

## Sedbergh & District

# LOOKAROUND

April 2019

Issue 375

Donation £1

Cover pictures this month are of our Tennis Courts at Guldrey looking very plush with their new surface, nets, and fences, the result of a successful Community Project. They

are a great asset to the town, in a good location, and open to everyone for a contribution towards upkeep through the honesty box. Or just join the Tennis Club!  
*Ed.*

VISIT  
**Sedbergh**  
*Food & Drink Festival*  
27th - 28th April 2019

**Saturday**  
**Food Market with  
talks & Demo's**

10am - Thornby Moor Dairy  
11am - Nina Matsunaga from Three  
Hares/The Black Bull  
plus judging of the children's Bake Off  
1pm - Woodland Trust talk on foraging  
2pm - Shed 1 Gin  
3pm - Chef Martin Frickel  
4pm - Garth Steadman, Butcher  
Just turn up to the Parish Room at St  
Andrews Church

**Sunday**  
**Kitchen Gadget  
Repair Cafe**

Bring your broken items to the  
People's Hall for a new lease  
of life! Refreshments available.

**Pie Competition at  
The Dalesman**  
Live judging at 3pm  
£100 prize money

**Beer Festival at The Black Bull all weekend**

**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](mailto:editor@sedberghlookaround.org.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

## Articles

20's Plenty For Sedbergh	38	Future Of The U.R.C. Building	72
A Year In Fitness	69	Gardening	37
An Audience With Rick Kemp	16	Garsdale Parish Council	23
Art Society	9	His Sisters And His Cousins And His Aunts	6
Artisan Market ... And The Food Festival	8	Invasion Via Garsdale - June 1487	5
As Seen On The Bench On Winder	26	Killington Sailing Association	72
Astle Pepperpot Special Instrument Fund	14	Ladies N.F.U.	35
B4RN - Cautley And Dowbiggin	42	Litter!	48
B4RN Marthwaite And Howgill	41	Meals On Wheels	73
B4RN's Progress In Sedbergh And District	41	MP's Column	20
Bowling Club	73	News From The Pews	53
Christian Aid Week In Sedbergh And District.	55	PCSO Report	51
Citizens Advice South Lakes	52	People's Hall News	50
Cobweb Orchestra	13	Red Squirrel Group	33
Community Swifts	31	Sedbergh And Argentina	44
Cornucopia	11	Sedbergh And District Community Fund	47
Councillor Corner	18	Sedbergh Parish Council	22
Councillors Corner	17	Sedbergh School News	64
Craig Chamberlain IT	40	Settlebeck News	67
Cumbria's Wildlife Trust's Reserves	28	Thandi Project	54
Dementia Action Week 2019	45	Volunteers Wanted For Farmland Bird Surveys	34
Dentdale Choir	13	W.I. Dentdale	61
Dentdale, Head To Foot: 'Estonia,'	46	W.I. Killington	60
Driving In Europe On/After 29 March 2019	52	W.I. Sedbergh	57
Events At The Meditation Centre, Dent	56	Weather – February	38
Family Musings	36	What's In A Name	40
Family Run Soft Play Business	39	Zero Waste Sedbergh	49
Flowers Of The Dales Festi-Val Underway	32		

### Weekly Coffee Morning Every Wednesday 10am to 12 Noon At St Andrews Church.

**17th April– In aid of NW Cancer Research**



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



## Business Adverts

Capstick Insurance	57
Carl Berry Window Cleaner	59
Chapmans Chimney Vac	14
Churchmouse Café	47
Craig Chamberlain IT	63
Cross Keys	65
Cumbria Stoves	66
Dalton Burial Ground	54
David Sykes Guitar Lessons	45
Dawsons Fuels	17
Dentdale Bookkeeping Company	33
Farfield Mill Vacancy	12
Fawcett Plant	9
First 4 Home Improvement	15
Footloose	48
Fritz Hrynyk	6
Garsdale Design	5
GJ Baines	44
Grief Share	52
H&M Craftsmen Kitchens	40
Helping Hand	71
Howgill Upholstery	23
Information Centre	35
JE Wilkinson Builder	61
JHS Joinery	8
June Parker Acupuncture	46
Killington Marquees	69
KW Electricals	37
Lakes Scaffolding	42
Laura's Loom	67
Matthew Cook Stonemason	34
MB Designs Decorator	72
McGarrys	62

MK Conversions Ltd	8
Parkin and Jackson	53
Peoples' Hall	16
Red Squirrel	64
Richard Hoggarth Builders	32
Royal British Legion	68
Ryan Simpson Septic Tanks	18
Scott Ostle Services	31
Smart Design	38
Stephenson and Wilson	36
Steve Hopps Handyman	14
Stobars Hall	30
Stramongate Press	19
Temptations Craft Boutique	16
The Head At Middleton	51
Tooby's Electrical	10
Valerie Hinde Architect	7
Wools Of Cumbria	29

### Events & Miscellaneous

Coffee Mornings	4
Cornucopia (20/4)	20
Dent Easter Monday Sale (22/4)	22
Dentdale Choir (28/4)	4
Food & Drink Festival The Black Bull (27&28/4)	24
Kirkby Lonsdale RFC Beer & Music (3-5/5)	43
Medical Centre	73
Meditation Centre	13
Rick Kemp - W.I .(10/4)	21
Sedbergh Artisan Market (27/4)	27
Sedbergh Community Tea Party	11
Sedbergh Food and Drink (27&28/4)	1
Sedbergh Food and Drink Bake Off (27/4)	25
Sedbergh Food and Drink Pie Comp (28/4)	28
Sedbergh Gala (18/5)	58

Other Information	
Advertising Rates	86
Bed & Breakfast	77
Bus Time Tables	83
Diary of Events	80
Editorial and Information	74
Groups and Organisations	78
Lookaround Editorial Team	85
People's Hall Hire Rates	50
Personal Messages	74
Places of Interest	82
Public Information / Telephone Numbers	88
Religious Information	86
Regular Meetings	81
Train Times	84

April Birthdays		
Day	Name	Age
4	Emily STANLEY	9
4	Kyla DODD	6
8	James DAWSON	6
8	Zara KELLY	3
16	Ellen METCALFE	8
18	Jasmine SEN	11
23	Woody LONGFELLOW	6



# The entdale Choir

## Spring Concert

Choir members and our leader, Dr. Richard Bruce, extend a warm welcome to our Spring Concert on

**Sunday 28<sup>th</sup> April, 7:30 p.m. at St. Andrew's Church in Dent.**

*Our programme includes the beautiful and accessible Mass no. 2 in G by Schubert & works by Grieg, Tavener, Biebl, Pärt and Gjeilo, sung in English, Latin and Russian. Roger Bush, has a starring role and, for the first time, we welcome strings from Sedbergh Orchestra as additional accompaniment.*

Tickets, including wine & nibbles, are £7.50 (children free) and are available from Dent Stores & Sedbergh Tourist Information Centre and on the door.

Contact John for more details about the choir: feltham.john@btinternet.com

## INVASION VIA GARSDALE - 1487 Sedbergh and District History Society

*Julie Leigh*

In his talk to the Society on 15th February Adrian Braddon added an interesting local dimension to some events in the latter years of the Wars of the Roses- a series of civil wars between the Lancastrian and Yorkist branches of the royal House of Plantagenet during the Fourteenth and Fifteenth Centuries. He stressed that there have always been difficulties in investigating late 15<sup>th</sup> century history, owing to a lack of consistent and reliable evidence. Evidently, there are 'three near contemporaneous chronicle sources' but also (according to a 17<sup>th</sup> Century historian), 'a vast Heap of Rubbish and Confusion' in the available archives.

However, Adrian added clarity to his narrative by providing two handouts. The first was a detailed Family Tree of the Yorkist and Lancastrian Plantagenet branches. This was particularly useful since most of the discord during the Wars was concerned with claimants and successors to the English throne from both family branches, all of whom appear on the Family Tree in the 170 years following the death of Edward the Third (their joint ancestor). He also handed out a map showing the route taken by a rebel army who featured in the latter part of his talk.

Adrian then discussed how 'the factors necessary for kingship in the Fifteenth Century' had ultimately led, in varying degrees, to the accession

## Garsdale Design

We provide architecture, planning,  
urban design, 3D geodesign and  
heritage services for the  
Dales and Lakes

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

Our service is personal and tailored  
to individual needs

We are an RIBA Chartered Practice



### Contact details:

**phone:** 015396 20875 (office hours)

**email:** [info@garsdaledesign.co.uk](mailto:info@garsdaledesign.co.uk)

**web:** [www.garsdaledesign.co.uk](http://www.garsdaledesign.co.uk)

of Henry VII the (the first Tudor sovereign) in 1485 after the death of Richard III at the Battle of Bosworth Field. Henry's marriage to Elizabeth Woodville, the widow of Edward IV was supposed to form an alliance between the Yorkists and Lancastrians. However, Adrian listed a number of Yorkist claimants to the throne and described how one of them, Lambert Simnel, a tradesman's son was presented as Edward Earl of Warwick, a nephew of Richard III and the rightful heir to the throne. He was actually crowned King Edward VI in Dublin and led an army of rebels and German mercenaries from Ireland to land on the Lancashire coast.

York was their destination and by 8<sup>th</sup> June they had reached Masham. Adrian believes that the rebels had avoided the most direct route from the coast and had instead crossed the Sands from Cartmel to Carnforth, veering back up Lunesdale to Sedbergh from where they passed through Garsdale to Wensleydale. Evidence of an indemnity payment of 100 marks by the Prior of Cartmel to the King, the mention of a local place name and the Yorkist sympathies of some local people seem to support his case. Having been barred from entering York, the rebels marched south to engage with the royalists at Stoke Field near Doncaster where they were overwhelmingly defeated.

In his references to relevant quotations from Shakespeare, and to film interpretations of Plantagenet royalty, added to his extensive knowledge of the period, Adrian kept us all enthralled.

## **HIS SISTERS AND HIS COUSINS AND HIS AUNTS Sedbergh and District History Society**

**A Talk by Diane Elphick**

*Richard Cann*

Gilbert and Sullivan's "HMS Pinafore" produced in 1878 received international acclaim. It satirised the problem of the number of middle class women dependent on their menfolk and the difficulties of marrying someone from a different class. There were few career opportunities open to a woman at that time and the task of ruling the Empire had led to an exodus of men abroad. By 1894 there were two million more women living in Britain than men and the reverse figure was true for British people living abroad. For women at that time marriage was the major available profession and those that could not find it at home were tempted to find it overseas. There were organisations to help them such as the United British Women's Emigration. This emigration was not restricted to women but even included young girls from Dr Barnardo's Homes. The organisation found that those orphans under seven settled best overseas.

The turn of the nineteenth century saw the building of suburbs in the big cities and the resulting movement of the wealthier members of society away from the city centres. Although this resulted in healthier living conditions it meant that married women were isolated during the day. Women who had helped their husbands in their work or firm were no longer able to do so which did not

**Fritz Hrynyk**

**LIGHT TOUCH THERAPIST**

~~~~~

Combines

CranioSacral techniques with Reiki  
to help release tension &  
restore body-mind balance

~~~~~

Treatments in Millthrop, Sedbergh  
& Barbon Village Hall  
by appointment

07817 665662 / 015396 21303

~~~~~

suit everyone. In Sedbergh there was a movement from living in the yards but the new houses were not distant from the town centre. Houses such as Highfield Villas, Guldrey Terrace and those in Bainbridge Road were built catering for a range of incomes. The work women did in this district varied enormously. Some were deeply involved in the family business be it running a shop or being a farmer's wife. However single women could struggle to survive by knitting and needlework.

Although property owning women featured in mediaeval documents such as the 1379 Poll Tax and wills the female peasants remained anonymous although they were occasionally depicted in sketches in books. Apart from labouring in the fields they were even shown working as blacksmiths. A few women were influential such as Lady Anne Clifford and Margaret Fell of the Quakers in the seventeenth century. By the start of the nineteenth century a married woman's property belonged to her husband but this gradually changed over the course of the century. The elementary educational opportunities for women also increased from the 1820s and for secondary education with the Education Act of 1902. Fee paying schools also became available such as a School for Young Ladies in Ambleside in 1818, Kendal High School for Girls in 1890 and Baliol School in Sedbergh in 1901. Societies for women were formed such as the Snowdrop Band which had a branch in Sedbergh. The aim of these was to produce clean living young women.



**Valerie Hinde**

**Chartered architect and designer**

---

New build and extensions  
Refurbishments  
Conservation  
Listed buildings  
Planning applications  
Building regulations  
Community  
Commercial

---

49 Robin Lane, Bentham, LA2 7AG

**Tel 07503 731818 015242 61407**

valeriehinde@gmail.com

**[www.valerie-hinde.co.uk](http://www.valerie-hinde.co.uk)**

The jobs available to women also increased and the range of work they did in WW1 combined with the political agitation led to some women getting the vote after the war and eventually to all women receiving it. Over the twentieth century the interest in ordinary women's lives increased and this subject really got the attention of academic historians in the 1980s. Diane was thanked for her talk and as usual had illustrated it with many examples from the Sedbergh area.



## SEDBERGH ARTISAN MARKET ... AND THE FOOD FESTIVAL

*Andi Chapple*

Because of the bad weather in December, it's been 6 months since the last Artisan Market, and I'm ready for another one, I don't know about you. The 2019 season (our seventh) will start on Saturday 27 April with a food market – that weekend is the weekend of the Food Festival, you see, and we're joining in ...

At the time of writing we have some very exciting traders booked to sell Greek food, chutney, chocolate, jam, fudge, pancakes, gin, cheese, bread, flapjack and lots more. There will be a hog roast and pancake stall, kitchenware and chopping boards.

We're also very excited to say that, thanks to SLDC, we are holding the market on Finkle Street and the road will be closed to traffic. Activities for children will be in St. Andrew's churchyard as well as some stalls, we have music from the Town Band and Ukulele Jukebox and demos and talks in the church. It all runs from 9.30 in the morning til 3 in the afternoon.

We are always looking for people to help set up and take down the stalls, tables and so on. There's money in it!

## JHS Joinery

Qualified and Experienced Joiner  
Providing a Quality Service

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

Jim Speak  
Carpenter Joiner

Tel: 015396 21916

[jim.speak1949@gmail.com](mailto:jim.speak1949@gmail.com)



but we would like you to be able to give us an invoice so ideally you'd be self-employed. The set-up starts early, and the take-down finishes about 6pm usually, and you wouldn't have to do both. You don't have to be huge (I am about 5 foot 7 and I do okay but I don't think I would do if I was much shorter) and technique and stamina are more use than sheer strength. Get in touch on 20504 or at [sedberghmarket@gmail.com](mailto:sedberghmarket@gmail.com) if you're interested. Best wishes.



Tel: 015396 22038

Mob: 07771824958

E: [info@mkconversions.co.uk](mailto:info@mkconversions.co.uk)

All types of building work undertaken

- Extensions
- Barn conversions
- New build
- Restoration work
- Building, joinery, plastering, tiling, roofing
- Topseal flat roofing approved installer





## SEDBERGH ART SOCIETY

*Jenifer Alison*

Last November, 2018, Linda Hollingshead, an enthusiastic life-long painter and tutor, well known for her colourful and uplifting paintings of the ocean, coast and rock-pools in Britain and abroad, led two wonderful sessions on Friday 10th and Saturday 11<sup>th</sup>.

On the Friday evening Linda gave a painting demonstration on the subject of water in all its moods and nuances. Using a variety of water media, Linda showed ways to capture the elusive quality of water. This inspired the workshop the next day which lived up to her title 'Water, Water Everywhere'.

There was nothing but praise for the weekend, especially for the amount of encouraging, individual help Linda gave.

New Year 2019 began for us with a demonstration by Margaret Copestake on oil painting techniques.

Margaret enraptured her audience, as she added detail to a beautiful, delicate landscape in the Coniston area. Her husband, David, interspersed with some very interesting technical information concerning pigment!

On our painting day the next day she was available to show how she had built the picture up, and to offer advice.



Our Annual General Meeting took place on Friday the 8th February in Cornerstone Community Hall from 7.00pm - 9.30 pm. Before we got down to the business of the AGM, Ron Ward from Grange-Over-Sands gave an excellent and fascinating talk entitled 'Old Mistresses'. It was accompanied by wonderful photos of paintings executed by women artists in history. The extensive research and preparation involved in Ron's talks result in a seemingly effortless outpouring of information and stories.



**Graham Fawcett Plant Ltd**

Unit 3, Bentham Industrial Estate

Bentham, Lancaster. LA2 7NB. 015242 62888



**GARDEN MACHINERY SERVICING & SALES**

Ride on Mowers • Self Propelled & Push Mowers

Chainsaws • Chains & Bars • Blade Sharpening

Hedge Trimmers • Strimmer's • Oil



NEW ALPINA MOWER RANGE NOW IN STOCK – HONDA/ BRIGGS & STRATTON  
PETROL ENGINES. PART EX WELCOME. MOWERS TO SUIT ALL BUDGETS

**Built in and Free-standing Appliances  
Domestic Appliance Repairs**



**Digital TV, Aerials and  
Satellite Dish Installation**

**Wi-Fi and Home Networking**

**Regular Deliveries to the Lookaround Area**



**ELECTRICAL STORE**

Kew House (Just of the A65)  
INGLETON  
T: 015242 41224 / 015242 42095



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

He is so engaging that we could listen to him all evening but there was the AGM yet to come and by the end of that, many of us were feeling rather tired!! Perhaps we will do things the other way round next year?

By the time you read this report, Kath Lockhart will have let us into the secrets behind her beautiful lino-cut paintings (Friday 8<sup>th</sup> March). You may have seen these at our exhibition last summer.

The Saturday Painting Days on October 13<sup>th</sup> (2018), January 12<sup>th</sup>, February 2<sup>nd</sup> were all very well attended. We would like to thank the artists who made themselves available on these days to help and advise. At the time of writing, the next painting day will be March 16<sup>th</sup>. A big

thank you to Helen and Gill who keep us supplied with cake on those days and to Margaret Copestake who unfailingly brings the other refreshments. All our meetings and workshops are in the Cornerstone Community Hall and we can't thank William and June enough for their flexibility and kindness, and for keeping us warm!

**IF YOU WOULD LIKE TO JOIN A  
WORKSHOP OR PAINTING DAY,  
PLEASE CONTACT:-**

**Jenifer Alison:**

email: [jen.alison10@gmail.com](mailto:jen.alison10@gmail.com)

Tel: 01539 824666 or 07785 964008

**Gill Impey:**

email: [gillimpey@hotmail.co.uk](mailto:gillimpey@hotmail.co.uk)

Tel: 01539 726440 or 07522 264187



## CORNUCOPIA

*Roger Bush*

CORNUCOPIA is Sedbergh's early music group, formed in 2010 and playing music from the Medieval and Renaissance periods on replica instruments of the time. There are now six players in the group: Judith and Roger Bush, Dorcas Thomas, Jenny Hildrew, Denise Williamson and Stuart Manger. We sadly lost a valuable member -Dorcas's husband, Richard, on Christmas Eve last year.

Because of the nature of the music we play, many different and strange instruments are involved, which we have all had to apply ourselves to learning. Five of us play in the Sedbergh Orchestra on the standard modern instruments – clarinet, French horn, double-bass and bassoon – but our early instruments are a different ball game altogether.

### Our instruments

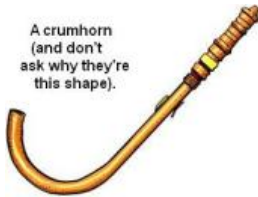
Here is a complete list of our musical resources, most of which are used in each of our concerts:

A set of crumhorns (bass to soprano), a set of gemshorns (bass to sopranino), recorders (bass to sopranino and garlkein), a set of shawms (tenor to alto), sackbuts, cornetto, lizzard, rauschpfeife, rackett, bowed psalteries, harp, hurdy

-gurdy, various bagpipes, sordune, chalumeaux, curtal, violin, rommelpot and a range of percussion instruments. So where do we get all these strange instruments from? Mostly the Early Music Shop in Salt Mill, Saltaire, new, secondhand and some, made from a kit. These are made, mostly by British craftsmen, and based on instruments preserved in museums. Several crumhorns were recovered from The Mary Rose when it was raised from the seabed in 1982.

We play and sing music from a wide range of European sources between the 12th and 17th centuries. The musical instruments existing during this period were completely lacking in the sophisticated and technological devices which modern orchestral instruments and their

A crumhorn (and don't ask why they're this shape).



players enjoy. Instead of ergonomically designed key mechanisms, players of early wind instruments simply use their fingers to cover the holes. The double reeds (imagine blowing on the end of a flattened straw) on a shawm or crumhorn tend to be rather unstable



### SEDBERGH COMMUNITY TEA PARTY

Gladstone House 2-4pm  
All welcome

11<sup>th</sup> and 25<sup>th</sup> April  
9<sup>th</sup> and 23<sup>rd</sup> May



## The Tea Room

We're looking for new members to join our team. If you are passionate about food, have a natural ability to give great service to our customers we would love to hear from you. There are two positions available.

**Tea Room Supervisor (part time)**  
£8.50 per hour

**Catering Assistant (part time)**  
£7.83 per hour

Download the job descriptions and application forms from our website

[www.farfieldmill.org](http://www.farfieldmill.org)  
or contact Jo Mowbray  
015396 21973  
[manager@farfieldmill.org](mailto:manager@farfieldmill.org)

in terms of tone and pitch. Great care therefore has to be taken after switching from such a 'high pressure' instrument to a 'low pressure' recorder or gemshorn and vice versa. Fortunately, all of the wind instruments are fingered more or less the same way – the more holes you cover down the instrument, the lower the pitch of the note. It's the 'more or less' which can be problematic – remembering the small differences between instruments. Many of them have a very limited range of just an octave (8 notes). Also, because of the rudimentary and inefficient design, the reed instruments take a lot more effort to blow than their modern descendants (oboe, clarinet,

bassoon) so are very tiring to play for more than a few minutes at a time.

The bizarrely named 'sackbut' mentioned above is the ancestor of the trombone but with a narrower bore and smaller flared bell. The name 'rackett' has nothing to do with the weird sound of the instrument (a very low-pitched buzz, like a bass kazoo) and its derivation is not really known. (There's actually an Australian early music group who call themselves 'Unholy Rackett'.) Shawms go back thousands of years and are frequently mentioned in the Old Testament, as are psalteries. As for the rauschpfeife, rommelpot and lizzard, I won't even go there!

There is a vast amount of early music published, much of it not very interesting. We try to choose mostly bright, cheerful and tuneful music and select the most appropriate of our instruments to perform it. As a result, our concerts consist of short pieces demonstrating a wide variety of completely unfamiliar sounds (unless you've already been to one of our concerts). Our original intention was simply to play 'early music' for our own pleasure, but word got around and we find ourselves being asked to give or participate in various local concerts and events. We've given several concerts in the Sedbergh Music Festival and at the time of writing, our next engagement is a repeat performance from last year's Festival, of the medieval tale of "Sir Gawain and the Green Knight" in St Andrew's Church, DENT on Saturday 20th April at 7.30pm. See the poster elsewhere in the Lookaround for details. See you there!

## DENTDALE CHOIR

*Jenny Robinson (Chair of the choir  
and Peggy's daughter in law!)*

The Dentdale Choir is looking forward to its Spring Concert which will take place on Sunday 28<sup>th</sup> April at 7.30 pm in St Andrew's Church, Dent. This year the choir has been working towards a varied programme, which features both a major classical work and a series of shorter unaccompanied pieces with a connecting theme – see if you can work out the theme on the night!

We are delighted to welcome Roger Bush and players from the Sedbergh Orchestra to support our performance of Schubert's Mass no 2 in G. Drawing on soloists from the choir's membership we are looking forward to performing this in its original orchestration.

The second half of our concert will feature music from the 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup> centuries in English, Russian and Latin. The composers include Grieg, Tavener, Biebl, Pärt and Gjeilo. Although linked by a common theme, the style and tone of these pieces is as varied as the languages of their texts and the nationalities of their composers: the pieces have been exciting and challenging for the choir to learn and we hope that you'll find the variety as interesting as we have. We are very much looking forward to introducing this programme to new and loyal audiences alike, as they are all works that the choir has come to love over the course of the year.

We hope you can join us!



THE  
MEDITATION  
CENTRE

be still · be inspired · be free

### PROGRAMME FOR APRIL 2019

Saturday 13<sup>th</sup> 11am-12.30pm  
SACRED SONG AND CHANTING

Sunday 14<sup>th</sup> 11am-1pm  
SPACE FOR STILLNESS

Saturday 20<sup>th</sup> 10am- 4pm  
SPIRITUALITY – THE CELTIC VISION

To book: email [meditationcentreteam@gmail.com](mailto:meditationcentreteam@gmail.com)  
Telephone 07582 017 396  
The Meditation Centre, Dent, Cumbria LA10 5QR  
[www.meditationcentre.co.uk](http://www.meditationcentre.co.uk)

## COBWEB ORCHESTRA

*Sheila Blackwell*

The Cobweb Orchestra is a friendly multi award winning open access orchestra based in the North of England. We welcome players of all standards to weekly groups of their choice, held in 9 venues between the Scottish Borders, North Yorkshire and Cumbria, and to join us at any of our events, which include study days, concerts, and residential courses. Anyone can join whether they are novices or have been playing for years, or if they would like an excuse to "blow off the cobwebs " from their instruments after years of not playing. The Cumbria Group is held at Tebay Methodist Church Hall on Tuesday nights in school term time at 7.30 pm.

The Orchestra will be having their 13th annual Residential weekend at Sedbergh, April 4th to the 7th, the weekend is held in Sedbergh School, Powell Hall, the weekend is full of orchestral playing, there is always an interesting repertoire to work at, also time for playing in smaller groups, and even having a try at a different instrument. Accommodation is in one of Sedbergh School boarding houses, although you can choose to be resident or non-resident. On Sunday April 7th after Sunday lunch, we have a play through of most of the music we have played over the weekend.

Anyone is welcome to come to Powell Hall & listen, it is FREE with a donation tin at the door for Cancer Research/ & Cobweb orchestra funds.

For further information about the Orchestra or the residential weekend please contact [cobweborchestra.org.uk](http://cobweborchestra.org.uk). or ring 015396 20056.

# Steve Hopps



Property Maintenance  
 Painting and Decorating  
 Gardens tidied & maintained  
 All types of work considered  
**Tel: 015396 23388**  
**Mob: 07870 785322**  
[steve.hopps2@gmail.com](mailto:steve.hopps2@gmail.com)

## THE ASTLE PEPPERPOT SPECIAL INSTRUMENT FUND

*Shirley Smith*

It was owing to the generosity of a kind Pepperpot couple that this fund came into existence earlier this year. A beautiful French Horn – previously played in the National Youth Jazz Orchestra by an Astle Daughter – accompanied the financial gift and this was snapped up by a keen youngster, now having lessons, who had no difficulty in making a good sound when she tried it out before the Open Rehearsal for the Sedbergh Orchestra concert in December.

Since then, the fund has enabled us to buy a splendid student bassoon and a much admired student oboe which we hope will find good homes thereafter. To this end we are planning an afternoon visit of Sedbergh Orchestra to Settlebeck when the new instruments, in particular, will be featured. The orchestra was invited to play at Ryelands Primary School last summer and the children were absolutely thrilled with it all. At the end of the presentation, they had the chance to try our some of the

**Chapmans**  
**Chimney-Vac**  
**Service**

Ring me  
 when it  
 "Soots"  
 you!

Sedbergh  
**015396**  
**20353**



instruemtns themselves. An invitation has come to visit again next term. A similar event took place at Sedbergh primary last term.

Pepperpot instruments, roughly a hundred in number, many of which have been kindly donated, are lent out free of charge, but borrowers are asked to pay the annual insurance premium, normally not very much. Generally speaking about sixty of them are lent out at any one time. The variety lent out can vary from year to year.

It turned out most appropriate that the Spring Concert 'In Celebration of the Bassoon' included the Weber Concerto. We were greatly saddened by the death of Richard Thomas who was a keen and valued member of

the Bassoon section from the very beginning in 2010. We miss him very much.

By chance, an enquiry came soon after from a player of this rare instrument, who was new to the area, and she has been welcomed into the orchestra.

Looking some way ahead to July 4<sup>th</sup>, this is when the next Sedbergh Orchestra concert will take place, so please make a note in your diary now. It will be a café concert in the Peoples' Hall with wine and nibbles included as usual. These concerts are usually very popular so you would be well advised to get your ticket as soon as they are available in June. Details will be in your June Lookaround.

**FIRST4  
HOME  
IMPROVEMENTS**

**DAVID BAINES**

FOR YOUR ENTIRE HOME IMPROVEMENT NEEDS

- UPVC Windows & Doors
- FASCIA BOARDS, GUTTERING, DOWN PIPES
- WET ROOMS, BATHROOMS
- GARAGE DOORS
- GARDEN ROOMS, GARDEN PODS
- KITCHEN
- REPLACEMENT GLASS
- LOFT CONVERSION

**DAVID BAINES**

015396 25346 07837 766 219

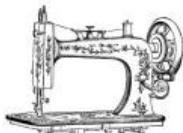
davidbaines@first4homeimprovement.co.uk

## Temptations Craft Boutique

31 Main Street, Bentham LA2 7HQ  
015242 61868

e-mail temptationsbentham@yahoo.co.uk

- Fabrics for Patchwork and Quilting
- Fabrics for Dressmaking
- Haberdashery
- Wool and knitting supplies,
- Classes and workshops, Sewing, Art, Patchwork, Embroidery
- Agents for Brother Sewing Machines



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

### AN AUDIENCE WITH RICK KEMP

*Sandra Gold-Wood  
for Sedbergh WI.*

On Wednesday April 10 the residents of Sedbergh and District are in for a real treat when an 'Audience with Rick Kemp' is happening at the People's Hall. For just £5 you can get up close and personal with Rick the bass man with 70s Folk Rock Band Steeleye Span. Yes, for one night only Rick will chat about the early days with Steeleye and sing and play

## The People's Hall

Howgill Lane, Sedbergh LA10 5DQ

**Available to hire for all kinds of functions**

✳ Parties ✳ Meetings ✳ Concerts ✳  
✳ Wedding Receptions ✳ Dances ✳  
✳ Theatre ✳ Discos ✳ Lectures ✳

Availability calendar and forms online at

**[sedberghpeopleshall.org](http://sedberghpeopleshall.org)**

Or at Sedbergh Information Centre  
72 Main Street

a few of his personally penned songs.

At present Rick is involved in a band of his own, running song writing courses and of course playing from time to time with Steeleye.

Most of you over a certain age will recall Steeleye Span. The band formed in 1969 and are still active today. Steeleye are among the best known acts on the [British folk revival](#) scene today. You are likely to remember their commercially successful hit singles '[Gaudete](#)' and '[All Around My Hat](#)'. The band have had four Top 40 albums and achieved a [certified gold record](#) with sales of 'All Around My Hat'.

The album 'All Around My Hat' was released in 1975 and was the band's eighth and highest charting album reaching number seven on the UK Album Charts and staying there for



RICK KEMP - TIM HART - BOB JOHNSON - PETER KIM  
MADDY PRIOR



six months. It could be said that it made the band a household name in the UK

Throughout their long history Steeleye Span have seen many band changes including Rick and Maddy Prior getting married. Many of Steeleye's albums include music written by the band members but they have always stayed faithful to their folk roots.

Rick has a wealth of stories to tell you so do come along and enjoy an evening of first class entertainment.



## COUNCILLORS CORNER

*Kevin J Lancaster*

Thank you to everyone who attended last month's meeting of Sedbergh Parish Council – as a council we were very proud of the way you all conducted yourselves. You will remember that the present leader of South Lakeland Giles Archibald attended the meeting along with cabinet member Phil Dixon. It was apposite that Cllr Dixon began by referring to the first chairman of South Lakeland, the late Mr Jack Dawson from Sedbergh.

We left our guests with no doubt as to strength of opposition to the proposals from South Lakes Housing concerning Castlegarth. This estate was of course built when Mr Dawson

was chairman of Sedbergh Rural District. Subsequently I raised the question as to their perception of the evening at the meeting of South Lakeland and was assured that the controlling group on the council no longer supports the proposals.

As a parish we are however strongly supportive of new housing within the parish. It has been a privilege this last month to work with colleagues and members of the public to bring several proposals forward. However, these proposals need to be in sensible locations and not compromise the very precious and well-designed estates we have already.

During the last year we have made great progress with the Bowling



## Here at Dawsons we have all you need to get your garden ready for Spring 2019

**New for 2019 - Errington Reay Range** including classic planters and old style troughs made using traditional methods in the UK. Also 2 new ranges of glazed garden pots available.



**50% off RRP** on a large selection of glazed garden pots, with prices starting at just £5.

Currently in stock we have **wooden garden furniture** available flat packed or assembled.



60 Litre bags of Multi-Purpose Compost - £4.70 each or 4 Bags for £16.00  
50 Litre bags of Compost with John Innes - £5.00 each or 4 Bags for £18.00  
100 Litres Decorative Woodland Bark - £9.50 each or 4 bags for £34.00

**Arriving end of April/beginning May – Bedding plants and vegetable seedlings.**

Tel:015396 20210 ~ email:office@dawsonsofsedbergh.co.uk ~ www.dawsonsofsedbergh.co.uk

Green, the Tennis Courts and Queen's Gardens. Work will soon be beginning of the play area at Maryfell and extra parking also at Maryfell. As a parish last month we were pleased to hear proposals for a Pump Track on ground owned by Sedbergh School – hopefully that project can secure funding from South Lakeland.

Last Friday most of our Cautley and Dowbiggin B4RN project went live. Gina Barney and I spent two or three days checking that everything was working before we publicised the fact. Hopefully Frostrow and Garsdale will not be far behind us and then B4RN will be able to connect parts of Sedbergh Town itself.

If you have any problems, please make contact.

District Councillor Kevin J. Lancaster,

Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS

Telephone 07 980 844 695;

email [Kevin@Sarthwaite.com](mailto:Kevin@Sarthwaite.com)

## COUNCILLOR CORNER

*Cllr Ian Mitchell*

Another month has passed and what a strange one in terms of weather. We've had a mini heat wave and as I write this we have had rain, snow, hail and strong winds.

Appleby Horse Fair: Following the problems last year in Sedbergh and Kirkby Lonsdale, in which the traveller community, although not entirely responsible, played a part, three district councillors (including me) have been appointed to the The Multi -Agency Strategic Co-ordinating Group (MASCg).

I attended my first meeting of this group at the start of the March.

Prior to this I attended the respect group meeting with fellow District & County Councillors, officers of South Lakes District, Cumbria County council, together with senior police officers to discuss issues in respect of Appleby Horse Fair.

If you have any issues regarding the upcoming Appleby Horse Fair, please do not hesitate to contact me.

Castlegarth: Following on from a recent consultation - which proposed replacing existing garages with flats - and a recent Sedbergh Parish Council meeting, where 2 SLDC portfolio holders were present, South Lakes Housing have assured me that they will be having another look at the proposals. They have acknowledged that there are a lot of concerns, this is a great example of residents, the Parish Council and your three District Councillors working together to stop a

### SEPTIC TANK EMPTYING

Fast efficient Service  
Very competitive prices

#### SKIP HIRE

Ideal for rubble, soil,  
builder's waste and stone

**Ryan Simpson**

07766 971 167

015395 68318

[rysimpson@live.co.uk](mailto:rysimpson@live.co.uk)

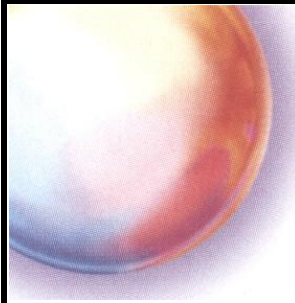
project from progressing that is clearly not supported.

Elections: It doesn't seem long since the elections in May, but they are nearly upon us again. Conservative District Councillor Shelia Capstick's seat is up for re-election. We are delighted to have Suzie Pye running for the Lib Dems again this year after she missed out by only four votes last year. Suzie would be a great addition to our district council and would work hard for all the residents in our ward. She is already campaigning for a '20's plenty' for Sedbergh and Kirkby Lonsdale, which is gaining a lot of support.

We will be out and about continuing our door knocking efforts and I look forward to seeing you all over the coming months.

Yorkshire Dales National Park Authority (YDNPA): As your representative on YDNPA, I'm committed to sites designated for building being subject to approval by the planning committee, of which I am a member. The current barn conversion policy of YDNPA is something that should be amended to ensure local occupancy, as currently the policy says 'for a local occupancy dwelling or short term let' I find this unacceptable as we need young families to help ensure the continued vibrancy of the Dale. This is something I will continue to fight on the YDNPA.

Locality Budget: Every year a District councillor is given a locality budget grant of £1,000 to allocate within their ward. I have distributed



stramongate press

*printers*

*printers*

*of*

*Sedbergh Lookaround*

Stramongate Press Aynam Mills  
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448

fax 01539 730253

e-mail [info@strampress.co.uk](mailto:info@strampress.co.uk)

website [www.strampress.co.uk](http://www.strampress.co.uk)

this grant to three pre-schools: Smile Nurseries (Kirkby Lonsdale), Nicola Packhams (Sedbergh) and Dent Pre School. These three pre-schools provide excellent care for the children of our area before they start school and a safe environment for children to start their education. However, they are tragically underfunded by the government so I felt obliged to offer assistance to them, even though the amount is low for the overall picture.

07530602234

[ian.mitchell@southlakelnd.gov.uk](mailto:ian.mitchell@southlakelnd.gov.uk)



## THE MP'S COLUMN

*Tim Farron*

It's getting harder and harder to make things happen in Parliament as everyone's focus is so much on the Brexit issue. With a bit of luck by the time you read this Parliament may have reached an agreement and we will at least know what is going to happen. But I am not holding my breath.

In the meantime I have been doing all that I can to ensure that, with all the talk about "Back Stops" and the like, that farmers, particularly hill farmers, don't get forgotten. I had the opportunity to speak in a debate on international trade and used that to ask the minister what steps were being taken to ensure that we did not



**20th April 7.30 pm St Andrew's Church, DENT**  
**Sir Gawain and the Green Knight**

– a multi-media presentation of the epic 14th century chivalric tale, re-told with music and songs from the Renaissance and Medieval periods and performed on the instruments of the time.

**Tickets - £7.50** if purchased in advance from Dent Stores, Phyllis 25534 or Susan 25335. **£8.00** on the door. Children under 15 free.



find ourselves victims of “opportunistic protectionism”. I pointed out that we could not afford to see a repeat of the situation we found ourselves in during the BSE and Foot and Mouth crises where countries used the issues as an excuse to ban our meat for many years after the problems existed ended. In reply the minister seemed to put a great deal more faith in World Trade Rules than I do at the moment.

What particularly prompted my worries was the discovery a few days earlier that DEFRA had made no study at all of the impact that Brexit will have on sheep farming. This at a time when under the World Trade Organisation rules this type of meat would face a tariff of at least 40% if it was to be exported. This would in effect mean that our sheep farmers could no longer export their meat. Given that about a third of our production of sheep meat is exported, this would kill off a large proportion of our sheep farming industry. For hill farmers who really cannot use their land for anything else this would be the end.

It has been the stuff beyond Brexit that has been the hardest going but I have been trying hard to keep South Cumbria's issues under the noses of the Government.

I have managed to secure a debate on flooding where I plan to ask the Government to review the funding formula that they have to make much more of an allowance for the fact that we are the wettest county in the country. But beyond that I just want them to get on with the things that need doing to protect us from flooding. I am writing this while

Sedbergh Women's Institute  
Presents

AN AUDIENCE

With

RICK KEMP

Folk Rocker from Steeleye Span  
will entertain you at the  
People's Hall on  
Wednesday April 10th

7:30-9.00pm - doors open at 7pm.  
Everyone welcome (male and female).  
£5.00 for non-members  
(Includes refreshments).  
Call 015396 21808  
for more information.

outside the rain is tipping down and seems have done so for quite some time. We really should not be left worrying whenever we have this type of weather.

I had a productive meeting with the Housing Minister to discuss second homes and the loophole that allows them to avoid paying council tax. He seemed receptive to my arguments which was positive.

I was also lucky enough to be called to ask a question of the Prime Minister the other day and used the opportunity to ask her to compensate towns like Sedbergh when banks close their branches. Sadly her response was not positive but I will keep pressing.

As ever if I can help you with any issues, Brexit related or not, please do drop me a line at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or give us a call on 01539 723403.

Thanks for your support

# EASTER MONDAY SALE

## St Andrew's Dent

22<sup>nd</sup> April 2019

In DENT MEMORIAL HALL

10.00 am – 1.00pm

Decorated Egg final: 12 noon

RAFFLE DRAW 1:00 p.m.

PLANTS & CUTTINGS  
BOOKS

NEARLY NEW CLOTHES  
FASHION ACCESSORIES

LUCKY SEVENS  
COMPETITIONS  
RAFFLE

FAIRTRADE COFFEE  
TEAS & LUNCHES  
HOME BAKING

WHITE ELEPHANTS  
BRIC & BRAC

KIDS CENTRAL  
RESERVATION



## SEDBERGH PARISH COUNCIL

*Janey Hassam  
Clerk to the Council*

This report covers items from the Parish Council meeting on the 14<sup>th</sup> March 2019. The next meeting is at 7.30pm on Thursday 11th April 2019. The meeting will be held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

### Queen's Garden - Sedbergh

Members discussed the Tree Safety Report and agreed that a formal tender invitation would be issued for the recommended works – which include the felling of trees, and remedial works to others (including the removal of ivy). When a schedule

of work is known, information will be displayed at the Garden in regard to any temporary closures for safety.

### Other Matters

Various other matters were discussed: Planning, including Scrogg Bank field, Amenities, including a further recommendation for a tree safety inspection at the playing field, and Policy & Resource – which included the annual review of varying policies, procedures, Sedbergh Parish Council Standing Orders and Financial Regulations. Highways matters were also discussed, in particular, thoughts over problematic parking at Havera (close to the playing field) which often lead

to pedestrians being forced to walk further on to the road. In regard to Police Monitored CCTV for Sedbergh (raised in February), Members agreed not to pursue further at this time, due to financial implications.

There was no update from South Lakes Housing in regard to the residential development consultation at Castlegarth. However, the Chair and others have met with SLDC Deputy Leader and Housing, People and Innovation Portfolio Holder, Cllr Jonathan Brook to discuss concerns further. Members additionally gave their support to residents of Castlegarth over maintaining the footpath which leads towards Thornsbank. Members also considered the possibilities of affordable housing on other allocated sites within the town where there is already substantial community support.

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

---

### **GARSDALE PARISH COUNCIL**

#### **Beam Me Up.....**

*Philip Johns*

The official bit: Garsdale Parish Council doesn't meet until the 21<sup>st</sup> March, too late for the deadline for articles, so a report on the meeting will be in the next issue. However, the council has received a slew of planning applications to consider. Council's opinion is roughly in line with the policy of the Yorkshire Dales National Park, i.e. old buildings should be renovated for residential use, rather than erecting new builds, but restored in a way that reflects the character of The Dales. Where the council does differ is in the nature of occupancy. YDNP appear to prefer holiday or second homes whereas council would prefer an emphasis on full residence, which would bring more benefits to the region in terms of more regular income and increased input in local amenities. Plans have been submitted for the third time for Barn Near The Hill (what a name), a redundant barn, which would greatly improve its appearance

## **Howgill Upholstery**

**Traditional Re-upholstery**

*With a lifetime of experience*



*Chairs, Dining Chairs, Stools  
and Occasional Furniture  
Cushions Refilled*

The Barn Howgill Lane Sedbergh  
015396 20733

neil@howgillupholstery.co.uk



and bring an iconic building back into use. YDNP has previously rejected plans on the pretext of inadequate or dangerous access. The owners of the barn have agreed with local landowners to use a field gate situated off the main road for access which should negate these arguments and council hope that this application will now be successful.

There is some very welcome news for Garsdale residents. The Government has approved Garsdale for the new voucher scheme for rural broadband. Each residence will generate £500 for B4RN's coffers, £2,500 from businesses, when each property becomes 'live' and a 12-month subscription has been agreed. This will allow B4RN to complete the

build and even extend it into even more remote areas. Also, there will be sufficient funds to gift £150 to residencies and £300 to businesses to fund the cost of bringing ducting up to their properties, although this will only be paid after confirmation of becoming 'live'. Further good news comes in the form of fibre blowing. B4RN have commenced blowing core fibre through the main duct which will eventually reach the cabinet at the village hall. Spurs to properties will follow and residents on route 1 will shortly have ultrafast broadband. Council urges all residents to complete their applications for vouchers if not already done so.

Clerk, as reported in the last Lookaround, had written to Highways

## Join us for the annual Sedbergh Beer & Food Festival

Sat 27th April — 12-9pm  
Sun 28th April — 12-6pm

Live music, local breweries  
and street food.

Find out more —

+44 (0) 15396 20264  
[bookings@theblackbullsedbergh.co.uk](mailto:bookings@theblackbullsedbergh.co.uk)  
[theblackbullsedbergh.co.uk](http://theblackbullsedbergh.co.uk)

The Black Bull,  
44 Main Street, Sedbergh,  
Cumbria, LA10 5BL



THE BLACK BULL





with various concerns but still has not received a reply. However, it has been noted that some tarmac has been slung into the hole in the top cattle grid on Longstone Fell, in their usual inept way. No doubt, this will need redoing very shortly. For all the council tax our residents pay, one would really expect better workmanship.

Philip Johns, Clerk to Garsdale PC  
015396 22170,  
ps.johns@btinternet.com,  
[www.garsdaleparishcouncil.com](http://www.garsdaleparishcouncil.com)

The unofficial bit: How would you define “temporary”? Simply, something that is in existence for a limited period? Abstractly, let’s take ‘life’. As humans, from the moment of conception, the clock is ticking and after your allotted number of heart beats, ‘life’ departs and, as a human being, you cease to exist. Some may argue that your spirit lives on forever, whether as a reincarnation or by becoming a celestial body. Who knows? Let’s take the sun. It’s been around for millions of years and should be around for millions more, but, as sure as eggs are eggs, the sun will eventually burn itself out and be no more. So that even something that has seemed to have been around forever, is still only ‘temporary’.

For a less abstract example, let’s take CCC’s Highways. First came the debacle of the ‘temporary’ traffic lights that blighted Garsdale for over a year, during the recent wall repairs. At one stage, there were 4 sets, one of which was totally unnecessary and

largely ignored. The final cost being £40,000. This was part of the repairs that had been ‘temporarily’ delayed for years resulting in having to do a much more extensive and costly reconstruction than was initially required. It’s rumoured that the overall bill exceeded £500,000. Then let’s look at those ubiquitous bright orange ‘temporary’ barriers. Some have been around for years, filling in ‘temporary’ holes in walls and bridges and more suddenly erupted after Storm Desmond. Some of these ‘temporary’ barriers have been around for so long that they have become overgrown by shrubbery and are barely visible. But what really takes the biscuit are the ‘temporary’



**Sedbergh**  
**Food & Drink Festival**  
27th - 28th April 2020  
**Children's Bake Off**  
**Competition**

Judge Nina Matsunaga of The Three Hares and The Black Bull is looking for the tastiest and best looking single cake from primary and secondary school aged children.

Bring your cake to the Parish rooms by 10am on Saturday 27th April where Nina will announce her winners at her talk in the morning.  
50p per entry  
Good luck everyone!

Robert Powell

## Website Design & Management

Tel: 20482

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

road signs in Grisedale warning of a 'temporary' road surface. Closer inspection shows a lot of potholes, some clumsily filled in, but no scraped road, as you would expect. These signs, of course, replaced the 'temporary' signs informing of the road closure and 'find alternative route' despite being a one-way road to nowhere. As there doesn't appear to be a convenient helicopter to hand to circumvent the closure, perhaps CCC could install a teleporting system aka Star Trek. Anyone living in Grisedale who finds themselves short of milk face a 20 mile round trip to the nearest shop. A teleport would get them there in an instance. Imagine the look on the teller's face when a burly, ruddy-cheeked farmer magically appears before the till at Spar, asking for a pint of milk (other retailers sell milk), then whispers "beam me up, Scottie" into his wrist and, puff, disappears! What fun! Let's have a go: BEAM ME UP, SCOTTIE!



## $e^{i\pi} + 1 = 0$ : AS SEEN ON THE BENCH ON WINDER

*John Sykes*

One of the greatest western mathematicians of all times was Leonhard Euler. He was born in 1707 in Basel but lived and worked most of his life in St Petersburg where he died at the age of 76.

Why was he so great? He was known as 'analysis incarnate' for his innate ability which he employed solving problems in engineering, astronomy, physics and many branches of mathematics. The equation  $e^{i\pi} + 1 = 0$ , one of the most exciting results in mathematics, is known as Euler's equation.

If you are still reading you will be wondering why this bizarre collection of symbols causes so much excitement.

$\pi$ :

Of the symbols  $e$ ,  $i$  and  $\pi$  the last one is the most well-known. Every school child learns that

$$\pi = \text{circumference of a circle} / \text{diameter of a circle}$$

and that  $\pi \approx 22/7 \approx 3.14$ . But these values are only approximations. In fact,  $\pi$  cannot be written as a fraction which is exact: it is said to be irrational. Nor can it be obtained from an equation with rational coefficients – which makes it a transcendental number. Nor can it be written as a decimal with a finite number of places. On March 14<sup>th</sup> ( $\pi$  day) 2018 the number of digits that  $\pi$  had been calculated to was 22,459,157,718,361. So  $\pi$ , although a familiar number, is really a very complicated one.

**i:**

To solve the equation  $x^2 = 9$  you would ask yourself, what number, multiplied by itself, makes 9. The answer being 3 or, indeed, -3. You might wish to say that if  $x^2 = 9$  then  $x = \pm\sqrt{9} = \pm 3$ .

But what if the question is to solve  $x^2 = -1$  or  $x = \pm\sqrt{-1}$ , i.e. what number, multiplied by itself, makes -1? This question challenged mathematicians from, at least, the time of Heron of Alexandria (c10-70AD). Rafael Bombardi (1526-72) was one of the first to establish a use for  $\sqrt{-1}$  saying "it was a wild thought in the judgement of many". It was such a wild thought that René Descartes (1596-1650) struggled even to believe in a meaning for  $\sqrt{-1}$  and coined the term *imaginary*. It was our old friend Euler who introduced the symbol *i* for  $\sqrt{-1}$ : *i* for *imaginaris*. Mathematicians now talk about complex numbers in the form  $a+ib$ , where *a* is the *real* part of a number and *ib* is the *imaginary* part. In case you are wondering, if  $x^2 = -9$  then  $x = \pm 3i$ .

**e:**

How interested are you in interest? For example, if you borrow £1000 at

100% compound interest for a year what happens if you pay interest once a year, or twice a year or more often?

Once a year: total = £1000×  
(1+100/100) = £1000×(1+1)= £2000

Twice a year: total = £1000×  
(1+1/2×1)<sup>2</sup> = £2250

Monthly: total = £1000×(1+1/12×1)<sup>12</sup>  
= £2613.03529

Daily: total = £1000×(1+1/365×1)<sup>365</sup>  
= £2714.567482

Hourly: total = £1000×(1+1/8760×1)<sup>8760</sup>  
= £2718.026692

The more divisions that are taken the closer is the final sum to £1000×*e*, where *e* is approximately 2.7182818284590.... Like  $\pi$  the constant *e* is both irrational (and so cannot be written as an exact fraction nor does it have a decimal equivalent) and transcendental. *e* was first used in 1618, probably by William Oughtred (1574-1660): the inventor of the × sign. It was Jacob Bernoulli (1654-1705) who led to the first formula for *e* based on the compound interest above. Finally, it was after our old friend Euler that the symbol *e* was adopted. Of the three *e*, *i* and  $\pi$ , it is probably *e* which has the most applications in advanced mathematics and engineering, used

FACEBOOK: SEDBERGH MARKET TOWN

Kids' activities in the churchyard, music on the street

SEDBERGH **artisan** MARKET

THE BEST LOCAL **food producers** ALL IN ONE PLACE!

SATURDAY 27 APR on \*FINKLE ST\*, 9.30-3  
...rest of the season: 25.5, 22.6, 27.7, 24.8, 21.9

extensively in calculus, probability and geometry (such as for the equation of a curve formed by a freely hanging rope held at each end).

The most astonishing fact is that if we take these three rather weird and exotic constants and combine them in the form  $e^{i\pi}$  and then add the basic counting unit 1 then the result is zero

$$e^{i\pi} + 1 = 0$$

How wonderful!

---

## CUMBRIA'S WILDLIFE TRUST'S RESERVES

*Dorothy Thomson*

Cumbria Wildlife Trust was set up in 1962 and by the end of the 60s it was looking after 4 reserves. Today it has 43 reserves all around the county many of which are at the southern

end.

A majority of the reserves are less than 5 hectares. In these smaller reserves it is difficult to maintain the incumbent flora and fauna because of various types of invasion from the boundaries. For this reason, the Trust is now concentrating on larger sites and buying land to increase the size of some smaller reserves.

This overall insight to the reserves was part of a very informative and interesting talk by Joe Murphy, the Senior Reserves Warden of the Trust. As it was Impossible in one evening to mention all the Trust's sites the audience was briefed on a selection that showed the wide range of differing habitats that the Trust now manages.

Wetlands, marshes and bogs no doubt provide the largest habitat of the Trust's reserves. Our nearby Foulshaw Moss is a typical example. Like many reserves that come into the Trust's care it had lost a lot of its wetland wildlife and flora due to drainage of the land and the planting of many coniferous trees. At considerable expense the trees have now been removed and the land made 'wetter' through the clever use of a myriad of bunds to stop surface water flowing off the site. Today the site is developing a broadening diversity of its original wetland flora. Water loving sphagnum moss and insectivorous sundew have increased. Wetland birds such as snipe and water rail have prospered while birds of prey like hobby, sparrow hawk and buzzard find plenty to survive. One can't leave Foulshaw without mentioning the ospreys. A

**VISIT Sedbergh**  
*Food & Drink Festival*  
27th - 28th April 2010

**Pie Competition at The Dalesman**

Live judging by panel of 3 people at 3pm, Sunday 28th April

£100 Prize Money

**Rules:**  
Must have meat  
homemade pastry  
be encased in pastry

Will be judged on  
pastry texture  
pastry flavour  
filling  
appearance  
use of local meat



Natural & over-dyed Cumbrian wool carpets, rugs and underlay made from  
**Rough Fell, Swaledale & Herdwick Sheep**

Award-winning WOCC product range  
High quality roll ends at great prices & cut lengths  
Superb variety of rugs  
Friendly advice & outstanding service

**VISIT OUR NEW SHOWROOM**



The Gateway Unit | Dockray Hall Industrial Estate | Kendal | LA9 4QY  
T: 01539 721252 E: [bankfield@wocc.co.uk](mailto:bankfield@wocc.co.uk) W: [wocc.co.uk](http://wocc.co.uk)

few visited on their migration south for winter and were 'encouraged' to return. They now nest regularly in the site despite being surrounded by CCTV cameras!

As Cumbria has such a large coast line it is not surprising that coastal reserves like Foulney Island are in the Trust's care. On these whilst the flora is interesting it is the birds that are often the main interest. Not that they deserve the huge efforts of the Trust to provide quality nesting sites. Sometimes after a particularly good year of many breeding pairs there is great hopes for a repeat in the following year. Sadly, this does not always occur with a species sometimes completely deserting a

site in the following year! Foulney Island is a nesting ground for at least three species of tern; Arctic, Little and Common Terns nest there along with ringed plover.

Upland reserves are managed by the Trust and in our whistle stop tour of the county it was not surprising that Eycott Hill near Penrith was covered. Whilst the site does have much wet area due to its unusual geology the Trust has recently created some very species rich hay meadows on the drier parts of the site. Starting with nothing more than rough grasses the site was regenerated by vigorous rotavating followed by the spreading of green mown hay from nearby meadows. To everyone's delight, the

## Stobars Hall Residential Home



The aim of Stobars Hall is to offer our guests maximum independence in order that they can leave full and varied lives, cared for by trained staff who provide physical, emotional and social support every hour of the day

### STOBARS HALL RESIDENTIAL HOME

If you would like further details, or simply to chat about life at Stobars Hall, please telephone **Helen** or **Mark** on

**017683 71291**

Stobars Hall, Kirkby Stephen,  
Cumbria, CA17 4HD  
[www.thefranklyngroup.com](http://www.thefranklyngroup.com)

results were fast and spectacular and now well worth a visit in June. Small copses of trees and hedges are being planted at Eycott to give habitats for nesting birds and small mammals.

Further away from the road at Eycott the wetter areas feature rare wetland plants like grass of Parnassus and mountain everlasting. This really is a diverse reserve.

Although trees are being removed from boggy sites, in woodland sites additional trees are being planted, alongside good management of those already present. Much consideration goes into how a site should be managed



**Cumbria**  
Wildlife Trust

and at How Ridding Wood traditional coppicing has been re-established. Low Ridding Wood can boast many species of trees such as Lancastrian whitebeam and small leaved lime alongside oak, ash and birch. The coppiced woodland allows light for woodland floor plants to flower and this encourages butterflies including several fritillary species

Last year, Lowick Green, north of Ulverston was gifted to the Trust. Covering about 100ha this is the largest area to have been given and it is a gem. As it has not been farmed since 2002 it has many interesting species. There are fifteen species of dragon and damsel flies, great crested newts, and even water based blood sucking leeches. Birds include red poll, yellow hammer and spotted flycatcher. A gem indeed and plans to retain and improve the habitat are taking shape.

Finally, I must mention Smardale Gill a wonderfully varied nature reserve with stunning scenery. It stretches almost from Newbiggin on Lune to Kirkby Stephen as it follows a disused railway line across a viaduct on a path is suitable for pushchairs and wheelchairs. Recently the Trust has been able to link it to nearby Waitby Green and coming very soon is a new car park between these two reserves. It should be open as you read this. Look out for rare Scotch argus and northern argus butterflies, unusual wild flowers such as bloody cranesbill and red squirrels in the Waitby link. Lots more to see so a visit is a must.

## SEDBERGH COMMUNITY SWIFTS

*Tanya and Edmund Hoare*

For swift enthusiasts April is a time of pent up excitement in anticipation of their return at the beginning of May. For those with nesting swifts, this anticipation is always tinged with anxiety – will our swifts return?

Even after nearly two decades of studying swifts we still find it incredible that a pair of swifts do not spend the winter together, nor migrate together, yet return to the exact same hole that they occupied the previous year, re-united once again after 9 months apart.

Some of you are lucky enough to also have swifts nesting in your house, and we hope you agree that they are trouble-free lodgers – only resident for three months, make no mess, cause no damage, and are hugely joyful to watch. We urge you to look after these special birds, preserve the nest site and don't block up the entrance hole if you have to do any repairs; and do please explain this to any other people if they have nesting swifts and you see building work being done.

Two great swift enthusiasts have, for many years, been tirelessly promoting the interests of swifts and highlighting their plight. Dick Newell runs a terrific web/blogspot called Action for Swifts (AfS) and Edward Mayer runs swift-conservation (links for both at the end). AfS provides an immense amount of practical and DIY information and also has articles on a wide range of projects that various groups and individuals have done. Our St Andrew's church belfry project in Sedbergh is described, along with

the latest installation of 12 new internal nest-bricks in our cottage at Lowgill.

We know them well and work together in the national organisation, Swifts Local Network (SLN), that we helped set up several years ago. It's a great forum for exchanging ideas and providing help and support, and there are now over 130 swift groups beavering away all over the country. At last our efforts are bearing fruit, as the RSPB is finally taking the plight of swifts seriously - you may have seen publicity about swifts on Sky News and other media in March.

We give a lot of talks about swifts to all sorts of groups, including RSPB and Wildlife Trusts, WIs and other clubs, throughout the North-West and

**S. Ostle Services**  
Plumbing, Heating and Joinery

Installation, Service & Repair of:

- Domestic Oil, Natural Gas & LPG (Boilers, Fires & Cookers)
- Solar Thermal Technology
- Underfloor Heating

Plus All Your  
Plumbing & Central Heating  
Requirements.

Tel: 01768 371556  
Email: [ostle2011@hotmail.co.uk](mailto:ostle2011@hotmail.co.uk)



Registered  
Business

as far afield as Scotland, the North-East and Lincolnshire. We love to share our enthusiasm for swifts and one of the most heartening consequences is when it inspires a new local group to start up.

Finally, we make no apologies for repeating a message from last month: consider putting up boxes – any type of house of 2 storeys or more should be fine. Even if you have building work planned for later in the season, don't hesitate, just take advantage of the opportunity. If you spot any scaffolding up, let us know so that we can discuss swift boxes with the owners.

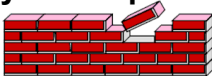
Do please get in touch with us for any help or advice or to discuss any ideas.

Useful websites: <http://actionforswifts.blogspot.com>  
[www.swift-conservation.org.uk](http://www.swift-conservation.org.uk)  
To contact Sedbergh Community Swifts: [ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043

## RICHARD HOGGARTH

RN & HE Hoggarth Building & Repairs

**40 years experience**



All Types of Building Work  
No Job Too Small

*Mini-Digger work undertaken*

Tel:  
015396 20805  
Mob:  
07799 420433



## FLOWERS OF THE DALES FESTIVAL UNDERWAY

*Mike Appleton*

Flowers of the Dales Festival, the annual celebration of wildflowers and nature in the Yorkshire Dales, is now underway.

Co-ordinated by Clapham-based charity Yorkshire Dales Millennium Trust (YDMT) and supported by players of People's Postcode Lottery, the Festival brings together 125 events from March to October, led by experts and enthusiasts across the region. It encourages people of all ages to discover the wonderful wildflowers of the Yorkshire Dales and to gain an understanding of the careful management required to ensure that this special place can be enjoyed by wildlife and people in years to come; to date more than 40,000 people have taken part in the Festival, now in its 11th year.

YDMT's Flowers of the Dales festival co-ordinator, Sarah Hodgson, said: "The Yorkshire Dales is home to a fantastic array of native flora and fauna and the Festival celebrates this wide-ranging bio-diversity.

"You can take part in practical conservation and species identification days, guided walks, informative talks and family-friendly nature activities, as well as an exciting range of arts and crafts."

Players of People's Postcode Lottery have raised £2,076,332 over the last ten years for Yorkshire Dales Millennium Trust, allowing the charity to continue to support the people, landscape and wildlife in the Yorkshire Dales and the surrounding areas.





Institute of Certified Bookkeepers, (ICB),  
Certified & Regulated Bookkeeping Services, (ICB Licence No  
20566)

All financial services available, from routine  
bookkeeping to Year End, Self-Assessment  
Tax Returns, Submission of Accounts, VAT,  
Financial Analysis,  
CIS, Sole Traders, Partnerships, Limited Com-  
panies, Charities & Trusts.

Coming soon: Payroll Services

**Are your books getting you down?  
Then get in touch to see how we can help**

info@dentdalebookkeeping.co.uk  
or on 07376 246677

Take a look at our website  
**[www.dentdalebookkeeping.co.uk](http://www.dentdalebookkeeping.co.uk)**

or find us on Facebook@dentdalebookkeeping  
or on Twitter @DentdaleThe

Will Humpington, Climate Change and Environmental Programmes Advisor at People's Postcode Lottery, added: "Once again it is a real pleasure to support this annual Festival, which celebrates all things wild and wonderful in the Yorkshire Dales. "Each year thousands of people take part in an exciting collection of activities inspired by the flora and fauna of this special part of the country. It's a fantastic opportunity to explore the Yorkshire Dales and perhaps learn something new."

YDMT would also like to pay special thanks to JT Atkinson builders merchant for supporting the event alongside Skipton Properties, Tennants Auctioneers, Swaledale Festival, John Chambers Wildflower

Seed, Broadrake Bunk Barn and Country Hideaways.

The 2019 Festival programme is now being distributed across the region and can also be found here

[www.ydmt.org/flowers-festival](http://www.ydmt.org/flowers-festival)

Alternatively, to receive a printed copy of the programme, please send an A5 stamped and self-addressed envelope to: Flowers of the Dales, Yorkshire Dales Millennium Trust, Main Street, Clapham, Via Lancaster, LA2 8DP.

---

## SEDBERGH RED SQUIRREL GROUP

*Karen Hopps*

Well good news, sightings for red squirrels are on the increase with quite a few being observed in new places. This is down to the hard work, not only of the squirrel group, but many individuals who feed the reds, Squirrelise their gardens, report any sightings (red or grey) to us at [sedberghredsquirrels100@gmail.com](mailto:sedberghredsquirrels100@gmail.com) and host humane traps. If you would like to find out more information about how to help your local native reds look at our website

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

However, it isn't all down to people who do the above, the Sedbergh red Squirrel group wouldn't exist without your kind and loyal support, both in becoming a member (details on the website) and attending events, so we thought you might like to know how we spend the proceeds raised.

The main cost for us is sacks of maize which the greys eat and is put in traps.

We also make squirrel feeders so wood/hose etc. needs to be

purchased, we do sell these but on public land the group bear the cost

Humane traps, we don't enjoy controlling grey squirrels, but it is clear that reds and greys cannot live together in the same area for very long

A5 Squirrel signs, newly purchased, for road sides, paths and other public places.

Advert on a monthly basis in the Lookaround and various other publications from time to time.

A new roller banner that advertises Sedbergh reds, so we can be clearly seen at any event. This proved very useful at the late night opening where lots of you called to say hello.

We would really like to be able to pay a small amount of mileage to our volunteer micro rangers who "clock up" many miles in tracking greys.

We have lots of plans for the future, please join us and with your continued assistance we will see more and more reds in the Sedbergh area.

**We are seeking a new treasurer!**

Not too much work involved, very few meetings (we mainly use emails to each other).

Please contact if interested:

[sedberghredsquirrels100@gmail.com](mailto:sedberghredsquirrels100@gmail.com)

**Matthew Cook**

Former Stonemason to York Minster and specialist in pre-1914 building repair

- Stone repairs and replacement
- Re-pointing with lime mortar
- Stone cleaning
- Specialist surveys and consultancy

07791894782

[www.cookmasonry.co.uk](http://www.cookmasonry.co.uk)   [Info@cookmasonry.co.uk](mailto:Info@cookmasonry.co.uk)

**VOLUNTEERS WANTED FOR FARMLAND BIRD SURVEYS**

*Richard Payne*

The Yorkshire Dales National Park Authority (YDNPA) is looking for volunteers to boost wildlife conservation efforts by carrying out surveys of wading birds this spring.

People who come forward will get the opportunity to visit local farms to record the number of waders – such as curlew, snipe, lapwing and redshank – present in specified fields or areas of land. The YDNPA will use the survey results to help farmers who are applying to be part of



Countryside Stewardship agri-environment schemes, which are administered by Natural England.

A training day for volunteers will be held in Wensleydale, on Sunday 7th April. The survey work itself will involve three visits to each farm: the first between 17 April and 8 May, the second between 9 May and 29 May, and the third between 30 May and 19 June. Prospective volunteers are invited to contact YDNPA Wildlife Conservation Officer Ian Court on 01756 751602 or emailing [ian.court@yorkshiredales.org.uk](mailto:ian.court@yorkshiredales.org.uk) for

full details, including the venue and time of the training day. Ian said: "We have a priority list of farms to survey, where current agri-environment scheme agreements are coming up for renewal. The more volunteers we have, the more farms we can survey. Ultimately the more farms we survey, the more land will end up being managed to benefit these birds.

People can make a real difference to wildlife conservation by becoming a volunteer." He added: "A number of breeding wader species are undergoing significant population declines in both the UK and elsewhere in Europe. This makes the relatively stable populations in the Dales nationally important."

## LADIES NFU

*Carolyn Sandys-Clarke*

On 19th February 18 members enjoyed a most interesting presentation about HOWGILLS FELLSIDE ICE CREAM given by the producers Roger and Susan Sedgwick.

Ice Cream was invented by the Chinese who flavoured it with Camphor, but it is first thought to have been served in Britain at a St George's Day Feast in the early 17 century and would only have been eaten by the wealthy. Products referred to as Dairy Ice Cream must contain full milk, double cream and dried milk powder. Products just referred to as Ice Cream are made with dried skimmed milk powder and water.

The Sedgwick's home produced milk from their Friesian and Jersey cows is pasteurised overnight on the farm. Ice Cream milk ideally needs to be over 5% butterfat so Roger is crossing the two breeds to try and have a consistent milk quality. The Sedgwick's have been building up the business since July 2011 to where it is today and visit food fairs to promote their product. Originally there were three flavours - vanilla, chocolate and mint but this has expanded to 25 flavours. It is sold direct to the public from the farm and also sold through Powells and our local Spar. As this is a seasonal product demand is driven by the warmer weather. Any surplus milk they have is sent to a creamery in Appleby to be made into cheese, then returned to the farm for cutting and packaging. This is also sold locally.

## 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)

More info: 015396 20504



## Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

## General Builders

Plastering ~ Roofing ~ Extensions  
Fire Places Fitted

Paul Stephenson  
015396 21557  
07810 595543



Tom Wilson  
015396 20954  
07790 946578

## FAMILY MUSINGS

*Sarah Woof*

As grandparents we have such fun with our five grandchildren! Nothing is impossible when you are aged 3-6, they don't even question the possible difficulties of Granny playing football or Grandad going rock climbing (I should add that the latter was not very challenging and not very high).

Sometimes I even managed to score goals, although faced with one, or even two, very determined children running towards me kicking a football I do not try to stop a goal!

Some scary moments occur at times as a child astride a toy car comes hurtling down our ramp and down the drive...we all get out the way and I pray they don't crash.

Recently three (plus a friend) were playing at the farm and we went to see what was going on. Next minute our daughter heard "Grannie" mentioned and off down the field they went, through another farm yard, through the old grave yard and up the step stile into our garden. I heard them coming; Rat-a-tat-tat on the door and in they all tumbled with an adult bringing up the rear. A few 'choc biccys' later (and with the reminder of feeding lambs) off they went; unanimously decided "Grandad we need a bridge over the stream!"

Some of my friends recently said really lovely things about me. We were discussing being a rebel and a friend admitted to being one; I said "So am I". Her reply: "You are the founding member!". Then we were talking about going to the Pantomime at Bentham (vg) and another friend commented: "You don't need to go to

Roger and Susan had then organised a quiz for us ..members were divided into four teams and each team was given an identical carton containing 7 varieties of Dairy Ice Cream which we had to identify, followed by 5 samples of concentrated flavourings also to identify. There was much tasting and hilarity.

We were then asked to guess how much a 25kg bag of dried milk powder costs (a staggering £278) and likewise a litre of vanilla flavouring (£100). The equipment is very expensive and is still being paid off.

Our President, Helen Woof, thanked Roger and Susan for their excellent and amusing talk. Their devotion to their herd and desire to keep it going was obvious.

A short business meeting followed and that was followed by our AGM.

Our meeting on 17th April includes a talk about the Bendrigg Trust to which visitors are most welcome. It takes place in The People's Hall committee room at 7.30pm. On May 15th we shall be having a coffee morning in St Andrews Church to raise money for this worthy cause.

a pantomime...you live in one every day!". Undiluted fun!

We are all getting ourselves sorted for the Cumbria Family Business Awards ceremony on Friday as 'Hardy Soft Play' are among the nominations...hair done...outfits sorted...Grandad will be wearing a suit and a bow tie and obviously hoping very much that our daughter's business wins!

Back to earth the next day with a drive sale here and watching the Dent Run. Happy days. Enjoy yourself, especially around the little children. Thanks. Sarah.

---

### APRIL GARDENING '19

*Elaine Horne*

I am in the middle of seed sowing time and, having run out of compost, have done a little research into the types of 'Growing Media' currently available. 'Peat free seems to be the right way to go.

The cheapest stuff appears to be that which is available from the large supermarkets, but having bought some of this a couple of years ago and found that it contained a few chunks of glass and plastic in its midst I am loth to go down that route again. Many of the cheaper brands contain a proportion of 'green waste' recycled from council green bins, refuse centres and road sweepings so it might contain unwanted stuff and may be laced with various garden chemicals including herbicides. Lawn weedkillers in grass clippings can be a particular problem if you are using your compost to grow seedlings and edible crops.

Both the National Trust and the RHS (Royal Horticultural Society) have

done extensive trials to find the best peat free compost for their own use in their nurseries, plant centres and gardens, and they endorse 'Sylvagrow' compost. Though not widely available in this area, we do have one very handy stockist – at Farltonview Horticultural, which is based on a farm just off the motorway at junction 36. (It shares a site with Farletonview Fishery, and a very useful looking café.)

Sylvagrow is also available online, but beware: a single bag can cost £10 more that way. I am trying two of their composts; 'Sylvagrow Sustainable Growing Media' and 'Sylvagrow All Purpose Peat free Growing Media with added John Innes'. Neither contain green waste and both have a fine texture and are suitable for seed sowing, cuttings and potting. I shall grow some of my greenhouse crops in each and see how they compare with my usual John Innes compost.

Incidentally, do you know which single horticultural crop uses the most peat? It's mushrooms. They account for 30% of the total peat used every year in this country. Does this mean that I should go Mushroom Free?

**K. W. Electricals  
(Sedbergh)**

Tel: 07917 322626

Domestic &  
Commercial



# smart

Design and Print

- Leaflets & Flyers • Posters & Banners
- Business Cards • Stationery
- Postcards & Greeting Cards
- Invitations • Brochures
- Service Sheets • Branding

Call us today: **01539 620788**

Email: [office@smartoffice.org.uk](mailto:office@smartoffice.org.uk)

**FREE** local delivery for orders over £20

## FEBRUARY WEATHER

*Brian Wright*

What a month!! A bit of everything it seems! Starting with temperatures that were seasonable, low 30sF (about zero C) to upper 60sF (upper teens C) which we would expect in summer. It was an exceptional month. It was, according to some, the warmest February on record. The maximum recorded in Sedbergh was 66F (18.88C) and the lowest was 19F (-7.22C). We had 12 dry days during the month but we still recorded 4.73 inches (120.2mm) of precipitation. On all but 2 days the winds were from the North West with a maximum gust of 24.2mph (39.03kph).

At last I got my hedge down!!!! Due to the exceptionally warm spell the last few days' work was with the elder bursting into leaf, the blackthorn bursting into flower and the hazel catkins elongating. Time will tell if I managed successfully to get it

finished as the sap was obviously running. After a good show of snowdrops, the crocuses were splendid and towards the end of the month the early varieties of daffodil were in bloom. One might even imagine there was some grass growth!! Certainly the sheep weren't as madly keen on their hay towards the end of the month. A few sparrows are back at the feeders and apart from the blue, great, coal and long tailed tits we are getting visits from a greater spotted woodpecker with robin, blackbird, collared dove, wood pigeon and thrush about regularly. The 4 hen pheasants and a single cock follow me about when I'm feeding poultry and sheep. It will be interesting to see if any nest. For a single night I heard oyster catchers but haven't seen them or heard them since.

---

## 20'S PLENTY FOR SEDBERGH

*Suzie Pye*

Thank you to everyone who has signed the petition to lower the speed limit in Sedbergh from 30mph to 20mph. I am very grateful to the following shops for agreeing to take copies of the petition: Sedbergh Information Centre (72 Main Street), Sedbergh Post Office, and Sedbergh Spar. Please do add your name over the next few weeks if you haven't already. You can also find the petition online, along with more information on the campaign at [www.change.org](http://www.change.org) and search for Sedbergh.



## FAMILY RUN SOFT PLAY BUSINESS

A SOFT play business has introduced sleepover parties to families around Cumbria, as part of its growing children's entertainment offerings.

Hardy Soft Play Hire, based in Sedbergh, has launched the party packages called 'Once Upon a Time Sleepovers' for families in the area, following a popular trend for sleepover parties in America and Australia.

Jenette Hardy, who runs Hardy Soft Play Hire with her husband Daniel, said: "Over the last five years since we started the business, we've found that we're always on the lookout for new and unique party ideas. We were aware that sleepover parties were gaining momentum abroad, but not in Cumbria. "From speaking to parents, we understand that they want something that's different, exciting and memorable for their children's parties – while also wanting it to be simple, well-priced and convenient from the organisational side too. That's why we decided to launch our own sleepover parties."

The packages, which are priced from £140 per four children can be booked online. They include luxury



sleepover tents, themed bedding and matching bunting, twinkly fairy lights, soft furnishings, night lights, breakfast trays, personalised light boards and name plaques to hang over each bed. There is also the option to add luxury extras, including themed gifts, snack hampers and disco speakers.

Jenette said: "Our aim is to capture the imagination of children and create a magical slumber party experience that's filled with comfort and fun. We've wanted to make it as easy as possible for the parents, as we'll simply go into their homes and transform an area into a sleepover wonderland that the kids will love. "She added: "Nowadays, there's much debate about how much time children spend playing on iPads and game consoles. We truly believe this is a lovely way for children to just be children, and to enjoy a fun evening together. Despite only launching in January, we've had a great deal of interest from parents and a number of bookings, so we're really pleased to be able to bring this service to families in Cumbria."



For more information, visit [www.onceuponatimesleepovers.co.uk](http://www.onceuponatimesleepovers.co.uk)

**H & M**  
C O O K S H O P



Pots | Pans | Cookware | Bakeware  
Recipes | Gift Ideas  
*Why not call in ?*

**KITCHENS | BEDROOMS | COOKSHOP**

Industrial Estate | Ingleton | LA6 3NU  
**015242 41535**  
kitchensandbedrooms.co.uk

## **CRAIG CHAMBERLAIN IT**

*C Chamberlain*

I moved to Sedbergh nearly four years ago with my wife, Rose, to start a family and a new job at Sedbergh School. It has proved a wonderful place to live and we have very much enjoyed settling into the vibrant welcoming community. Although I grew up only an hour away, in the Eden valley, life on the edge of the Dales is quite different. There are so many people to meet, more often than not involved in some surprising and interesting enterprise.

After three years at Sedbergh School, where I ran the helpdesk and overhauled several systems, I felt ready to spread my wings and try to

go it alone. Computers have a habit of "going wrong" so I have had a number of callouts recovering lost passwords, tackling viruses and tuning up ageing computers. I hope to continue this work in and around Sedbergh, including on farms and more remote dwellings, as word about my service spreads.

In addition, I plan to offer commercial services to businesses. For example, I have been involved with Sedbergh's newest shop, Footloose Travel's recent launch. At Footloose I have been producing tools to aid business workflows, updating the website and producing marketing material for print and Facebook.

So if you have any problems with your computers or have a feeling that there might be an easier or quicker way to use your computer, please give me a call on 07526 825 153 or to find out more visit my website:

[www.craigchamberlain.it](http://www.craigchamberlain.it)

or Facebook [https://](https://www.facebook.com/CraigChamberlainIT)

[www.facebook.com/](https://www.facebook.com/CraigChamberlainIT)

[CraigChamberlainIT](https://www.facebook.com/CraigChamberlainIT).

---

## **WHAT'S IN A NAME**

*James Palmer*

SEDGWICK: Sedgewick, Sedgewicke, Sidgewicke, Sidgwick. John *de Segheswyk*, Thomas *de Sigeswik*. 1379 Yorkshire Poll Tax Returns. From Sedgwick (Westmorland) or Sedgewick castle in Nuthurst (Sussex).





## B4RN MARTHWAITE AND HOWGILL

*Martin Stockdale*

It's been a hive of activity over the last couple of months, with digging starting in Howgill and last-minute preparations for Marthwaite.

After some delays due to machinery problems and weather issues the main duct laying along the Howgill Valley is now over 50% complete, home connection kits are being distributed and a few properties are now fibre ready. Weather permitting, it is hoped that the main duct laying will be complete and the secondary routes will be well underway by the end of March. A list of B4RN approved contractors for installing the home kits has been emailed round to all households for people to make individual arrangements to have their properties fibre readied.

Digging for the first phase of Marthwaite is due to start as soon as Howgill is finished, this will be to interconnect the Firbank and Sedbergh cabinets and pick up most of the properties in between. The second phase, which will connect the rest of Marthwaite, will follow on soon after.

We expect a significant number of properties to be connected by summer, with the work completed by the end of the year.

If you live or have property in Marthwaite or Howgill and you haven't yet been contacted by me or one of the B4RN volunteers, please get in touch now – [b4sa@gmx.co.uk](mailto:b4sa@gmx.co.uk)

## B4RN'S PROGRESS IN SEDBERGH AND DISTRICT

*Douglas Thomson*

Firbank, Killington and Dentdale have been enjoying Broadband for the Rural North's (B4RN) hyperfast broadband service for a while now. Cautley is also now 'live'. Before this summer is out, Frostrow, Millthorp, Birks, Marthwaite and Howgill and Garsdale are likely to be enjoying B4RN's broadband service. The countryside all around Sedbergh will then be enjoying this fast service (actually there is no service to the north on Winder but nobody seems to live up there)!

So what about the town itself. While BT's service is better in the Town than the rural surroundings its speed is slowing. A number of factors are causing this. At the same time there is increasing interest in the town for B4RN's

faster service – particularly by businesses.

Although bringing a broadband service into a town is more challenging than rural areas, plans are afoot to bring B4RN's service into the town. Currently a volunteer team is looking to see if a government sponsored scheme is possible on the west side of the town and the possibility of bringing B4RN's service to Main Street and Finkle Street was raised at a recent public meeting run by Sedbergh's Chamber of Trade and Business. The suggestion was positively received and those present are now sounding out neighbours to gauge interest.



It takes time and much effort, but steadily, Sedbergh is acquiring a quality broadband service which can only be good for the Town's economic and social future.

---

**CAUTLEY AND DOWBIGGIN  
LIGHTS UP THE 1000MBPS B4RN  
NETWORK**

*Dr Gina Barney,  
B4RN Cautley Area Lead 20790*

At 16.30 on Friday 8 March 2019 the Sedbergh B4RN Cabinet was switched on connecting 46 properties to the full fibre 1000Mbps internet. It would have been 55, but we ran out of optics. This is a record for B4RN for a simultaneous switch on. The remaining nine residents went live on Monday 11th. There are another 15

residents waiting for contracts to expire to take the total up to 70...

This event was the culmination of nearly two years very hard work by the Cautley and Dowbiggin community volunteers led by Gina Barney as Area Lead and Kevin Lancaster as Route Master. During that time:

- 41 wayleaves were signed.
- One cabinet was installed.
- Five large chambers were inserted.
- 25 small chambers were inserted.
- 22,420 metres of 7mm duct was laid.
- 14,505 metres of 16mm duct was laid.
- 16,428 metres of core/spur trench was dug.
- Four river bridge crossings were fitted.



**Hire, Sales  
& Erection**

**Scaffolding**

**SIMON SHAW**

*Based in Kendal - covering Cumbria*

Commercial  
& Domestic

No Job Too Big  
No Job Too Small

Free Estimates with  
No Obligations

Tel: 01539 734745  
Mob: 07917 064767

info@lakes-scaffolding.co.uk  
www.lakes-scaffolding.co.uk



# Kirkby Lonsdale Rugby Club

## Beer & Music Festival

3rd to 5th May 2019

**FREE ENTRY**

A great selection of  
Real Ales & Traditional Cider

***Bands playing  
all weekend***



One steel catenary river crossing made.

10 county roads were mole punched under.

65 house kits were installed.

Numerous farm tracks, un-adopted roads, becks, streams, fences, walls and hedges were also crossed.

Apart from road crossings all the work has been done by local people using their day to day skills learnt from engineering, agriculture and building.

When the work listed above was complete the B4RN technical staff came in and with other volunteers blew fibre to each property, along the core route and down the spurs, spliced fibres in the chambers and in

the cabinet and fitted and fused the routers in the properties.

There are 25 SME businesses in the Rawthey Valley and they attracted funding from the Department of Culture, Media and Sport under the Giga Byte Voucher Scheme (GBVS), which together with residents buying shares and providing loans paid for the £120,000 cost of the project.

Kevin (who has walked every single metre of the trenches) and I take our hats off to the unconditional support the residents willingly give us. They smoothed the way to the success of what we did, but it would not have happened without the continual support and tolerance of the B4RN staff who did not buckle under the

incessant demands made by the local team. Thank you very much B4RN.

We have also been helped by Cumbria County Council, the Yorkshire Dales National Park, the Woodland Trust and also Natural England, who let us through a Site of Special Scientific Interest (SSSI).

During the work Gina made two YouTube videos to record the work. If you want to see these type the following into your browser:

[www.bit.ly/CautleyB4RN100](http://www.bit.ly/CautleyB4RN100)

## SEDBERGH AND ARGENTINA

*Martin Dodds*

*Western Dales Mission Community*

Maybe not everyone yet knows that Sedbergh and District has links with Argentina.

Since the turn of the century, the Cumbria Methodist District, which of course includes all the Methodist congregations in our local area, has had partnership links with the Methodist church in Argentina [Iglesia Evangelica Metodista Argentina – IEMA for short]. Meanwhile the transfer of our local parishes from the Bradford Diocese to the Carlisle Diocese meant that our local Anglican congregations are now all included in the diocesan link with the Anglican diocese of Northern Argentina.

This shared interest was reflected in an ecumenical fellowship meeting held at Cornerstone Community Church [New Street] on 25 February. Rev Nigel Beer from Stanwix near Carlisle told us about a visit he made to Salta and the Chaco area of Northern Argentina.

Salta has characteristics similar to many cities, including great contrasts between rich and poor, and problems of drugs, human-trafficking and crime. The churches do their best to minister to these situations, in a spirit of getting alongside the local people and listening to their concerns and ideas and responding as practical.

The Chaco is a thinly populated area, until fairly recently inhabited mainly by indigenous groups who lived as hunter-gatherers. Now however, big agri-businesses have moved in and are taking over large areas of the traditional tribal areas, destroying the native scrub forest for



- **Project Management**
- **New Builds**
- **Extensions**
- **Roofing**
- **New Fitted Kitchens**
- **Ground Works**
- **Plant Hire**
- **Drains**

Unblocked/Cleaned/Repaired

**Contact George on:**

**Tel: 015396 21287**

**Mob: 07977514229**

**Email: [info@gjbainesandson.co.uk](mailto:info@gjbainesandson.co.uk)**

**Web: [www.gjbainesandson.co.uk](http://www.gjbainesandson.co.uk)**

extensive cropping for soya and other export crops, thus depriving the local people of their culture and traditional means of support. Here too the church tries to support the local people in their land rights, but also in training the dispossessed in other ways of supporting themselves through horticulture etc. Nevertheless many indigenous people have been reduced to living on government hand-outs which takes away their self –respect.

Living in a global village as we now do, these situations are directly relevant not only to the churches, national and provincial governments and people of Argentina, but also to us, since, just to take one example, much of the agri-business is directed at consumers in the rich world, including the UK.

After the meeting we enjoyed locally made empanadas [thanks to Nina at The Bull], dulce de leche, [an argentine caramel spread], yerba mate, [a traditional beverage from the basin of the river Plate and the national beverage of Argentina], as well as tea and biscuits. A retiring offering raised £57, which has been divided between the Methodist and Anglican Argentina budgets.

## DEMENTIA ACTION WEEK 2019

*MP Ripley*

Dementia Action Week (20 – 26 May 2019) unites people, workplaces, schools and communities to take action and to improve the lives of people living with dementia. Almost all of us know someone affected by dementia. But too many people living with dementia report feeling cut off from their community, losing their friendships and facing dementia alone.

Having dementia shouldn't mean an isolated life. And it doesn't have to. Simple actions from us all can create supportive communities - where people living with the condition can continue to socialise with others, hop on the bus, go to their favourite shops or take part in local activities for as long as possible.

We all have a role to play in making the UK a dementia-friendly place to live and that's what Dementia Action Week is all about. Could you help?

\*Organise an information stand

This could be at your local supermarket, library or village hall. To help promote your stand and to make sure people have something to take away materials can be ordered through Alzheimers Society via website below.

\*Hold an open day or event and invite people with dementia.

If you're part of a community group or have a talent like art or singing, why not put on an open day or event for people affected by dementia to attend? Organise a gig in your local care home or invite people with dementia along to your regular community group. A wonderful way to get the full community involved, talk



# **GUITAR LESSONS**

*in Sedbergh*

All Styles ♪ All Levels  
Electric ♪ Acoustic ♪ Classical  
Bass ♪ Ukulele

David Sykes 07974 653361

about what people affected by dementia in your community want to improve and how your community can take action to be more inclusive.

\*Fundraise for Alzheimer's Society

We have ideas to help you raise money for Alzheimer's Society during the Week. Why not host a tea party, raffle or quiz? The vital money you raise will fund ground-breaking research and help us to support everyone affected by dementia.

Where possible, make sure you include people with dementia at your event. You can take a look at our checklist for [making environments more dementia-friendly](#).

In all the cases above the Alzheimers Society website has loads of resources for you to access or your local Sedbergh Dementia Action Alliance can advise as well (Myles on [mylesripley@btinternet.com](mailto:mylesripley@btinternet.com)).

[www.alzheimers.org.uk/get-involved/dementia-action-week/local-community](http://www.alzheimers.org.uk/get-involved/dementia-action-week/local-community)

## DENTDALE, HEAD TO FOOT: 'ESTONIA, LAND OF POTATOES AND SONG'

*Mike Steele*

Our meeting on 1<sup>st</sup> March was a talk given by Romany Garnett, who had visited Estonia last year on a work related visit for her employer The John Muir Trust; it is a country of great contrasts.

Having only gained its final independence in 1991 and being subjugated to other states, notably Russia and Germany, from 1227, it seems still to be very much a peasant economy. Despite that, and although they had no existing infrastructure until a few years ago, their internet capability is far in excess of the UK (apart from BARN connected users in Dent of course!).

From the title you will see that potatoes are a staple part of their diet, perhaps because the land, being a Baltic state south of Finland and separated by the Baltic sea, is very flat and that which is not given over to forestry and national parks is farmed by small communities.

The major town and capital, Tallinn, is on the north coast and looks quite modern but obviously Soviet in the utilitarian style of its newer buildings. However, the older buildings, which are mostly wooden, have a timelessness about them and blend into the landscape.

Interestingly their escape from Russian control in 1991 was accomplished peacefully by song. The Russians were extremely controlling, using military force to ensure their will was obeyed, so the Estonians (and Latvians and

## ACUPUNCTURE

BACc Member  
[www.acupuncture.org.uk](http://www.acupuncture.org.uk)



Experienced practitioner

*Acupuncture can be helpful with  
many different conditions*

**June M. Parker**

Dip Ac, MBACc

49 Bainbridge Road, Sedbergh  
Tel: 015396 20972

Lithuanians who were under the same control) started to gather in numbers to sing patriotic songs and hymns. This started in 1988 and by 1991 has risen to such a crescendo that the Russians were unable to control it and ceded defeat.

In August 1989 a line of two million people stretching for 420 miles across the three Baltic States reinforced the message of independence. Incidentally, the broadcasting of patriotic songs and messages from the central telephony tower in Tallinn continued under siege from which the Russians had to retreat, being defeated by a matchbox jamming the lift doors and hundreds of narrow steps to get to the broadcasting suite at the top of the tower!

Our next meeting is on Friday, 5<sup>th</sup> April where Laura-Jane Clare will be telling us about 'My life in Yoga – a 45 year love story' starting at 2:00 p.m. in the Sedgwick Room in Dent Memorial Hall. For further information please contact: Mike Steele on 015396 25054 or mobile: 07813806209 or by e-mail on [mds@hallbankcott.co.uk](mailto:mds@hallbankcott.co.uk)

## SEDBERGH AND DISTRICT COMMUNITY FUND

*Tony Reed-Screen*

Once again it has been a highly successful year when over £26,000 has been distributed to sixteen beneficiaries. Grants have varied from a few hundred pounds to £5,000. For potential beneficiaries who have not applied for a grant before the Grants Committee meets four times a year in February, May, August and November.

Applications for grants have to be submitted by the second Friday of each of the four months. Applications for capital costs are preferred. Application Forms together with guidance notes in hard copy are available from the Information Centre or, alternatively, can be accessed on-line at [Sedbergh.org.uk](http://Sedbergh.org.uk).

We look forward to receiving applications to be considered at the next Grants Committee meeting in May.

As you will be aware the Grants are made from the proceeds of the Charity Shops which are managed by Anita Swarbrick and staffed by our wonderful band of volunteers who give so willingly of their time ensuring that in addition to having someone to man the till all the donations are properly sorted, priced and displayed in an attractive manner.

The shops are friendly meeting places and if you have some spare time you might like to consider volunteering, lastly we are indebted to everyone who make donations. Please keep on giving so that we can continue to help worthy causes.

### The Churchmouse at Barbon

New Road, Barbon LA6 2LL  
015242 76224

Open 7 Days a week



Award Winning Café  
Outside Terrace ~ Bistro  
Deli ~ Newspapers  
Licensed

*Bring your copy of Lookaround  
for a complimentary coffee  
with your lunch (once per person)*

## LITTER!

*James Palmer*

Cycling or walking the roads around Sedbergh, particularly in winter, highlights a problem of we must all be aware - litter. Drinks bottles, sweet wrappers, takeaway coffee cups, carry-out boxes and wrappings; they all pollute the verges of our roads, blow into the hedges, are crushed into the roadside mud, or wash down ditches into becks, rivers, and finally, the sea.

Thanks to David Attenborough we all know what happens to plastic in the oceans, we know the damage it causes, we know the harm that it is likely to cause us in the long term. What we don't know is how much

plastic is consumed by farm animals, what cost farmers have to bear in extra veterinary bills or what effect this has on the price of the food we buy.

True, some may have blown from recycling boxes and bags, but the locations where it is concentrated gives the lie to this suggestion.

Today I met the local councillor in his *gilet jaune* litter-picking along the Kirkby Lonsdale road. I noticed four full black bin bags in the space of only a couple of miles; so much! This is just one winter's worth of rubbish dropped, or more likely deliberately thrown from vehicles. Why do we feel that it is ok to throw litter from a car, van or lorry when we would never do the same in our own street? I do not



## WHAT'S ON THIS MONTH

### Presentations:

David Guthrie will offer a unique opportunity to be part of a lion collaring and research programme in Tanzania.

Miranda Van der Linde will introduce a world first

'Blue & Sperm Whale Research Expedition' in the waters of the Azores.

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

01943 604030

[info@footloose.co.uk](mailto:info@footloose.co.uk)



believe that those who commit this crime (and it is a crime) are any different from those of us who would never do so. I think that these same people also love the beautiful environment in which they live and work, they too appreciate nature, the seasons and the weather.

So why does anyone do this? I think it is thoughtlessness rather than intention. A lack of an inbuilt sense of the wrongness of littering sometimes combined with implicit peer pressure lead to this behaviour. The wind catches a sweet wrapper that came out of your pocket when you took your hand out. You have two choices; do nothing (add to the problem), do something (pick it up) and show an example as well as addressing the problem.

What else can be done? Well, it may sound trite, but children and teenagers can be the turning point. If parents (and schools) teach good behaviours then the children who have learned these same behaviours will in turn not only pass them on to their children, but also remind their own parents and friends when they slip up.

We can all pick up that odd wrapper, bottle or packet as we walk along Main Street or Back Lane. We can all think twice before we toss a cigarette butt from our cars, we can all imagine how we would want our world to be.

We and the world cannot wait for all wrappings to be compostable or harmless, we must accept *status quo* and work with what is here and now. Not all of us can do what our elected councillor was doing, but we can all do our bit!

## ZERO WASTE SEDBERGH

*Suzie Pye*

### Plastic-Free Easter?

According to Friends of the Earth, the 80 million Easter eggs we buy each year come with around 3,000 tonnes of packaging, including a huge amount of single-use plastic waste. We all know by now that even with the best of intentions, recycling should only be used as a last resort, and is not the ideal. But what is the alternative – forgo chocolate altogether? That would be ridiculous! Well the good news is the big chocolate brands do seem to be making *some* changes to the amount of packaging they use for Easter products, maybe due in part to the public mood. For the last few years there has also been an annual campaign on this subject, growing in support, led by MP Jo Swinson. Shops are now offering more choice when it comes to packaging Easter products, including eggs wrapped in foil or card *sans plastic*. Most foil, by the way can go in with your tins for kerbside recycling! So do try to cut down on packaging and avoid plastic completely this year, and let the Easter Bunny breathe!

Some upcoming events to draw your attention to:

Friday 26<sup>th</sup> April **Sedbergh Community Litter Pick**, meet at Sedbergh Spar at 1:30pm for an hour or two of tidying the town and verges. Grabbers, bags, hi-viz vests will be provided. All welcome.

Sunday 28<sup>th</sup> April **Sedbergh Repair Café** This will take place as part of the Sedbergh Food Festival, from 2pm til 5pm at the People's Hall.

Pop along and bring your fabric repairs, find out information on composting food waste in your home, watch a demonstration on basket weaving from used Tetra Paks, take away some fabulous ideas for being Zero Waste in the kitchen, and enjoy delicious locally made cakes and refreshments!

At the time of writing I am still looking for an electrician who will be willing to volunteer their time. Please contact Suzie on 07833534710 if you can help.

It is worth mentioning that the February Repair Café, although very well received as a concept, was poorly attended in terms of numbers. Do pop your head round the door and support the April event, even if you don't have a repair with you – just come for a coffee, a chat, and a piece of cake.



## PEOPLE'S HALL NEWS

*Dr Gina Barney, Hon Secretary,  
20790*

### Reminder of the Change of Booking Agent was on 22 March

The issue of keys and their return is now transferred to the Sedbergh Information Centre, 72 Main Street. The Information Centre opening hours are: 10.00 – 16.00 daily. Hirers can obtain forms and information from the Hall website:

[www.sedberghpeopleshall.org](http://www.sedberghpeopleshall.org)

#### **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)

#### **Reminder**

The AGM is at 7.30 on 1 April 2019 in the People's Hall.

#### **Hire fees**

We are changing the hire rates slightly from 1 July 2019. Some sessions are going up slightly and the Session C hire is going down.

The new rates are shown below.

### PEOPLE'S HALL HIRE RATES

#### Main Hall

| Session      | Z   | A   | B   | C      | D   | All day |
|--------------|-----|-----|-----|--------|-----|---------|
| Local Hirers | £10 | £20 | £20 | £15    | £36 | £90     |
| Other Hirers | £15 | £30 | £30 | £22.50 | £54 | £136.50 |
| Commercial   | £20 | £40 | £40 | £30    | £72 | £182    |

#### Committee Room

|              |  |        |        |     |        |        |
|--------------|--|--------|--------|-----|--------|--------|
| Local Hirers |  | £15    | £15    | £10 | £15    | £55    |
| Other Hirers |  | £22.50 | £22.50 | £15 | £22.50 | £82.50 |
| Commercial   |  | £30    | £30    | £20 | £30    | £110   |

If you need any further information on rates please see the website.

### **Portable screen**

The Hall has bought a new portable screen for hirers to use at no charge. It is stored beside the right hand (audience) side of the stage

### **SEDBERGH PCSO REPORT**

*Maz Jefferey*

Please see the below crime figures for FEB.

- ♦ Theft of copper FIRBANK 25/2/19
- ♦ Criminal damage to statue SEDBERGH 23/2/19
- ♦ Dwelling burglary SEDBERGH 19/2/19
- ♦ Theft from motor vehicle (work van) SEDBERGH 14/2/19

♦ Theft of sheep MIDDLETON 10/2/19

♦ Damage to vehicles SEDBERGH 1/2/19

I am aware that a number of cars have repeatedly been damaged in the Havera area of SEDBERGH. **This needs to stop.** It risks people's safety if they are driving on underinflated tyres, as someone found it funny to let the tyre(s) down. Should you have any information on who is committing these acts, please contact me in confidence.

**Marion Jeffery**

**PCSO 5383, South Lakeland Kendal Police Station, Busher Walk, Kendal LA9 4RJ**

T: **101, option 2, ext 45383**

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

## **THE HEAD AT MIDDLETON**

**LA6 2NF TEL: 015396 20258**

**[www.middleton-head.co.uk](http://www.middleton-head.co.uk)**

**[email.enquiries@middleton-head.co.uk](mailto:email.enquiries@middleton-head.co.uk)**

**A charming country inn, dating from 1642, situated on the A683 between the market towns of Sedbergh and Kirkby Lonsdale, within the Yorkshire Dales National Park.**

**En suite accommodation available for up to 14 persons in family or double rooms, perfect for family occasions, walking groups, get-togethers, stop-overs from the South to Scotland (just 7 minutes from Jct37 on the M6), guests with dogs....**

**Full English or Vegetarian breakfast included in B and B rate and a restaurant service is provided from 5pm until 8.30pm.**

**Bookings advisable for both rooms and restaurant reservations.**

**We look forward to welcoming you to The Head at Middleton.**

**David and Elizabeth Martin, proprietors since 1999.**

## DRIVING IN EUROPE ON OR AFTER 29 MARCH 2019

*Dennis Whicker*

It's increasingly possible the UK will leave the European Union on 29 March 2019 without a transition agreement in place. A no-deal Brexit means you'll need to carry a physical document - known as a **Green Card** - to drive your vehicle in any EU country, Norway, Iceland, Switzerland, Serbia, Andorra or Liechtenstein from 29 March.

**What do I need to do now?** If you intend to drive in any of these countries on or after 29 March, you'll need to call your insurer at least two weeks before your departure to make sure you get your Green Card on time.

If the UK leaves the EU without transition arrangements in place, you'll be legally required to carry a Green Card in these countries. Failure to comply could result in you being accused of driving without insurance and you may be fined, prosecuted or your vehicle seized. If you're not planning on taking your car abroad there's nothing to do and you don't need to contact anyone. This does not affect you if you hire a car locally in one of the above countries.

**Is there anything else I need to know?** In regards to your UK driving licence, regardless of whether we reach a deal or not, motorists may also be required to purchase an International Driving Permit. You can buy these at your local Post Office or get more information at [www.postoffice.co.uk/international-driving-permit](http://www.postoffice.co.uk/international-driving-permit)

## CITIZENS ADVICE SOUTH LAKES

*Karen Evans*

Last week I told my manager at work that I'm 3 months pregnant. This week they told me they're letting me go due to poor performance. I've worked here for 2 years and never had any negative feedback. Could they be sacking me just for being pregnant? Is this legal?

However long you've been employed, being fired because of pregnancy is automatically classed as unfair dismissal. Although your employer said you were being sacked for poor performance, you're right to be suspicious. Ask for written reasons.

As you have been employed for two years, your employer can only dismiss you for specified fair reasons, such as gross misconduct or persistent poor performance. They must follow a fair process and show their evidence.

To challenge the dismissal, act quickly as time limits are short. First raise a grievance with your employer and contact the Advisory Conciliation and Arbitration Service. If necessary, you can take your case to an



*Drop in meetings for anyone struggling with bereavement*

*Tuesday 2nd April & Tuesday 16th April  
10am - 12 mid-day*

*Cornerstone Community Church  
Please note change of venue*

*Join us for coffee and a chat*

*For further information or to arrange a one to one appointment please call the Grief Share number*

employment tribunal - gather as much evidence as possible, including correspondence and appraisal records. The new [Citizens Advice Discrimination Toolkit](#), found on their website, can help you with this.

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

*Please note the opening hours at Windermere have been reduced, but contact details remain the same.*

*South Lakes Citizens Advice is a registered charity,*

*No: 1118656 and company limited by guarantee, No: 6113551.*

*FRN: 617574*

## NEWS FROM THE PEWS



*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*

A joint service with the Methodist and Anglican congregations takes place at 10.30am on the first Sunday of each month alternating between Cornerstone Church and St Andrew's. The choirs combine to lead the singing and following the service tea and coffee is served in the respective church rooms allowing time for plenty of chat and catching up.

We all headed to New Street on the first Sunday in March when the retiring Methodist District Chairman, Reverend Richard Teal, led the service. Worshipping together means more voices singing and it was certainly a good sound floating up to the rafters that morning!

The church font was filled with warm water on separate Sundays in March. Two little boys, Findlay and Ethan, both a tad over five months old were baptized. The congregations had a good view of their wonderful facial expressions as the Vicar holding them tightly poured the baptismal water over their heads. As neither of them batted an eyelid it may be safe to assume they love bath time and water.

The Primary School brought baby doll "Joshua" to be baptized on a Wednesday afternoon. Joshua did not have any facial expressions and behaved perfectly. His "mum and dad" were two of the 7 year olds, plus

### **PARKIN & JACKSON MONUMENTAL MASONS**

14 Appleby Road Kendal LA9 6ES

Tel 01539 722838



- New Memorials
- 2nd Inscriptions
- Cleaning and Repainting
- Renovations
- Memorials designed to your personal specifications

Visit our showroom  
or phone for a brochure

[parkinandjackson@btinternet.com](mailto:parkinandjackson@btinternet.com)

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

Contact KEVIN BATEMAN

he had four young Godparents promising to take care of him. "Joshua" was almost thrown to Vicar Andy but he survived intact and returned to school with his parents for the rest of the afternoon.

Lent Lunches are going well, as are the Coffee Mornings. This year, as last, the profit from the lunches will be divided between St John's Hospice in Lancaster and Manna House in Kendal. Both these organizations help those in need in different ways in our communities. St John's Hospice has been providing palliative care for a whole range of life shortening conditions in North Lancashire and the South Lakes since 1986. Manna House operates from its new premises off Ann Street in Kendal, working for the benefit of the public in South Lakeland. The staff provides advice, advocacy and a drop in support for those who are homeless, vulnerably housed, lonely or needing help.

Fingers crossed for good weather as Easter approaches.

Holy Week begins on Sunday 14<sup>th</sup> April with the distribution of Palm Crosses at each service. At the end of the day the choir will be leading the Choral Evensong at 6pm.

**DALTON  
WOODLAND BURIAL GROUND**



**Natural Woodland  
Burial Ground**



*"Return to the Earth, naturally"*

[www.daltonwoodlandburial.co.uk](http://www.daltonwoodlandburial.co.uk)  
Burton-in-Kendal: 01524 782442

At 7pm on Monday, Tuesday and Wednesday evenings a short service of Compline will take place in the Lady Chapel. During the 7pm service on Maundy Thursday the altars will be stripped of all ornaments in preparation for Good Friday when The Walk of Witness will go through the town starting at 10.30am from St Andrew's.

On Easter Sunday at 10.30am chocolate eggs magically appear... and just as magically disappear as the congregation leave after the service.

"Happy Easter" one and all.

---

### **THE THANDI PROJECT**

*Alan & Chris Clowes*

For the last 18 years Alan and Chris Clowes from The Cross Keys at Cautley have worked in South Africa with the historically disadvantaged community called Thandi. Their consistent aim has been to improve local job opportunities, educate, and make the project sustainable - something they now believe they have achieved.

On the 12th February Thandi staff took over the complete control of the Thandi projects in the Theewaterskloof District of South Africa. All of the staff come from the community and have trained at the local college as teachers, administrators, cooks and gardeners all funded by Thandi Projects.

The main concern for Alan and Chris was the management of finances, but having left them on their own for the last 12 months all fears were unfounded. They checked all the accounts on their recent visit and found everything to be well managed,



showing sustainability for years to come and now leave knowing that Thandi is in safe hands.

There was a lot of sadness on both sides when they finally handed over the project but Alan and Chris will always keep in touch and the project staff know that they are only a phone call away.

Alan & Chris express their thanks to all of the charity's trustees over the years for keeping things on the straight and narrow. Also to the many volunteers who financed their own air fares and accommodation and the many organisations and individuals who by their generosity and kindness helped make the project such a success.

Alan would particularly like to thank his own Quaker Meeting at Kirkby Stephen for their wonderful support along with other Quaker support and donations from all over the UK the Netherlands and South Africa; over £200,000.00 has been raised and used on this project.

The picture shows Alan and Chris & Georgina Airey (one of the Trustees from Kendal) handing over the keys to the project to the project head Elizabeth Van Wyk and the project administrator Franciena Plaatjies.

## CHRISTIAN AID WEEK IN SEDBERGH AND DISTRICT.

*Rev. Anne Pitt*

We're a bit late in our activities this year but May sees our major event dates. We start with a coffee morning on Wednesday 8th May in St. Andrew's Church room in Sedbergh. This will be followed by our annual House to House collecting in the District supporting Christian Aid Week which runs from the 12th to the 18th May. Most streets will have a volunteer collector dropping off an envelope and collecting it later on. If you'd like to donate and don't receive an envelope spares will be available at the churches and can be returned via them. An easy way is at the regular Wednesday coffee mornings at St Andrew's, Sedbergh.

This year the particular focus of the week is on Sierra Leone. One campaign aspect is a petition to press the International Monetary Fund to write off Sierra Leone's debt, run up as a result of the Ebola crisis. Another highlights the kind of work and agencies Christian Aid supports and enables, specifically through our partner RADA (Rehabilitation and Development Agency) in Sawula village where child mortality was very high and women had little support in health matters. RADA has been working locally to help vulnerable women access healthcare, improve hygiene with simple interventions like hand-washing and, hope with your support, to build a bigger, better health care centre. You can find out more on Christian Aid's website [www.christianaid.org.uk/christian-aid-week/resources](http://www.christianaid.org.uk/christian-aid-week/resources)

Some people may think Christian Aid only works or supports work specifically linked to churches. This is not the case. No, we believe everyone is equal. We work to help people on the basis of need, not religion, race, ethnicity or nationality, and we fund projects that help people of all faiths and none. Much of the work we fund is carried out by local, faith-based organisations – including those run by Christians, Muslims, Jews or people of other faiths – but it's for the benefit of all. Poverty does not discriminate on the basis of faith and neither do we.

Sedbergh and District have always been great in their support of Christian Aid which has been much appreciated and our local committee, drawn from across the church communities, looks forward to your ongoing help to bringing more equality of opportunity and life chances across our world.

---

### **APRIL EVENTS AT THE MEDITATION CENTRE, DENT**

*Sue Stark*

Whether you are looking for a day's retreat or an opportunity to step out of the 'busyness' of life for a few hours, we offer a variety of opportunities to experience the stillness and peace of this unique setting.

**SACRED SONG AND CHANTING**  
Saturday 13<sup>th</sup> 11-12.30pm

Feel the benefit from vibrational ancient mystical traditions to create harmonious energy. When we chant, our life force flows to our cells and helps reduce stress. Suitable for beginners, the sessions will include chanting time-honoured mantras with

sound healer and centre teacher Kath Reade. Simple guidance given. Breathe deeply, feel your entire body vibrating with the syllables, become filled with golden healing light and inner harmony. A beautiful experience.

**SPACE FOR STILLNESS** Sunday 14<sup>th</sup> 11-1pm. Once a month we hold a drop-in session at the Centre to which everyone is invited. These are lovely mornings where you get the chance to gather together with like-minded people and enjoy space and stillness in the Centre's beautiful surroundings. The sessions are facilitated by Centre teachers and include light refreshments. No experience of meditation is necessary.

**SPIRITUALITY- THE CELTIC VISION** Saturday 20<sup>th</sup> 10-4pm.

There are many Celtic traditions, but they all share a common vision – that the natural world is the face of the divine. Julie Darling leads this retreat day to deepen your spiritual journey through meditating with live sacred Celtic harp music, reflecting on how connection with nature can enrich our spiritual lives, and learning about the wisdom of the Celtic world. Weather permitting, we will spend time meditating with the harp outside in nature and reflect on how the natural world shows us our own divine aspect at work. There will be silent spaces in the day for walking, resting, journaling (*sic*), drawing or writing. More information at [www.spiritualharp.com](http://www.spiritualharp.com)

For more information about these and other forthcoming events go to:

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

Or email:

[meditationcentreteam@gmail.com](mailto:meditationcentreteam@gmail.com)



## SEDBERGH WI REPORT

*Moira Folks*

'Lady Anne Clifford – A Great Northern Lady': Lady Anne's name was certainly familiar to a good few of us before Pat Newsham started her excellent presentation on March 13<sup>th</sup>, because it is associated with a lot of historic buildings in Yorkshire and the former Westmorland, but the full extent of Lady Anne's influence became clear throughout our evening meeting. She was born in Skipton Castle on 30 January 1590, the daughter of George Clifford, 3rd Earl of Cumberland, and his wife Margaret Russell, daughter of Francis Russell, 2<sup>nd</sup> Earl of Bedford. As a child, she spent time at Queen Elizabeth I's court with her parents and was quite

a favourite with the Queen herself. When the Queen died in 1603, Lady Anne hoped to be allowed to take part in the funeral procession but she was considered too small, so she was very disappointed. She and her mother went to meet the new King James I of England, however, when he came down from Scotland (where, of course, he was James VI).

When her father died in 1605, Lady Anne should have inherited his property since she was the oldest surviving heir, according to a law passed by Edward II, but her father's brother took it over instead. She would spend much of her life fighting to get it back, eventually doing so when her cousin died in 1643 without male issue. Married first to the Earl of

J. N. & E.

*Capstick*

INSURANCE CONSULTANTS

**36 Main Street, Sedbergh LA10 5BP**  
**Tel - 015396 20124 Fax - 015396 20791**

Market Street, Kirkby Stephen, CA17 4QT  
Tel - 017683 72285 Fax - 017683 72346

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

HOME & MOTOR INSURANCE  
FARM & BUSINESS INSURANCE  
LET PROPERTY & HOLIDAY HOME INSURANCE

**SMALL ENOUGH TO CARE, BUT BIG ENOUGH TO COMPETE**

Open until 7.00 pm on Wednesdays  
to help with all your general insurance needs.

*J. N. & E. Capstick Insurance Consultants*  
*are authorised and regulated by the Financial Conduct Authority*

Dorset and, following his death in 1624, to Philip Herbert, 4th Earl of Pembroke and 1<sup>st</sup> Earl of Montgomery, she inherited her second husband's wealth when he died on 23 January 1650 and at last had money of her own to repair and improve the castles she owned: Skipton, Pendragon Castle in Mallerstang, Brough, Appleby and Brougham, where she spent the last 20 years of her life. (These are now linked by a long distance trail of 100 miles known as Lady Anne's Way, which has been completed by at least one of our WI members.) She was also involved in restoration work at St Lawrence's Parish Church at Appleby, where she and her mother were both buried, as well as other

churches. She founded Almshouses in Appleby for 12 poor ladies of the parish 'of great age or debility', plus accommodation for a 'Mother' to oversee them. These Almshouses, which survive to this day in an enlarged and modernised form, have a direct descendant of Lady Anne as Chairman of the organisation! Lady Anne died in 1676 after a very eventful life of 84 years, having had considerable influence on those around her.

Pat Newsham's talk was enlivened by the use of slides not only of the buildings she mentioned but also photos of portraits of Lady Anne and her family which are held at Dalemain House near Pooley Bridge and other places. Pat is a member of Pooley

# Sedbergh Gala

Saturday 18th  
May 2019

**FREE  
ENTRY**

Lupton Field, Back Lane, Sedbergh

Parade starts at 11:30am from Maryfell

Sedbergh Gala returns for 2019.

A fun day for the family with many things to see and do including a Fell Race, craft stalls, shopping, food & drink, children's activities and much more.

For more information contact [hello@sedberghgala.org.uk](mailto:hello@sedberghgala.org.uk) or find us on Facebook  
Trade stands available, email for details

Bridge and District WI and also a volunteer guide at Dalemain, which was the home of Edward Hasell, Lady Anne's personal secretary in her final years. It was her legacy to him which permitted him to buy the house. Pat told us about the origin of the annual Dalemain Marmalade Festival, now in its 14<sup>th</sup> year, which started with under 50 entrants and now has well over 2000 entries from all over the world! We're hoping to visit Dalemain for our summer outing this year so we should find out more then.

The book club met at Ellen's house on March 14<sup>th</sup> to discuss 'The Tenderness of Wolves' by Stef Penney. In 2006 this book won the Costa award for Best First Novel as well as the Best Novel award. Was that justified? Set in Ontario, Canada, in 1867, mostly during a bitter winter, the novel starts with the brutal murder of a French Canadian trapper and the Hudson Bay Company's consequent attempts to find his killer. We are introduced to a large cast of characters (too many, perhaps, to get to grips with them all?), including Mrs Ross, mother of the 17-year-old Francis who becomes the prime suspect, and who follows his trail into the frozen wilderness. She is the only character who speaks in her own voice as narrator, the others are all spoken of in the 3<sup>rd</sup> person, and we weren't always sure who was being spoken of without backtracking. Most of us appreciated the author's descriptions of the winter landscapes and settlements (though there was quite a lot of repetition involved) while one member thought they were unconvincing! Marks given varied

**C BERRY WINDOW CLEANING SERVICES**



**NEED A WINDOW CLEANER?**

FRIENDLY LOCAL  
RELIABLE SERVICE

Carl Berry  
10 Finkle Street  
Sedbergh  
LA10 5BZ

07827 813 974

from 5.5 to 9/10, averaging at just over 7/10, so as a group we might not have agreed with the Costa prize verdict, but several of us might well have recommended it to some of our friends.

We extend an open invitation to everyone (yes, men as well as women!) to our next meeting, which takes place in the Main Hall of the People's Hall on Wednesday 10<sup>th</sup> April. Rick Kemp, former member of the Steeleye Span rock group, will be entertaining us, starting at 7.30pm. Doors open at 7pm so come and get your seats early! Suggested donation: £5 for non-WI members, £3 for guest WI members, to include refreshments. (At 9pm we hold our Sedbergh WI business meeting so we request that all visitors leave by then.) We hope you will be able to join us for this Audience with Rick Kemp! *(See separate article on page 16 and advert on page 21 for more information on Rick Kemp)*

**theWI**  
INSPIRING WOMEN

## KILLINGTON WI

Wendy F-U & Valerie Cann

The afternoon WI for the entire district

Our meeting this month couldn't be further from the widely held view of WIs as, "Jam and Jerusalem" if it tried. I think that the meetings we enjoy the most are those with local speakers talking on local topics and with lots of new things about which to learn. March's meeting was certainly that. Our speaker Jeff Clegg from Dentdale (formerly of Millthrop) was telling us about one of his passions, "Mining in the Yorkshire Dales". This subject sounds quite academic but Jeff's interest is way beyond that. He has been a member of the Yoredale Cave and Mine Group, a gathering of enthusiastic and very knowledgeable friends who go underground to discover, explore and preserve the mines. Who could have guessed there was such a group? As an experienced caving instructor Jeff is well suited to such activity.

There are many minerals in our area and in past times it would have been a hive of industry. Different minerals occur throughout the Pennines. Copper was found in Dentdale and Richmond; stone for building and roofing was mined (yes, from underground!) in Gayle and Burtersett; flag stones from Carperby; and coal from areas as diverse as Tan Hill to the moors above our own "Coal Road". Although he touched on all these other minerals, the focus was on lead mining which has been a major resource.

Swaledale, being perhaps the steepest and deepest of the dales,

provided many opportunities for the miners. The rivers and streams had cut into the strata so that the minerals are accessible through adits on the valley sides. Gunnerside was a particularly important. Jeff showed us slides taken inside the passages of the mines. The miners followed the deposits of lead up and down different levels. There were remnants of their ladders, some still able to be used. Much equipment was abandoned in the mines from huge cog wheels to small rail tracks. Goodness knows how they got it there in the first place! It must have been a hard and wearying job.

It was my pleasure to offer our thanks to Jeff for his fascinating talk and unique slides. I did warn him that all the local societies will be after him now!

Lately, at Killington WI, we have adopted the routine of speaker first, tea next, and finally our business meeting. This means that the speaker doesn't have to sit through all our concerns, however intriguing they are. Nevertheless, we did sing **our song** (not Jerusalem) at the very start of our meeting.

Our President, Susan Sharrocks welcomed us all with a special mention for Alison Siddall, her friend Gilma, and Susan Raw. Sadly, Alison's mother Pam, one of our members, died recently. We shall be making a contribution to the WI Memorial Bursary Fund in appreciation of the friendship we all enjoyed. Birthday wishes were extended to Marjorie Bramley, Edith Gerrard, and Wendy FU (that's me folks!) and later I had the joy of a

luscious, artistically-decorated birthday cake with 70 candles not on it. There wouldn't be room! I also won the competition for *an interesting rock*. What a wonderful day! The Spring Show was discussed and, even more exciting, plans for our summer outing were revealed. We go to Bowes Museum in a Bibby's Coach on June 18<sup>th</sup>. Marion has it all sorted. Susan and Sarah Woof had attended Casterton WI's 100<sup>th</sup> Birthday Party, enjoyed themselves and appreciated the warm welcome. Nancy Smith and Joan Perkins, two of our newer members, will attend the Federation Meeting in Kendal Town Hall, as our representatives. That's Great! or perhaps I should say 'That's Cool'! Our thanks to Sedbergh WI for an invitation us to their meeting with entertainment by Steelye Span. That takes me back! – All Around My Hat.....and so on.

Finally, Susan was wished "Bon Voyage" for her trip to visit the family. Margaret Denton will be on the rostrum for our next meeting on Tuesday 9<sup>th</sup> April at 2-00pm in the committee room of The People's Hall. Jane Clay will talk on "Fraud Protection". Do come if you don't want to be swindled.

## DENTDALE W.I.

*Thelma Belfield*

March wind both blow and we shall have snow...I believe the saying goes, well on the evening of our meeting this month the wind certainly did blow and though it did not snow there was certainly plenty of the wet stuff.

Despite the elements it did not put us off, after all our speaker for the evening was our local Police Community Support Officer Marion Jeffery and we were eager for her to meet some of the law abiding members of the community.

As always we began with Jerusalem accompanied on the piano by Jackie. We are very fortunate that we do have four talented pianists in our group to help keep us in tune.

Sue our President began by welcoming three visitors to our meeting as it is always very pleasing to meet new people and we hope some of them might join us more permanently in the future. Business commenced with the rather disappointing news that owing to family difficulties Kate would not be able to attend the National Federation AGM in June as our Link Representative. However, despite not having a 'live link' to the proceedings we will maintain a keen interest in the meeting and look forward to hearing the results of the national Resolutions vote this year.

On a happier note Sue announced that we had received letters of thanks from both North West Air Ambulance and Blood Bikes for our recent fund raising events on their behalf. The jury is still out on our recipient for this year's fund raising effort with ideas

### **J. E. WILKINSON**

**BUILDING CONTRACTORS**

*Quality Craftsmanship*

*New Builds ● Renovations*

*Roofing ● Plastering ● Stonemasons*

*Lime Plastering & Pointing*

#### **WINNERS**

**YDNP BEST BUILDING DESIGN AWARDS 2010**

**NEW BUILDING CATEGORY**

Tel: 015396 25531 Mob: 07989 197580



Your Complete Personal &  
Commercial Legal Service

Your Legal  
Companion

- ESTATE PLANNING
- PROPERTY & RURAL LAW
- FAMILY LAW

Offices At:

Sedburgh

Barnard Castle

Hewes

Leyburn

mbmcgarry.co.uk

t. 015396 223 40

t. 01833 600 160

t. 01969 666 290

t. 01969 621 230

e. office@mbmcgarry.co.uk

LA10 5AB

DL12 8EQ

DL8 3QS

DL8 5EH

and recommendations still needed.

Food is always somewhere on our agenda and Marion reported back on the recent visit to Carnforth Station where a delicious lunch was enjoyed in the cafeteria followed by a visit to the Kitty Brown Boutique where some serious retail therapy was enjoyed. Ideas are being sought for our next outing. Continuing with the food theme, Saturday 9<sup>th</sup> March saw many of us supporting the run. For the runners the weather was kinder than forecast in a week of wet, windy and generally unsettled conditions. For those helping prepare teas for all the runners, it was business as usual and teas for more than 500 runners were prepared. It is race that is highly regarded by many Running clubs who

enjoy visiting Dent. A final foodie theme was discussed, this time the Lune Valley Group meeting held every year in May. The venue is with Casterton WI and as always there is a fiercely fought competition. This year the topic is Foods of the World. The challenge is for each WI to select a country and put together a collage of the different foods associated with that country. No doubt there will be some enterprising ideas put forward.

News from the Federation was shared with information about different activities on offer, events planned by other WI groups and a proposed trip to the Lowry Theatre to see 'Les Miserables' in May 2020. Early booking is essential as this will be a very popular event.

The final news for sharing was from the Craft Group. Marion and Sue had made several different items with an Easter theme including cute little Easter Bunnies and decorated eggs and offering to set up a special 'hands on' workshop for any of us who wished to participate and learn how to make them.

A lot of business to get through but finally it was time for Marion Jeffery to take the floor which she did in great style. MAZ as she prefers to be called is small in stature but her personality is giant sized. With no script, she kept us thoroughly entertained for the whole of her presentation.

Commencing with a potted history of how she became a PCSO. Having started her career as a medic in the Army she made a decision to train with the Derbyshire Constabulary. Five years ago she decided to move to Cumbria and initially based in Penrith and Kendal she transferred to Sedbergh. Encouraging us to participate with questions, she described the differences in crime between the urban and rural areas. Theft and violence more prevalent in the former with sheep theft and road traffic accidents in the latter. She

described her early contact with local farmers with great hilarity when realising that contrary to her understanding sheep were not 'just sheep's but a multitude of different breeds all very familiar to farmers but a complete mystery to her. Buying a book on breeds of sheep resolved that dilemma but then there was the language barrier and she is still learning. Sheep Rustling is a big rural crime and Maz shared with us a technique widely used by farmers coating their stock with UV sensitive 'paint' which can be detected by DNA tracing, thus helping in identifying stolen flocks. Wildlife crime detection is high on the rural agenda and close to her heart. By visiting local schools and involving children in policing crime by talking about road safety and antisocial behaviour she hopes to give the children a greater understanding of the role of the police.

On a more serious note she told us of attending fatal accidents and the traumatic effect this has on both victims' families and on police officers. With knife crime currently high on the national police agenda we learned that a 'Knife Amnesty' is

## Craig Chamberlain IT Services

Problem with your computer?  
Perhaps I can help?

[www.craigchamberlain.it](http://www.craigchamberlain.it)  
[info@craigchamberlain.it](mailto:info@craigchamberlain.it)

Support, training and advice  
for home & business.

Personal and professional  
service in your own home  
or office.

Simple honest explanations in  
plain English for all ages and  
levels of computer literacy.

07526 825 153

## Sedbergh Red Squirrel Group

Local conservation  
for **your** red squirrels.

Report sightings of  
reds or greys,  
or to Join / donate at

[sedberghredsquirrels100@gmail.com](mailto:sedberghredsquirrels100@gmail.com)  
[www.sedberghredsquirrels.org.uk](http://www.sedberghredsquirrels.org.uk)



planned in an attempt to get knives off the streets.

One final question posed was would she wish to continue with further training to become a Warranted Police Officer? Her answer was a very firm and definite NO. Too much paperwork and bureaucracy and too few officers was her reply. Overall Maz painted a very clear and informative picture of her role as a PCSO and we are very fortunate to have her in our area.

Marjorie's homemade biscuits and a cup of tea ended our evening. Maz loved her Millionaire's Shortbread! Jean and Chris went home with raffle prizes and our 'Guess the Baby' competition was won by Rita with Marjorie and Pam in second and third place.

We meet again on Wednesday 10<sup>th</sup> April when our speaker will be Reverend Ian Greenhalgh with his 'Tales of a Vicar 40 years and still counting' as always visitors are very welcome.



*Karen Bruce-Lockhart*

The School returned to work after the half term break on 24<sup>th</sup> February, and to the summer time table – games after lessons in the afternoon instead of

before – and to a week of summer weather.

An unusual event on return was a visit by a wolf. Readers will no doubt be aware that the School crest is a wolf's head in honour of the Founder, Rodger Lupton; the Latin for wolf being lupus. A photo appeared on twitter of three girls with the wolf enjoying lying and being petted so it wasn't perhaps a particularly fierce one! Also during the first week back the scholarships interviews and assessments took place. Groups of pupils have been helping clear the undergrowth in Queens Gardens, and have been planting bulbs. They have also again helped the Yorkshire Dales rangers laying gravel and placing way markers on the Sedgwick geology trail. Vandals attacked the newly dedicated wire statue of a conductor outside the Thornely Studio, but luckily it did not hit the ground and was not badly damaged.

The School Archivist has drawn attention to one of the School's greatest treasures: a collection of US President Franklin D Roosevelt's speeches inscribed by Roosevelt to Winston Churchill, and donated to the School by its former Chairman of the Governors, Brendon Bracken. The Prep School celebrated World Book Day with a visit from author Steve Cole. They also will have held an Evening with John Fletcher: Are You



a Good Sports Parent? on 18<sup>th</sup> March.

Tough Cookie (Chuck to his friends), a Welsh Terrier, belonging to Isabella Bennet the Sedbergh School Foundation director, came second in his class of 40 at Crufts.

Academic: Two boys won Gold awards in the National Maths Challenge and the school hosted a GCSE Revision Conference on 4<sup>th</sup> March attended by a wide range of schools. Four of the Prep School year 8 mathematicians went to Barrow Sixth Form College to take place in the UKMY Junior Team Maths Challenge against several teams that included Year pupils and managed a sixth place out of twelve.

Art: The Sixth Form Art & Graphics trip to New York took place over half

term visiting the Museum of Modern Art (MoMA) and the Guggenheim Museum. They also attend a graphics workshop about animated story boards. Sixth Form classicists visited Oxford and Warwick Universities. Hart House won the Academic Challenge (an internal competition similar to University Challenge).

Music: Several Musicians went down to The Elms School to perform in their Jazz & Swing concert together with Rugby School, Malvern College, and Cheltenham College. An interesting Teatime Concert was held on 4<sup>th</sup> May in the Thornely Studio with up and coming pupils playing and singing together with some experienced pupils trying out new pieces. A further Teatime Concert will have been held on 18<sup>th</sup> March.

## The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes offer you a warm welcome



We are open daily for home cooked food, *(a particular favourite is Ham 'n' Eggs)* and offer an extensive menu for residents and non-residents.

Our two guest rooms are both en-suite and we can boast one of the finest views of Cautley Spout and the Howgills.

Closed Mondays unless a Bank holiday.

Opening Hours: - 9am to 4.30pm Wednesday to Sunday inclusive  
Thursday, Friday & Saturday open to non residents from 6.30pm for Evening Meals **but prior booking essential**

## **Cumbria Stove Centre**

Supply and installation of  
wood, coal and gas stoves  
Flue and chimney lining services  
Inglenook specialists  
Fully qualified and experienced  
Hetas engineers

01539 821061 (day)  
015396 25227 (evening)

SHOWROOM:

**34a Main Street, Staveley, Nr Kendal**

**Running:** The first of the Wilson run qualifiers was run in fantastic summer weather – the second was not quite so enjoyable and the third was cold and windy! The Wilson Run itself will take place after this article has gone to press. The School are the South East Running Champions. Reuben, Amy and Fraser all ran for Cumbria in the Cross Country Championships at Loughborough. Fraser Sproull came second in the U15 race and is now the UK Athletics U15 Challenge Series Champion. Robertson House won the Girls' Ten Mile Relay on 12<sup>th</sup> March, and Sedgwick the Boys' Fives. The School won the Midland Fives.

**Cricket:** George Hill, 1<sup>st</sup> Eleven captain, fell just nine short of a century on day two of the second U19 test against Bangladesh.

**Rugby:** The 1<sup>st</sup> VII won the Worksop U19 Sevens being undefeated throughout the tournament. The Colts U14 also won at Warwick. Tom Curtis was named as part of a 42 player squad for a development camp in Bristol. The Prep School 1<sup>st</sup> VII won five out of their six matches at The Terrington Hall Sevens despite less

than ideal conditions. James Gray, who broke his neck as a small boy, has qualified as a referee at Men's Level 5.

**Equestrian:** At the National Qualifiers, the team qualified in the 80, 90 and 1m classes and also had four individual qualifiers.

**Netball:** The Prep School U13 team came from behind at Uppingham to qualify for a place in the IAPS Netball Competition National finals at Epsom College – causing the performance of The Railway Children to have to change date!

**Future Events:** The School will host a First Class cricket match beginning on 30<sup>th</sup> June between Lancashire and Durham following the successful Minor Counties matches held here in the last few years. This is the first time a First Class match will have been played in Cumbria.

The Sedbergh School National Super Tens are on 31<sup>st</sup> March and 1<sup>st</sup> April. The Year 9 Entry Open Day is on 11<sup>th</sup> May. The summer term begins on Wednesday 24<sup>th</sup> April. 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.

## SETTLEBECK NEWS

*Juliet Proctor*

The last month or so has been extremely busy for all of us at Settlebeck. Once again, exam season looms and students are on that final stretch, working hard and attending after school and holiday revision sessions. Our farming families are preparing for or in the middle of lambing time – here's hoping the weather will be kind. However, all work and no play would make life very dull and there has also been time for lots of fun learning.

At the end of February, 20 students and 4 members of staff departed Sedbergh for a geography trip to the Bay of Naples in Italy. On the first day we hiked to the top of Mount

Vesuvius and peered down into its incredible crater whilst getting amazing vistas of the city of Naples. A tour of Pompeii followed where we learned about its destruction in 79AD. On the second day we travelled down the UNESCO World Heritage Amalfi coastline and saw how tourism has changed the dramatic landscape and local fishing towns. Next day we caught the hydrofoil to the small island of Capri where we hopped onto a smaller boat and sailed around the island, taking in the truly dramatic landscape along the island's coastline and learning about its creation. Later, in the town of Capri, we saw the full extent to which tourism can change a small island community into a honeypot site for the rich and famous. On the way home we stopped at Herculaneum and once again marvelled at the truly destructive nature of Vesuvius as we walked the streets where the community once thrived. An enthralling and educational trip was had by all; an experience that we will remember for a long time.

In sport, the Year 7&8 boys' football team suffered a 9-3 defeat against Dallam in the first week back after half term. Zach Downes netted two goals and Adam Sen one. Star player was Jack Foster for his hard work and determination. Later that week, the boys triumphed with a 5-2 win against the Lakes School. Goals came from Matthew Harrison (2), Zach Downes (2) and Caius Pennington. Star player was Jody Middleton, with a fantastic performance in centre midfield.

Last month saw Settlebeck host our

## LAURA'S LOOM

British Wool·British Made

Visit Laura's Loom for beautiful woollen blankets, handwoven scarves, walking socks and more, all made from Yorkshire Dales and Cumbrian wool.



Studio 2A, Farfield Mill, Garsdale Rd,  
Sedbergh, LA10 5LW  
Open every day 10:30-4:30

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

## 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



annual Senior Citizens Party, when more than 80 of our local residents enjoyed an evening of fine dining and entertainment. Our guests were treated to a wonderful restaurant-standard meal of Ham Hock Terrine, Salmon en Croute and Steamed Lemon Sponge, created by Helen Waring, her team of GCSE Food students and Paul Waring, Catering and Hospitality Lecturer at Kendal College. Musical entertainment, drama performance and the much anticipated raffle rounded off a lovely evening. Huge thanks to all the students and staff who worked incredibly hard to make this such a successful event once again.

On 8<sup>th</sup> March, four Year 8 students took part in the annual South Cumbria Rotary Club Technology Tournament at Kendal Leisure Centre. Our team had to design and build a vehicle which could travel along a track, lift a weight and return it to the start of the course. Using design and engineering skills, the students put together a pulley driven vehicle which successfully completed the task quicker than any of the other teams. Students were also marked

on teamwork, portfolio skills and ingenuity, of which they scored highly in all areas. We were delighted to return to school with the winner's trophy. Students taking part were Henry Taylor, Izzy Newbold, Fern Sherrard and Rudi Davis.

On Sunday 10<sup>th</sup> March 2019 a group of students went to the British Basketball Trophy Finals in Glasgow. We arrived in good time to soak up the atmosphere and even got a sneak peek at the velodrome. The women's final was absolutely fantastic, with Leicester Riders beating Durham Palatinates by 2 points. When the players came out to warm up for the men's final, the students were shocked at both the size of the players and the quality of their technique. The noise levels increased significantly for this game, which again was a great advert for British basketball. The game was very close, with the London Royals beating the London Lions 90-82 in overtime. The day was a great success with all going home happy after an entertaining and inspiring day of top drawer basketball. Same again next year please.

## **A YEAR IN FITNESS**

*Stuart Wetherell*

This month: Type 2 diabetes, the challenges of Easter chocolate and being active outdoors.

**Monday 1st** to Saturday 7<sup>th</sup> April is Diabetes Prevention week. Diabetes is increasing rapidly, and the World Health Organisation estimates 422 million adults have diabetes – a four-fold increase on 1980 figures.

Diabetes is caused by a lack of insulin or insulin insensitivity in an individual. Insulin regulates blood sugar and if correct insulin levels are not managed there can be serious and potentially fatal consequences.

[www.diabetes.org.uk](http://www.diabetes.org.uk) gives more information including symptoms etc.

There are two forms: Type 1, when

the body forms little or no insulin and Type 2, when insulin receptors have become insensitive or there is a relative lack of insulin. It is type 2 that can be prevented and even reversed – primarily through diet, supported by exercise.

Fat is an important energy store and we need to have body-fat to survive. However, if we don't balance our consumption with our activity then too much fat is stored and that is when problems occur. In 2008, researchers at Newcastle University identified that too much fat within the liver prevents normal insulin action and too much fat within the pancreas prevents normal insulin secretion. The result – Type 2 diabetes.

A crucial point is that every

### **a helping hand**



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

**a helping hand now has a small team of people working in Sedbergh and surrounding areas.**

Do you need help with?

Weekly shopping trips ~ Help with paperwork, Basic IT

Transport for hospital/ doctors appointments

Transport/companionship for your interests and hobbies

Home help

Companionship

If so, call Linda Greensmith on 07919152526  
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.

individual has a different level of tolerance to fat within the liver and pancreas. Only when someone has excess fat than they can cope with does type 2 diabetes develop. So 'normal' weight or not, if you cross your personal 'fat threshold' then you develop type 2 diabetes. The good news? If you successfully lose weight following specialist guidelines to get below your personal fat threshold, type 2 diabetes should disappear. Eating the right diet is critical and expert guidance should be sought.

Exercise can also play its part as it can help reduce and maintain body fat levels to a healthy range, meaning less likelihood of stress (which releases hormones that promote fat deposits) and depression which can lead to 'comfort' eating – taking in more calories than the body requires – a vicious cycle. Physical activity can also improve the body's sensitivity to hormones that influence how energy is metabolised in the body. Regular movement and activity uses 'excess energy' before it is 'stored' as fat and strength training also plays a part, as it increases lean muscle mass. Lean muscle uses more energy than fat even at rest. For most adults, the weekly recommendations are a total of at least 75 minutes of vigorous (or 150 minutes of moderate) aerobic activity and at least 2 sessions per week of formalised strength exercises.

Onward to Easter. After the above information you may want to ditch the chocolate overload that Easter has become ... but there are good psychological reasons why treats should be allowed and with (dark)

chocolate physiological ones as well! Dark chocolate is known for its ability to increase levels of the calming neurotransmitter serotonin in the brain. It also contains small amounts of a compound which stimulates your brain cells to release dopamine. Dopamine controls physical movement, memory, alertness, attention, emotions and perception of pain and pleasure.

Assuming you still want that Easter egg, it is better to eat normally before Easter, enjoy that chocolate and then compensate by eating more frugally afterwards! If you keep yourself full before you treat yourself with that calorie rich chocolate, you are less likely to crave as much sweet food. Eating your chocolate after a meal means blood sugar levels are kept more stable, without the insulin drop-off that can set up a cycle of wanting another quick chocolatey energy boost – resulting in energy and concentration dips.

Spring into the outdoors. A 2018 poll in the UK identified that over 50% of adults want to get plenty of exercise – but are hindered by their busy lifestyles. This is where introducing what I call "exercise by stealth" also known as non-exercise physical activity (or Nepa for short) plays a part. The lengthening daylight hours of Spring (and working off that Easter Chocolate!) is the ideal incentive to be more active by "upping your 'Nepa' quota" in the great outdoors.

Going for longer walks, gardening, washing the car or cycling to work are all options, but to get the 'Nepa' fitness benefits, you need to do these activities purposefully with vigour. 30

minutes' hedge cutting and clearing up or 20 minutes on a treadmill – both can burn around 170 calories! What would you rather be doing and where would you rather be? However, outdoor activities burn more than calories, they can enhance all the facets of fitness - functional strength, cardio-vascular performance, balance, core stability, co-ordination and proprioception to name a few.

If you have children, outdoor activities are also a great way to encourage them into making healthier choices both now and for their future. (A subject I will cover in more detail later this year.)

When we exercise in a natural environment our brain receives multiple stimuli so we don't feel like

we are pushing ourselves as hard as we would in a more formal exercise space – even when we are.

Moreover, blood pressure and stress hormone levels return to normal faster than when training indoors. There are also improvements in our immune system.

In addition to these physiological benefits, physical activity outdoors also has tremendous psychological benefits. Research has shown that being outdoors improves our feeling of wellbeing – especially in an area as beautiful as that around Sedbergh. It has been called 'Ecotherapy' and the body can only perform at its best when the mind is working at its best – and vice-versa.



  
*Marquees & Teepees*  
KILLINGTON

FRAME MARQUEES & TEEPEES  
VENUE COVER FOR ALL OCCASIONS  
FURNITURE HIRE & TABLE LINEN

T: 015396 20602  
W: KILLINGTONMARQUEES.CO.UK  
E: OFFICE@MARQUEETEEPEE.CO.UK

**KILLINGTON SAILING  
ASSOCIATION**  
“Your Local Sailing Club”

*MP Ripley*

Killington Sailing Association has existed at Killington Reservoir for over 50 years and still provides a quiet and accessible sailing venue with good winds for a reasonable price. As Easter approaches the club begins to come to life again as only a very few hardy souls use it over the winter. We have just had our annual workday where members are invited to contribute to springcleaning, painting, boat park gardening and numerous other jobs. This should put us all ready for not only our first regatta of the year when the Laser Grand Prix visits on April 27<sup>th</sup> but more importantly we hold a club Open Day on Sunday May 5<sup>th</sup> from 11am to 3pm. All are welcome to join us that day to have a guided sail with one of our club members – OR you could take a boat out on your own.

If you are a member you have access to a range of club boats. We have two Optimists for the youngest sailors, four Picos, a Feva, a Laser 1 and a Vago. We also have two windsurfers, one with a junior rig, 2 kayaks, 1 sit on canoe and an open boat. There is a booking system for these boats to ensure you don't turn up and find your boat already being used. If competent we also have an escort boat which you can use for safety cover. Inside we have changing rooms, toilets, a kitchen and a “lounge” so even on nasty days you can sit inside and warm up!

Informal tuition is available on most Tuesday evenings (from 6pm) in term

time and Laser racing happens on Wednesday evenings from clock change to clock change.

Numerous groups use the lake but mainly in the weekdays and it more common than not to go along to the club and find few, if any, other sailors. Do get in touch if you are interested in joining in – we have a website <http://www.k-s-a.co.uk/> with information and contact details.

---

**THE FUTURE OF THE URC  
BUILDING**

*Douglas Thomson*

It is believed that the purchase of the Manse is proceeding well and that soon the necessary legal work will be completed. The ex United Reform Church building (URC) should then be put up for sale. A recent email exchange with the URC synod has ensured that they know of our continued interest in purchasing the Church for community use. As soon as the ex URC Church building comes on the market a bid can be made. The group organising the bid continue to receive both written and oral support for retaining the Church for community use. Such support is much appreciated.

**Painting and Decorating**

- Internal and external
  - House makeovers
- to attract buyers*  
20 years experience  
Excellent references



**MB Designs**

015396 23239

0770 99 77 619



## SEDBERGH BOWLING CLUB

Linda

The Bowling Club AGM was held on 21<sup>st</sup> February in the White Hart Committee Room. Carol Thompson was elected President. Most other offices remain unchanged. A full list of these is displayed at the Bowling Club. Our first Club Sunday is on 10<sup>th</sup> March, weather permitting – other Sundays when there are no annual competitions. There are diaries at the Club with details of these. A number of members also bowl on Wednesday afternoons. On these club days we welcome visitors and prospective new members to have a try. Please wear flat shoes. Bowls will be provided. We will arrange taster sessions throughout the season which will be in Lookaround and also on posters around town, If you can't make any of these dates or times, please phone Linda 20279 to arrange a time to suit.

## MEALS ON WHEELS

Colin Cowperthwaite

Just a reminder that our local twice weekly Meals on Wheels service is still up and running in and around Sedbergh.

Hot and tasty meals are currently supplied by the cooking staff at Queens Hall, Sedbergh School. Meals are available each Tuesday and Thursday lunchtime, being delivered directly to the door by our small but dedicated team of volunteer drivers. The price of each 2 course meal is just five pounds. This service is available throughout the year, even during school holidays, apart from a short break during the Christmas period.



## SEDBERGH MEDICAL CENTRE

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

**2019**

Wednesday 10th April

Thursday 16th May

Wednesday 12th June

Thursday 11th July



Meals on Wheels is supported by Cumbria CVS (Council for Voluntary Service), although it is very much a locally self-organised and self-funded service. CVS commented 'We are convinced that the benefits are much wider than people just getting a meal; there is the social contact, gentle checking up that people are OK, etc.

Following a national trend, uptake for Meals on Wheels is unfortunately in gradual decline, as a result of which our number of recipients here in Sedbergh and district is slowly diminishing. We would therefore be delighted to welcome new customers. If you, or anyone you may know who is finding it difficult or uneconomic to make their own meals and would like to take advantage of our service, please do contact Colin Cowperthwaite on 015396 20659 or 07961 925003. If I am not there, please leave a message and I shall get back to you as soon as possible. There is no long-term commitment to receive meals each time, only on which days suit you best.



**PERSONAL & SMALL ADS £1**

**WANTED**

Undercover storage for small caravan. Hard standing level access. Sedbergh 20042.

=====

**FOR SALE**

Buffalo River Rifle Slip. Suit gun with open sights. Never used. Black canvas and webbing, fleece lined. £10. James 07887780629.

=====

**FOR SALE**

Small bales of barley straw @£4 per bale. Tel 079602 10336 or 015396 20668.

=====

**EDITORS COMMENTS**

Just as I was putting the finishing touches to this edition we had the news that Richard Ellis, Lookaround team member and Treasurer, had passed away. Richard was a valuable and valued member of the team, we will all miss his encouraging, good-humoured attitude and wise advice. Our thoughts and sympathy are with Susa, and with all of Richard's family, at this sad time.

This is our third edition and it's time to apologise for some errors in the first two. First and foremost, apologies to Joshua Brown who was 2 years old in February – we spelt his name incorrectly. Second, to Cumbria Stoves, we missed their advert in the February edition. They will, of course, have all the adverts they've asked for published in subsequent editions. Third, to the Women's Institute groups, their titles

were incorrectly abbreviated to Wi instead of W.I. in last month's articles index. And finally, to the United Reformed Church. It's very easy to refer to the building in Joss Lane as if it were the organisation itself! And some recent articles have done just that.

And if there is anybody with experience using Publishing tools - Lookaround still needs help.

*Ed Welti*

=====

**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.

CALLING ALL ADVERTISERS

To any regular advertisers who haven't yet renewed their contracts for 2019—please do! We'd love to have you back, and we depend on you.

New advertisers are of course always welcome too.

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

LOOKAROUND INFORMATION

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.

#### ADVERTISING

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

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

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

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

February to November is printed black ink on white. The December/

January issue 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*).

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

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

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

#### PERSONAL MESSAGES

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

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

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

## GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable (for the last 18 years). All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

## BUSINESSES

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

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

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

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

Payments by BACS can also be made.

## **PLEASE INCLUDE THE INVOICE NUMBER WHEN PAYING BY BACS**

This account is a Barclays Account and valid from January 2019.

Account:

**Sedbergh and District *Lookaround***

Account Number: **23388557**

Code: **20-55-41**

Reference: **Invoice Number, your name or reference.**

**PLEASE NOTE THAT THESE BANK DETAILS HAVE CHANGED.**

**PLEASE DO NOT USE THE OLD ACCOUNT UNLESS PAYING DENNIS FOR ADVERTS THAT APPEARED BEFORE 2019.**

## CHILDREN'S BIRTHDAYS

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

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

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

## COVER PICTURES

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

*Lookaround Editorial Group*



## BED & BREAKFAST

| <b>Proprietor</b>   | <b>Address</b>                                                                                                                                                                                                        | <b>Phone (015396)</b> |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| Mrs J Postlethwaite | Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09)<br><i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i><br>e-mail:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>                     | 21529                 |
| Miss S Thurlby      | 15 Back Lane, Sedbergh LA10 5AQ (2012/12)<br><i>1D; 1T; TVL; CH; DW; P; DR; VB</i><br>e-mail:- <a href="mailto:wheelwright.cottage@homecall.co.uk">wheelwright.cottage@homecall.co.uk</a> <b>Free Wi-Fi available</b> | 20251                 |
| Mrs A Bramall       | Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11)<br><i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i><br>e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>                    | 20360                 |

## CAMPING, CARAVANNING & SELF-CATERING

|                                                      |                                                                                                                                                                                                                                                                              |       |
|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Mrs S Capp                                           | Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN<br><i>Boskins: Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i><br><i>Speight Cottage: Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i><br><a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a> | 34032 |
| Mr E Welti                                           | 8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT<br><i>Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS</i><br><a href="mailto:Ed_welti@btinternet.com">Ed_welti@btinternet.com</a>                                                                                                     | 20770 |
| Mrs A Bramall                                        | Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11)<br><i>Self-Catering Sleeps 6</i><br><a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>                                                                                                                     | 20360 |
| Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04) | <i>Sleeps 4 people; D; T; CH; L; P; NS</i>                                                                                                                                                                                                                                   | 21175 |
| Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)    | <i>Sleeps 4 people; D; T; CH; L; P; NS</i>                                                                                                                                                                                                                                   | 21175 |

### KEY

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

### Joss Lane & Loftus Hill Car Parking Charges

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 hour = £1.00                    | 4 hours = £4.00                   |
| 2 hours = £2.00                   | 5 hours = £5.00                   |
| 3 hours = £3.00                   | One week = £10.00                 |
| Annual Resident Permit, Day = £40 | Annual Resident Permit, 24h = £60 |

Both available from the Information Centre only,  
renewable annually on 1<sup>st</sup> September.

| <b>Organisation</b>                  | <b>Updated</b> | <b>Contact</b>   | <b>Tel:</b>                 | <b>015396</b> |
|--------------------------------------|----------------|------------------|-----------------------------|---------------|
| 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               | 04/19          | Mrs Alison       | jen.alison10@gmail.com      |               |
| 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         |
| Cobweb Orchestra*                    | 04/19          | Mrs Blackwell    | Sed:                        | 20056         |
| Community Swifts (Sedbergh)          | 03/16          | Mrs Hoare        | 01539                       | 824043        |
| Conservative Association - Sedbergh  | 01/09          | Mr Beck          | Sed:                        | 20336         |
| 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 Village Hall                 | 01/09          | Mrs Stainton     | Sed:                        | 20665         |
| Kent Lune Trefoil Guild              | 12/13          | Mrs Giffellon    | 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                     | 04/19 | Mrs Lidiard                                                                    | 07734  | 699723 |
| Lunch Club                        | 03/18 | Mrs l'Anson                                                                    | Sed:   | 21757  |
| Lunesdale Archaeology Society     | 11/18 | Committee lunesdale.archaeology@gmail.com                                      |        |        |
| Meals On Wheels*                  | 04/19 | Mr Cowperthwaite                                                               | 07961  | 925003 |
| 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  |
| Peppercot 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 Micklethwaite                                                              | 07952  | 601568 |
| South Lakeland Carers Association | 01/09 | Mrs Woof                                                                       | Dent:  | 25212  |
| Spellbound Theatre                | 11/17 | Miss Pakeman                                                                   | Sed:   | 21279  |
| Squash Club                       | 10/15 | Mr Bannister                                                                   | Sed:   | 21664  |
| Swimming Club                     | 03/16 | Mrs Thexton <a href="mailto:kate574@btinternet.com">kate574@btinternet.com</a> |        |        |
| Swimming Group for Over 50's      | 09/18 | Mr Beare                                                                       | Sed:   | 21339  |
| Tennis Club                       | 04/19 | Mr Lewes                                                                       | Sed:   | 20052  |
| 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 19th 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.

## APRIL 2019

|    |      |                                               |                 |
|----|------|-----------------------------------------------|-----------------|
| 01 | 1930 | Peoples Hall AGM (Mar)                        | PH              |
| 01 |      | Rugby: Sedbergh School National Super Tens SS |                 |
| 02 | 1900 | Sedbergh Environmental Network (Feb)          |                 |
| 03 | 1200 | Lent Lunch (Mar)                              | StAS            |
| 04 | 1900 | Yorkshire Dales book launch                   | SS              |
| 04 |      | Cobweb Orchestra residential week (13)        | SS              |
| 05 | 1400 | Dentdale Head to Foot - My life in Yoga       | DMH             |
| 06 | 1000 | St Andrew's Church Dent Coffee Morning        | DMH             |
| 07 | 1930 | NW Arts Concert (Sept)                        |                 |
| 07 | pm   | Cobweb Orchestra playthrough (13)             | SS              |
| 09 | 1400 | WIK - PHALL Fraud Protection                  | PH              |
| 10 | 1000 | KL Golf Club Open Day (Mar)                   | KL Golf Club    |
| 10 | 1200 | Lent Lunch (Mar)                              | StAS            |
| 10 | 1300 | MC Closed for Training (Mar)                  | MC              |
| 10 | 1915 | WID - Tales of a Vicar                        | DMH             |
| 10 | 1930 | WIS - Rick Kemp Open meeting                  | PH              |
| 10 | 1930 | An audience with Rick Kemp (16,21,57)         | PH              |
| 11 | 1200 | Age UK - Sedbergh Lunch Club                  | Dalesman        |
| 11 | 1400 | Sedbergh Community Tea Party                  | GH              |
| 13 | 1000 | KL Delicious Food Festival                    | Kirkby Lonsdale |
| 13 | 1000 | Dentdale Coffee Morning                       | DMC             |
| 13 | 1100 | Sacred Song and Chanting (56)                 | MCD             |
| 14 | 1000 | KL Delicious Food Festival                    | Kirkby Lonsdale |
| 14 | 1100 | Space for Stillness (Feb)                     | MCD             |
| 16 | 1930 | Ladies NFU Meeting                            | PH              |
| 17 | 1000 | NW Cancer Research Coffee Morning             | StAS            |
| 17 | 1200 | Lent Lunch (Mar)                              | StAS            |
| 17 | 1400 | Age UK IT support (Feb)                       | L               |
| 19 |      | Good Friday                                   |                 |
| 20 | 1000 | Spirituality - The Celtic Vision (56)         | MCD             |
| 20 | 1930 | Cornucopia concert (11,20)                    | StAD            |
| 22 | 1000 | Easter Monday sale (22)                       | DMH             |
| 22 |      | Easter Monday                                 |                 |
| 24 |      | Sedbergh School Term Starts                   |                 |
| 25 | 1200 | Dementia Action Alliance Group Meeting        | MC              |
| 25 | 1400 | Sedbergh Community Tea Party                  | GH              |
| 26 | 1330 | Community Litter Pick (49)                    | Spar Car Park   |
| 27 | 930  | Food Market (8,27)                            | JLCP            |
| 27 |      | Sedbergh Food and Drink Festival (1)          |                 |
| 27 | 1000 | Childrens Bake off (25)                       | StAS            |
| 27 | 1100 | Black Bull—Beer and Food Fest (24)            | Black Bull      |
| 28 | 1030 | Much More Than Meets The Eye (Mar)            | FM              |
| 28 | 1400 | Sedbergh Repair Café (49)                     | PH              |
| 28 | 1500 | Pie Competition (28)                          | Dalesman        |
| 28 | 1930 | Dentdale Choir spring concert (13,4)          | StAD            |

## MAY 2019

|    |      |                                                |    |
|----|------|------------------------------------------------|----|
| 03 | 1030 | Meet The Artist (Mar)                          | FM |
| 03 |      | Kirkby Lonsdale RFC Beer / Music festival (43) |    |
| 04 |      | Kirkby Lonsdale RFC Beer / Music festival (43) |    |
| 04 |      | Farfield Mill AGM                              | FM |
| 05 | 1100 | Killington Sailing open day (72)               |    |
| 05 |      | Kirkby Lonsdale RFC Beer / Music festival (43) |    |

|           |             |                                            |                       |
|-----------|-------------|--------------------------------------------|-----------------------|
| <b>06</b> | <b>1030</b> | Forgotten Landscapes, Hidden Secrets (Mar) | FM                    |
| 06        |             | May Day                                    |                       |
| 08        | 1000        | Coffee Morning Christian Aid               | StAS                  |
| 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                    |
| 12        |             | Christian Aid Week                         |                       |
| 13        | 1030        | Damson Day                                 | Low Farm, Lyth Valley |
| 14        | 1400        | WIK - Resolutions and Amongst Ourselves    | PH                    |
| 16        | 1300        | MC Closed for Training (Mar)               | MC                    |
| 18        | 1000        | Dentdale Coffee Morning                    | DMC                   |
| 18        | 1200        | Sedbergh Gala Day                          |                       |
| 21        | 1930        | Ladies NFU Meeting                         | PH                    |
| 22        | 1000        | Dementia action week coffee morning        | StAS                  |
| 23        | 1400        | Sedbergh Community Tea Party               | GH                    |
| 26        | 1100        | Space for Stillness (56)                   | MCD                   |
| 27        | 1900        | Duck Race                                  | HVH                   |
| 27        |             | Late Bank Holiday                          |                       |

## JUNE 2019

|    |      |                                          |                 |
|----|------|------------------------------------------|-----------------|
| 01 | 1000 | St Andrew's Church Dent Coffee Morning   | DMH             |
| 08 | 1930 | Sing Joyfully (Aug)                      |                 |
| 11 | 1400 | WIK - Outing                             | TBA             |
| 12 | 1300 | MC Closed for Training (Mar)             | MC              |
| 12 | 1930 | WIS - Summer Outing                      | TBA             |
| 12 |      | WID - Summer Outing                      | TBA             |
| 13 | 1200 | Age UK - Sedbergh Lunch Club             | Dalesman        |
| 15 | 1930 | Olde Tyme Dance - Roe Valley             | PH              |
| 18 | 1930 | Ladies NFU Meeting                       | PH              |
| 22 | 1000 | Space for Stillness (Feb)                | MCD             |
| 26 | 1000 | WIK - Coffee Morning                     | StAS            |
| 28 | 1200 | Hells Fells 2019                         | Marthwaite foot |
| 29 | 1000 | Dentdale Coffee Morning                  | DMC             |
| 29 | 900  | Hells Fells                              | Marthwaite foot |
| 30 | 1100 | County Cricket Match Durham v Lancashire | SS              |
| 30 | 730  | Hells Fells                              | Marthwaite foot |

## JULY 2019

|    |      |                                        |          |
|----|------|----------------------------------------|----------|
| 04 | 1930 | Pepperpot Café Concert                 | PH       |
| 06 | 1000 | St Andrew's Church Dent Coffee Morning | DMH      |
| 09 | 1400 | WIK - Photograph Restoration           | PH       |
| 10 | 1915 | WID - Contemporary Rag Rugging         | DMH      |
| 10 | 1930 | WIS - Movement is Medicine             | PH       |
| 11 | 1200 | Age UK - Sedbergh Lunch Club           | Dalesman |
| 11 | 1300 | MC Closed for Training (Mar)           | MC       |

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**  
Tennis Courts—Guldrey  
*David Parratt*



| Regular Events and Meetings                              |                     |                        |          | Regular Events and 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      |
| 1000                                                     | 1st and 3rd Tuesday | Grief Share            | CCCN     | 1400                        | 1st & 3rd Thursday  | Child Health/Baby Club   | PH       |
| 1215                                                     | Every Tuesday       | Over 50's Swimming     | SS Baths | 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       | 0930                        | Every Friday #      | Little People            | CCCN     |
| 1400                                                     | 3rd Tuesday         | Sight Advice Sth Lakes | PH       | 1100                        | Every Friday        | Mindfulness Course       | MCD      |
| 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         | StAS     | 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             |

12

### 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

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

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

| Western Dales Bus S1 Kendal Shuttle<br>Saturdays from 23rd June 2018 ufn                                             |       |       |       |       |       |       |        |
|----------------------------------------------------------------------------------------------------------------------|-------|-------|-------|-------|-------|-------|--------|
| Dent Station Connecting Trains (see full timetable next page)                                                        |       |       |       |       |       |       |        |
| <i>Dent Station</i>                                                                                                  |       |       |       |       |       |       |        |
| <i>Train from Carlisle</i>                                                                                           |       | 09.06 |       |       |       | 17.34 |        |
| <i>Train from Leeds</i>                                                                                              |       | 09.15 |       |       |       |       | 18.15  |
| Buses From Dent to Kendal                                                                                            |       |       |       |       |       |       |        |
| 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 |       |       |        |
| Buses From Kendal to Dent                                                                                            |       |       |       |       |       |       |        |
| Kendal Morrisons                                                                                                     |       | 11.18 | 12.38 | 14.38 |       |       |        |
| Kendal Blackhall Road Bus Stn G                                                                                      | 08.35 | 11.23 | 12.43 | 14.43 | 16.20 |       |        |
| 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 | 18.46 | 18.46R |
| Dent Station                                                                                                         | 09.30 |       |       |       | 17.22 |       | 19.01R |
| R= calls on request only                                                                                             |       |       |       |       |       |       |        |
| 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>15.46</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 18th May 2019*

| 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-S                                                           | Sat   | Sun     |
| 06 47                                                       | 07 51 | 10 34 | 07 05                                                         | 09 06 | 10 40   |
| 09 15                                                       | 09 15 | 13 55 | 09 38                                                         | 10 41 | 14 05   |
| 10 48                                                       | 10 48 | 15 52 | 12 10                                                         | 12 10 | 16 18 # |
| 12 17                                                       | 12 17 | 17 47 | 16 04                                                         | 16 04 | 18 41   |
| 14 43                                                       | 14 43 | 20 19 | 17 35                                                         | 17 35 | 19 03 * |
| 16 45                                                       | 16 45 |       | 19 38                                                         | 19 38 | 20 27   |
| 18 15                                                       | 18 15 |       |                                                               |       |         |
| 19 44                                                       | 19 44 |       |                                                               |       |         |

\* = To Sheffield

# = 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      | 15.30      | 16.35        |
| Kirkby Stephen Town                  |       |            | 11.35      | 13.36      | 15.33      | 16.36        |
| Kirkby Stephen Station arr           |       |            | 11.40      | 13.41      | 15.38      | 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      | 15.48      | 16.41        |
| Fat Lamb                             |       |            | 11.54      | 13.50      | 15.55      | 16.48        |
| Cautley, Cross Keys                  |       |            | 12.00      | 13.56      | 16.01      | 16.55        |
| Sedbergh, Maryfell                   |       |            | 12.07      | 14.03      | 16.08      | 17.03        |
| Sedbergh, Library                    |       | 10.05      | 12.08      | 14.04      | 16.09      | 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>Susa Ellis</b>         | <b>Treasurer</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

**Parish Priest Kendal**

**Tel: 015397 20063**

### CORNERSTONE COMMUNITY CHURCH

New Street  
 Sunday 10.30

**Rev. David Crouchley Tel: 20329**

**worship@peopleshall**

1st Sunday each month 10:30 am

**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)

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal  
 Sunday 11.00  
**Amanda Reynolds Tel: 07545 375721**

## Lookaround Advertising Rates

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

All information to  
 72 Main Street, Sedbergh LA10 5AD  
 Closing Date 15th of every month.  
*Can all adverts please be  
 accompanied with the correct money  
 at the time of submission.*

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

| Combined plans for Western Dales Mission Community - April 2019                                |                  |                                                       |                                             |                                                                                                         |                                      |
|------------------------------------------------------------------------------------------------|------------------|-------------------------------------------------------|---------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------|
| St. Andrew's, Sedbergh<br>LA10 5BZ                                                             | 8am              | Gary Wemyss<br>HC-BCP                                 | Andy McMullon<br>HC-BCP                     | Gary Wemyss<br>HC-BCP                                                                                   | Andy McMullon<br>HC-BCP              |
| St. Andrew's, Sedbergh<br>LA10 5BZ                                                             | 10.30am          | Christine Brown<br>United Service                     | Andy McMullon<br>HC                         | Andy McMullon<br>HC                                                                                     | Andy McMullon &<br>Judith Bush<br>FS |
| Cornerstone<br>Community Church,<br>Sedbergh<br>LA10 5AF                                       | 10.30am          | United Service at<br>St. Andrew's or<br>People's Hall | David Crouchley                             | David Crouchley<br>HC                                                                                   | Philip Nolan                         |
| People's Hall<br>Sedbergh<br>LA10 5DQ                                                          | 10.30am          | David Crouchley                                       |                                             |                                                                                                         |                                      |
| St. Mark's, Cautley<br>LA10 5LZ                                                                |                  | 2.30pm<br>Andy McMullon<br>HC                         | 9.30am<br>Judith Bush<br>MP-NC              | 9.30am<br>Judith Bush<br>HCx                                                                            | 2.30pm<br>Judith Bush<br>P&M         |
| Cautley Methodist<br>Chapel<br>LA10 5LY                                                        | 11am             | Philip Nolan                                          | June Allen                                  | Pam Dent<br>HC                                                                                          | David Crouchley                      |
| St. John's, Garsdale<br>LA10                                                                   | 10am             | Bill Mawdsley                                         | At Low Smithy<br>United Service             | At Hawes<br>Junction<br>United Service                                                                  | Gary Wemyss<br>HC                    |
| Garsdale Low Smithy<br>Methodist Chapel<br>LA10 5PF                                            | 2pm              | At St. John's<br>United Service                       | Gordon Middleton                            | At Hawes<br>Junction<br>United Service                                                                  | Pam Dent                             |
| Hawes Junction<br>Methodist Chapel,<br>Garsdale Head, LA10<br>5PT                              | 2pm              |                                                       |                                             | Andrew Fagg                                                                                             |                                      |
| Garsdale Street<br>Methodist Chapel<br>LA10                                                    | 6.30pm           | At St. John's<br>United Service                       | At Garsdale Low<br>Smithy<br>United Service | At Hawes<br>Junction<br>United Service                                                                  | June Allen                           |
| All Saints, Killington<br>LA6 2HA                                                              | 2pm              | At Sedbergh                                           | Christine Brown<br>HC                       | At Howgill                                                                                              | At Sedbergh                          |
| Holy Trinity Howgill<br>LA10 5JD                                                               | 2pm              | At Sedbergh                                           | At Killington                               | Andy McMullon<br>HC                                                                                     | At Sedbergh                          |
| St. John's Firbank<br>LA10 5EF                                                                 | 2pm              | At Sedbergh                                           | At Killington                               | At Howgill                                                                                              | At Sedbergh                          |
| St. Andrew's, Dent<br>LA10 5QL                                                                 | 10.30am          | Andy McMullon<br>HC                                   | Gary Wemyss<br>HC                           | Christine Brown<br>HC                                                                                   | Christine Brown<br>HC                |
| St. John's, Cowgill<br>LA10 5RJ                                                                |                  | 2.30pm<br>Church Wardens<br>EP                        | At Dent                                     | 9.00am<br>Christine Brown<br>HC                                                                         | At Dent                              |
| Dentdale Methodist<br>Chapel<br>LA10 5QJ                                                       | 6.30pm           | Pam Dent                                              | David Crouchley                             | Sarah Crouchley<br>& Ralph Penny-<br>Larter                                                             | William Allen                        |
| Dent Foot Methodist<br>Chapel<br>LA10                                                          | 2pm              | At Dentdale                                           | At Dentdale                                 | At Dentdale                                                                                             | At Dentdale                          |
|                                                                                                | <b>Wednesday</b> | <b>3<sup>rd</sup></b>                                 | <b>10<sup>th</sup></b>                      | <b>17<sup>th</sup></b>                                                                                  | <b>24<sup>th</sup></b>               |
| St. Andrew's, Sedbergh<br>LA10 5BZ                                                             | 11.15am          | Andy McMullon<br>HC-BCP                               | Andy McMullon<br>HC-BCP                     | Andy McMullon<br>HC-BCP                                                                                 | Andy McMullon<br>HC-BCP              |
| HC- Holy Communion (HCx- Extended Communion)<br>FS- Family Service<br>P&M- Prayer & Meditation |                  |                                                       |                                             | 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