

Sedbergh & District **LOOKAROUND**

May 2014

Issue 321

Donation £1

The weather is very kind to us of late and we hope that it continues to shine on all the events that are featured this month. Please try and attend as many as you can to support this fantastic community to help keep

it as one of the best in the country. A warm welcome to all our visitors and you will quickly see that we have much to offer both in events and services. Enjoy.

Dennis & Jacky Whicker

SEDBERGH GALA

Saturday 17th May

Fifty Golden Years



1pm Lupton Field
(Procession leaves Maryfell 12.45)

Admission £4
Under 16's free



- BOFRA Fell Race, Cumberland Wrestling, Traditional Games
- Bouncy Castles, Donkey Rides, Mini-Motorbikes, Archery
- Beer and Tea Tent, local food and catering
- Fun Dog Show and Competition with lots of classes including; "Best matched owner and dog", "Happiest Dog"
- Craft Stalls and exhibitors

Laser Clay Pigeon Shooting Competition

CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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MAY BIRTHDAYS

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

The recipients this month are:-
Zoe Alderson who is 11 years old on 11th May and

Ted Hodgson who is 10 years old on 20th May.

Please collect your vouchers from
Sedbergh Office Services
13 Kings Yard, Main Street,
Sedbergh
which can be used in any shop in
Sedbergh & Dent.



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

Day	Name	Age
2	Oliver WOOF	7
3	Mamie KEEGAN	8
5	Max TOWNLEY	4
7	Charley DEAN	3
8	Mason MORA	8
8	William DAWSON	6
9	Amber WOOF	8
11	Zoe ALDERSON	11
12	Aidan WILLIAMSON	8
13	Solomon JAMES	6
14	Ella LEWIS	6
14	Bethany BECK	10
15	Elsie WOOF	4
19	Isabel MOFFAT	8
20	Ted HODGSON	10
23	James MOFFAT	6
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27	Jack DAWSON	6
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31	Maggie HOSKER	5
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06	Eleanor Gordon	97

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

See Pages 82 & 87 for contact details & Keys

PERSONAL & SMALL ADS £1

ARMITSTEAD

Happy **21st Birthday** Emily. Have a great day on 1st May 2014. Lots of Love. Mum, Dad, Charlotte & Kurt
XXXX

ARMITSTEAD

Congratulations Emily on your **21st Birthday** on 1st May. Lots of Love. Nana & Grandad.

ARMITSTEAD

Happy **21st Birthday** Emz. Lots of Love & best wishes. Debbie & Dan
XX

=====

COWPERTHWAITE

Mary would like to thank everyone for the lovely cards, presents & flowers she received for her **90th Birthday**. Thanks also to her family for the lovely surprise party at Garsdale Village Hall and to all who attended. Thanks to Dorothy for the excellent catering and to Eileen for baking a lovely Birthday Cake. Finally, thanks to all who donated to the Great North Air Ambulance Service. A total of £135 was raised.

=====

DAVIES

Happy **3rd Birthday** to our beautiful daughter Olivia on 29th May 2014. Love you lots and lots. Mummy, Daddy & Tigger. XXX

=====

DAVIES

To Olivia, our Great Granddaughter on her **3rd Brthday** on 29th May. Lots of love Pickle. From Iris & Arthur.

DAVIES

Happy **3rd Birthday** to our granddaughter Olivia on 29th May. Lots of love. Nanna Lynn & Steve and Dotty. XXX

DAVIES

Happy **3rd Birthday** to our Granddaughter Olivia on 29th May. Lots of love. Grandma Gillian & Grandad Terry & family. XXX

DAVIES

Happy **3rd Birthday** Livie Lou. Lots of love. Auntie Claire & Auntie Shannon. XXX

GORDON

Happy Birthday Eleanor (Mam) on 6th May. Wishing you all the best. Lots of Love from Norman and all your family. XX

HARPER

Thomas would like to thank everyone for their prayers, enquiries and cards which were much appreciated during and after his stay in hospital.

MILLS

I would like to say a great big thank you to all my family and friends who supported me throughout my operation and recovery time. Thank you for all your cards, gifts and flowers. Sylvia.

PERSONAL & SMALL ADS £1

TODD

Happy **80th Birthday** Mother (Maggie) on 14th May. Love Thomas & Brenda.

=====

TODD

Happy **80th Birthday** Gran on 14th May. Love & best wishes. Janet, James, Emma, Angie & Leanne and Linda & Wayne. XXX

=====

LOST

In Sedbergh (Bainbridge Road?) on Tuesday 25th March, a pair of ladies black suede, lined fashion gloves. If found, please telephone 20182.

=====

FOR SALE

Computer monitor Hanns G 19", Keyboard and mouse. All as new £20. Lowe Pro Micro Trekker photographic case. Condition: as new £20. Tel 20869.

=====

WANTED

3/4 bedroom house to rent in Sedbergh for local family Tel: 0770 994 6992.

FOR SALE

Good Quality Hay & Straw (Small Bales)
Haylage (Large Bales)

Tel: 015396 20668
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St Andrew's Church, Sedbergh

**RING THE CHURCH
WITH SILVER**

Saturday 3rd May

Coffee ~ Lunches ~ Cake Stall

In the Church Rooms 10am to 2pm

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PEOPLE'S HALL

A community gym in Sedbergh has secured Olympic legacy funding from Sport England's *Inspired Facilities* fund.

Sport England revealed in April that more than 1,300 local sports projects across the country have now received National Lottery funding through *Inspired Facilities*, part of its Olympic and Paralympic legacy programme.

The Pulse Community Gym operated from "loaned" premises for four years and was made homeless, when the building became unoccupied. The Gym approached the People's Hall Committee, who agreed to find space for a new building adjacent to the Hall and to

build the Gym and invite the PCG to be its tenant. The People's Hall will receive £39,665 of National Lottery funding to add to funds already available to provide the premises. The Gym will then be able to provide facilities not only to individuals and families, but also to the local secondary school, the Health Centre, the Sedbergh Wanders Football Club and a host of other local sports clubs.

Sport England's Chair, Nick Bitel, said: "A year on from the Olympics, this National Lottery investment is helping us deliver a lasting sporting legacy in Sedbergh.

"With investment now on offer from our Inspired Facilities Fund until 2017, we look forward to supporting

CUMBRIA GREEN OPEN HOMES

South Lakes Saturday 3rd May 2014

Visit Local energy-smart houses to help you make your home more comfortable, cheaper to heat and kinder to the environment.



For more info on the open homes see

www.cafs.org.uk
01768 210 276



Cumbria Action for Sustainability

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many more sports clubs in the North West who play such a vital role in grassroots sport.”

Gym Chair, Sandra Gold-Wood, said: “We are delighted to have secured this award, which means we can once again provide gym facilities into Sedbergh and District . We are grateful to our members, our supporters and the People’s Hall Management Committee, who have made this happen as part of 2012 Olympics’ legacy.”

Hall Secretary, Dr Gina Barney, said “The Management Committee is delighted to have been able to support the Gym in its ambitions and looks forward to a long and fruitful relationship. It joins the Hall’s family of community activities.”

Barbara Hartley of Garsdale Design was thrilled to hear the news and said “We at Garsdale Design are only too pleased to provide architectural and planning assistance to such an energetic and enthusiastic group”.

Local MP, Tim Farron, said: “I would like to congratulate local residents and to pay tribute to the People’s Hall Management Committee for securing

CLINICAL MASSAGE AT SEDBERGH MEDICAL CENTRE ON MONDAYS

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Now also on Wednesdays!

this grant of £39,665 to part fund the building of a gym. This is brilliant news for local residents and I know it will be a much used local asset in the years ahead.”

The People’s Gym is one of well over 300 projects across England receiving lottery investment from the fourth round of the *Inspired Facilities* fund and one of more than 1,300 to benefit overall.

Many more communities are now set to benefit from the hugely popular fund, after Sport England today announced that it was extending *Inspired Facilities* until 2017, with an additional £40 million of National Lottery funding to invest. Bids will be accepted for the next round of *Inspired Facilities* funding from the 21 October 2013. You can find out more at: www.sportengland.org/inspiredfacilities.

Dr Gina Barney

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CHRISTIAN AID *in Sedbergh and District*

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

This year all items for the Shop may be taken to the URC rooms during the set up on Friday 9th May between 2 - 4pm, or Saturday during the Shop hours from 10am to 1pm, or on the Monday between 10am - 3pm. No articles will be received after that. We are wondering who might be interested in running the 'Shop' from next year. So if you or anyone else you know might be interested please contact Kath Hannam on Sedbergh 20897 for further details.

One of Christian Aid's concerns is that war tears lives apart but believes that love can help piece them back together based on the experiences of people of faith over the ages such as David to whom the following statement is attributed in 2 Samuel 22:2-3:

'The Lord is my rock, my fortress, and my deliverer... in whom I take refuge.'

CHRISTIAN AID WEEK 10 - 17 May 2014

In Sedbergh and District

Saturday 10th May – Coffee Morning at Dent Memorial Hall from 10 – 11.30

The Christian Aid Shop in Sedbergh URC Church Rooms

Saturday 10th – Thursday 15th May



Saturday -----	10 am - 1 pm
Monday, Tuesday, Wednesday -----	10 am - 3 pm
Thursday -----	10 am - 11 am



Tea & Coffee served each day.

Good as new clothes, bric-a-brac, books, plants, home-baking, toys etc.



Donate it and we'll try to sell it!

Items for sale gratefully accepted at URC Hall as follows:

❖ All items – Friday 9th May 2-4pm; Sat.& Mon. am. **Sorry, no electrical goods.**



N.B. The shop

It would be of assistance if donated good as new clothes are on hangers so they can go on the rails

Practical aid demonstrates that care for those going through a rough time. For a growing number of people across the world, the horror of war is a part of daily life. Right now, fuelled by the devastating violence in both Syria and the Democratic Republic of the Congo, the numbers of people driven from their homes by war is on the rise. It stands at 42 million people – an appalling statistic and a stain on the conscience of humanity. We can't turn our backs. We must act now.



The good news is that our churches and communities can make a real difference. Last year, a magnificent 20,000 churches and community groups across the country helped raise over £12m for Christian Aid Week. This Christian Aid Week we want to go even further. Together we can send people living in fear this message: you are not alone. We're with you, helping you to rebuild your lives, and working for peace. Imagine what such an expression of love would mean to people searching for the strength to cope with the devastation of war, and how it could help them to make new beginnings.

Jumble Sale



Saturday, 10 May

2pm - 4pm

People's Hall, Sedbergh

**Admission: 50p
(includes tea and biscuits)**

Proceeds towards Middleton Church

Please help us aid those living in poverty. Together we can reach the 42 million people caught up in conflict and help them live more hopeful lives.

What sort of help does it take?

£15 could provide blankets for refugee children to protect them from bitter night-time temperatures.

£40 could provide enough good quality and nutritious food for two refugee children for a month.

£150 could help us provide specialist emotional support for a child deeply traumatised by the horror of war that they've witnessed or experienced.

Over the years the people of Sedbergh and District have been great supporters of our efforts to alleviate hardship and we look forward to a continuation of that valued commitment.

Anne Pitt on behalf of the Sedbergh and District Christian Aid committee

SEDBERGH & DISTRICT HISTORY SOCIETY

In the final meeting of the 2013-2014 season Mike Kingsbury gave a very interesting talk about the results of eight years' research into his home, High Bank House, Barbon. Not only did he trace the history of the house and its occupants from the sixteenth century to the present day, but he also provided copious information about its relationship with the local environment.

High Bank House which is situated on Banneriggs Brow above the village of Barbon faces west, with views across the valley. It appears on maps of 1576 and 1695. Mike's research revealed that although a building had stood on the site since the early 1500s it underwent considerable change and development in the Great Rebuilding of the late sixteenth and early seventeenth century.

Differences in the windows prevent the front of the house which dates from that period from being completely symmetrical, although at first sight it appears to be so and the roof would have been lifted at a later date to add the attic rooms. The present windows are evidently late Georgian or Victorian. There is no visible date on the front door but there are examples of similar lintels on other seventeenth-century houses in the locality. One of Mike's photos gave a good idea of how additional building had filled in the L shape of the original house and of where the dairy, scullery and outbuildings had been constructed.

Mike discovered that the Garnett family had been connected with the property since the 1500s and had been responsible for the rebuilding. The Garnetts had owned much property in the area and the late 17th century Hearth Tax list revealed that they had owned or occupied 11 of the 39 houses in Barbon at that time. Mike thinks that the house was probably rebuilt by Edmund Garnett who died in 1680. He traced the history of the Garnetts' ownership of



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High Bank House through the eighteenth century in various archives including probate records, inventories and window tax returns which showed that by 1777 there was only one Garnett family left in Barbon. By researching Garnett family history in the nineteenth century Mike uncovered their connections with other local families and from the 1840 Tithe Map he was able to determine the place of High Bank House in the farming landscape of Barbon. A turning point in the history of High Bank House was when it was sold in 1865 for £4,000 to Joseph Gibson. The 1910 countrywide Financial Survey showed



that by then the house had been divided into two parts and the amount of its adjoining land had been much reduced. The house was sold again several times before it came into the ownership of the Kingsbury family.

Mike's talk was enhanced by a number of maps, plans, photos and documents. His enthusiasm for his subject brought the presentation alive and his interest has led to involvement in the Cumbria Vernacular Buildings Group which seeks to foster a greater understanding of old buildings through surveying them.

Julie Leigh

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60 litre Multi-Purpose Compost	£4.50 each or 3 for £11.00
60 litre Multi-Purpose Compost with John Innes	£5.50 each or 3 for £14.00
Grow Bags	£2.00 each or 3 for £5.00
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100 litre Bales of Chipped Bark	£7.50 each or 3 for £20.00

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MINI SPRING SHOW

Calling all children & parents

The CHILDREN'S SECTION of the SPRING SHOW will take place at the GALA on MAY 17th.

All we need now are your entries so please get busy and win those cups, prizes and certificates. Here is a list of all the classes you can enter.

CHILDREN'S SECTION

Pre-school

1. A poster by a group of children of a farm – any media or size up to A2.
2. A drawing of a farm animal
3. A collage in 3 colours (maximum size - A4).
4. A drawing of a person
5. A decorated hard-boiled egg

Reception Year

6. An animal made out of vegetables, fruit, or foliage.
7. A paper plate decorated with the face of a clown
8. A picture of a dragon, dinosaur or robot.
9. A mobile made of pasta

Years 1 & 2

10. An illustrated capital letter (maximum size A5).
11. An Easter card.
12. A decorated digestive biscuit.
13. A nocturnal insect in mixed media.

Years 3 & 4

14. A favourite poem (maximum size A4) for the W. Milburn & Sons cup for handwriting.
15. A collage picture of an animal.
16. A drawing of a car or an agricultural machine
17. A Viking artefact –any media.

**Paul
Hoggarth**



Building Contractor

**6" Wood Chipper For Hire
Small Plant Hire**

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Years 5 & 6

18. A collage of sequins and buttons of a bird or butterfly.
19. A mosaic picture of an African animal.
20. A sculpture made from recycled material.
21. A picture of the local area.

Year 7 and above.

22. A hand crafted article – any material including wood or metal
23. 4 decorated cup-cakes - judged for decoration and baking.
24. A "new baby", card.
25. A computer generated poster to promote visitors to Sedbergh.

Entries (in their present school year only) must be the unaided handwork of the child. Verbal guidance only may be given by the child's parent or teacher.

Any queries to Wendy – 21902 or Margaret – 20610.

SEDBERGH & DISTRICT INFORMATION CENTRE

If there's one thing we like here at number 72 it's information. Can't get enough of it. With a great deal of help from our hard-working volunteers we are beginning to work on making all our lovely information more widely available. This was a big thing that came up in November last year when we asked a number of community groups to get together and talk about what the town needed ... more information! The Lookaround does a fabulous job, obviously, and the sedbergh.org.uk website as well; we've talked to Dennis and the people behind the website (a big hand for Dave Collier and Mike Clarke, please) and what we're doing is making sure as many events as possible go on the website's 'what's on' page. We are also doing a weekly what's on list which we display at the Information Centre. For the website,

we're concentrating on things that might interest a visitor to the town just now, but we would like to hear about everything for our weekly list.

This may soon mean we contact you to ask what your group is up to but for now it certainly means that if you have an event planned we'd like you to tell us about it. Please email us on tic@sedbergh.org.uk (soon we will have a dedicated email address) with your details, website links, images etc. and we will make sure larger events are on the website and everything is on the what's on list.

Andi Chapple

(Working with the Information Centre, I send an updated Diary to them every week from Lookaround for the benefit of locals and visitors alike. Please ensure that as soon as you or your organisation has a Diary Date, please let us have it. Dates are currently included up to March 19th 2015. Ed)



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Sedbergh People's Hall
presents a just for fun

'Family Quiz'



hosted by 'Quiz Master Woody'

Doors open at 7.30pm ~ **Friday May 16th** ~ Quiz begins at 8pm

Teams of 6 or under, £3 per person with bar and raffle.

Come along and enjoy the crack.

Proceeds to the People's Hall

FAMILY MUSINGS

My dear old Dad loved May Gosling Day, 1st May, when up to noon he could try to trick someone, (usually Mum or me) into thinking there were sheep in the garden (a favourite trick!) or someone at the door or whatever, rather like April Fools Day. Anyone else honour it?

Our expected grandchild arrived on March 27th so his mummy, daddy and big brother were able to join us to celebrate our (then) youngest grandson being 1. Yes, a boy, 9lb 9oz or nearly, so not so little, Joseph Mark to be known as Joey which prompted his great uncle on my side of the family to say "sounds like a budgie or a baby kangaroo" .. honestly no respect! Joe or Joey is doing well and big brother loves him to bits.

"Granny's boys" aged 20 months, 14 months and 2 months, what fun we will all have and guess who will be the leader.. someone too old to have their age worked out in months!

Leaving our local Knit and Natter, I go to natter, something I rarely have a problem doing, knitting is however not really my thing, prefer writing, I put a

rather upset little boy into his coat and went home. There I realised I had put him in his coat upside down, the coat was the upside down thing not Bal, no wonder it did not go on too well. Elder daughter commented "Loony Granny" but no, said I,



Sedbergh Gala Fun Dog Show 

Class One:	For dogs which were rescued
Class Two:	Most suitable Children's Pet
Class Three:	Most Obedient
Class Four:	Best matched owner and dog
Class Five:	Happiest Dog
Class Six:	Best Trick
Class Seven:	Best Veteran (over 8 years old)
Class Eight:	Dog the judge would like to take home

£5 Voucher for Best in Show , plus many other prizes,

Fun Races for Dogs and their Owners
* Potato Race * Three Legged Race *
* Egg and Spoon Race *

Enter on the day
Sedbergh Gala
17th May - Lupton Field



Spring Show at Gala




Saturday May 17th
Junior Section
Certificates & Prizes
Entry Forms & Entries at PREMIER STORES
LAST DATE FOR ENTRIES – WEDNESDAY 14th MAY
Contact 20610 or 21902

eccentric yes but not loony, someone might put me in a bin. As before, my family have no respect!

People, usually with a strong Scottish accent have been ringing me regarding a Scrap-age system, once I established they were actually

speaking English and not wanting to scrap ME I found out it is old windows you can exchange for new ones, but not when one lives in a conservation area and a national park. It used to be Kitchen replacements people phoned about, they got short shift, my

EXHIBITIONS IN MAY:

METAMORPHOSIS: a new exhibition by the British Tapestry Group; **WORKING THE VIEW:** wonderful photographs of the Yorkshire Dales; **FOLD:** hand-made folded books by group PagePaperStitch.

For more information please visit our website.

WORKSHOPS: [Sat 17 May Woven Tapestry](#)
 - Surface Texture with Louise Martin

[Sat 24 May Folded Books](#) with Elizabeth Shorrock

[Sat 07 Jun: Framed Felt Polly Bag](#) with Chrissie Day
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Farfield Mill is open daily 10.30 - 5.00, £3.50/£3, under 16s free.
 Garsdale Rd, Sedbergh, LA10 5LW. www.farfieldmill.org 015396 21958

FREE ENTRY for LA10 residents on **Sundays**





1930's kitchen with the cabinet "Open all Hours" copied for their kitchen (that's our story) is fine for me thank you. The suggestion from one salesman that I could just put new doors on my old cupboards was met with laughter, when I suggested he come and see my kitchen he rang off and thankfully not bothered me again.

There was one of those stomach churning smells in the dale recently, the ground was firm, it had been a frosty night & many farmers were out spreading slurry on their land and it was a bit pongy. Going to the shop I was stopped by a lady who said "Is that your hubby making that stink, if so I'd have a word with him!" IF it was him personally I would cart him of to

the Docs but thankfully not, how do people think farmers get rid of all the cow poo? And while I am on that soap box I will comment on a meeting I went to in the village where some of the people there were downright rude to each other, even heckling the speaker. Interestingly none of the worst offenders were born in the dale, I do really wonder why some people who move into the country then are never satisfied with what is in the country, why move here then? Of course some who move here do enhance the life of the Dale, and some who spoke at that meeting put good points, but surely good manners have a place too? On that note I close, try to May Gosling someone!

Sarah

Sedbergh Playgroup

Duck Race



Sunday 18th May

2pm at Holme Farm

Meet by the bridge before the farm itself coming from Kirkby Lonsdale direction, lots of parking available

**£1 per duck from
Playgroup children and parents**

PLUS BONUS RACE – Bring your own novelty duck on the day for a second duck race it's Quackers!

1st prize £75

2nd prize £50, 3rd prize £25

Plus a duck prize for the last duck home!

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BOOKWORM

BOOKWORM

1. 'The Poets' Daughters Dora
Wordsworth and Sara Coleridge' by
Katie Waldegrave (non fiction)

Brilliant, vivid writing and within a few paragraphs you feel as though you are in the Wordsworth/Coleridge households with all the complex family dynamics and domestic detail. The author explores the considerable influence of parentage and upbringing on these 2 women's lives. There is a lot on their health problems and torturous routes to their respective marriages. It brought me fresh perspectives on Wordsworth's and Coleridge's lives and the context for some of their poetry. Both Dora and Sara played important roles in the legacy of their fathers' poetry.

2. 'A Passionate Sisterhood' by Kathleen Jones (non fiction)

This is really a group biography of the sisters, wives and daughters of the Lake Poets and there are lots of Sara(h)s, Marys and 2 Dorothys plus moving about in various locations in

the Lake District eg Keswick, Grasmere. A captivating read which brings to life the inter-relationships between the Southeys, Coleridges and Wordsworths - the jealousies and bonds across the generations and the devastating impact of the regular use of laudanum.

3. 'Provincial Pleasures' by Norman Nicholson (non fiction)

Millom, where Norman Nicholson lived all his life, is called 'Odborough' in this portrait written in the 1950s on the pleasures, benefits and

ordinariness of a small, industrial coastal town in Cumbria. It is a delightful, soothing and joyful read. The author, whose 100th anniversary of his birth is

celebrated this year, structures the book month by month so we learn about 'Opera week' and the 'Whit Monday cricket match' with astute observational details on items like the tides and bicycles people rode. His invented characters eg old Mr Sprout the shopkeeper, Mr Postlethwaite the strict Sabbatarian, and Miss Snoot bring the town to life. *RM Bookworm*



SEDBERGH

MEDICAL CENTRE

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

Tuesday 20th May

Thursday 19th June

Tuesday 15th July

Tuesday 16th September

Wednesday 15th October



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Every Monday - Fish & Chips £4

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4th May 5 - 7:30pm

TIM FARRON MP

Firstly congratulations to everyone involved in winning the grant towards the building of the "People's Gym" at the People's Hall. When this is built and operating, Sedbergh must surely be well on the way to becoming one of the fittest communities in the area, you have only just seen the opening of the refurbished swimming pool (which I seem to remember was the result of another successful grant application), you really have no excuses not to be active.

I also wanted to congratulate everyone involved in the opening of the new police base in 72 Main Street. As you know I have long

thought that this building would be a great facility for Sedbergh and to see it used to ensure that there is a visible police presence in the centre of town is great news.

On a less positive note you should by now have heard that it appears that Morecambe Bay Hospitals Trust are considering getting rid of our hospital in Kendal, gifting it to some organisation or other. As part of their review of the service they provide to cover this area they have issued guarantees over the future of both Barrow and Lancaster Hospitals but a guarantee has not been forthcoming over the future of the Westmorland General. As you would expect I was

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very angry indeed when I heard this and I am working as hard as I can to persuade them to change their minds. If anything the Westmorland General is the jewel in the crown of the three main hospitals covered by the trust, it seems to have the most dedicated staff, the best position and the happiest patients. If anything the trust should be looking for ways to expand rather than reduce what the health care that it offers. I am running a petition which you can find on my website <http://timfarron.co.uk/en/petition/hands-off-our-hospital>, which the last time I checked had about 5,000 supporters, I asked the Prime Minister for his support at the last Prime Minister's questions before the

Easter Holidays and over the coming weeks and months there will be a range of further activities to show the trust just how wrong they are to think about not supporting our local hospital.

Thanks to everyone who came along to the latest of my football surgeries at the People's Hall recently. We have been conducting these around the area, not just to give me a chance for me to meet with some rather good footballers, but young people around the area to find out what concerns them and importantly what I can do to help.

I have started the process of presenting a bill to Parliament to pilot the introduction of direct democratic accountability in the running of the National Parks by ensuring that the people who run them are elected by those who live in the areas they cover. As I have written many times in *Lookaround* I think that this is important if we are to ensure that the park authorities make the right decisions for the areas they cover.

Finally, please do remember that 22nd May is Election day in Sedbergh, you have your chance to vote for a councillor on South Lakeland District Council and for who will represent you in the European Parliament. Please do make sure that you use your vote.

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

Thanks for your support

Tim Farron MP

SEDBERGH & DISTRICT

HISTORY SOCIETY

**Wednesday 21st May
BOWES**

A guided tour of the village of Bowes to see its interesting old buildings and learn about its associations with famous people from the past.

Meet in

Bowes Village Hall Car Park at 2pm or Loftus Hill Car Park at 1pm.

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

We usually meet in Loftus Hill Car Park and arrange to share transport if possible.

Please note that dogs are no longer allowed on Outings.

www.sedberghhistory.org

Chairman: Richard Cann 20771
Secretary: Karen Bruce-Lockhart 20224
Treasurer : Chris Elphick 20605
Membership Secretary: Chris Elphick 20605

NEIGHBOURHOOD FORUM

A summary of the meeting held at Barbon Village Hall on Wednesday 5th March 2014

County Cllr Nick Cotton welcomed everyone to the meeting. In his introduction Cllr Cotton also explained that there would be no grant applications heard at this meeting because all the grant funding had been spent at the previous meeting in October 2013.

Richard Rhodes - Cumbria Police and Crime Commissioner

Richard Rhodes is Cumbria's first Police and Crime Commissioner and he spoke to the Forum of his role and the areas of work he has been involved in, in the 16 months since he

was elected.

There are still some misunderstandings about exactly what the job entails but the primary function is to hold Cumbria Constabulary to account and to question why certain actions have been taken. Executive meetings are held once a month at Carleton Hall Police HQ in Penrith and members of the public are entitled to attend and can also submit questions to be asked via e-mail to commissioner@cumbria-pcc.gov.uk.

The Commissioner also has to produce the 5 year Police and Crime plan, in consultation with the Police, and allocate the Police budget, which at £125m for Cumbria is one of the

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smallest budgets in England (and 85% of it goes immediately on salaries). His final duty is to listen to people's views. This is done through attending meetings such as the Forum, street surgeries and other engagement activities. This is the main reason why the role was created, so the public could feel that their opinion was being heard. Public opinions are then fed back to the Chief Constable.

On the campaign trail Mr Rhodes also made certain undertakings on particular problems he wanted to see more focus on. The first of these is Anti-Social Behaviour. This is not in itself necessarily a crime and people have different opinions on what this is

but it generally covers things like drunkenness in public places, noise and tensions between neighbours. In agreement with the 6 District Councils a centrally monitored countywide CCTV system will be in place in the main population centres by the end of 2014. New technology will also enable police to monitor the system from their vans and images will be of a standard which will enable them to be used as evidence in court.

Domestic Violence & Sexual Assault are a big, but largely hidden problem across the County as incidents are hugely under reported. Cumbria is the only county that doesn't have a sexual assault recovery centre and at the moment victims have to travel to



SEDBERGH SCHOOL



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

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

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

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

We look forward to hearing from you.

Preston, Richard is determined that such a centre will be set up in Cumbria. As well as helping victims of domestic violence there will also measures to enable perpetrators to try to break the cycle of repeat offending. The NHS will also be contributing funding to this which they didn't have to previously.

Youth Justice is another of Richard's main focuses Research shows that 70% of the people in prison suffer from at least 2 mental disorders and difficulties with reading and writing. Also up to half of the people in prison had been in care or were military veterans. It costs about £40k to keep someone in prison for a year and 65% of prisoners re-offend within 2

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years of release. The Youth Offending Team has made huge strides in keeping many young offenders out of prison; it is difficult and expensive work but still costs less.

More support is still needed to prevent re-offending when prisoners of any age are released along with better support for veterans who often find on leaving the forces that they are not only jobless but homeless as well.

Rural Crime is his final area of personal focus and is obviously a particular issue in Cumbria. Our Police force has established excellent working relationships with neighbouring forces to combat livestock and vehicle theft as well as poaching since these types of crime do not respect county borders.

In response to questions from the audience Mr Rhodes said it had been right to keep the Lancashire and

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

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Cumbria forces separate when a merger was proposed a few years ago. Any merger would be sure to see a steady drift of resources away from Cumbria into the higher crime urban centres such as Blackpool, Blackburn and Preston.

For further information on the Police and Crime Commissioner's office go to: Website <http://www.cumbria-pcc.gov.uk>

CUMBRIA ARCHIVE SERVICE

Elaine Gilliard from the County Archive Service spoke to the Forum about the work of the service which has a statutory duty to preserve and care for local authority records. There are four offices in the County: The

main one is in Carlisle and was based at the Castle but is now housed in a purpose built facility at Lady Clifford House, Pettrill Bank. They are responsible for the records of the old county of Cumberland. The Barrow office looks after records relating to Furness and the local area that was once part of Lancashire and Kendal holds all the old Westmorland County and Sedbergh records.

The service has a remit to collect, preserve and make available to the public original and unique records of evidence of activity of any other bodies so as well as local authority documents it also holds; maps, slides, parish records, school records,



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police records, family and estate records, religious and business records.

The Kendal office in particular has recently acquired the collection of Alfred Wainwright and also holds the archive, including maps and drawings, of Thomas Mawson, an internationally renowned architect who lived in Windermere. The main users of the facilities are family historians who want to look at records earlier than those available online. The service has an extensive catalogue online and a programme is running to micro film of all parish records. There are strict rules for use of the search room but occasionally

some documents become unavailable as they are withdrawn for conservation.

The service also does outreach work, staging exhibitions, giving talks, working with schools (in particular KS2 pupils).

APPLEBY FAIR 2014

Inspector Paul Latham who is in charge of the policing team in South Lakeland for Appleby Fair outlined that the arrangements for 2014 were broadly the same as for 2013. The encampments at Devil's Bridge, Middleton Common, Scrogg Bank and Rawthey Bridge will be open pre-Fair from 27 May – 4 June and Postfair between 9 -13 June. Extra

patrols would be in place for the benefit of both the settled and the travelling community and officers will be briefed every day on any particular issues. Last year daily community advice meetings were introduced and these will be continued this year: 10.00 – 11.00 am on alternate days at the Community Office in Sedbergh and Lunesdale Hall in Kirkby Lonsdale between 27 May and 15 June. There will also be a drop in event on 12 May between 12 noon and 6.00 pm at the Lunesdale Hall in Kirkby Lonsdale.

John Barwise, Enforcement Officer with SLDC advised that the posts on the roadside verges would be installed w/c 28 April and the boulders

w/c 6 May. There will be litter clearance on alternate days but the lay-by at Barbon will be checked daily. During w/c 19 June there will be a deep cleanse of the whole route along the A683. Asked by a parish council representative if a portable toilet would be installed at Barbon lay-by to reduce some of the mess, John responded that this had been discussed by the Multi Agency Group and not recommended as it would possibly encourage traveller to stay longer at the site. However this would be reviewed during the transit time and one could be brought from another location if it was felt to be absolutely necessary.

LOCAL POLICING UPDATE

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Sgt John Stephens updated the Forum on the crime statistics for the Sedbergh & Kirkby Lonsdale area from the 3 months (November, December, January 2013/14) compared to the same period in 2012/13.

Anti Social Behaviour: 9 incidents in Kirkby Lonsdale, up from 8 and 6 incidents in Sedbergh, down from 9.
All Crime (includes theft) 17 in Kirby Lonsdale, down from 21; 26 in Sedbergh, up from 13.

Violent crime (includes incidents in schools and domestic violence)
Kirkby Lonsdale 6, up from 1 and Sedbergh remained at 2 incidents.
The high numbers of thefts in the

Sedbergh area have led to a cross border operation with North Yorkshire police and arrests have been made and property recovered. Local people have proved very good at calling in the details of suspicious vehicles which has helped greatly.

A new PCSO will soon be joining Mandy Coleman which will bring the team back up to strength.

A683 ROADWORKS AT CAUTLEY

Following the floods in 2009 a section of the A683 was undermined and has been at risk of collapsing into the river at Cautley. Work is now underway to reinforce the roadway but traffic lights will allow one lane of traffic through at all times and prevent



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Adults £4 - Children £2

All enquiries ring: 015242 76496 or 015396 21343

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a full closure of the road. These works will be completed by the end of August 2014. Should you have any queries regarding these works please contact Cumbria Highways on: 0845 6096609 or by email at:
betterhighways@southlakeland@cumbria.gov.uk

BROADBAND – Fibre GarDen

John Colton had sent his apologies but had provided an update, which Cllr Cotton read out to the meeting:

- The Fibre GarDen project is progressing well on several fronts;
- we endeavour to put the latest information on the website at www.digitaldales.com;
- we are facing a potential delay as we meet Cumbria County Council requirements for information prior to them paying BT to do an impact assessment on de-scoping our communities from the Connecting Cumbria roll-out;
- We are seeking a means to reduce these delays as they threaten a timely start and completion;
- We're working to finalise contracts that Cumbria CC want us to sign

now and commit to. It is hoped that a further update can be provided by a representative of Fibre GarDen in person at a future Forum meeting.

Details of the Forum's next meeting will be circulated once a date has been set. If you need to contact us in the meantime or have a suggestion for an item to go on the next agenda, then please call Carol Last on call 01539 713405 or email carol.last@cumbria.gov.uk.

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LOCALISM IN ACTION IN SEDBERGH

*Presentation to SLDC Cabinet by
Hilary Hodge - Chairman Sedbergh
Parish Council
BACKGROUND*

South Lakeland District Council (SLDC) held its cabinet meeting in the People's Hall on the 9th April. An overview of localism in action or community development as some prefer to call it was given, a synopsis of which is reported below.

HISTORY

Building community infrastructure is a long process but it has been going on in Sedbergh for decades. The Lookaround is 28 years old, the community office has been running

projects since the 1990s and numerous voluntary groups have existed for many years carrying out a wide range of activities.

SOME DEVELOPMENTS OVER THE PAST DECADE

BOOK TOWN

Post foot and mouth, the Book Town Company was set up to lead a rural regeneration project encouraging bookshops to open in Sedbergh. In addition rural regeneration resources and grants were obtained from various bodies, which enabled a number of literary and ideas festivals to be organized until the Northern Rock, which represented the major funder, withdrew. The relocation of Westwood Books from Hay to

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A variety of music to suit all tastes

7:30pm - Friday, 30 May

The Holy Ghost Church

Middleton-in-Lonsdale, Nr Kirkby Lonsdale
(Situated on the A683 halfway between Sedbergh and Kirkby Lonsdale)

Tickets: £6.50 (includes a Light Supper & Glass of Wine)

Tickets available from - Judith Meadows: 015242 76342 or Barbara Lewis: 015242 76286

All funds raised will go towards the upkeep of Middleton Church.

Sedbergh was a direct result of the Book Town initiative and has meant that a successful business was established which brings visitors to the town.

While this was happening the Yorkshire Dales National Park Authority (YDNPA) decided to close the Tourist Information Centre (TIC), which would have been a disaster for the town. The Book Town group decided that it had to take on the running of the TIC, which it did, mainly funding it through grants and by encouraging booksellers to take shelves in the centre to raise income.

COMMUNITY CHARITY SHOP

In 2008 the Sedbergh Community Charity Shop was set up which due to

SEDBERGH CRICKET CLUB



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RAFFLE

the generosity of local people in donating goods has raised around £100,000 for local voluntary groups and for community development. A few months ago a second charity bookshop was opened so that more space could be found in the original shop for other goods.

PARISH COUNCIL

In 2009 the Parish Council carried out a survey of local issues and then set up the Sedbergh Townscape Initiative (STI). This brought together various organisations including SLDC, Cumbria County Council (CCC), YDNPA, Chamber of Trade and Sedbergh School, all of which put money in to enable consultants to be appointed to produce a report. This report focused mainly on public realm issues and provided the evidence to go to statutory and grant making bodies to obtain resources and assets to make improvements to the

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town. As a result Joss Lane car park and toilets, the tennis courts and fishing rights have been given back to the town by SLDC. Various grants have been obtained to improve the town including the replacement of the street names, removing unnecessary poles and signs, replacing the entrance sign to Main St and rebuilding the bus shelter opposite Morphets. Plans have been drawn up to create a centre for Sedbergh making an open space from Joss Lane car park down to Main St by the information centre at 72, Main St. The consultation process has shown public support and so the next stage is to apply for funding. Negotiations are now complete with CCC to widen

the footway and create a priority system through the 'narrowes', a grant is being applied for to improve Queens Gardens, now designated as a heritage site and Udales is being renovated to provide a business hub.

72 MAIN ST

Following the decision by YDNPA in 2010 to sell this building a campaign was established to save it for the community. The White Knights Company was set up and nineteen people lent enough money to purchase the building and hold it until the community could raise sufficient funds to buy it, which happened earlier this year. A lottery grant of £47K was obtained to put in central heating, new windows on the ground

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floor and to do other minor renovations.

SEDBERGH CHARITABLE INCORPORATED ORGANISATION (CIO)

The building is now owned, on behalf of the community, by the newly set up CIO, which is a charitable body with Trustees and Members. The CIO is responsible for running the charity shops and leasing out the rooms at 72, Main St to the History Society, the Parish Council, Cumbria Police and the Information Centre. It also has a leading role in developing future community projects.

SEDBERGH COMMUNITY INTEREST COMPANY (CIC)

A non - profit making company, Sedbergh CIC, has also been set up to run the Information Centre, the TIC, book shop and retail activities on the ground floor of 72, Main St. It also provides support to some community projects including the transport hub,

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funded through the Dales Integrated Transport Association (DITA). The whole building needs to be self sufficient as apart from the Parish Council other means of support no longer exist.

VOLUNTARY EFFORT

It is important to stress that virtually all of this has been achieved through volunteers. Parish Councillors, Directors of the CIO and CIC, people who work in the Information Centre, Charity Shop and Charity Book shop are volunteers. Sedbergh is fortunate not only to have so many people who are prepared to work on behalf of the community but to have people with such a wide range of skills who give willingly of their time and expertise.



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Sedbergh Support Group

George Watson, Betty Dinsdale (now in Summerhill in Kendal), Doris Haygarth, Winifred Howarth, Barbara Axford, Jack Stainton, Rosemary Handley and Dennis Whicker were absent and good wishes were sent to them.

Betty Harper took the chair and welcomed the 12 members who attended.

Several members reported on the advice for sight help, for example, magnification, spotlight and 'clip-ons'.

The topic for meeting was 'weather', from the flood in Dentdale in 1870 with bridges washed away, railway tunnels flooded and two people drowned and other local floods to weather as it has affected history from 525 BC to the Tay Bridge



Disaster. Snow, inevitably, was mentioned principally in connection with a wedding cake and purchase of wedding dresses. Lightning, thunder and smog were also described.

The next meeting will be on the 20th May in the People's Hall and we welcome any prospective new members. Transport can be arranged.

For information about the Sedbergh Group of Sight Advice South Lakeland please ring Jennifer Levitt on 25162. If you would like a large print or audio version of Lookaround please ask Dennis Whicker.

*Elizabeth Skill and Elspeth Griffiths
in loco George Watson*

On Wednesday 17th June, the Group will be holding a Coffee Morning in the URC Rooms.

On Saturday 12th July, Members of the SASL will be having a Street Collection in Sedbergh. Volunteers are requested to help for about 2 hours between 9.30am and 2.30pm. If you would like to help, please contact Miriam Baird on miriambaird@sky.com or 07977 51 00 56

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CUMBRIA IN BLOOM

In recent weeks one of our members distributed letters to local business people setting out our proposals for this year and we are delighted to have received donations towards those projects from the following which amounted to the sum of £280:-
Chapmans Chimney Vac Services
Dalton and Hague, Solicitors
J.J. Martin, Undertakers
Jackson and Graham, Accountants
Kay Whittle, Chiropodist
Leightons, Hairdressers
On a Roll, Sandwich Shop
Preston and Bramley, Vets
Westwood Books, Bookshop
Green Door, Sweet Shop
Raising an amount of £280 and we would like to thank them for their generosity.

We have also received a donation of 9 bags of compost from W. Dawson and Son based at the Station Yard in Sedbergh and for which we are very grateful and a number of private individuals have also donated.

We owe all the above a very big thank you and your contribution is gratefully received and will be put to very good use.

As some of you will have noticed we have begun work at the Fire Station and hopefully by the time you read this article work will have progressed further. There is one problem which we encounter from time to time and that is how to get rid of large pieces of greenery when we replant/refurbish any of the beds. If anyone can help in



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this direct we shall be very pleased to hear from you. My telephone number is 20807.

It has been delightful to see so many of the daffodils this year lasting for more than a few days due to the weather not blowing a gale. Perhaps we should think of planting more at the end of this year.

As most gardeners are now back in their gardens and find they have plants to spare we shall be delighted to receive them. Perhaps that large clump needs splitting etc.,

Perhaps we can at this stage encourage shop keepers to think about hanging baskets - what a difference they make to the Main Street.

We must also thank Paul Mitchell for his continued care looking after the troughs on the Public Toilet window sills. What a difference they make to a very plain building.

We are always open to suggestions how we may progress our work and of course any offers of help will be well received.

Dorothy Blair



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We are hearing of more and more scams in our area, stay safe with our tips.

Be Wise

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- Never give complete passwords or full account information but instead confirm certain letters or the last few digits.
- If someone phones you, take their

details and phone them back later that day **from a different phone.**

Scammers often keep the call connected so phoning back immediately from the same phone is like being put on hold and doesn't create a new call.

- Request written information before making a decision, but beware of giving your address if they don't already have it.
- Don't give anyone 'remote' access to your computer over the phone.

Signs of a scam

- The call, letter, e-mail or text has



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- If you've used your credit or debit card ask your bank for a chargeback.
- Get advice and report it to Trading Standards through the Citizens Advice consumer service on **08454 04 05 06** or online advice at www.adviceguide.org.uk

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

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



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HEARING LOSS SUPPORT SERVICE IN SEDBERGH

Caritas Care is reaching out to people suffering from hearing loss in Sedbergh and urging them to seek help through the charity's bespoke support sessions.

Bridging the Gap, which is run by Caritas Care, is hosting drop in sessions to support those living with hearing loss by offering free, practical advice and support on caring for their hearing aids. In addition, the sessions will also be providing free batteries and re-tubing for those with NHS issued hearing aids.

Attendees will benefit from one-on-one sessions with trained volunteers for advice on maintenance,

equipment and fitting. The scheme aims to improve confidence, reduce feelings of isolation and overcome the barriers that prevent those living with hearing loss, from being part of the community.

Bridging the Gap Project Leader Hugh Stirling commented: "Some 10 million people in the UK suffer from hearing loss and this can be a very stressful and sometimes frightening experience for a person, as everyday sounds such as road traffic in town centres can be rather confusing. People will often isolate themselves from social situations, and in some cases refuse to leave their own home. This can be detrimental to a person's health.

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"Bridging the Gap hopes to tackle these issues and create awareness of the services and technologies that are available to them - knowledge that could change a person's life dramatically. This includes advice on equipment – amplified telephones, door bells, alarm clocks and loop systems for televisions."

These new sessions are being held on the first Monday of the month. The next event will take place on Monday 5th May, 2pm – 4pm, at Sedbergh Medical Centre, Stations Road for people to come along and find out more about the scheme.

Bridging the Gap 'Befriending'



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Project Development Worker Duncan Richardson added: "Whether you're a professional who would like to know how to refer patients to the scheme or you have a family member or friend who you feel could benefit, or perhaps you'd like to volunteer or receive this service yourself, please do not hesitate to come along to our event and speak with a member of our team."

Those wanting to know more about Caritas Care and its Bridging the Gap project can visit www.caritascare.org.uk or contact Duncan Richardson at duncanrichardson@caritascare.org or on 01772 561323 *Jenny Trelfa*

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CHURCHES TOGETHER

In the opening chapters of the much loved children's book, "The Wind in the Willows," the Mole is stirred into a frenetic spring clean of his underground abode after a long winter hibernation. In many churches, chapels and churchyards, the spring weather and the Easter Feast is a catalyst for renewed action in the care of our church buildings and burial grounds. Winter has been destructive to so many communities around the country, but Easter and the better weather is calling us all to renewal of body, mind and spirit. The churches in Sedbergh and District will be thinking and praying together regularly, as they seek to answer a

fundamental question posed by our church leaders - how do we discover anew to be Christ's People working for the mission of his gospel in this 21st century? Is it by becoming a visible community of churches working together for the Church's mission – a Mission Community? There is a lot of thinking and praying to be done but I think we are all being led by God into a new vision and future.

St Andrews Church, Dent welcomes everyone to its regular Sunday service of Holy Communion at 10.30am during May. Many thanks to the all in the Dentdale Choir for the splendid Spring Concert last month, enjoyed by a large audience. Also



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thanks to the Community Payback Team for tackling our churchyard and getting the grass cutting season off to a good start.

St John's Church, Cowgill

celebrates Holy Communion at 9am on May 4th and at 2.30pm on May 18th we ask for God's blessing on the new season's lambs at our annual Lambing Service, during which a ewe and a lamb will be blessed in the churchyard. All are very welcome. Also our thanks go to Tony and Margaret Playfoot, Tim Woods, Emma Richardson, Pip Hall, Graham & Heather Fraser for their massive recent clear up of the churchyard. It enabled a visitor from Guinea in West Africa to find an ancestor's grave and

place flowers on it – thank you so much!

News from the Pews



We have lift off! Spring is here, the sun is shining, and smiles are beaming as people greet one another acknowledging the welcome change in the weather from endless wet days to the recent bright, light filled days. Looking up to the surrounding hills and cloudless blue skies many silent thanks must be sent aloft for the beauty of the world around us.

On a very wet Saturday afternoon

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the Teddy Bears' Picnic took place at the back of church. There were lots of smiling, happy faces and sticky fingers....not only little sticky fingers; there were some big ones too! We hope to see these happy faces and many more next year when we plan to host another picnic.

St John's Hospice will be in receipt of a cheque for £700, being the total raised at the Lent Lunches. These are a regular feature in our church

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calendar; there is always such a buzz in the air. Our wonderful catering team has asked me to say "thank you" to all the soup providers, the diners and all who helped serve, wash up, clear away, all those in behind the scenes jobs.

During Holy Week we have been joined by members of the other churches at the short evening services of Compline followed by Stations of the Cross also the

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Eucharist celebration on Maundy Thursday and the solemn hour of devotion on Good Friday. The vicar is well used to computer wizardry and has been making good use of the new screen and projector, particularly to tell the stories of the Last Supper on Maundy Thursday and the Passion on Good Friday.

Our parish church has a totally different look today from yesterday. Preparing for the most solemn day in the church calendar, Good Friday, all the ornamentation, candlesticks, crosses, altar frontals and cloths etc were removed out of sight at the end of the evening service on Maundy Thursday. Today, Holy Saturday, the

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flower ladies have been working their magic in preparation for our Easter celebrations tomorrow. Whilst the visitors have been drifting in to look around the church they have been greeted with the scent of exotic white lilies and every kind of spring flower that now adorn the windowsills and several strategically placed pedestals. As we open the door the first thing we see is the Easter garden arranged at the base of the font. The tiny tomb will have the stone removed from its entrance first thing on Easter Day. In the churchyard the lawns have been cut, the colourful borders well tended; if a building could smile I am sure St Andrew's would be doing just that right now.

Our next date for your diary is Saturday 3rd May when from 10am onwards we shall be "Ringing the Church with Silver". What a great idea, one that has yet to be completed but we keep trying! We encourage anyone and everyone to put their loose change on to the sticky tape as it reaches from the lychgate to the church door. Do keep some money back though as we have coffee, biscuits, lunches afternoon teas and a cake stall on offer inside the church.

As always, there is a welcome and a smile on the other side of the door.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

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NEW ROAD FOR DENT

On February 19th 1896 the following item appeared in the Westmorland Gazette.

At a vestry meeting held at the large room adjoining the Sun Inn on Tuesday, the 15th instant, at which the Rev. R. Pickering, Mr R. Tatham, Mr Thomas Hall, Mr Nixon, Mr Punchard, the agent for Lord Bective, Mr Robinson of Sedbergh, and about 150 of the inhabitants of Dent's dale were present, a proposition was brought forward by Mr Hall, on behalf of one interested in the welfare of the valley, to present to the township the necessary funds requisite to discharge the cost of deviating the existing road over Mill Brow, so as to

avoid the enormous gradient (1 in 7.25) at that place, and to substitute for it a new road level and of shorter length. Mr Pickering was voted to the chair, and it was at once unanimously resolved on the motion of Mr Tatham, seconded by Mr Nixon, "that the best thanks of the meeting were due to the anonymous benefactor who through Mr Hall had that day proposed free of expense to deviate the present road over Mill Head Brow, whereby the present steep gradients over Mill Head would be avoided, and the meeting cordially approves of the projected deviation." It was also resolved that the chairman be requested to instruct the township surveyor to proceed forthwith with the

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works necessary to carry out the proposed deviation and give all proper notices, and do all other things necessary to obtain the requisite sanction thereto.

It may be mentioned that the inhabitants of Dent are entirely unaware whom they are to thank for this munificence. But at the same time they are unanimous in looking upon this act of generosity in a spirit of thankfulness which must gratify the anonymous donor, who we have no hesitation in saying will for many generations be looked upon as one of the most generous friends of the dale. It is estimated that the proposed deviation will cost £1,200 to £1,500, and it must be a true friend indeed

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who will sacrifice such a sum for the sole benefit of the dalesmen of Dent. Votes of thanks to Mr Pickering for presiding, and to Mr Punchard and Mr Robinson for attending the meeting were passed and the meeting dispersed well satisfied with the days proceeding.

The new road was completed within two years and the munificent benefactor soon became known when a Memorial was erected to Lucy Elam (featured on the Cover of this month's Lookaround.). Lucy's father John Elam had been a surveyor who had carried out the enclosure surveys for Dentdale and apparently it had been his wish that this work should be carried out. At the time the family lived at Thorns Hall.

I have often wondered exactly where the original road ran. The eastern section is obviously Hollow Lane which joins the present road

near Barth Bridge. This still connects the main road to several farms on the hillside; Hole house, Hacra, Hining, Lunds and Rawridding. But exactly where is the other end of the road? The monument itself tells us the answer as it states that the new road is exactly 1122 yards long. This is only ten yards less than seven tenths of a mile and so can easily be measured by driving along it. Doing this brings us to a gate from which a distinct track can be seen traversing the hillside.

As the road follows the upper boundary of the fields it can easily be seen that in order to keep a level course it has been quite deeply cut into the hillside with a well built retaining wall along the northern side, having crossed two fields the road then becomes more overgrown with hedges and trees on both sides until it reaches Kitty Barn. At this point it makes a right angle turn to the north up Straight Lane leading to Hole house. From here it runs down to the present Hollow Lane to join the new road just below Barth Bridge.

Following the old road is quite a pleasant walk as it is on the sunny side of the dale.* To do this it is best to park in the lay-by at Barth Bridge, walk up Hollow Lane to Hole House where a footpath finger post points the way down Straight Lane to Kitty Barn. As the lane is completely overgrown with nettles and brambles it is perhaps preferable to walk down the field parallel to the lane. From the more open section of the road there are two minor lanes leading down to

the main road which can then be used to return to Barth Bridge passing the monument to Lucy Elam on the way.

Note: in Dent the north and south sides of the dale have traditionally been called the "sunny side" and "the money side". One explanation for this which I have been given is that on the sunny side the grass starts to grow very early in the spring and then receives a set back due to late frosts, while on the money side the grass grows later but having suffered no set backs produces a better crop.

Can anyone confirm the possibility of this? *Denis Sanderson*

The section of road and monument appear on this month's cover. Ed

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MARCH WEATHER

March "many weathers" again lived up to its name as we had a bit of everything. In spite of having only having 3.36 inches of rain, the driest month for a very long time, we only had 11 days without rain. The longest dry spell was 4 days.f 62.8F(17.5C) to a low of 26.8F(-3C). When you add the windchill factor only one night did not go below freezing! As expected of March it was a breezy month with only one day when the maximum gust did not reach double figures with a high of 26.2 mph.

After a super show of snowdrops we had a dazzling display of daffodils. It is a long time since I've seen so many though they were knocked

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about by the wind somewhat. Ours were also badly eaten but I did not catch the culprit! There was also a greening up as grass started to grow in the milder periods and the sheep were less keen on hay. With the curlew appearing at the end of last month the oystercatchers were back early in the month. Towards the end of the month the blackthorn was showing some colour. The hazel catkins were well elongated and the minute female flowers were visible and with all the wind some should have been fertilized. The Forsythia has also been colourful this year. We have biggish buds on the clematis so let's hope we do not get any very hard frosts. The "resident" mallard have made an appearance in the chicken run at feeding time. The female has nested in the garden for several years now but I've never found where. We have had to rescue the newly hatched ducklings from the magpies which, if we don't get the female, means we rear them in a brooder hence they feel at home as they eventually graduate to a coup in the chicken run!

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VETERINARY SURGERY

Changes at Sedbergh Veterinary Surgery

From the 1st of May, your local veterinary practice, Preston and Bramley, will be merged with another local practice, 'Farm Gate', who are based at Junction 36 and Lancaster Auction Mart.

Nick and Jim have both reached an age where late night calvings are beginning to lose their appeal and our physical recovery takes so much longer!

To make sure that a full time veterinary surgery remains in Sedbergh, we feel merging with 'Farm Gate' is the best solution and it

will also allow us to keep working in the practice.

Nick will continue to work with local farmers; Jim will concentrate on the companion animal practice. With Farm Gate's backing and expertise, we both hope to be able to spend more time developing these areas of the practice.

There should be very little change to the surgery routine, with Lisa Bramley and Claire Pope still working here,

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07810 595543



Tom Wilson
015396 20954
07790 946578

Page 48

but on occasion there may be a new face here, especially for out of hours small animal calls which will continue to be seen in Sedbergh.

We would like to thank all our clients for their support over the last 25+ years and we look forward to continuing our veterinary work, under the new merged 'Farm Gate, Sedbergh' guise for many years to come.

SEDBERGH GALA QUEEN

I would just like to introduce myself to you as I will be the Gala Queen for 2014 – 2015. My name is Annabelle Brewer and I live on a farm just on the outskirts of Sedbergh. As this is a farming community I am really pleased to represent Sedbergh as I am from a farming background.

I am really excited to have become Gala Queen, I have been a Maypole Dancer and a Gala Queen Attendant at the Gala in Primary School and have thoroughly enjoyed it. As I have lived in Sedbergh all my life, I have been to many of the community events and have loved seeing the local people coming together. Being the Gala Queen will help me get even more involved in the community.

I am studying very hard at the moment to get good grades in my GCSEs. But I also get involved in extra-curricular activities. I entered the competition that the Sedbergh medical centre held to create a logo for them and successfully won. I was very pleased and this definitely helped my

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confidence.

I am very punctual and reliable and I have almost full attendance at school and only miss school if it is very necessary.

I have many responsibilities outside school too, such as running a little egg business at school and on my Caravan Park and I also sell cakes when the caravan park is busy. I also have a part – time job in catering and I am very committed to it; I work most Saturdays and help with the food side and the waiting on side too but will of course make time for performing my duties as Gala Queen.

I am enthusiastic about everything I do and like being around people; I am also very determined to do well. I like to have a constant smile on my face as I know this can lift people's mood and make the world a happier place to be which I feel is important.

I feel I am generally lively, energetic and a positive person.

I am truly grateful to have the opportunity to be Gala Queen and I will perform the role to the best of my ability.

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HOWGILL WI

We opened the April meeting on a cheery note by wishing a Happy Birthday to Sheelagh Denniss who is about to celebrate a special birthday. Get well wishes go to Peggy Postlethwaite who is recovering at home from a hip replacement.

We have received a reply from the Somerset Federation thanking us for our kind thoughts through the devastating winter floods.

Mary Silva could not be with us due to other commitments. Bridget went through her report on the national conference "Inspiring Womans Day" held at Chester racecourse. Bridget and Audrey attended the council meeting at the town hall; chairman

Ruth Rigg highlighted the centenary baton celebrations and the Northern Show at Appleby; both successful events. Guest speaker Gay Rhodes entertained us with her talk "That Certain Age". A humorous look at growing older.

The April walk led by Anita Carey was to be held the following day, 4th April, in the Nateby area. Members were reminded of forthcoming events; the group meeting hosted by Barbon WI on 19 May, the Holker festive, and our coffee morning on 4 June at the URC rooms in Sedbergh.

Bridget gave a warm welcome to our speaker Julie Ashcroft and her hearing dog 'Sky'. Sky is a tremendous help to Julie and has

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Cossack Liqueur £3.6	
With the bite of vodka, topped with cream	
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Garlic Flatbread	£3.75
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Pork Chop in BBQ Sauce	£10.00
8oz Gammon & Pineapple	£8.50
8oz Cumberland Sausage	£8.50

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Broccoli & Cream Cheese Bake (v)	£8.50
Salmon Steak with Parsley Sauce	£11.00
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Menu

become her ears in public and in the home she has been trained to be obedient and to alert her to household sounds and danger signals such as alarm clocks, doorbells, telephone and smoke alarms, independence, confidence and valuable companionship. Julie feels less lonely and isolated thanks to her best friend Sky. Dilys thanked them for a fascinating evening enjoyed by us all.

The competition for a home made animal was won by Jackie Hooley with her hand-knitted bear. Second was a mouse made by Sheelagh Dennis.

The evening was brought to a close

with a Jacob's join and get together.

We meet on 1 May at Howgill village hall at 7.30 when Pat Newsham will be guiding us through the Dalemain mansion near Penrith. Do join us. You will be most welcome.

Audrey Hoggarth

KILLINGTON WI *THE AFTERNOON WI FOR THE ENTIRE DISTRICT*

Well! I've been called some things in my time but that was one of the best and had me in stitches when I read it in the Westmorland Gazette (Sedbergh News –April 10th –written by Sandra Gold-Wood). "Wendy Fraser –Upcart!" Up Yours, I say!

When we were at school, Malcolm was known by one and all as "Razor Haircut". Our son's nickname at school was "Bucket", and during my teaching career the most usual was, "Mrs. F.U." Before I was married I was blessed with a short, easily-spelled, unpretentious surname – CLAY. However, even then, my initials caused me much embarrassment so I always included R, my middle initial. Such is life!

Now I know that the foregoing has nothing to do with WI but having recently been reproved by an ex Sedbergh resident (perhaps I should call her "a deserter"!), for insufficient amusement, I didn't dare start this report with, "Our speaker was...., We

discussed..., X, Y, & Z won the raffle....."

As it was, our speaker, Ian Jones, kept us all enthralled with his story and pictures of the history and development of Holehird. He really made it live and is yet another speaker to be highly recommended. I was surprised to discover that quite a few of our members have never visited Holehird. It is so near and such an interesting garden with breath-taking views. If you have never been, do go.

We discussed all sorts of things. I do know what they were because Barbara Cooper keeps immaculate minutes. To remind you, dear reader, (expression copied from the Reader's

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Digest), -on May 17th, at Sedbergh Gala, Killington WI will have our usual , but highly superior, bric-a-brac stall which will be loaded with treasures. (Also at Gala there will be the Children's Section of the Spring Show. Make sure that your children/ grandchildren take part). Our Killington WI Coffee morning will be on 18th June and I promise that my Special Lemon Cake will be on sale. Since coming to Sedbergh as a totally non-domestic Goddess, I have perfected a Lemon Cake, a Chocolate Fudge Cake, and Mo's Bun-loaf. All to die for!

The competition was won by Anne Jones and the raffle by Dilys Evans

and Susan Sharrocks.

Our next meeting will be on Tuesday 13th May at 2-00pm in the Committee Room of the People's Hall. We shall discuss the Resolution to be voted on at the WI National Conference in June. We shall also have some lighter offerings.

So there you have it.

*Wendy Fraser-Urquhart
(or Upcart if you prefer)*

DENTDALE WI

We had a good turnout for our meeting in April, which was a busy evening with plenty on the agenda. We were asked to think about various projects, including the competition at

the Lune Valley Group Meeting in May, where we are requested to produce a display on the subject of Bonnie Scotland including three items of craft or baking. We won this competition last year (and have the cup to prove it!) so we are keen to keep up our high standards under the leadership of our expert crafters Sue and Lynn.

We have selected St John's Hospice in Lancaster to be the recipient of our fund raising in 2014, and we are planning an Antiques Valuation evening in September as one of our fund raising events. The summer outing this year will be to Chester and will be on 9th July. Coincidentally the Presidents' Conference this year had

been held in Chester, which Catherine had attended and gave a report to us. We were especially interested to hear about WI Enterprises, which makes a large amount of money for the organisation by such things as selling WI branded produce and bake-ware.

Our speaker for the evening was Jackie Huck, who had us all laughing with her witty and homely poems on a variety of subjects ranging from the Sandwich Police to Teapots, by way of the Magna Carta and the WI Centenary Baton. We were privileged to hear an extract from her first novel which is to be published later in the year and is based on her experiences as a nursing cadet in the 1960s.



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There were also some moments of quiet reflection on some of her more serious and poignant pieces. Anthea thanked her on behalf of the members for a most entertaining evening.

The competition, for a rhyming couplet on the subject of 'Summertime', was won by Sue with a wry look at summer weather in the Dales, and the raffle was won by Sheila.

Our next meeting is on Wednesday 14th May when Christine Marshall will give a talk on the subject of 'Handbag to Reticule'. New members and visitors are always most welcome.

Gill Newport

LADIES N.F.U.

Very Many Thanks to all the people who supported our Coffee Morning on the 9th April, with Donations large and small being received well before

the actual morning!

CLIC Sargent for Children with Cancer is a very caring Charity, and the generosity of people both from Sedbergh and further afield has been amazing raising a fantastic £441.26p!!!

Our April meeting took place on the 15th when Mrs Mary Airey spoke about the Nursing part of her life. It was a most interesting talk, and we heard about all aspects of Nursing be they nice or not so nice! Mary answered our questions, and it was very clear that she enjoyed this period of her working life, a big thank you for sharing this with us Mary.

Rosemary Mason was the lucky winner of our raffle.

Our next meeting will take place on the 20th May when Peggy Robinson will talk about the Life of a Lab Technician.

Visitors are always welcome.

Marlene Mason.

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CUMBRIA WILDLIFE TRUST

Wild flowers

Wild flowers can be found in any month of the year, but they are usually at their best during May and June. Normally you might expect to look for them in fields and woodland. There are many to be seen, though, along roadside verges and in hedge banks. For a plant there are some benefits in these sites, not the least of which is freedom from being eaten by sheep. Thus you will find many plants thriving on verges, out of reach of grazing animals and unaffected by agricultural chemicals.

As you walk, you have an opportunity to observe and record what you see. Which flowers come out first? Are the numbers of common plants, like primroses, increasing year by year? Are others threatened or declining in number? Are there particularly local or uncommon species that should be preserved or

protected? If you enjoy walking you can add to the pleasure of your walk and maybe do something for nature conservation by looking for answers to these questions.

Now that it is so easy to photograph wild flowers you may like to make a photographic collection of what you see. Most digital cameras have a special setting for flowers but even the automatic setting will often give good results, as will many smartphones. At least flowers, unlike birds, stay still! By making a record in this way you may be able to identify unknown or rare species.

You may like to pass on information to the Cumbria Wildlife Trust to add to local records- a note could be left at the Community Office. The Trust has an agreement with the Highways Department to delay cutting of hedge banks so that wild flowers can set seed. This ensures a good display in



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future years. Maintaining variety (for instance there are well over 100 different flowering plants along Howgill Lane alone) preserves a good diversity of plant and animal life. Insects often feed on a particular plant; they in turn provide food for birds.

Traditionally managed hay meadows are rare now. By spreading hay from the remaining meadows on improved grassland seed from the naturally occurring wild flowers may grow again. The crop gains extra nutrients and the sight delights the eye.

Finally, do leave the flowers in place for others to appreciate.

Roger W Moore

THE ROSE COMMUNITY THEATRE

Many people have stopped me to say how much they enjoyed this year's show 'Turnabout Abbey'. We the cast are very glad you did and are also pleased to announce that Jigsaw children's hospice received a donation of £1000. The cheque will be presented by Masie Hailwood and Radio Cumbria may well be there to record the occasion. The RCT's members are very proud of the record of charitable donations which amount to more than £7,000 over the time we have been bringing you these shows.

We are holding an AGM on Sunday May 18 in the committee room at PH. Come in at 2pm for tea and 2.30pm

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for meeting. Any interested parties will be welcome to attend and join in the banter but will not be able to vote in the election of officers or other matters. It would be great to see some of our supporters.

At the moment we are looking to recruit help for next year's performance in the areas of publicity, sewing, scenery painting, transporting and other jobs that seem to mount up as a performance date draws closer. Things like organising tickets, people to serve the tea or man a bar, sell raffle tickets and man the door to name a few of the areas where help would be most gratefully received. No pay I'm afraid but you would get to come to the after show party and the annual dinner.

Some of you may know that we have an award ceremony after the show where the 'Hilda's' for best actor and actress are handed out. This year it will be in September and

invitations will go out during August. If you would like to be invited but you haven't actually been involved with the RCT then please give me a call and we'll see if we can rope you in.

As always there are so many people to thank it would take up two pages of our beloved Lookaround so I had better make it brief. Thank you one and all. Before I finish I must mention Dorothy Pratt who foolishly expressed an interest in being in the show. (Just as an extra you understand). She ended up with two parts, even singing solo, and she was brilliant, stepping in as she did at the last minute. We have to say good bye to Christopher Mells who joined us some years back and to Emma Hopkins who has been with us from the start. They are both off to University. We wish them every success and will miss them very much as they are two smashing young people.

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News from the Surgery

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can be changed as long as the numbers stay fair.

A to F ----- Dr Lumb
G to K ----- Dr Tedd
L to O ----- Dr Buckley
P to Z ----- Dr Hunt

We will continue to run an open list and you will have access to any GP of your choice depending on availability. In reality we have been operating named GPs here for some time-but not formally, so nothing is likely to change. If you have any issues concerning this allocation please contact our reception staff who will be pleased to help you.

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PEOPLE'S HALL 2 ANNUAL GENERAL MEETING
The AGM was held on 7 April 2014 and the following persons were elected as Trustees for 2014/15. Dr Gina Barney, Mrs Elspeth Griffiths, Dr Sean Hobson, Mr Steve Longlands. [There are three vacancies.] The following eleven persons were elected as Representative Trustees for their user organisations: Mr Ron Gerrard (Art Society), Mr David Hendrickse (Christian Centre) , Mr Ian Hutt (Flicks in the Fells), Mrs Sandra Longlands (Gala Committee), Mrs Kathleen Swift (Ladies NFU), Ms Sandra Gold-Wood (Pulse Community Gym), Messrs Ben Close

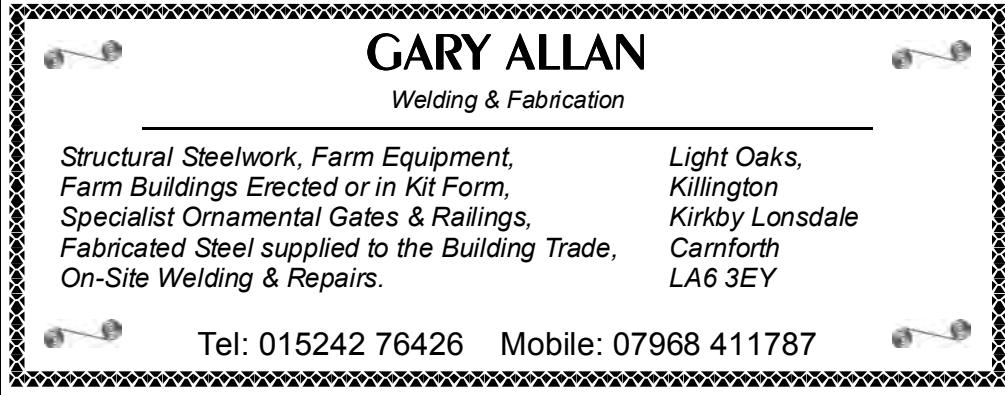
& Thomas Gardner (Sedbergh Wanderers Football Club) , Mrs Anne Petyt (Sedbergh WI), Ms Gillian Rea (Spellbound Theatre), Dr Hilary Hodge (Town Band).

At the following Management Meeting the following officers were elected: Chair: Steve Longlands, Vice Chair: Sandra Gold-Wood, Treasurer: Sean Hobson, Secretary: Gina Barney.

REDEVELOPMENT

THE GYM

We are pleased to report that under Sport England's Inspired Facilities programme that the People's Hall has been awarded just under £40k towards the cost of the building. (See



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official announcement elsewhere in this issue of Lookaround,) These monies will be added to funds already available with the Pulse Community Gym to meet much of the costs of the project. As you read this plans are being produced to obtain YDNPA planning permission and work should start before the end of the year.

THE HALL FRONT

We are pleased to report that the Big Lottery has awarded the People's Hall just under £10,000 to assist in the refurbishment of the front of the Hall. As a result of the award to the Gym mentioned above another £10k of matched funding is available. The Hall is seeking other funding and is pleased to report that the Sedbergh United Charities has granted £1,500 towards the redecorations. Work should start in June 2014.

Friday, 16 May is the People's Hall Quiz night. Doors Open at 7.00pm Please come for some fun.

Dates for your diary

Saturday, 21 June Old Time Dance with Denis Westmorland

Wednesday 24 September Coffee Morning in URC rooms. Dr G Barney

DENT GALA

Dent Gala is, as ever, on 25th August Bank Holiday Monday. It will not be cancelled. It will happen. It is NOT and has no connection whatsoever with the Dent Show.

PLEASE help us to get the message out there. People get confused. You now know DENT GALA is going to happen, and when. Please share that information.

Planning has begun. You do not have to be on the Dent Memorial Hall Trustees to be involved with the Gala. We accept NO commercial stalls or sideshows, ALL money raised is for the village Hall. For further information or to offer help please ring me, Sarah E Woof on 25212.



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SEDBERGH BEAVERS & CUBS

Here is a catch up with what Beavers have been doing.

Last term we had a few new beavers start, they have settled in and seem to be enjoying the evening.

We have done the Creative activity badge, Imagination activity badge, health and fitness activity badge and the Creative challenge badge.

We have built models with art straws and pipe cleaners. Played games and learnt why exercise is good for you. We did an experiment with milk, washing up liquid and food colouring,

which the kids loved.

10 beavers have earned the Chief Scout Bronze award which is the highest achievement for Beavers.

6 Beavers are moving up to Cubs, we wish them well and hope they have as much fun as we have at Beavers.

We have 4 new Beavers joining us this term.

I would like to say a big thank you to Georgie for all her help with Beavers, she is leaving us as helper because of us changing nights.

We have started this term with a



joint trip down to The Freemason Lodge at Kirkby Lonsdale to say 'Thank You' for a start up grant, which we bought the Beaver flag with.

I would also like to say a very big Thank You to Sedbergh Freemasons and Dennis Whicker for the further donations we received while on the visit. The money is a great help to us and will go towards our trip to Scout camp in the summer holidays.

Beavers is now on a Wednesday night 5.30-6.45pm. If your child is 6yrs or turning 6yrs shortly please get in touch if they would like to join Beavers.

Thank you again to everyone involved with Scouts for their support.

Trish, Beaver Leader

Here is a catch up with what Cubs have been doing.

As we begin the Summer Term, 1st Sedbergh Cubs are looking forward to warmer weather and opportunities to explore the fantastic location we are lucky enough to call home. We will be further developing our map reading skills, having a go at Canoeing and working towards other badges too.

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Just prior to the Easter Break the Beavers joined forces with the Cubs to undertake a brilliant Egg Hunt, finishing with lots of eggs and sweets to take away.

We were also fortunate to have had the doors to the Sedbergh Freemason Lodge (which now meets in Kirkby Lonsdale) opened for us, we were welcomed in and we had a fascinating experience with detailed explanations of the roles they carry out to assist the communities they are involved in. We were also given an explanation of the Masonic 'Banners' after some money from the Freemason Grand Charity was put towards getting a new Flag. This generosity was the driving focus for our visit as both the Cubs and Beavers have received money to help get the colony and pack started. The pack also received 2 Donations from the Master of the Lodge and Dennis Whicker towards funds

If you would like any further information about joining in with Cubs or volunteering anywhere in the group, please get in touch.

Toby, Cub Leader

SEDBERGH TOWN BAND Tribute Concert

On Sunday 23rd March at 5.00pm in Powell Hall a "Tribute Concert" for Alan Lewis was given. The forty five strong band that took the stage comprised a mixture of mainly current and former Sedbergh School pupils.

A stunning concert of the highest standard thrilled the large audience gathered in this imposing location to pay tribute to the man whose brass expertise (performer, arranger, composer and director) has left such an impressive legacy for school and town alike. The close ties established by Alan can be identified by the number of performers on Sunday who are also, or have been, players in the Sedbergh Town Band: Geordan Moss (solo cornet), Toby Weatherall (Horn), Tom Skelhorne (trombone and pipes), Matt Wilson (percussion), Jerry Yang (percussion) together with the whole of the euphonium section, James McLoed, Jack Telfer and Stuart Shields. (James, a recent finalist in the Young Musician of the Year contest, is now rated one of the world's top euphonium players. Stuart will be remembered as a former peripatetic music teacher of the Sedbergh School staff who played regularly with the Town Band exhibiting both brass and vocal talents).

Finally congratulations to Paul Gray on welding this large band into an accomplished unity in the short time

at his disposal. Paul also performed with the Town Band (cornet) and conducted and coached during Alan's illness.

A retiring collection was held for the Royal British Legion. GRB

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72 MAIN STREET

The Cumbria Crime and Police Commissioner, Richard Rhodes, visited Sedbergh on Monday 14 April to officially open the new Community Policing Base above the Information Centre. He is pictured with Police Community Support Officer Danielle Ayers and Tony Reed Screen Chair of the Trustees of 72 Main Street.

Tony Reed Screen



MAIN STREET WAVEMAKERS – 3

Avril Whittle

To the manner born entrepreneur, Avril Whittle has made more impact on the shape and content of Main St than most. *Sleepy Elephant*, in on the ground floor of the whole Booktown initiative, the chance meeting that encouraged the Westwoods to think of rooting in Sedbergh with all that that produced, and now her own latest outlet, *Patch and Fettle* in its second manifestation.

And restless too! As many involved in armed service family life well know, regular upheaval is the name of the game in terms of schooling, house movement – as she says herself: ‘I could house-move for England’. Leaving school early stopped dreams of Architecture – but her early library work fuelled a growing and compulsive love of books. She was not deterred early on from one dealer’s sour remark that her shelves were worth more than the books on them. Certainly not true now! But through books, she came to the discovery of the Arts and Crafts Movement, which awakened a lifelong interest in interior design, decoration, the fitness of the right things in the right places. Hence the clever shops she has run.

They have that quiet serendipity that makes punters smile in recognition, linger, and in their mind’s eye rearrange their own homes with what they see. Her advice is to the point, and expert, her customer base wide, and her stock brings people in from

well outside the Sedbergh area, or snares those who come to this lovely part of the world to relax, to walk, to browse. Any shrewdly thought out Main St must have such oases to dawdle in as well as satisfying the more immediate needs of food and drink. Indeed, the two sectors have to operate together.

The location of the new P&F is subtly ideal: car park across the road, the Howgills above, and a bit like Avril herself, always eager for the opportunities at the next crossroad.

Stuart Manger

SEDBERGH PLAYGROUP

Open Day

Sedbergh Playgroup are having two open sessions during May, for anyone with children attending the group or considering sending their children in September. This will give parents, grandparents, carers etc the opportunity to have a look around the setting and chat with members of staff.

We had a visit from Ofsted during March and are proud to announce we received a glowing report and a ‘good’ accreditation. We would love you to come along and see for yourself the work we are doing with the children, and the projects we have in progress.

The sessions are Thursday 22nd May from 5pm – 8pm and Friday 23rd May from 12pm – 3pm. There will be refreshments and nibbles served at The Spooner Room, Settlebeck High School, Long Lane, Sedbergh.

Becky Gubbins

CUMBRIA ACTION FOR SUSTAINABILITY

*Green Open Homes South Lakes,
Saturday 3rd May*

Local charity Cumbria Action for Sustainability (CAfS) is running an open homes event in the South Lakeland area on Saturday 3rd May where people can visit houses with energy saving and renewable energy installations.

Visitors will be able to see at least five houses across Kendal, Killington and Staveley area with a variety of renewable energy technologies and energy saving products including: biomass wood pellet boilers, solar photovoltaics (electricity), solar thermal (hot water) and a proposed hydro-electricity site. The houses include a new-build built to passivhaus standard, a timber frame extension to a Georgian terrace, a number of renovations and a barn converted into a delightful multi-level house. The event, which is part of the Centre for Sustainable Energy's Green Open Homes network, is on the afternoon of Saturday 5th May.

The open homes will be centred

around a central information 'hub' at the Castle Street Centre where visitors will be able to get information on all the open houses, speak to local suppliers of renewable energy systems and environmental and sustainability groups, get energy saving advice and find out how to arrange a Green Deal Assessment or an Energy Performance Certificate.

Visitors will be shown around the properties and will be able to talk to the homeowners to ask all those unanswered questions - how much it costs, how much it saves, how long it took, the upheaval, has there been a change in lifestyle, and any planning considerations.

The homes are free to attend. Full details, including opening times, directions and full information on each of the homes will be available at the Hub at the Castle Street Centre or in advance on the CAfS website www.cafs.org.uk/events, or by calling 01768 210 276.

Georgina Byles

MAY GARDENING

Last month I had a brief stay on the west coast of Scotland, and visited a National Trust garden called Crarae. Crarae is a woodland garden, filled with a variety of plants many of which were collected from China by a chap called Reginald Farrer – a man who actually came from Clapham, near Ingleton, but whose Aunt had a grand estate in Glasgow and a country residence near to Inverary. (Incidentally, some might remember Reginald Farrer's descendant, Dr

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Farrer , who was the school doctor at Settlebeck, and the baby clinic doctor in Sedbergh in the late 1950's and early 1960's.)

Many of the interesting plants in flower at Crarae in April and May are species of *Rhododendron*. They range from the small leaved species such as *R. lutescens* which has dainty, pale yellow flowers, and *R. augustinii* (soft mauve blooms), through the waxy leaved and flowered forms of *R. cinnabarinum* (red, orange and yellow flowers), to the felted backed, rust coloured leaves of *R. fulvum* (pale pink flowers with a crimson blotch at the throat) and *R. arboreum* (bright red), to the most impressive largest leaved species – *R. macabeanum* which has deeply veined, glossy dark green leaves a foot long and 9 ins wide. (at first glance, it could be mistaken for a rubber plant). Interspersed with these are giant *Magnolia* trees bearing enormous, sugar pink flowers, the shape of waterlilies (*M. campbellii*) and glossy Camellias with flowers of white, pink and red. Crarae garden has similar soil (rocky and acid) to many of our Lake District gardens, and the National Trust garden at Stagshaw near Ambleside has many of the same species and is well worth a visit this month.

Elaine Horne

SEDBERGH & DISTRICT CIO
Let me introduce you to the Sedbergh and District Charitable Incorporated Organisation or 'CIO' which is the charity that Sedbergh

people have set up to generate and support charitable projects and activities which benefit the community including stewardship of 72 Main St now that it is owned by the community via the charity. We are registered with the Charity Commission, and the charity is administered by Trustees elected by its Members – and Members are what we are looking for.

Membership is free (yes, free!) and open to any resident of Sedbergh and District, principally, but not exclusively, the parishes of Sedbergh, Dent and Garsdale.

Members have no obligation to participate in the activities of the CIO unless they so wish and have no personal liability to settle any debts of the CIO. They are entitled to a voice and a vote at the Annual General Meeting, including the election of Trustees.

All of the work that is done through the charity goes back to the community and we want the community to feel that they are part of the charity and so we need more members.

GRAHAM J MOFFAT



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You can pick up an application form from the Information Centre and register as a member in a few moments, and when you are there have a look at what's going on – the Parish Office, the Police office, the History Society, the volunteers helping people day to day with Information and local knowledge, the Western Dales bus. There's plenty going on and more to do so please join up and be a part of something good and positive in the community.

Please return the completed form to: Sedbergh and District Information Centre, 72 Main Street, Sedbergh, Cumbria, LA10 5D.

Ian Cockburn

FRESH START
The evening out which might change your life!

Women in Cumbria are being invited to take part in an evening event organised by local charity, ACTion with Communities in Cumbria (ACT). Designed to be fun and inspiring the Fresh Start events are being held around the south of the county and the Sedbergh one is at the Bull Hotel



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on Thursday 12th June from 7.00 pm to 9.00 pm.

Fresh Start will encourage women who might want to make a change in their lives to think about what they're good at and what they might want to do next.

ACT's Project Team Manager, Julia Wilson, said "We're hoping that any woman who feels like doing something different will come and join us for some inspiration and confidence building; you might want to get fitter, take up a new hobby, learn a new skill or find a new job. Whatever it is, we will be helping you to set some goals and take your first steps.

The event is free although booking is essential. To book a place, please contact Dani Hudson at ACT on tel: 01768 869511 or email: danihudson@cumbriaaction.org.uk or download the booking form from www.cumbriaacton.org.uk.

There is also more information available on the Fresh Start Facebook page www.facebook.com/cumbriafreshstart

Julia Wilson



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DENTDALE PARISH PLAN

Are you interested in the future of Dentdale?



Dent Parish Council wish to further develop their parish plan (published in 2008) to provide a **community-led plan** for Dentdale covering the next 5 years.

We are looking for volunteers to:

- Join the steering committee
- Participate in working groups
- Help with distribution of surveys, reports, newsletters

Please consider how you can help and if you want to know more contact Andy Stephenson, Dent Parish Clerk on 01539621487 or dentparishclerk@live.com

This is an opportunity to be involved in shaping the future of the community in Dentdale.

*Andy Stephenson,
Clerk to Dent Parish Council.*

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ARTISAN MARKETS
Stalls Available for the Sedbergh

Artisans Markets

Following on from last years success the Chamber of Trade and Business with the Information Centre is organising a series of Saturday Markets on Main Street which we hope will provide some enjoyable family occasions for the people of Sedbergh as well as attracting visitors to the town.

The markets will be held on the 31st May, 5th July, 26th July, 23rd August and 20th September between the hours of about 10.00am and 4.00pm to sell all sorts of crafts and produce.

If any of you established or budding artisans etc would like to take a stall or part of a stall (they can be shared) – can they get in touch with either Laura Rosenzweig, Barbara Hartley or Andi Chapple – the more stalls we have the better and more fun the event will be.

The stalls will cost as follows:

- One approx. 3m x 3m gazebo with up to two tables £18.00 (gazebos will have at least two covered sides in case of inclement weather)
- For two events the fee will be £15.00 per event.
- For three or more events the fee will be £12.00 per event.

Laura Rosenzweig at ltr@laurasloom.co.uk, tel: 015396 22043

Barbara Hartley at barbara@garsdaledesign.co.uk, tel: 015396 20875 (office hours), or Andi Chapple at office@sedbergh.org.uk, tel: 015396 20504 (office hours)

6 MUDDY MILES

Thank you all so very much, to those of you who were so kind as to sponsor me for **Sport Relief**. On March 23rd I took part in the fund-raising event held at the KLRUFC grounds. It was a glorious day with big blue skies, emerald grass and very bright daffodils – which was at least compensation for the underfoot conditions. The previous day had been quite wet, so the rugby pitches were a little – er – waterlogged! For the handful of runners that were doing the 6-mile challenge this meant we had to do 6 laps of the perimeter of the rugby club with calf and ham-string sucking mud all the way.

My efforts were very small in



comparison to Davina McCall. All the same I was delighted to finish as "First" [and only woman] doing the 6 miles - we will not talk about the time. I was just delighted to finish and achieve the challenge. In the process I have raised £599 to date. Amazingly this has put me in the top 38 of all individual fundraisers for the "Sport Relief Mile". I could not have done

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this without the very generous contributions from you friends and family as far afield as North and South Island - New Zealand, Houston – Texas, Sheffield and Shap such exotic locations!!

So far Sport Relief has raised over £53,370,743 this year!!! The money is used both here in the UK and abroad, especially to help vulnerable young people. In the UK projects such as helping the young homeless and those subjected to domestic violence. Abroad projects are aimed at providing safe drinking water and vaccinations; reducing the exploitation, abuse and violence against the young. All of which are very noble and humanitarian

objectives. If anybody would like to add further donation, you can do so by visiting the website of Sport Relief [www.sportrelief.com/sponsor & donate/sponsor someone/kay whittle](http://www.sportrelief.com/sponsor&donate/sponsor%20someone/kay%20whittle)

Kay Whittle

SEDBERGH CRICKET CLUB

A massive thank you from the Cricket Club to all who came and supported the bingo night. To all who donated raffle prizes, to Dean Hunter for calling the numbers and to the lovely Mr Dennis Whicker for his generous personal contribution to the cricket club, which is very, very much appreciated. Thanks Again.

Also, a big thank you to Graham Milburn of G. S. Milburn Ltd and

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David Labatte for their preparation of the cricket square in readiness for the forthcoming season.

Karen Troughton

SEDBERGH SCHOOL SPORTS

Individual Achievements:

Chay Turner Richards (Powell House) competed in the RYA National Youth Championships

Charlie Gowling (School House) played for the England U16 XV v Scotland (*capped*).

Max Davis (**Evans House**) played for England Saxons U16 XV v Italy (*uncapped*)

Lucy Thomson (**Lupton House**) played for Scotland U19 Lacrosse in the Home Internationals

National Fives (St Paul's, London)

A pleasing performance, with the majority of players making good progress in the tournament given that they tended to be a year young for their age group. Tom Robinson

played well in the seniors to reach the last 16 in the Cup, whilst the pick of the Colts results was George Hollings' and George Bentley's narrow loss in the quarter final of the Cup doubles.

National Sevens (Rosslyn Park, London)

U16 VII did really well to reach the quarter finals of the cup. They were outstanding on the first day but just fell short in the quarter final on day two.

1st VII did really well on the first day beating every team comfortably and only conceding one try. Sedbergh met Millfield in the knock outs stages of the cup and lost to a better team. Millfield went onto win whilst Sedbergh cruised through to the final of the plate only to lose narrowly to Woodhouse Grove.

Army Super Tens

Sedbergh did extremely well indeed. The boys showed incredible



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resilience; having run ten miles on the Tuesday, seven games of rugby in London on Thursday and Friday they then performed very well on the weekend in Worcester. They reached the knock out stages of the cup and narrowly lost to RGS High Wycombe in the semi-final. They won the playoff v Kirkham in the Warriors stadium and came 3rd overall. A great tournament.

Shooting; Bisley (pre-season before the Nationals this summer)

The weather forced an early finish on the second day, it was decided that if Lewis Smith (veteran of the epic Easter Bisley 2013) thought the conditions were not conducive to

good shooting then perhaps we should take a literal 'rain check.' But not before Sedbergh took gold in the Malvern Cup B Class competition against Epsom. On Easter Monday the team tackled the summit of target rifle shooting at Bisley, hitting the bull at 1,000 Yards. They attempted to do this from the prone (laying down) position, without any support for the rifle, other than a sling and using open sights (we don't use telescopic sights). If you need an analogy for what the pupils are attempting it is equivalent to laying on Winder House Lawn and hitting a small dinner plate on the roof of Evans House!

Amy Grace

YORKSHIRE DALES NATIONAL PARK

New Members for National Park Authority

Three new faces have been welcomed to the Yorkshire Dales National Park Authority (YDNPA).

Secretary of State for the Environment, Food and Rural Affairs Owen Paterson has appointed Julie Martin and Steve Macaré (correct) to the Authority while Stuart Parsons has been appointed by Richmondshire District Council, filling a vacancy left by the death of another Member, Bob Gale, last year.

Nick Oldham

SEDBERGH GALA 2014

Saturday 17 May is the 50th anniversary of Galas in Sedbergh. The Committee is planning a programme of attractions to draw in the crowds, including traditional games for all the family. The theme is Fifty Golden Years and we hope that many will take part in the customary procession from MaryFell to Lupton Field and that our – sometimes uncertain - weather will come up trumps with a golden day. So let's have a great turnout on this special anniversary.

DENTDALE CHRISTIAN FELLOWSHIP

Once again we shared a wonderful time together hearing Linda Robinson talk about her faith, her walk with God and His many blessings, then we crowded around the table for supper. Our April lunch again saw a full table,

both food and people, and great fellowship. Meeting the 4th Sunday evening for testimony and praise and meeting one Sunday lunch time we are not a "closed group", others are very welcome to come.

*John & Sarah Woof
"Rhumes" Dent. 25212.*

NORTH WEST CANCER RESEARCH

The Sedbergh Committee of North West Cancer Research would like to thank everybody who supported The Coffee Morning in The URC Rooms on Wednesday April 2nd. The magnificent amount of £287.35p was raised for this very necessary & worthwhile cause. *Hazel Jackson*

EDITORIAL

One of the things that has always been close to my professional heart is the speed of vehicles on roads. Last month, Jacky & I had a trip to Somerset which we thoroughly enjoyed for many reasons. However, while viewing the local news, we were drawn to a report called 'Think Amy' which is about a 13 year old girl called Amy Hofmeister who was killed while riding her push bike in Taunton by a speeding motorist who was subsequently jailed with another driver. They in due course will be released but Amy's mother will never be released from her Sentence and has set up a Web Site www.thinkamy.co.uk and a Campaign to get drivers to **SLOW DOWN**. I reiterate the plea, **SLOW DOWN**.

Dennis J Whicker

COMMUNITY OFFICER REPORT

22/03 RTC on A684 involving 1 vehicle.

26/03 RTC on A684 near Firbank Road. Car vs telegraph pole.

26/03 An assault was reported to us. 30/03 Unfortunately, there was a fatal RTC on the A684 near Langston Fell, involving a motorcycle and a car.

31/03 A large arctic lorry got stuck on the small bridge at Cowgill, and required police assistance.

02/04 Anti Social Behaviour was reported to us, as youths had been spotted climbing on the roof of Settlebeck School. All parties spoken to by officers.

06/04 Highway disruption. Cyclists

were reported to us for undertaking vehicles on Joss Lane. This was an organized cycle time trial in the area, and marshalls were spoken to by officers.

06/04 RTC on A684 near Killington Reservoir involving two vehicles. No injuries.

11/04 Road related offence. A car was reported to us doing wheel spins on Busk Lane. Driver not found, observations were passed on to other patrols.

12/04 Graffiti was reported to us in the local park in Sedbergh. It has since been removed.

13/04 An intruder was reported to us located in a caravan at Black Eset Wood. Officers attended but no one was there on arrival. No damage, nothing taken.

16/04 Highway disruption. Car reported blocking access to a gateway on Back Lane. Car moved on, passing attention is being given to this area.

Please note: Our new police base is now open in Sedbergh. We are located at 72, Main Street and anyone who would like to discuss any issues regarding your community please don't hesitate to come and approach us. We are thoroughly delighted that we now have a community office to work from which is in the heart of Sedbergh, and look forward to engaging with as many members of the community as possible.

Danielle Ayers CSO 5329

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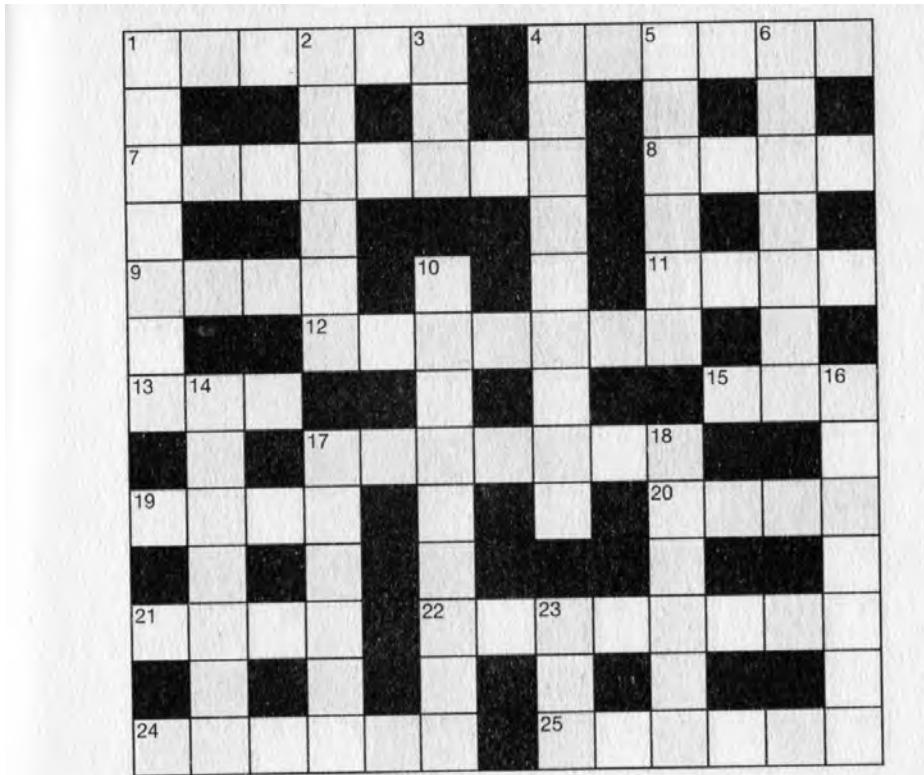
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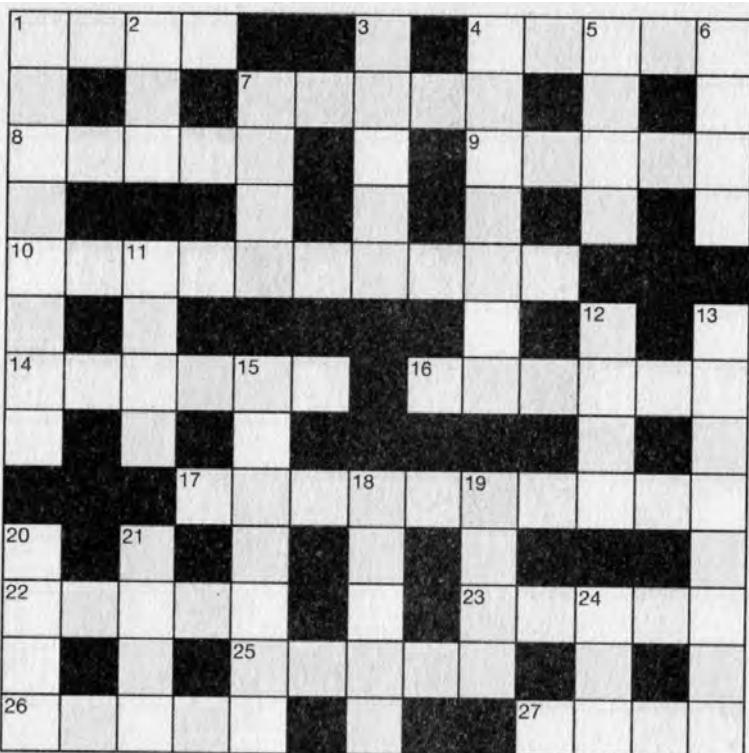


ACROSS

- 1 Passionate (6)
- 4 Raw recruit (6)
- 7 Arranges in order (8)
- 8 Kind, sort (4)
- 9 Minor chessman (4)
- 11 Alcoholic drink (4)
- 12 Thrash (7)
- 13 Father (3)
- 15 Domestic animal (3)
- 17 Sweepstake (7)
- 19 Abominable snowman (4)
- 20 Island in the Med (4)
- 21 Despatched (4)
- 22 Time-limit (8)
- 24 Home of a Hindu holy man (6)
- 25 Showy and cheap (6)

DOWN

- 1 Leaked from a container (7)
- 2 Natural aptitude (6)
- 3 Child's bed (3)
- 4 Answers (9)
- 5 Thick, stupid (6)
- 6 Become better (7)
- 10 Principal port of
The Netherlands (9)
- 14 Timeless (7)
- 16 Calamity (7)
- 17 Refuse (6)
- 18 Primary colour (6)
- 23 Knack (3)



ACROSS

- 1** Rodents (4)
- 4** Diminish (5)
- 7** Reflect light (5)
- 8** Single-masted vessel (5)
- 9** Asian country (5)
- 10** Spectator's hall (10)
- 14** Long thin rod used to clean gun barrel (6)
- 16** Papal messenger (6)
- 17** Eating establishment (10)
- 22** Cutlets (5)
- 23** Lay to rest (5)
- 25** Build (5)
- 26** Banish, expel (5)
- 27** Good Queen (4)

DOWN

- 1** Kill in large numbers (8)
- 2** Dove's call (3)
- 3** Stringed instrument (5)
- 4** Discourse (7)
- 5** Bide one's time (4)
- 6** Loud deep hoarse sound (4)
- 7** Saliva (4)
- 11** Titled lady (4)
- 12** Given information (4)
- 13** Newspaper articles (8)
- 15** Supervise (7)
- 18** Fatigued (5)
- 19** Kitchen cupboard (4)
- 20** Measure of ground (4)
- 21** Edible seafish (4)
- 24** Drawn game (3)

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		8	9					
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9	8					6		
	3			8	6	9		
	4	7						
			6	2				



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB* e-mail: enquiries@theoldjoinery.com	20309
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) 1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW	21789
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) 1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB: e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail: stay@drawellcottage.co.uk	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) 1D; 1T; 1S; TVL; CH; NS; NP*; P; DR Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) 1D; 1T; TVL; CH; DW; P; DR; VB e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	01969 667356 Sleeps 2; D; CH; TVL; P; NS; DW
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Self-Catering Sleeps 6-8
Borrett Barn Flat, Marthwaite, Sedbergh (2014/05)	21175 Sleeps 4 people; D; T; CH; L; P; NS
Mrs Tallentire	Ingmire Hall, Sedbergh (2013/02)..... D & PB Flat; £395 pcm; References & Deposit required

KEY

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

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0740 (C)	0817	M - F	564	GPS	0825	0858	M - F	564	GPS
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1002 (C, H)	1044	M - S	564	GPS	1055 (C)	1128	M - S	564	GPS
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	WDB	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	GPS
1310 (C)	1347	M - S	564	GPS	1425 (H)	1500 (L)	Sat	564A	WDB
1545	1620	M - S	564	GPS	1625 (C)	1658	M - S	564	GPS
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0855 (L)	0932	M - F	564	GPS	0705	0740	M - F	564	GPS
1125 (L)	1202	M - S	564	GPS	0935	1002	M - S	564	GPS
1440 (L)	1505	M - S	564	GPS	1235	1310	M - S	564	GPS
1655 (L)	1732	M - S	564	GPS	1510	1545	M - S	564	GPS
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0825	0840	Sat	564A	WDB	0950 (CG)	1000	Wed	548B	W
1330	1345	Wed	564B	W	0910	0925	Sat	564A	WDB
1500	1515	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1650	1705	Sat	564A	WDB	1615	1630	Sat	564A	WDB
1840 #	1855	Sat	564A	WDB	1740	1755	Sat	564A	WDB
Dent to Dent Station					1930 #	1945	Sat	564A	WDB
Dent to Sedbergh					Dent to Sedbergh				
0840	0855	Sat	564A	WDB	1000	1015	Wed	548B	W
0950	1005	Sat	564A	WDB	1035	1050 (L)	Sat	564A	WDB
1345	1355 CG	Wed	564B	W	1630	1645	Sat	564A	WDB
1515	1530	Sat	564A	WDB	1755	1810	Sat		WDB
1705	1720	Sat	564A	WDB	1945 #	2000	Sat		WDB
1855 #	1910	Sat	564A	WDB	Last Update: June 2013				
L = Sedbergh Library					H = Via Westmorland General Hospital (Request Only)				
C = Via Kendal College					CG = Cowgill				
W = Woof's of Sedbergh					WDB = Western Dales Bus				
GPS = Grand Prix					# = British Summer Time Only				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
All times from Sedbergh are from and to Thorns Bank unless stated (L)					For Comprehensive up-to-date information ring :- Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)				

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

	Until 19th October 2014						
	Shaded journeys and trains operate only from 18th May to 7th September inclusive						
	Sundays			Bank Holiday Mondays			
Sedbergh Dalesman	1000	-	1735	-	1000	-	1850
Dent Car Park	1015	1100	1750	1845	1015	-	1905
Cowgill	1028	1113	1803	1858	1028	-	1918
Dent Station	1030	1115	1805	1900	1030	-	1920
<i>Trains from Leeds to Carlisle</i>	1037			1908	1017		1934
<i>Trains from Carlisle to Leeds</i>	1040		1816				1927
<i>Trains from Blackpool to Carlisle</i>		1102					
<i>Trains from Carlisle to Blackpool</i>				1913			
Dent Station	1045	1118	1825	1920	1045	-	1940
Cowgill	1047	1120	1827	1922	1047	-	1942
Dent Memorial Hall	1100	1133	1840	1935	1100	1133	1955
Sedbergh Library	-	1148	-	1950	-	1148	2010

Western Dales Bus Sunday Service to & from Farfield Mill			
Forward Journey			
Dent Memorial Hall	1133	1358	1643
Sedbergh Dalesman	1148	1413	1658
Return Journey			
Farfield Mill	1157	1425	1707

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/08	Mrs Leigh	Sed:	20794
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	01/09	Mrs Whitton	015242	72004
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Queen's Gardens	01/09	Mr Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap *	05/14	Mr Richardson	01772	561323
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Dent	01/09	Mr Hyde	Dent:	25503
Cricket Club - Sedbergh	01/09	Mr Hoggarth	01539	731140
Cub Scouts	02/14	Mr Hubbard	Sed:	20028
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club - Sedbergh	06/09	Mr Kirby	Sed:	21214
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665

Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	01/09	Mrs Donaldson	07967	972160
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	01/09	SOS	Sed:	20788
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	01/09	Mrs Gunning	Sed:	20226
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	02/09	Mrs Foott	Dent:	25453
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	01/09	Mrs Storey	Sed:	21593
Sight Advice South Lakeland	12/10	Mrs Levitt	Dent:	25162
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	02/11	Mrs Smith	Dent:	25688
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	12/09	Mrs Wilson	Sed:	20238
Young Kidz	01/09	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	08/12	Ms Gardner	Sed:	20570

* = Latest Amendments

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

CHURCH SERVICES MAY					
St. Andrew's	4th	11th	18th	25th	
8.00 am	HC CW	HC BCP	HC BCP	HC BCP	
10.30 am	HC CW	Parish Comm Sunday School	HC CW	Mattins	
6.30 pm	EP	EP	EP	EP	
Wednesday	7th	14th	21st	28th	
11.00					
St. Mark's	4th	11th	18th	25th	
9.30 am	HC		MP		HC
2.30 pm					
St. John's	4th	11th	18th	25th	
9.30 am	MP		MP	HC	
LUNE PARISH SERVICES					
	4th	11th	18th	25th	
Holy Trinity Howgill	10.30 am Joint MP Killington	2.00 pm Joint HC Killington	2.00 pm Joint Lambing Service Howgill	2.00 pm Joint HC Firbank	
St John's Firbank					
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	4th	11th	18th	25th	
St. Andrew's	10.30 am HC	10.30 am HC *	10.30 am HC		
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	4th				
People's Hall	1030				
HC = Holy Communion		SS = Sunday School			
BCP = Book of Common Prayer		MP/EP = Morning Prayer/Evening Prayer			
CW = Common Worship		M&P = Meditation & Prayer			
PC = Parish Communion		NSV = New Sedbergh Version			

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
Sunday 08.00, 10.30 & 18.30
Wednesday 11.15

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754
www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00
Holy Days 19.30

Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30

Rev. H. Stuteley Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. C. Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. A. McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843
Garsdale: Mary Grant 20573
& Bill Mawdsley 20723
Firbank: Colin Wilson 20952
& Jean Dixon 20435
Howgill: Mary Stainton 20426
& Dorothy Parker 20493
Killington: Jennifer Thornely 20444
& John Mather 015242 76333

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;
Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrow

Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE

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

worship@peopleshall

10.30 am 1st Sunday each month

Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Wednesday 19.30

Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

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Double Column x 3"	= £20.00
Double Column x 4"	= £25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00
Postal per month	= £2.00
Postal Overseas	= £4.00

All enquiries to
13 Kings Yard, Sedbergh LA10 5BJ
Adverts by 15th of every month.

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

Articles etc. by 19th of every month

Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 19th March 2015

MAY			
1 1300 SS Cricket v Rivington School	SS	22 1700 Parish Council Elections	PH
1 1930 WIH Guiding at Dalemain	HVH	22 1700 Playgroup Open Day	SSAT
3 Green Open Homes (8)	BRK	23 1200 Playgroup Open Day	SSAT
3 1000 Ring the Church with Silver (7)	StAS	23 1345 Blood Donor Session	PH
3 1200 May Day Fair (7)	DMH	23 1700 Blood Donor Session	PH
3 1330 SS Cricket v Ampleforth	SS	24 1000 FOSHC Coffee Morning	DMH
3 1900 Flicks in the Fells - Mandella	PH	24 1400 Open Garden (24)	Broadfield, Dent
4 1200 SS Cricket v Cumbria	SS	25 1400 Open Garden (24)	Broadfield, Dent
5 May Day	SS	26 Spring Bank Holiday	
7 1000 Coffee Morn Dent & Sed Oral Society	URCR	26 1930 Duck Race & Coffee Evening	HVH
7 1430 SS Cricket v Lancaster RGS	SS	28 1000 Coffee Morn - Multiple Sclerosis (28)	URCR
8 1130 SS Cricket v MCC	SS	29 1745 Killington Sports (29)	BFK
8 1200 Lunch Club	Red Lion	30 Holker Show	
8 1915 Royal British Legion	WHC	30 1930 Mewses Choir (30)	Middleton Church
10-17 Christian Aid Week	URCR	30 2000 Cricket Club 70's & 80's Night (31)	WHC
10 1000 CA Coffee Morning (10)	DMH	31 1000 Artisan Market (32)	Main Street
10 1000 Christian Aid Shop (10)	URCR	JUNE	
10 1130 SS Cricket v Manchester GS	SS	1 - 15 Music Festival (55)	Sedbergh
10 1400 MC Jumble Sale (11)	PH	1 Holker Show	
11 1000 Christian Aid Shop (10)	URCR	4 1000 Coffee Morning - Howgill WI	URCR
11 1200 SS Cricket v Cumbria	SS	4 1330 SS Cricket v XL Club	SS
12 1000 Christian Aid Shop (10)	URCR	4 1930 Town Band Concert	StAS
13 1000 Christian Aid Shop (10)	URCR	5 1930 WIH Jubilee Flotilla	FCH
13 1400 WIK Resolutions	PH	7 1200 SS Cricket v Bolton	SS
14 1000 Coffee Morning - Christian Aid (10)	URCR	7 1330 HS Sprint Mill Burneside	LHCP
14 1000 Christian Aid Shop (10)	URCR	7 1900 Flicks in the Fells	PH
14 1400 SS Cricket v Rosall	SS	8 0900 Howgill Horror (75)	SSQH
14 1915 WID Resolutions/Handbag to Reticule	DMH	10 1400 WIK Trees	PH
14 1930 Sedbergh Town Band Concert	StJCG	11 1000 Coffee Morning - Garsdale Church	URCR
14 1930 WIS Resolutions & Jacobs Join	PH	11 1915 WID History of Halecat	DMH
15 1000 Christian Aid Shop (10)	URCR	11 1930 WIS Lumps, Bumps & Wobbly Bits	PH
16 SIA Great British Fish & Chips Event	DMC	12 1200 Lunch Club	Red Lion
16 1930 PH Quiz Night (16)	PH	12 1900 Fresh Start	Bull Hotel
17 1000 Coffee Morning	DMC	12 1915 Royal British Legion	WHC
17 1200 Sedbergh Gala (1)	Sedbergh	16 Father's Day	
17 1200 Mini Spring Show (17)	GALA	17 1400 SASL Sedbergh Support Group	PH
17 1330 SS Cricket v Shrewsbury	SS	17 1630 SS Cricket v St Mary's Crosby	SS
18 1400 Playgroup Duck Race (18)	Holme Farm	18 1000 Coffee Morning - WIK	URCR
18 1430 Rose Community Theatre AGM	PH	19 1100 SS Cricket v Durham CCC Academy	SS
19 1930 WI Group Meeting	PH	19 1300 Medical Centre Closed for Training (20)	MC
20 1300 Medical Centre Closed for Training (20)	MC	20 1700 St Mary Church, Wreay	LHCP
20 1400 SASL Sedbergh Support Group	PH	21 1130 SS Cricket v Durham	SS
21 1000 Coffee Morning - McMillan Cancer	URCR	21 1330 SS Cricket v Rosall & Durham	SS
21 1300 HS Bowes Village (21)	LHCP	21 1930 PH Denis Westmorland Dance	PH
		23 1130 SS Cricket v Carey GS, Australia	SS

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

Copies are available from Sedbergh Office Services, Green Door, Premier, Howgills Bakery, Post Office, Spar, Dent Stores & Barbon Inn.

COVER PICTURE
New Road Dent
by Dennis J Whicker

24 1130 SS Cricket v Pembroke, Australia	SS
25 1000 Coffee Morning - Firbank Church	URCR
25 1130 SS Cricket v Kings Macclesfield	SS
28 1000 Coffee Morning - Music & Beer Festival	DMC
JULY	
2 1000 Coffee Morning - Utd Ref Church	URCR
2 1930 Sedbergh Town Band Concert	StAD
3 1930 WIH Members Evening	HVH
5 1000 Artisan Market (32)	Main Street
5 1900 Flicks in the Fells	PH
9 TBA WID Summer Outing	TBA
9 1900 Town Band Concert	Country Harvest
8 1400 WIK Outing to Howarth	PH
9 1000 Coffee Morning - Middleton Church	URCR
9 1700 HS Carlisle Archive Centre	LHCP
9 1930 WIS Wedding Myths & Magic	PH
10 1200 Lunch Club	Red Lion
10 1915 Royal British Legion	WHC
12 0930 SASL Street Collection	Sedbergh
15 1300 Medical Centre Closed for Training (20)	MC
16 1000 Coffee Morning - Information Centre	URCR
18 1400 Strawberry Teas	DMH
23 1000 Coffee Morning - Royal British Legion	URCR
26 1000 Coffee Morning	DMC
26 1000 Artisan Market (32)	Main Street
30 1000 Coffee Morning - Garsdale Village Hall	URCR
AUGUST	
6 1000 Coffee Morning - Howgill Church	URCR
7 1930 WIH Laughter, the best medicine	FCH
13 1000 Coffee Morning - StAS Mission	URCR
13 1915 WID Home, Heart, Heft & Jacobs Join	DMH
13 WIS Summer Outing	
14 1200 Lunch Club	Red Lion
14 1915 Royal British Legion	WHC
20 1000 Coffee Morning - NW Cancer	URCR
23 1000 Artisan Market (32)	Main Street
25 August Bank Holiday	
25 1200 Dent Gala	Dent
27 1000 Coffee Morning - Beekeepers	URCR
30 1000 Coffee Morning	DMC
SEPTEMBER	
3 1000 Coffee Morning - Garsdale Church	URCR
4 1930 WIH Ladies of Holker	HVH
6 1900 Flicks in the Fells	PH
9 1400 WIK Nurture your Artistic Talent	PH
10 1000 Coffee Morning - A&LP Lookaround	URCR
10 1915 WID Artisan Bakery	DMH
10 1930 WIS Makeover Magic	PH
11 0800 Westmorland Show	Crooklands
11 1200 Lunch Club	Red Lion
11 1915 Royal British Legion	WHC
12 1900 FoSMC Quiz Night & Supper	PH

14	Town Band @ Hardrow Festival	Hardrow
16 1300	Medical Centre Closed for Training (20)	MC
17 1000	Coffee Morning - Town Band	URCR
17 1930	Town Band Concert	MiddC
20 1000	Artisan Market (32)	Main Street
24 1000	Coffee Morning - People's Hall	URCR

OCTOBER

1 1000	Coffee Morning - Firbank Church	URCR
2 1930	WIH AGM & WI Advisor	
4 1900	Flicks in the Fells	PH
5 - 7	Singing Carlisle - Settle	Ingleton
7 1400	WIK Sing! Penguin! Sing!	PH
8 1000	Coffee Morning - Utd Ref Church	URCR
8 1915	WID Fashion Show	DMH
8 1930	WIS Decorating a Sponge Cake	PH

DIARY KEY

BF	= Brigflatts
BFK	= Beckfoot Farm, Killington
BRK	= Broad Raine, Killington
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWS	= Craftworkshop 61 Main Street
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Chapel
FCH	= Firbank Church Hall
FM	= Farfield Mill
FOSHC	= Friends of Sedbergh Health Centre
GVH	= Garsdale Village Hall
MC	= Medical Centre
MiddC	= Middleton Church
HS	= History Society
HVH	= Howgill Village Hall
IRC	= Information Resource Centre
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
PH	= People's Hall
RD	= Rhumes, Dent
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
STAS/D	= St Andrew's Church, Sedbergh/Dent
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
SSAT	= Settlebeck School Academy Trust
SS	= Sedbergh School
URC(R)	= United Reformed Church (Rooms)
WID	= Women's Institute, Dentdale
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

01539 718191 (Option 1) 24hr Prescription line

Surgery and Dispensary Opening Hours

Monday – Friday 8am – 6.30pm
(Doors open at 8.15am)

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.00am
(No appointment necessary)
Late Morning – 10.30am -12.30pm
(By appointment only)
Afternoon – 2.30pm – 6pm
(By appointment only)

Surgery by appointment only –

Early Morning Tuesday & Thursday
Late evening Monday & Tuesday

Dent Surgery by appointment only - Monday

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm
(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday afternoons **(By appointment only)**
Dressings Clinic – Friday afternoons
(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm
(By appointment only)

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

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

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

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

DENTAL SURGERY

Main Street 20626
Ben Houghton, Ian Dawson, Wendy Thompson,
Dawn Douglas & Sarah Boum (Hygenist)
Monday to Friday 0900 - 1700
Saturday * 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 TOURIST OFFICE

Main Street 20125
Open Monday to Saturday 1000 - 1600
Sunday 1200 to 1600

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

COMMUNITY OFFICE 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail: office@sedbergh.org.uk

www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

015394 46464

www.cumbriaruralcab.org.uk

PENSION SERVICE SURGERY

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

Age UK SL @ Community Office

1st Wednesday every month

10 am to 12 noon

01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

101 or 999

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY