank and Killington? Sedbergh stands astride the entrance to three valleys to the east through the Pennines and rather turns its back on adjacent parishes to the west but which also look to Sedbergh as their centre of gravity.

The population of Killington down through the ages, at least as far back as the Iron Age, has had a close association with Sedbergh which is my excuse for writing an article about Killington.

I have been sitting on some amazing original material about Killington researched by Alwynne

Amsden who lived in a cottage at Hallbeck. The material consists of loose sheets of paper held together by strong 'bulldog' metal paper clips, now rusty, that are the result of half a lifetime's work on the people and houses of Killington. Every house is there, some of which are now derelict or have disappeared. The name of every villager is there from the seventeenth century onwards and a few from a little earlier.

HELP! I had thought of putting the material into the History Society Archive at the Sedbergh Information Centre, but before I do that I would like the present inhabitants of Killington and those who live locally who have had family members who may have lived sometime in Killington



  
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to have the opportunity of seeing what information is available about their family and /or the house they lived in. Someone may also have some ideas of how the availability of the information might be publicised more widely.

I am happy to be contacted at:-  
Broad Raine Cottage, Killington LA10 5EP, Phone: 015396 20553, Email [maureenlamb.broadraine@outlook.com](mailto:maureenlamb.broadraine@outlook.com)

If any other local resident has similar information that they would like to see in Lookaround please feel free to send in your article

---

### THE HEAD AT MIDDLETON

*Elizabeth and David Martin*

The Head at Middleton, a country Inn dating from 1642, has been our family home since 1999. Throughout those 20 years we have enjoyed welcoming guests to stay in this beautiful, unspoilt area. The Head is found on the A683 as you head towards Kirby Lonsdale. only 5 minutes by car (10 minutes by bike) from Sedbergh, and has ample car parking on site. There are also walking routes from Sedbergh to the Head if you fancy calling in as part of your walk.

We serve a variety of locally sourced, freshly cooked to order meals. Grills are our speciality. Served with delicious hand cut chips or jacket potatoes and vegetables or salad.

During the winter months we light a roaring log fire, providing warmth and cheer to many cold and tired walkers and adding cheer to our cosy atmosphere.

We look forward to welcoming you.

### HISTORY SOCIETY - THE MUST FARM PILE DWELLINGS: Archaeological Investigations Of A Bronze Age Fenland Settlement Presented By Iona Robinson Zeki

*Graham Hooley*

The late Bronze Age Fenland settlement at Must Farm near Peterborough has been justifiably called 'Britain's Pompeii'. The site, dating to circa 850BC, represents a snapshot in time when a catastrophic fire reduced a flourishing settlement of more than five roundhouses to a heap of charred remains preserved in the mud and silt of an ancient river channel in the Fens. The preservation of artefacts, due to the anaerobic nature of the mud, is quite remarkable giving insights into the everyday lives of the inhabitants nearly three thousand years ago.

Work at the site, a large quarry in the Fens, began more than ten years ago with a watching brief for the emergence of archaeological remains. Soon the paleochannel (the now silted up route a branch of the River Nene took to the sea from around 1600BC) became clear and what emerged was astounding. Nine log boats, carved from huge trees,

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were found in the channel at regular intervals. These boats appeared to date from the late Bronze Age into the Iron Age and were found alongside wattle fish traps that had been used to snare freshwater fish for food. Then, in 2006, the settlement site some 250m downstream was discovered. First to emerge were wooden piles (mainly ash with some oak) driven into the river bed to form a stockade or fence around the settlement, along with the remains of a wooden walkway that would have enabled easier passage over the marshy ground.

In 2015 it was recognised that the site was potentially highly significant and a full scale excavation began, with over 70 archaeologists and

specialists involved. What emerged were the remains of several structures that had been constructed on stilts or piles over the river. Analysis of the wooden timbers showed a likely construction date around 850BC, and destruction by a catastrophic fire soon afterwards – probably within a year or two of the construction. At the time of the fire the contents of the structures (interpreted as roundhouses used as dwellings and workshops) had fallen into the river channel and sunk into the mud and silt. Because the channel was shallow and the river very slow running at this time, the artefacts remained where they fell and have enabled a detailed picture to emerge of the layout and contents of the



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houses and the lives of the inhabitants.

Iona shared with us some of the finds from the excavation. In addition to helping our understanding of roundhouse, walkway and stockade construction, the finds help clarify the diet of the inhabitants. Remains of red deer and boar were found along with full skeletons of two sheep that it is thought were tethered in one of the houses at the time of the fire (they were intact and bore no signs of butchery). Fishing nets showed how fish were caught and parasites found in coprolite (excreta) demonstrate that raw fish was being eaten. The inhabitants were also eating cereals such as barley. Remains of a bowl were found with the residue of a nettle stew inside. Particularly significant were the textile finds. Well preserved fibre bundles showed different grades of textile being used, and the presence of flax suggested linen was being spun. The inhabitants used Spindle wood for their bobbins – a wood that does not splinter and snag the fibre. It had not been previously known that Spindle was used in the Bronze Age. Also found were glass beads, made to a unique recipe which was perhaps suggestive of trade. Many bronze artefacts were found – eleven scythes or bill hooks, razors, rivets, gauges along with twenty socketed axes. The extent of metalwork discovered is not typical of settlement sites of the period and is prompting a re-think of how people lived.

Perhaps one of the most spectacular finds was a solid wooden wheel, made of three boards and



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riveted together with wooden dowels. There was some discussion as to why there should be a wheel in a settlement that was on a river channel where the main means of travel would have been by boat!

One significant difference between Pompeii and the Must Farm settlement is that the former was occupied over a long period of time so that the finds there represent many years of evolution of technologies and arts. At the latter we have a time capsule capturing what life was like for one year in the Fens. The extent of preservation of finds and layout is helping to rewrite our understanding of life in the late Bronze Age.

Iona, a project officer at Cambridge Archaeological Unit, has worked at the site as a supervisor for over ten years and is now writing up the excavation and the analysis of the finds. Her talk was both lively and informative and her enthusiasm for this remarkable site infectious. I can't wait for the book that Iona is working on!





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## **SPELLBOUND THEATRE. WIND IN THE WILLOWS.**

*Susa Ellis*

Looking back on Sedbergh's festive season, one of the highlights was Spellbound Theatre's wonderful production of *Wind in the Willows* held at the Peoples Hall in mid-December.

Annie Miller and Hilary Stephenson's wonderful adaptation stayed very true to the classic we all love, but expanded the roles and incidents to give them a fun, almost pantomime, flavour which had audiences roaring with laughter. Chris James was outstanding as Toad, a wonderful combination of imperious and childlike leading his faithful companions a merry dance. Ian

Dawson as Mole, Graham Dalton as Badger and Adam Hopkins as Rat were very convincing as perplexed friends whose loyalty to their friend withstood his wild escapades.

In addition to these Spellbound veterans, it was great to see more and more young people returning to the stage with great confidence after starting out last year in *Christmas Carol*, particularly Holly Ross, Angel Sherrard, Solomon and Eli James and Ellie Wells all turning in excellent performances in a variety of smaller roles.

There was also quite a cohort of enthusiastic younger ones and their contribution was charming.

Hilary Stephenson expertly directed a very large cast with all the aplomb



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of Cecile B. Demille, and the sets created by Ernie Hailwood and Tony Hodson were fantastic - Toads caravan a real beauty. The art work and river scenes and the Wild Wood painting (this produced by Laura Bolton and Sedbergh school year 12 ) were worthy of a professional theatre production. Finally I must mention the all-girl Weasel team, they were terrific, ably led by Helen Cresswell with her perfect comic timing, and all beautifully costumed by Elizabeth Saunders who masterminded the costumes, while her husband Paul multi-tasked choreography and a brilliant variety of instruments, ably assisted by Ernie.

All in all a real quality Christmas treat for Sedbergh and well supported by the Sedbergh community. Next year Spellbound will have to get the 'Strictly' final moved so it doesn't clash with the final performance on the Saturday- maybe a job for Badger?

## SEDBERGH ORCHESTRA CONCERT

*Jennifer Thornely*

There cannot be many places the size of Sedbergh that can boast its own symphony orchestra. We are lucky to have the Sedbergh Orchestra, which was founded in 2010 by Donald and Shirley Smith, and is a remarkably well-balanced group of some 30 to 40 players from the local area.

They gave an interesting programme in St Andrew's Church on Thursday evening November 29<sup>th</sup> under the expert direction of Roland Fudge. It was an evening of Russian music, starting with the overture to Ruslan and Lyudmila by Glinka. This has, to my mind, to be one of the most joyous beginnings in all music (along with Mendelssohn's Italian Symphony). The orchestra obviously enjoyed this splendid piece and it was played with great panache. To follow we had a rarity – Symphony No. 1 by Vassily Kalinnikov, which was a revelation. It is full of Russian romanticism and so many dramatic and beautiful moments. There was some excellent playing by the wind section, especially in the lovely dreamlike second movement, which ends with a long series of pianissimo rising and falling thirds. The work ends with a tremendous climax and the players rose magnificently to the occasion. I am sure that everyone in the audience thoroughly enjoyed hearing this splendid work, which surely should be played more often. It was a great achievement.

After the interval the orchestra played Tchaikovsky's Nutcracker

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Suite. This is full of familiar and delightful tunes, but it seemed somewhat under-rehearsed. It was a brave effort, but I think that most of the rehearsal time had probably been spent on the Kalinnikov. Nevertheless, it was a highly enjoyable concert and they all deserve congratulations on their efforts.

It was a pity that Donald and Shirley could not be there to hear it. Donald was ill with heart trouble in Manchester and Shirley was with him. They would have been very proud of their orchestra. We trust that Donald is making a good recovery and is able to resume his place in the cello section.

### **SEDBERGH TOWN BAND**

*Keith Wood*

Glen Miller - Tommy Dorsey - Joe Loss - Iwan Lewis: It all just trips off the tongue doesn't it? Tripping in this case being 'the light fantastic' since on the evening of Friday 22 March at The People's Hall the fabulous Sedbergh Town Band presents 'A Dance Extravaganza'. This event is gaining momentum and is our third dance night. If the other two are anything to go by we will be brilliant. As for the dancers well, they have been almost as good as us!

The music is definitely to be danced to and is a wonderfully eclectic mix running from Moonlight Serenade through Bohemian Rhapsody to A

Hard Day's night. Not even Miller himself could produce that (well not the last two anyway).

Doors open at 7pm for 7.30. Your £10 will include a delicious pie and pea(s) supper and a well-stocked licenced bar (new fridges).

Tickets from Tourist Information Centre. Green Door. Sedbergh Mini Market and Band members.

A new development this year will be 'corporate tables'. So a group for example the Market stall holders or Sedbergh Bridge Club or Manchester United could 'hold' a table for 10 for a hundred quid. I hope you get the idea, if not, then contact the bloke who thought that one up; Barney Proud on [barneyproud@gmail.com](mailto:barneyproud@gmail.com)



### **NEW WOODLAND PLANTING**

*Yorkshire Dales Millennium Trust*

Students from Sedbergh School have begun planting 2,000 trees at Low Branthwaites as part of the Yorkshire Dales Millennium Trust's Together for Trees campaign, which aims to plant 100,000 trees over the next two years.

They joined landowners Anna and Darren Sheffield and staff from the

Trust in planting more than 200 trees on the first day of the project in mid-January. The new native woodland, including hazel, rowan, birch, holly, bird cherry and crab apple, will be planted over the next ten weeks to provide variety in the landscape and a new habitat for wildlife.

One of the Year 9 students who helped plant the first trees was Ben. He said: "We had a great experience planting trees and helping to improve the environment. It was good to work

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as a team knowing we were helping the community too. "It's nice to know Anna and Darren will be happy with what we've done and we had a great time out here working for them."

Planting at Low Branthwaites is to take place over two years.

Students are undertaking the voluntary work as part of their John Muir Award, a national environmental scheme encouraging people to connect with, enjoy and care for wild places.

Carol Douglas, Woodland Officer at YDMT, said: "Through our 'Together for Trees' campaign we are working with many partners including Yorkshire Dales National Park Authority, Forestry Commission, Woodland Trust and many volunteers with the aim of planting 100,000 additional trees across the region.

"Trees are hugely valuable as a habitat for wildlife - a single oak tree can support up to 284 species of insects – and support some of our most endangered woodland animals, like red squirrels, dormice and cuckoos. "They are also important for our mental health and wellbeing and we believe that everyone should have

access to trees. We work with disadvantaged groups such as young carers, homeless people, refugees and asylum seekers, many of whom live with disabilities, mental illness and social isolation.

"The Together for Trees appeal aims to raise funds to create beautiful woodlands that everyone can enjoy for years to come." A donation of £40 could help children from disadvantaged backgrounds visit the Dales to take part in a woodland activity; to improve their wellbeing and ensure these habitats are understood.

She continued: "We're grateful to students from the school for their time and energy to get this new woodland underway and also to Anna and Darren, the landowners. "We welcome the opportunity to work with them and look forward to seeing the woodland progress over the coming weeks."

Anna and Darren offer bed and breakfast accommodation at their 18th century farmhouse at Low Branthwaites and say the woodland will be an important part of their offering.

"We love the idea of our guests being able to witness the development of the woodland and learn about the local landscape and wildlife," Anna added. "If you are interested in visiting the woodland or for more information about Low Branthwaites please visit [www.lowbranthwaites.co.uk](http://www.lowbranthwaites.co.uk).

If you want to support the Together for Trees campaign you can find out more at [www.together-for-trees.org](http://www.together-for-trees.org)

## ROSE THEATRE QUIZ QUESTIONS

*Sandra Gold-Wood*

- 1 Name the host of ITV's The Chase?
- 2 In which UK city would you find Greyfriars Bobby?
- 3 Who left his Heart in San Francisco in 1962?
- 4 Which US President wife was Mary Todd?
- 5 How old was Queen Victoria when she died?
6. How many brothers did Charles Dickens have?
7. Who was Lloyd Webber's first Phantom?
8. What was David Bowie's real name?
9. How old would Elvis have been on Jan 8 2019?
10. How many Pecks in a Bushel.
11. Who is the Duchess of Cambridge?
12. Who played Grass hopper in Kung Fu ?
13. How short was Toulouse Lautrec?
14. Who wrote Finnegan's Wake.?
15. The title of Ed Sheeran's first No1?
- 16 The code name of WWII D Day Landings ?
17. In which ocean did the warship Bismarck sink?
18. What is April's birth stone?
19. Who plays Rita in Coronation Street?
20. What is the collective noun for Bullfinches?

*Thank you to Sandra for the Quiz Sheet questions. To see who won the Rose Theatre Quiz Sheet, and for the answers, go to page 65.*



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## FAMILY MUSINGS

*Sarah E Woof.*

I finished last month's article by asking what makes a 'romantic' meal romantic and have received some suggestions, none suitable to write here, which just confuses me all the more! As we now have a new working cooker and enough sockets to chuck out the adapters I will have no excuse to not cook a special Valentines meal. But that was last month, what have we for this month? Not Easter that's for sure but school holidays are so different from what I knew as a child. They no longer include the very significant Christian celebration of Easter, that has its own holidays.

Chatting with friends of my certain

age recently we compared what we did as young children to our grandchildren these days. We certainly 'played out' after school but probably were related to, or certainly knew, the folks behind every front door and could go for help should the need arise. Not so these days. We would play Bulldog, a type of Tig, and charge from one side of the playground to the other in a mass of chaotic fun. Going up 'Gardy' was great fun, the wild flowers, the flat limestone "dancing flags", the ancient fossilised stones. the sheer adventure of 'up there'. It is some time since I was last there but all is different. Years ago the dry stone walls were removed to fill a need for stone faced houses to blend in, in the village, and

somehow those who should have cared about that lovely woodland area didn't. Sheep roam freely, wild flowers are scarce, maybe I just look through rose-tinted glasses! I will take the grandchildren up there when they are a bit older, to the Wishing Tree, the dancing flags and even maybe the fossils. Somewhere we go now is to 'the green", to the play area and how I wish dogs could read. the message might get through that they are not welcome on the Green! Swings and slides and climbing frames are no place for dogs! We love spending time with all our grandchildren, they each are unique personalities with their facial expressions and sweet comments. Their delight in simple things like

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cuddling cat or checking contents of our biscuit barrel, kicking a football into the stream or riding toy bikes outside brightens our days and sends us exhausted to bed at night! They have enquiring minds which we need so we can step out from our normal and try something new or revisit old haunts and pleasures. Spring is coming! And the mother of all clear outs is beginning here - watch this space. I know my little helpers will be keeping a very careful eye! Happy Spring cleaning everyone.

---

### MARCH GARDENING

*Elaine Horne*

March usually brings temptation in the form of supermarket packs of herbaceous perennials at very low prices. It really does seem to be the luck of the draw, and although it is far more satisfying to grow something which you really want in your garden, rather than something that the grower has in excess I have had some success with these. However my first attempt at a mixed pack of Lupins all turned out to be an insipid pale pink and the Holyhocks were all yellow and double flowered! I had hoped for at least one single, rich dark red one as illustrated in the picture on the packet.

A trip to a good nursery or garden centre with a good range of plants is the thing to do, and March is the ideal month to look for those early flowering perennials which will give colour for the spring. Look for Primulas in variety, from little, wine red *Primula* 'Wanda' and double flowered 'Purple Storm' and 'Valentine Red' to the slightly taller

"Drumstick Primulas", *Primula denticulata*, in mauve, bright pink and white.

For slightly taller blooms try *Veronica gentianoides* (Gentian speedwell) which has a mat of evergreen foliage and neat pale blue spikes of flowers. *V.* 'Tissington White' is a good pure white cultivar and *V.* 'Barbara Sherwood' is a good blue form.

Anemones – *Anemone blanda* with blue flowers and *Anemone nemerosa* (Wood Anemone) are useful low growing plants. The latter has produced several interesting forms. *A.* 'Robinsoniana' has large flowers of a pale lilac blue colour; *A.* 'Vestal' has pure white, very double flowers; *A.* 'Pleniflora Bracteata' has flowers



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surrounded by a ruff of green bracts; *A. 'Green fingers'* has green petals inside the usual white petal and the wonderfully named *A. 'Monstrosa'* has extra-large, double flowers with green petals mixed with white.

Clump forming *Brunnera macrophylla* has blue, Forget-me-not type flowers over large heart-shaped leaves; 'Jack Frost' and 'Dawson's White' are particularly attractive cultivars. The former has silvery leaves marked with veins and the latter has cream edged leaves.

The first *Viola* species will be starting to bloom: *Viola odorata* the scented 'Sweet Violet' has either rich purple, white, or (rarely) pink flowers; *Viola 'Freckles'* has white flowers, speckled with blue, and *Viola labradorica* has violet flowers and dark purple leaves.

---

### JANUARY WEATHER:

*Brian Wright*

The year started under a spell of high pressure without a gust of wind for the first 3 days. It generally made up for it with a blustery month and a maximum gust of 21.9mph (35.2kph). As to be expected in January it was a cool month with only 9 days getting above 40F (4.44C) and 4 when it did not get above freezing all day. The night time lowest minimum was 17.6F (-8C). Precipitation included several varieties with several days under a covering of snow. A total of 3.35inches (87mm) was recorded though I suspect that this was a slight under estimate as there was some snow on the rain gauge which hadn't melted at the end of the month. However, as it takes 10 inches of

snow to produce the equivalent of 1 inch of rain it would only have been 3 inches (7.62mm) would add an extra 0.3inches (0.76mm) to the total.

In spite of it being a fairly dry month, by usual January standards, it was still very muddy except whilst the snow was lying. The early snowdrops were buried in the snow and as it melted poked their heads through undisturbed. It just shows they have a good dose of built in antifreeze. This was obvious when other plants were truly knocked back by the low temperatures. The badgers have been actively digging down the lane obviously desperate for any food they can find. The mysterious digger continues to scratch along the drive. I must put a camera out to see what it is. Hedging is progressing very slowly with all the hospital trips. I shall have to be stopping soon as the hazel catkins are lengthening and the blackthorn is showing white suggesting the sap is already rising. We have a few sparrows returned but where they go is a mystery. The woodpecker and long tailed tits frequently join the regulars to feed on our handouts.





## SEDBERGH PCSO REPORT

*Marion Jeffrey*

Nine calls for service 29/1/19 regarding vehicles stuck on A684  
KILLINGTON: Suspicious males taking grit 20/1/19 males spoken to, all in order; they were contractors!

Theft of sheep 7/1/19.

Sheep worrying 4/1/19

SEDBERGH: Damage to motor vehicle 13/1/19. Suspicious males wanting scrap 3/1/19. Anti-social behaviour (early hours New Year's Day) 1/1/19.

Please contact me should you have any questions or issues.

---

## LADIES NFU JANUARY MEAL

*Caroline Sandys-Clarke*

On 15th January 24 members enjoyed a warm welcome and delicious meal at The Black Bull.

Many of us had not been there since the extensive refurbishments had been completed and were impressed by the lovely cosy atmosphere and attention to detail. There was no meeting as such but subscriptions were collected and new programmes handed out to those who were present.

Our retiring President Barbara Escolme thanked everyone for their help during her year in office and for contributing to two very successful fund raising coffee mornings. She welcomed our new President Helen Woof, who in turn thanked Barbara for her hard work and said she was looking forward to her year in office and a programme of interesting and varied talks.

Our talk in February is given by Roger and Susan Sedgwick about

their Howgills Fellside Ice Cream.

In March, Rachael Bainbridge is going to tell us about Buttonholes.

Visitors are always welcome at our meetings which happen on the third Tuesday of the month in the People's Hall Committee Room at 7.30 pm

New Members would be very welcome.

---

## ROSE THEATRE QUIZ RESULT AND ANSWERS

*Sandra Gold-Wood*

The winner of the Rose Community Theatre's Quiz Sheet is **Kerry Garnett** who wins £10 and **Mary Kendal** who wins the Chocolates.

Thank you everyone who took part.

Answers :-

- 1 Bradley Walsh
2. Edinburgh
3. Tony Bennet
4. Abraham Lincoln
5. 81
6. Three
7. Michael Crawford
8. David Jones
9. 84 on Jan 8
10. Four
11. Katherine Winsor/Middleton
12. David Caradine
13. 4ft 8ins
14. James Joyce
15. Sing
16. Overlord (there were others but that's the best known)
17. Atlantic
18. Diamond
19. Barbara Knox
20. A Bellowing



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### LOOKAROUND

Georgina would like to thank the new Lookaround team for all their hard work on February's issue.

=====

### LAURA GARNETT

Happy Birthday to Laura from husband Nigel, daughter Anne-Marie, son Ben and sister Georgina.

=====

### EDITORS COMMENTS

Very gradually I'm getting used to this, but it is very surprising how quickly a new Lookaround month arrives. I think we are already beginning to receive articles for April. Keep them coming. We're still 20 pages down from Dennis's 100 and more page editions. And I'd like to get back to something like that.

It is very heartening to see advertisers returning. With the change of management there was a clean break, everybody needs to re-book advertising space with us, both for business ad's and B&Bs. And I'm glad to say lots of people are.

I mentioned it in the front page editorial but local photographers (I know you are out there!) please do send us photos for the front cover. It's surprisingly difficult to find appropriate pictures because they need two subjects, or items of interest, in one photo, one for the front cover and one for the back, Keep that in mind when sending us pictures.

Glad to see Footloose, a new business, opening in the High Street,

and many thanks to them for advertising with us. I'd like to wish them every success in the future. And I'm also glad to see how well The Black Bull seems to be doing (see article on page 38). It has made a great difference to the High Street, having it there and thriving. We can only hope that other businesses come in and follow their example.

Please send us all those articles, and adverts!

*Ed.*

### LOOKAROUND DETAILS

#### PHONE NUMBER

The Landline 21960 no longer exists from now so any calls to this number cannot be taken.

The Mobile Number (as on the Front Page) can be easily remembered If you type in 0 (zero) PIN GUY KICK, you will be entering the number which is 07464 895425.

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New advertisers are of course always welcome too.

Please see our terms and conditions, prices etc following this information.

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The Sedbergh & District Lookaround is edited, published & distributed monthly by the Lookaround Editorial Group & 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](mailto: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 understand what is written.

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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 may be 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 a PDF is reduced when importing it*).

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

Advertising rates remain the same for 2019. They have been updated: December 1991, December 1995, March 1997 & August 1999 (*Over 19 years ago.*)

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*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.

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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.

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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.

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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.

*Lookaround Editorial Group*



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| Age UK South Lakeland                | 07/18          | Helpline         | 030 300                     | 30003         |
| 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         |
| 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          | 10/18          | Dr Ripley        | mylesripley@btinternet.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         |
| Sedbergh Environmental Group *       | 02/19          | Mr Chapple       | 07891                       | 908025        |
| Farfield Mill Arts & Heritage Centre | 10/18          | Mrs Mowbray      | 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         |
| 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         |
| Grief Share                          | 02/19          | Duty Team Member | 07498                       | 870267        |
| 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       | 10/18          | Dr Ripley        | mylesripley@btinternet.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  |
| Lunesdale Archaeology Society     | 11/18 | Committee lunesdale.archaeology@gmail.com |                                                                    |        |
| 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 Gym                      | 02/19 | Mrs Gold-Wood                             | Sed:                                                               | 21808  |
| People's Hall                     | 02/19 | No 6 Finkle Street                        | Sed:                                                               | 20298  |
| 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  |
| 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 |
| Sedbergh United Charities         | 02/19 | Mr Cann                                   | Sed:                                                               | 20771  |
| Sight Advice South Lakeland       | 04/15 | Miss Harper                               | Sed:                                                               | 20613  |
| Sing Joyfully! (Casterton)        | 09/16 | Mrs Mickelthwaite                         | 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                               | <a href="mailto:kate574@btinternet.com">kate574@btinternet.com</a> |        |
| Swimming Group for Over 50's      | 09/18 | Mr Beare                                  | Sed:                                                               | 21339  |
| 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  |
| Voluntary Car Scheme              | 11/18 | Mrs Skomp                                 | Sed:                                                               | 20305  |
| Walking & Cycling Group           | 08/14 | Miss Nelson                               | Sed:                                                               | 21770  |
| Westmorland Gazette Correspondent | 01/09 | Mrs Gold-Wood                             | Sed:                                                               | 21808  |
| White Hart Sports and Social Club | 01/09 | The Committee                             | Sed:                                                               | 20773  |
| Women's Institute - Dentdale      | 06/14 | Mrs Smith                                 | Dent:                                                              | 25607  |
| 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.

# DIARY OF EVENTS

Dates are held up to 17th December 2019.

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 2019

|                |                                                 |                  |
|----------------|-------------------------------------------------|------------------|
| 01             | St David's Day                                  |                  |
| <b>01 1030</b> | <b>Much More Than Meets The Eye (5)</b>         | <b>FM</b>        |
| 01 1400        | DHTF - A Land of Potatoes and Song              | DCS              |
| 01 1930        | Domino Drive and Tattie Pie Supper              | HVH              |
| 02 1000        | CM - Dent                                       | DMH              |
| <b>02 1030</b> | <b>Forgotten Landscapes, Hidden Secrets (5)</b> | <b>FM</b>        |
| 03 1430        | Freda Trott Centenary Concert (3)               | Thornely Stio    |
| 05 1000        | Grief Share Drop In Meeting (13)                | StAS             |
| 05 1700        | Senior Citizen's Party (Feb)                    | SSAT             |
| 05 1900        | Sedbergh Environmental Network (Feb)            |                  |
| 06 1200        | Lent Lunch (49,43)                              | StAS             |
| 06 1800        | First Responders AGM                            | RR               |
| 06 1930        | HS Wide changing roles of women (6)             | SSAT             |
| 08 1845        | Primary School Bingo Night (9)                  | SPS              |
| 09 1300        | Dentdale Run                                    |                  |
| 10 1400        | Tennis Club AGM                                 | Pavilion Guldrey |
| 10 1930        | NW Arts Concert                                 |                  |
| 12 1400        | WIK - Mining in the Yorkshire Dales             | PH               |
| 12 1930        | Domino Drive                                    | FCH              |
| 13 830         | Second Wednesday Market (13)                    | JLCP             |
| 13 1200        | Lent Lunch (49,43)                              | StAS             |
| 13 1915        | WID - Police Work in the Community              | DMH              |
| 13 1930        | WIS - Lady Anne Clifford                        | PH               |
| 14 1200        | Age UK - Sedbergh Lunch Club                    | Dalesman         |
| 14 1300        | MC Closed for Training (7)                      | MC               |
| 14 1400        | Sedbergh Community Tea Party                    | GH               |
| 15 1000        | Personal Retreat Day (15)                       | MCD              |
| 15 1800        | Contemplation and Communication (15)            | MCD              |
| 16 1000        | Space for Stillness (15)                        | MCD              |
| 16 1000        | Dentdale Coffee Morning                         | DMC              |
| 16 1400        | Seasonal Sound Bath (15)                        | MCD              |
| 17 1000        | Qigong and Movement (15)                        | MCD              |
| 17 1600        | Messy Church (19)                               | CCCN             |
| 19 1000        | Grief Share Drop In Meeting (13)                | StAS             |
| 19 1930        | Ladies NFU Meeting                              | PH               |
| 20 1200        | Lent Lunch (49,43)                              | StAS             |
| 20 1400        | Age UK IT support (Feb)                         | L                |
| 20 1930        | HS How water shaped Kendal (6)                  | SSAT             |
| 22 1900        | HS AGM & Jacobs Join (6)                        | SSAT             |
| 22 1900        | A Dance Extravaganza - Town Band (58,22)        | PH               |
| 23 1930        | Olde Tyme Dance - Denis Westmorland             | PH               |
| 26 1430        | Wilson Run                                      | Sedbergh Area    |
| 27 1200        | Lent Lunch (49,43)                              | StAS             |
| 28             | Sedbergh School Term Ends                       |                  |
| 28 1400        | Sedbergh Community Tea Party                    | GH               |
| 28 2000        | Sing Joyfully (Aug)                             |                  |
| 30 1000        | Learn to Meditate (15)                          | MCD              |
| 30 1000        | KL Golf Club Open Day (50)                      | KL Golf Club     |
| 30 1300        | Spring Show (1)                                 | PH               |
| 30 1330        | Daffodil Day At Whelgrigg (30)                  | Whelgrigg        |
| 31             | Rugby: Sedbergh School National Super Tens SS   |                  |
| 31             | Clocks March Forward                            |                  |

## APRIL 2019

|                |                                               |              |
|----------------|-----------------------------------------------|--------------|
| 01             | Rugby: Sedbergh School National Super Tens SS |              |
| 01 1930        | Peoples Hall AGM (39)                         | PH           |
| 02 1900        | Sedbergh Environmental Network (Feb)          |              |
| 03 1200        | Lent Lunch (49,43)                            | StAS         |
| 06 1000        | CM - Dent                                     | DMH          |
| 07 1930        | NW Arts Concert (Sept)                        |              |
| 09 1400        | WIK - PHALL Fraud Protection                  | PH           |
| 10 1000        | KL Golf Club Open Day (50)                    | KL Golf Club |
| 10 1200        | Lent Lunch (49,43)                            | StAS         |
| 10 1300        | MC Closed for Training (7)                    | MC           |
| 10 1915        | WID - Tales of a Vicar                        | DMH          |
| 10 1930        | WIS - Rick Kemp Open meeting                  | PH           |
| 11 1200        | Age UK - Sedbergh Lunch Club                  | Dalesman     |
| 11 1400        | Sedbergh Community Tea Party                  | GH           |
| 13 1000        | Dentdale Coffee Morning                       | DMC          |
| 14 1100        | Space for Stillness (Feb)                     | MCD          |
| 16 1930        | Ladies NFU Meeting                            | PH           |
| 17 1200        | Lent Lunch (49,43)                            | StAS         |
| 17 1400        | Age UK IT support (Feb)                       | L            |
| 19             | Good Friday                                   |              |
| 22             | Easter Monday                                 |              |
| 24             | Sedbergh School Term Starts                   |              |
| 25 1200        | Dementia Action Alliance Group Meeting        | MC           |
| 25 1400        | Sedbergh Community Tea Party                  | GH           |
| 27             | Sedbergh Food And Drink Festival (64)         |              |
| 28             | Sedbergh Food And Drink Festival (64)         |              |
| <b>28 1600</b> | <b>Much More Than Meets The Eye (5)</b>       | <b>FM</b>    |

## MAY 2019

|                |                                                 |            |
|----------------|-------------------------------------------------|------------|
| 03 1030        | Meet The Artist (5)                             | FM         |
| 04             | Farfield Mill AGM                               | FM         |
| 06             | May Day                                         |            |
| <b>06 1600</b> | <b>Forgotten Landscapes, Hidden Secrets (5)</b> | <b>FM</b>  |
| 08 1130        | Footloose Opening (8)                           | Main St    |
| 08 1900        | Footloose Celebration (8)                       | Black Bull |
| 08 1915        | WID - Talking Trees - The Woodland Trust        | DMH        |
| 08 1930        | WIS -Resolutions Evening                        | PH         |
| 09 1200        | Age UK - Sedbergh Lunch Club                    | Dalesman   |
| 09 1400        | Sedbergh Community Tea Party                    | GH         |
| 14 1400        | WIK - Resolutions and Amongst Ourselves         | PH         |
| 16 1300        | MC Closed for Training (7)                      | MC         |
| 18 1000        | Dentdale Coffee Morning                         | DMC        |
| 18 1200        | Sedbergh Gala Day                               |            |
| 21 1930        | Ladies NFU Meeting                              | PH         |
| 23 1400        | Sedbergh Community Tea Party                    | GH         |
| 26 1100        | Space for Stillness (Feb)                       | MCD        |
| 27             | Late Bank Holiday                               |            |

All entries in the Diary are free and helps other organisations to make their own plans for events. If you have it in your Diary, please put it in ours.

**COVER PHOTOS**  
**Pepper Pot at Sunset**  
*Llana Fearn*



| Regular Events/Meetings                                  |                 |                        |          | Regular Events/Meetings   |                     |                          |          |
|----------------------------------------------------------|-----------------|------------------------|----------|---------------------------|---------------------|--------------------------|----------|
| 1000                                                     | Every Sunday    | Free Entry to Locals   | FM       | 1315                      | Every Wednesday     | Art Society              | PH       |
| 1600                                                     | 3rd Sunday      | Messy Church           | CCCN     | 1400                      | Every Wednesday     | Age UK IT Support        | L        |
| 1000                                                     | Every Monday    | Wild Goose Qigong      | CCCM     | 1730                      | Every Wednesday     | Sedbergh Juniors         | PH       |
| 1030                                                     | Every Monday    | Sedbergh Songsters     | GH       | 1730                      | Every Wednesday #   | Beaver Scouts            | SHQ      |
| 1730                                                     | Every Monday #  | Brownies               | CCCN     | 1900                      | Every Wednesday     | Sedbergh Town Band       | SSBR     |
| 1400                                                     | 1st Monday      | Bridging the Gap       | MC       | 1930                      | Every Wednesday     | Sedbergh Seniors         | PH       |
| 1930                                                     | 1st Monday      | Dent Parish Council    | DMH      | 1930                      | 1st & 3rd Wednesday | History Society (Winter) | SSAT     |
| 1930                                                     | 1st Monday      | People's Hall          | PH       | 1915                      | 2nd Wednesday       | Dentdale WI              | DMH      |
| 1900                                                     | 3rd Monday      | Chamber of Trade       | PH       | 1930                      | 2nd Wednesday       | Sedbergh WI              | PH       |
| 1430                                                     | Last Monday     | Tea & Company          | CCCN     | 1830                      | Every Thursday      | Swimming Club            | SS       |
| 0930                                                     | Every Tuesday   | Drop-in & Relax        | MCD      | 1800                      | Every Wednesday     | Yoga for All             | SPS      |
| 1215                                                     | Every Tuesday   | Over 50's Swimming     | SS Baths | 1400                      | 1st & 3rd Thursday  | Child Health/Baby Club   | PH       |
| 1300                                                     | Every Tuesday   | Howgill Toddlers       | HVH      | 1430                      | Every 2 weeks       | Cameo Club               | CCCN     |
| 1330                                                     | Every Tuesday   | Knit & Natter          | GH       | 1430                      | 1st Thursday        | Afternoon Cream Tea      | Duo      |
| 1830                                                     | Every Tuesday   | Cub Scouts             | SHQ      | 1930                      | 1st Thursday        | Howgill WI               | FCH      |
| 1830                                                     | Every Tuesday   | Swimming Club          | SS       | 1200                      | 2nd Thursday        | Age UK Lunch Club        | Dalesman |
| 1900                                                     | Every Tuesday   | Environmental Group    | Red Lion | 1915                      | 2nd Thursday        | Royal British Legion     | WHC      |
| 1930                                                     | Every Tuesday   | Bridge Club            | WHC      | 1930                      | 2nd Thursday        | Sed. Parish Council      | PH       |
| 1400                                                     | 2nd Tuesday     | Killington WI          | PH       | 1100                      | Every Friday        | Mindfulness Course       | MCD      |
| 1400                                                     | 3rd Tuesday     | Sight Advice Sth Lakes | PH       | 1700                      | Every Friday #      | Barrel of Fun            | STAS     |
| 1930                                                     | 3rd Tuesday     | Ladies NFU             | PH       | 1800                      | Every Friday        | Cub Scouts               | SHQ      |
| 0830                                                     | Every Wednesday | Sedbergh Market        | JLCP     | 1930                      | Every Friday        | Scouts & Explorers       | SHQ      |
| 1000                                                     | Every Wednesday | Coffee Morning         | CCCM     | 1330                      | 1st Friday          | Dentdale Club            | DMH      |
| 1000                                                     | Every Wednesday | Yoga for All           | HVH      | 1000                      | Every Saturday      | Swimming Club            | SS       |
| See Group Page for contact details & Diary Page for Keys |                 |                        |          | # = School Term Time Only |                     |                          |          |

## ADVERTISING IN LOOKAROUND

Local businesses, big or small

Individual Services

Community Organisations and Events

One-offs or regular gatherings

Whatever you offer, it's good to let people know you're out there.

A local monthly magazine for locals.

We offer single box adverts from £7.50,

including help with design

See page 67 for details.

If you want to be seen, **LOOKAROUND**

### 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           |
| CWT    | = Cumbria Wildlife Trust                  |
| DCMH   | = Dales Countryside Museum, Hawes         |
| DCP    | = Dent Car Park                           |
| DCS    | = Dentdale Chapel Schoolroom              |
| DHTF   | = Dentdale, Head to Foot                  |
| 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                      |
| 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             |
| SCC    | = Sedbergh Cricket Club                   |
| 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             |

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### 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 *<br><i>Free to LA10 Residents on Sundays</i> |
| 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                                                        |

## BUS SERVICES

| Sedbergh to Blackhall Rd, Kendal via Oxenholme                                                                           |        |       |      |     | Blackhall Rd, Kendal to Sedbergh via Oxenholme |          |       |      |     |
|--------------------------------------------------------------------------------------------------------------------------|--------|-------|------|-----|------------------------------------------------|----------|-------|------|-----|
| Depart                                                                                                                   | Arrive |       |      |     | Depart                                         | Arrive   |       |      |     |
| 0754 (C, L)                                                                                                              | 0838   | 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)                                       | 1745 (L) | M - F | 502  | SCC |
| Sedbergh to Kirkby Stephen                                                                                               |        |       |      |     | Kirkby Stephen to Sedbergh                     |          |       |      |     |
| 1749 (L) (C)                                                                                                             | 1819   | M - F | 502  | SCC | 0728 (C)                                       | 0754 (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 2018                          |          |       |      |     |
| L = Library                                                                                                              |        |       |      |     | SCC = Stagecoach                               |          |       |      |     |
| C = College Days Only                                                                                                    |        |       |      |     | W = Woof's of Sedbergh                         |          |       |      |     |
| <i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i> |        |       |      |     |                                                |          |       |      |     |
| For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)                          |        |       |      |     |                                                |          |       |      |     |

| Western Dales Bus S1 Kendal Shuttle<br>Saturdays from 23rd June 2018 ufn                                                                         |       |       |       |       |       |       |        |
|--------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|-------|-------|-------|--------|
| Kendal Morrisons                                                                                                                                 |       | 11.18 | 12.38 | 14.38 |       |       |        |
| Kendal Blackhall Road Bus Stn G                                                                                                                  | 08.35 | 11.23 | 12.43 | 14.43 | 16.18 |       |        |
| Kendal K Village                                                                                                                                 | ..    | 11.28 | ..    | ..    | 16.25 |       |        |
| Oxenholme Station                                                                                                                                | ..    | 11.33 | ..    | ..    | 16.30 |       |        |
| Killington M6 Bridge                                                                                                                             | 08.50 | 11.43 | 12.58 | 14.58 | 16.40 |       |        |
| Sedbergh Dalesman                                                                                                                                | 09.00 | 11.53 | 13.08 | 15.08 | 16.50 | 18.19 |        |
| Sedbergh Maryfell                                                                                                                                | ..    | 11.55 | 13.10 | 15.10 | 16.52 | 18.21 |        |
| Dent Village                                                                                                                                     | 09.15 |       | 13.25 |       | 17.07 | 18.36 | 18.46R |
| Dent Station                                                                                                                                     | 09.30 |       |       |       | 17.22 |       | 19.01R |
| <i>Dent Station</i>                                                                                                                              |       |       |       |       |       |       |        |
| <i>Train from Leeds</i>                                                                                                                          |       |       |       |       |       |       |        |
|                                                                                                                                                  |       | 09.15 |       |       |       | 18.15 | 19.42  |
| <i>Train from Carlisle</i>                                                                                                                       |       |       |       |       |       |       |        |
|                                                                                                                                                  |       | 09.06 |       |       |       | 17.34 | 19.38  |
| Dent Station                                                                                                                                     |       | 09.35 |       |       |       | 17.37 | 19.01R |
| Dent Village                                                                                                                                     |       | 09.50 |       | 13.28 |       | 17.52 | 19.16R |
| Sedbergh Maryfell                                                                                                                                | 08.00 | 10.05 | 11.58 | 13.53 | 15.45 | 18.07 | 19.31R |
| Sedbergh Library                                                                                                                                 | 08.02 | 10.07 | 12.00 | 13.55 | 15.47 | 18.09 | 19.33R |
| Killington M6 Bridge                                                                                                                             | 08.12 | 10.17 | 12.10 | 14.05 | 15.57 |       |        |
| Oxenholme Station                                                                                                                                | 08.22 | 10.27 | ..    | 14.15 | ..    |       |        |
| Kendal K Village                                                                                                                                 | 08.27 | 10.32 | ..    | 14.20 | ..    |       |        |
| Kendal Blackhall Road Bus Stn                                                                                                                    | 08.33 | 10.38 | 12.25 | 14.26 | 16.12 |       |        |
| Kendal Morrisons                                                                                                                                 |       | 10.43 | 12.30 | 14.31 |       |       |        |
| R= calls on request only<br>The 0935 from Dent Station will wait up to 10min beyond the scheduled departure for a late running train from Leeds. |       |       |       |       |       |       |        |

# BUS SERVICES

**S4/S5Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green**  
**Thursday Only commencing Thursday 21<sup>st</sup> June 2018 until further notice**

|                                      |              |              |              |
|--------------------------------------|--------------|--------------|--------------|
| Dalesman                             | 09.00        |              |              |
| Sedbergh, Maryfell                   | 09.02        |              |              |
| Cautley, Cross Keys                  | 09.10        |              |              |
| Fat Lamb                             | 09.18        |              |              |
| Kirkby Stephen Station entrance      | 09.24        |              |              |
| Kirkby Stephen Market Place          | 09.29        |              |              |
| Kirkby Stephen Co-op arr             | 09.30        |              |              |
| Kirkby Stephen Co-op dep             | 09.35        | 11.45        | 14.35        |
| Kirkby Stephen, Market St            | 09.36        | 11.46        | 14.36        |
| Kirkby Stephen Station entrance      | 09.41        | 11.51        | 14.41        |
| <i>Trains from Leeds to Carlisle</i> | <i>09.34</i> | <i>11.06</i> | <i>15.01</i> |
| <i>Trains from Carlisle to Leeds</i> | <i>09.20</i> | <i>11.46</i> | <i>14.55</i> |
| Ravenstonedale, Kings Head           | 09.47        | 11.57        | 14.47        |
| Newbiggin on Lune                    | 09.50        | 12.00        | 14.50        |
| Tebay roundabout                     | 09.58        | 12.08        | 14.58        |
| Killington M6 bridge                 | 10.08        | 12.18        | 15.08        |
| Kendal, Castle Green                 | 10.17        | 12.27        | 15.17        |
| Kendal, Blackhall Road               | 10.22        | 12.32        | 15.22        |
| Kendal, Morrisons                    | 10.27        | 12.37        | 15.27        |
|                                      |              |              |              |
| Kendal, Morrisons                    | 10.38        | 13.28        | 15.38        |
| Kendal, Blackhall Road               | 10.45        | 13.35        | 15.45        |
| Kendal, Castle Green                 | 10.50        | 13.40        | 15.50        |
| Killington, M6 bridge                | 10.59        | 13.49        | 15.59        |
| Tebay roundabout                     | 11.09        | 13.59        | 16.09        |
| Newbiggin on Lune                    | 11.17        | 14.07        | 16.17        |
| Ravenstonedale, Kings Head           | 11.20        | 14.10        | 16.20        |
| Kirkby Stephen Station entrance      | 11.27        | 14.17        | 16.27        |
| <i>Trains from Leeds to Carlisle</i> | <i>11.06</i> | <i>15.01</i> | <i>17.03</i> |
| <i>Trains from Carlisle to Leeds</i> | <i>11.46</i> | <i>15.55</i> | <i>16.27</i> |
| Kirkby Stephen, Market Place         | 11.33        | 14.23        | 16.33        |
| Kirkby Stephen Co-op arr             |              |              | 16.34        |
| Kirkby Stephen Co-op dep             |              |              | 16.35        |
| Kirkby Stephen Market St             |              |              | 16.36        |
| Kirkby Stephen Station entrance      |              |              | 16.41        |
| Fat Lamb                             |              |              | 16.48        |
| Cautley, Cross Keys                  |              |              | 16.55        |
| Sedbergh, Maryfell                   |              |              | 17.03        |
| Sedbergh, Library                    |              |              | 17.05        |

## DENT RAILWAY STATION TIMETABLE

*Valid until 8th December*

| Northbound to Carlisle<br>For Garsdale times, add 5 minutes |       |         | Southbound to Leeds<br>For Garsdale times, subtract 5 minutes |       |         |
|-------------------------------------------------------------|-------|---------|---------------------------------------------------------------|-------|---------|
| M-F                                                         | Sat   | Sun     | M-F                                                           | Sat   | Sun     |
| 06 47                                                       | 07 51 | 10 34   | 07 05                                                         | 09 06 | 10 40   |
| 09 15                                                       | 09 15 | 11 01 * | 09 38                                                         | 10 41 | 14 05   |
| 10 48                                                       | 10 48 | 13 55   | 12 10                                                         | 12 10 | 16 18 # |
| 12 17                                                       | 12 17 | 15 52   | 16 04                                                         | 16 04 | 18 41   |
| 14 43                                                       | 14 43 | 17 47   | 17 35                                                         | 17 35 | 19 03 * |
| 16 45                                                       | 16 45 | 20 19   | 19 38                                                         | 19 38 | 20 27   |
| 18 15                                                       | 18 15 |         |                                                               |       |         |
| 19 44                                                       | 19 44 |         |                                                               |       |         |

\* = Dales Rail Services until 9th September to/from Blackpool

# = To Nottingham

# BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect  
from Thursday 21st June 2018 ufn R = Request only

|                                      | Thurs | Fri        | Fri        | Fri        | Fri        |              |
|--------------------------------------|-------|------------|------------|------------|------------|--------------|
| Dent                                 |       |            | 10.25      |            |            | 14.25        |
| Sedbergh, Spar                       |       |            | 10.39      | 12.44      |            | 14.39        |
| Sedbergh, Dalesman                   | 09.00 |            | 10.40      | 12.45      |            | 14.40        |
| Sedbergh, Maryfell                   | 09.02 |            | 10.41      | 12.46      |            | 14.41        |
| Cautley, Cross Keys                  | 09.10 |            | 10.48      | 12.53      |            | 14.48        |
| Fat Lamb                             | 09.18 |            | 10.54      | 12.59      |            | 14.54        |
| Kirkby Stephen Station arr           | 09.24 |            | 11.01      | 13.06      |            | 15.01        |
| <i>Trains from Leeds to Carlisle</i> |       |            | 11.06      | 12.35      |            | 15.01        |
| <i>Trains from Carlisle to Leeds</i> |       |            | 11.46      | -          |            | 15.46        |
| Kirkby Stephen Station dep           | 09.24 |            | 11.07      | 13.08      |            | 15.03        |
| Kirkby Stephen Town                  | 09.29 |            | 11.12      | 13.13      |            | 15.08        |
| Kirkby Stephen Co-op                 | 09.30 |            | 11.13      | 13.14      |            | 15.09        |
| Brough, Clock                        |       |            | 11.21      | 13.22      |            | 15.17        |
|                                      |       |            |            |            |            |              |
|                                      |       | <b>Fri</b> | <b>Fri</b> | <b>Fri</b> | <b>Fri</b> | <b>Thurs</b> |
| Brough, Clock                        |       |            | 11.26      | 13.27      |            | 15.21        |
| Kirkby Stephen Co-op                 |       |            | 11.34      | 13.35      |            | 16.35        |
| Kirkby Stephen Town                  |       |            | 11.35      | 13.36      |            | 16.36        |
| Kirkby Stephen Station arr           |       |            | 11.40      | 13.41      |            | 16.41        |
| <i>Trains from Leeds to Carlisle</i> |       |            | -          | -          |            | -            |
| <i>Trains from Carlisle to Leeds</i> |       |            | 11.46      | -          |            | 15.46        |
| Kirkby Stephen Station dep           |       |            | 11.47      | 13.43      |            | 16.41        |
| Fat Lamb                             |       |            | 11.54      | 13.50      |            | 16.48        |
| Cautley, Cross Keys                  |       |            | 12.00      | 13.56      |            | 16.55        |
| Sedbergh, Maryfell                   |       |            | 12.07      | 14.03      |            | 17.03        |
| Sedbergh, Library                    |       | 10.05      | 12.08      | 14.04      |            | 17.05        |
| Sedbergh, opp. Morphets              |       | 10.06      | 12.09      | 14.05      |            | 16.10        |
| Dent                                 |       | 10.20      | -          | 14.19      |            | -            |

Thurs = Thursday only      Fri = Friday Only

## Lookaround Editorial Team

|                               |                                 |                      |                                      |
|-------------------------------|---------------------------------|----------------------|--------------------------------------|
| <b>Myles Ripley</b>           | <b>Team Leader and Chairman</b> | <b>Paul Saunders</b> | <b>Advertising</b>                   |
| <b>Richard and Susa Ellis</b> | <b>Treasurers</b>               | <b>Jane Fisher</b>   | <b>Proofreading</b>                  |
| <b>Philip Johns</b>           | <b>Secretary</b>                | <b>James Palmer</b>  | <b>Proofreading</b>                  |
| <b>Elizabeth Saunders</b>     | <b>Advertising</b>              | <b>Ed Welti</b>      | <b>Compilation and Vice Chairman</b> |

All Editorial Team members are also Trustees.  
Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation

# 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](http://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; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

**Rev. David Crouchley Tel: 20329**

## SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

**Tel: 28151**

[www.sedberghchristiancentre.co.uk](http://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 |
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| 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*

**Combined plans for Western Dales Mission Community - March 2019**

|                                                                                                                      | Time             | 3rd                                            | 10 <sup>th</sup>                                | 17 <sup>th</sup>                                                                                        | 24 <sup>th</sup>                                 | 31 <sup>st</sup>                                |
|----------------------------------------------------------------------------------------------------------------------|------------------|------------------------------------------------|-------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <b>St. Andrew's, Sedbergh LA10 5BZ</b>                                                                               | 8am              | Andy McMullon HC-BCP                           | Gary Wemyss HC-BCP                              | Andy McMullon HC-BCP                                                                                    | Andy McMullon HC-BCP                             | Andy McMullon HC-BCP                            |
| <b>St. Andrew's, Sedbergh LA10 5BZ</b>                                                                               | 10.30pm          | United Service at Cornerstone Community Church | Andy McMullon HC                                | Andy McMullon HC                                                                                        | Bishop James and Andy McMullon Family Service    | Andy McMullon HC                                |
| <b>Cornerstone Community Church, Sedbergh LA10 5AF</b>                                                               | 10.30am          | Richard Teal United Service Circuit Service    | David Crouchley                                 | David Crouchley HC                                                                                      | United Service at St. Andrew's 4pm- Messy Church | Pam Dent                                        |
| <b>St. Mark's, Cautley LA10 5LZ</b>                                                                                  |                  | 2.30pm Andy McMullon HC                        | 9.30am Judith Bush MP-NC                        | At Sedbergh                                                                                             | 2.30pm Judith Bush Taize                         | 11am Judith Bush United Service                 |
| <b>Cautley Methodist Chapel LA10 5LY</b>                                                                             | 11am             | At Cornerstone                                 | William Allen                                   | Brian Park                                                                                              | Own arrangement                                  | United Service At St. Mark's                    |
| <b>St. John's, Garsdale LA10</b>                                                                                     | 10am             | Judith Bush HCx                                | At Low Smithy United Service                    | At Garsdale Street United Service                                                                       | No Service                                       | At Garsdale Street United Service               |
| <b>Garsdale Low Smithy Methodist Chapel LA10 5PF</b>                                                                 | 2pm              | At St. John's United Service                   | Sarah Crouchley & Ralph Penny-Larter            | At Garsdale Street United Service                                                                       | Anne Petyt Songs of Praise                       | At Garsdale Street United Service               |
| <b>Garsdale Street Methodist Chapel LA10</b>                                                                         | 6.30pm           | At St. John's United Service                   | At Low Smithy United Service                    | David Crouchley                                                                                         | Own arrangement                                  | 2pm Pam Dent                                    |
| <b>All Saints, Killington LA6 2HA</b>                                                                                | 2pm              | At Sedbergh                                    | At Sedbergh                                     | Andy McMullon HC                                                                                        | At Sedbergh                                      | At Howgill or Firbank                           |
| <b>Holy Trinity Howgill LA10 5JD</b>                                                                                 | 10.30am          | At Sedbergh                                    | At Sedbergh                                     | At Killington                                                                                           | At Sedbergh                                      | Gary Wemyss HC                                  |
| <b>St. John's Firbank LA10 5EF</b>                                                                                   | 2pm              | At Sedbergh                                    | At Sedbergh                                     | At Killington                                                                                           | At Sedbergh                                      | Andy McMullon Daffodil Festival Songs of Praise |
| <b>St. Andrew's, Dent LA10 5QL</b>                                                                                   | 10.30am          | Andy McMullon HC                               | Christine Brown HC                              | Gary Wemyss HC                                                                                          | At Dentdale Methodist Chapel                     | Christine Brown HC                              |
| <b>St. John's, Cowgill LA10 5RJ</b>                                                                                  |                  | 9am Christine Brown HC                         | At Dent                                         | 2.30pm Church Warden                                                                                    | At Dent                                          | 2.30pm Christine Brown SW                       |
| <b>Dentdale Methodist Chapel LA10 5QJ</b>                                                                            | 6.30pm           | Pam Dent                                       | Chapel Anniversary Irene Whaley & Andrew Souter | Nora Alderson Songs of Praise                                                                           | Gordon Middleton                                 | At St. John's, Cowgill United Service           |
| <b>Dent Foot Methodist Chapel LA10</b>                                                                               | 2pm              | Martin Dodds Songs of Praise                   | At Dentdale                                     | Gordon Middleton                                                                                        | Pam Dent HC                                      | Own arrangement                                 |
|                                                                                                                      | <b>Wednesday</b> | <b>6<sup>th</sup></b>                          | <b>13<sup>th</sup></b>                          | <b>20<sup>th</sup></b>                                                                                  | <b>27<sup>th</sup></b>                           |                                                 |
| <b>St. Andrew's, Sedbergh LA10 5BZ</b>                                                                               | 11.15am          | Andy McMullon HC-BCP                           | Andy McMullon HC-BCP                            | Andy McMullon HC-BCP                                                                                    | Andy McMullon HC-BCP                             |                                                 |
| HC- Holy Communion (HCx- Extended Communion)<br>SW- Service of the Word<br>FS- Family Service<br>HS- Healing service |                  |                                                |                                                 | Ecu- Ecumenical<br>CM- Choral Matins (BCP)<br>MP-NC- Morning Prayer- Northumbrian<br>EP- Evening Prayer |                                                  |                                                 |

# 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](http://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

Access Codes to the Defribs are supplied  
on contacting Ambulance Control on **999**

## POLICE

101 or 999

Crimestoppers 0800 555 111

## Community Officer

Marion Jeffery

Telephone: 101, option 2, ext 45383

Email: [marion.jeffery@cumbria.police.uk](mailto:marion.jeffery@cumbria.police.uk)

## DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Miss Katie McKay,  
Katherine Parrott-Edwards & Sarah Boom  
(Hygienist)

Monday to Friday 0900 - 1700

## 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](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125/20504

[www.sedbergh.org.uk](http://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](mailto: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

## POST OFFICE

Main Street - Phone 20406

## MARKET DAY

Wednesday

Last Page Update:

March 2019