

Sedbergh & District **LOOKAROUND**

February 2020

Issue 384

Donation £1

Sadly the Mini Market has closed which means we have lost a stockist at that end of Sedbergh. Fortunately Rycrofts have agreed to take over, so a big thank you to them, and a thank you to Angela and the Mini Market

staff for stocking Lookaround over the past years.

Due to a compilation oversight on my part I've had to move the cartoon deep into the information section. Don't forget to look for it! *Ed.*



proudly presents

'Village Voices'

Written by
Helen Leslie Bromley

Friday 13th March People's Hall, Sedbergh 7:30pm

&
Saturday 14th March People's Hall, Sedbergh 7:30pm

Tickets available from early March,
Tourist information, 72 Main Street, Sedbergh

CLOSING DATE: 15th of every month for everything

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD

Mobile: 07464 - 895425

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

Articles

A Child For Dorothy	52
A View From the Fells (Cartoon)	86
B.B.C Young Choir Of The Year Finalists	45
B4RN for Marthwaite	11
B4RN into Sedbergh	10
Carol Singing In Garsdale	29
Christian Aid In Sedbergh	25
Christmas Late Night Opening 2019	37
Climate Emergency	7
Cobweb Orchestra	21
Community Swifts	67
Councillor's Corner	31
Cumbria Wildlife - Greenland	68
Dales To Have New 'Local Plan'	35
Dementia Blog	58
Dentdale - Head To Foot	77
Family Musings	71
Farm Advice Meeting	75
Fund Raising – Air Ambulance	27
Garsdale Parish Council	28
Healthy Steps	13
Hedge Re-laid In The Howgills	75
History Society	56
Howgill Harriers	15
Ladies N.F.U. Ginger Bakers	55
Lakeland Voices	16
Lancashire Cricket Fixture	12
Late Delivery Of Online Goods	40
Lent Lunches 2020	66
Magistrates Issue Fine Over Tree Felling	39
Memories (Photos)	78
Nature (And Farming) Notes	64
Never The Twain . . .	14
News From The Pews	42
Next Stop, The Future	51
Orchestra Concerts	20
Proposed Alterations To The Church	6
Public Transport In Rural Areas	40
Random Thoughts	69
Review - The Bay Horse, Winton	55
Royal British Legion	22
Rural Crime – Neighbourhood Watch	5
Sedbergh Parish Council	30
Sedbergh School	46
Settlebeck News	44
Songsters	19
Sustainable Development Fund YDNP	74
Tearfund Big Quiz Night	27
Tim's Column	33
Town Twinning	38
Upland Farm Grant Update	76
Veterans Christmas – Thanks	25
W.I. Dentdale	60
W.I. Howgill And Firbank	59
W.I. Sedbergh	62
Water Challenges Consultation	77
Weather - December	73
Weather - November	73
Winter Fuel Savings	41
Women's World Day Of Prayer	43

Events

Bowling Club (27th)	27
Cornerstone Community Church (16th)	16
Grief Share (4th&18th)	18
History Society (5th & 19th)	19
Meditation Centre Dent (23rd)	23
Sedbergh Eco Market (29th)	29
Sedbergh Market (Wednesdays)	26
Sedbergh Orchestra (19th Mar)	49
Sedbergh School Choral Society (5th Mar)	48
Spellbound Theatre (13th&14th Mar)	1
Step Out Sedbergh (27th Mar)	57
Weekly Coffee Morning (Wednesdays)	3

Other Information

Advertising In Lookaround	4
Bed & Breakfast	83
Bus Time Tables	90
Car Parking Charges	60
Diary of Events	87
Editorial	79
Groups and Organisations	84
Lookaround Editorial Team	93
Lookaround Information	81
Personal Messages	79
Places of Interest	89
Public Information / Telephone Numbers	96
Puzzle	80
Religious Information	94
Regular Meetings	88
Train Times	92
Useful Telephone Numbers	77

Business Adverts

Able Memorials	32	Kay Whittle	7
Black Bull	36	Killington Marquees	13
Capstick Insurance	8	L.D. Taxis	11
Carl Berry Window Cleaner	75	Laura's Loom	24
Carole Curran	68	Little Owls	54
Churchmouse Café	63	Mathew Cook Stonemason	50
Craig Chamberlain I.T.	58	McGarry Solicitor	34
Cross Keys	14	MK Conversions Ltd	73
Cumbria Stoves	67	Parkin And Jackson	30
Dalton Burial Ground	31	Pennine Outdoor Fabrics	70
David Jermy House And Gardens	41	Peoples' Hall	71
Dawsons Fuels	35	Red Squirrel	62
Dent House For Rent	38	Robert Powell Web Design	74
Duncan Law Plumber	75	Royal British Legion	22
Fascia fitness	12	Ryan Simpson Septic Tanks	21
First 4 Home Improvement	64	S.K. Decorating	45
Footloose	42	Scott Ostle Services	39
Fritz Hrynyk	37	Sedbergh C.I.C.	5
G.J. Baines	9	Sheila Shuttleworth Dressmaker	25
Garsdale Design	43	Smart Design and Print	59
H&M Craftsmen Kitchens	20	Spanish and French Lessons	6
Helping Hand	76	Stephenson And Wilson Builders	6
Ian Higginbotham Painter	40	Steve Hopps Handyman	33
J.E. Wilkinson Builder	69	Stramongate Press	52
J.H.S. Joinery	56	Temptations Craft Boutique	27
J.J. Martin Funeral Director	30	The Head At Middleton	44
Jed's Gardening Services	77	Tooby's Electrical	72
June Parker Acupuncture	15	Treadwell Flooring	21
K.W. Electricals	10	Valerie Hinde Architect	65
		Wools Of Cumbria	26

**Weekly Coffee Morning St Andrews Church
Every Wednesday 9:30am to 12 Noon**

5th February - St Andrews

12th February - VE Day

19th February - St Andrews

26th February - St Andrews



**Groups who would like to run a Coffee Morning
please call Pat Allen on 015396 21545**

Advertising in Lookaround

For advertisers key points to note are as follows :-

- ◊ We will print an advert supplied by you, or we can design one for you.
- ◊ If you supply the advert please give it to us as a MS Publisher file, an MS Word file or a jpeg. We will print adverts supplied as pdfs but the quality may suffer,
- ◊ We accept hardcopy adverts and will try to reproduce them. Please let us know if you require a specific font.
- ◊ Adverts will be printed in the sizes specified below and should be supplied in one of these sizes.
- ◊ We do not print whole page adverts but will print half page adverts opposite each other.
- ◊ If you buy a year's worth of advertising (11 adverts) we will only charge for 10
- ◊ New advertisers buying 3 months or more worth of adverts will get an extra one free
- ◊ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

**Lookaround,
72 Main Street,
Sedbergh,
Cumbria,
LA10 5AD**

Items can also be delivered by hand to Sedbergh & District Tourist Information Centre at the above address (72 Main Street) during open hours, and deposited in the Lookaround Post Box inside the office,

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

Sedbergh & District Lookaround

BACS

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number, your name or reference.

This account is valid from January 2019. No other account details are valid for current payments.

**PLEASE REMEMBER TO
INCLUDE THE INVOICE NUMBER
WHEN PAYING BY BACS**

Advertising Rates

Single Column 2.56" x 1"	= £7.50
Single Column 2.56" x 2"	=£10.00
Single Column 2.56" x 3"	=£12.50
Single Column 2.56" x 4"	=£15.00
Double Column 5.2" x 2"	=£15.00
Double Column 5.2" x 3"	=£20.00
Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

RURAL CRIME – NEIGHBOURHOOD WATCH

*Joseph Murray (NHWN,
Administrator, Cumbria)*

Cumbria police are reaching out to rural communities following a number of thefts within the rural community across Cumbria.

In recent months Cumbria have seen an increasing number of quadbike thefts, officers believe that local people who live and work in our rural communities hold the key to disrupting and helping police apprehend offenders.

Officers are reaching out to those who use the rural road network and live and work in rural areas to be vigilant and report any suspicious

activity to police or via the CrimeStoppers line - 0800 555 111.

Detective Chief Inspector David Cooper said: "We have recently seen an increased number of thefts within the rural community specifically quadbikes; this type of crime disrupts our communities and adversely affects the local economy. We are appealing to local people who live and work in our rural communities to be vigilant day and night. It could be a suspicious vehicle or person or someone driving a quad bike you don't recognise or who seems out of place with the vehicle or circumstances. We are asking you to follow your instincts and report to Police.

Job Opportunities in Sedbergh

Sedbergh Information Centre

invites expressions of interest in the part time posts of

Information Centre Manager & Market Manager

which we expect to become vacant soon.

- The **Information Centre Manager** and **Market Manager** are between them responsible for all aspects of day to day management of the Information Centre and operation of the town markets including:
 - Organising volunteers
 - Keeping financial records
 - Maintaining stocks of leaflets, gifts, maps etc
 - Updating sections of sedbergh.org.uk
 - Reporting to the board of directors of Sedbergh CIC
 - Administration of Sedbergh Wednesday and Artisan Markets
 - Setup/take down/maintenance of market gazebos (physically strenuous)
- These roles are flexible and the above duties may be combined or split by negotiation between the directors and successful applicants.

For further information please contact

Sedbergh Information Centre, 015396 20125, office@sedbergh.org.uk
or look at sedbergh.org.uk/centremanager

**Spanish & French lessons
in Sedbergh.**

Beginner, intermediate & advanced.
Alan Marcus 07 3754 26095

Officers will continue to patrol to provide reassurance to victims and communities, however, to assist us in our efforts to apprehend these criminals, please report any suspicious activity or vehicles they see to the police. Anyone who has any information can contact police on 101 or call CrimeStoppers anonymously on 0800 555 111."

If you think it is suspicious, it probably is. See it, think it, report it!

- Group of vehicles travelling in convoy
- Vehicles not displaying registration plates
- Trailers with different registrations to the vehicle towing it
- Insecure loads e.g quadbikes
- Persons asking for details of farms/ rural premises and their layouts
- People looking around properties and out buildings.
- Persons filling up a number of Jerry cans

We need you to be vigilant. Report any suspicious activity to police or via the CrimeStoppers line on 0800 555 111. Your call may stop another from being victim of a crime.

Note: Although this information relates to Rural Crime activities, it may be that people living elsewhere may also have information about these crimes ie, being offered these stolen goods etc.

**PROPOSED ALTERATIONS TO
THE PARISH CHURCH**

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

At their meeting on Monday 13 January the Parochial Church Council considered recommendations for re-ordering the West end of the Church to improve access, provide more easily accessible toilets, to create a larger space for refreshments at concerts and after Church events, and an area for static displays. The proposal will result in the installation of a new heating system and of new toilets, the removal of some pews, the integration of the Parish Room into the body of the Church and the removal of the font.

Following some lively discussion, it was agreed that the proposed re-ordering should go ahead as planned and the relevant authorities be approached for the required permission to carry out works to complete this exciting project which will benefit the whole community.

After twelve months considering various options, we now have a plan but this is only the start of what is still a protracted process, when a

Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted

Paul Stephenson
015396 21557
07810 595543



Tom Wilson
015396 20954
07790 946578

treasured building such as St Andrew's is involved. Hopefully we will get the necessary consents to go ahead, sooner rather than later, and, at the same time, we will also start fund raising for the project estimated to cost in the region of £250,000.

If you would like more information on the proposal there is a plan and 3D visuals, prepared by our architect in the rear of the Church, which we hope will give you a better feel for what is in store for your Parish Church. There will also be a presentation at the Parish Annual General Meeting in the People's Hall on the evening of Friday 3 April, which follows immediately after the Parish Supper to which everyone is warmly invited.

CHIROPODIST

HCPC Registered

Kay Whittle

MSSCh DipPodMed MBChA MInstChP

Pedi-Care House, Howgill Lane,
Sedbergh LA10 5AD

Tel: 015396 22122



Open 09:00 - 4:30

Please phone for appointments

Closed on Mondays

*Supplier of
"Softop" socks*

Argan oil & cream; Arnica gel & Aloe Vera

CLIMATE EMERGENCY

Ian McPherson, YDNP

I have lived in Sedbergh for 20 years. When I first came to live in the town (the largest settlement, by the way, in the National Park) I could hear through my open window the calling of curlew on the fells and also see them when I walked out with my binoculars.

Rabbits were thick on the ground – sometimes 20 or 30 of them in a small field close by my house. Quite frequently I would see brown hares springing from their forms and dashing madly away from me as I approached.

Yellowhammers sang their characteristic “little-bit-of-bread-and-no-cheese song” from the gorse bushes On the Howgill Fells. Ring ouzels were not an uncommon sight and some winters we were graced with the presence of one of the most beautiful of all birds – the waxwing.

Sadly, most of these species are either now completely gone or much diminished. I often think of the words of the 19th century Native American, Chief Seattle. “When the animals are gone there will be a great loneliness of spirit,” he said.

Even then in the United States there were signs of things to come: the passenger pigeon extinct, the buffalo on the way to being so, wolves increasingly scarce. And presently in Australia bush fires rage, while glaciers melt throughout the world.

So, as we enter the second decade of the 21st century there should be no doubt in anyone’s mind that the single most important issue of our times is

the growing climate change emergency.

At the Yorkshire Dales National Park Authority we recently re-iterated our recognition of the seriousness of the emergency (on 24 Sept 2019 – see the meeting papers online).

As an organisation we already have a net zero carbon footprint, but we know we can do much more to reduce our carbon dioxide emissions and be kinder to the environment. We will be setting out a new detailed plan of action in March.

We are also aware that the Park as a whole is a long way from being 'net zero'. One of the many ways in which we as an Authority are seeking to address this is by advising and helping farmers and landowners to manage their land in ways that help

to reduce their greenhouse gas emissions.

As the Authority's Member Champion for the Natural Environment (which includes land management and biodiversity) I sit on the Dales Biodiversity Forum (DBF). The Forum recently decided to hold a one-day conference later this year — not only to provide more information to farmers and landowners on the subject but also to listen to their concerns and to hear about the ways in which they are already dealing with the issue, some through the existing Countryside Stewardship Scheme and others through the Payment by Results Scheme already up and running as a pilot in Wensleydale.

The conference itself will be jointly sponsored by the DBF alongside the

J. N. & E.

Capstick

INSURANCE CONSULTANTS

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

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

www.capstickinsurance.co.uk

HOME & MOTOR INSURANCE

FARM & BUSINESS INSURANCE

LET PROPERTY & HOLIDAY HOME INSURANCE

SMALL ENOUGH TO CARE, BUT BIG ENOUGH TO COMPETE

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

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

Dales Woodland Forum and the Farming and Land Management Forum. It won't be held until the 11th of November at the Dales Countryside Museum in Hawes, but we already have some exciting speakers provisionally lined up, including Tim Farron MP and Tony Juniper the Chair of Natural England.

The day will consist both of presentations and smaller workshop and break-out groups to help participants to really get to grips with the practical issues which they face. We hope many people will be able to attend and more details will be published in due course.

Other good news is that the National Park Authority has an extremely enthusiastic and knowledgeable team of officers, all strongly committed to supporting farmers, landowners, local businesses and residents to take action to enhance our local environment and sustain a thriving local economy.

Contained within the vision of the Yorkshire Dales National Park Management Plan (2019-2024) is a statement that by 2040 the Park will be home to the finest variety of wildlife in England. Dozens of organisations working in the National Park have signed up to the plan. And in policy C(1) there is a commitment to creating at least one landscape-scale "nature recovery area" by 2021.

These areas or networks are very much to the fore in all current environmental thinking and will ensure that areas of particular natural interest will be linked together by wildlife corridors, allowing greater freedom of movement by different

species within these areas. This is also something that will be on the agenda for the conference mentioned above.

The Authority recently completed a rolling 10-year survey of the condition of 'Priority Habitats', giving a detailed picture of animal, plant and insect species across the National Park. We will shortly be publishing the results of the survey for that part of the Park within the Westmorland Dales.

As an example of the importance of these wider networks, the Authority is



plant hire • ground works • plant sales

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

Unblocked/Cleaned/Repaired

Contact George on:

Tel: 015396 21287

Mob: 07977514229

Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

working as part of the 'Northern Upland Chain' Local Nature Partnership on a range of projects – including one on curlew conservation – across an area stretching from Skipton to the Scottish border in Northumberland.

The question for all of us is what can each one of us do in our own daily lives to address the present climate emergency. The obvious ones bear repeating yet again:

1. Fly less or not at all and, in the case of the former, seek to off-set the carbon emissions.
2. Drive less (or better still share a car) and use public transport more (especially in the National Park itself where volunteer led organisations such as the Little White Bus and the Western Dales bus run regular services).
3. Only buy high quality meat from sustainable local producers, rather than intensively reared imports.
4. Plant trees – with the caveat that these need to be the right trees in the right places (and as an example, Settlebeck School in Sedbergh is already involved in an ambitious tree-planting project in the Sedbergh area in partnership with the Sedbergh Environmental Network, the Yorkshire Dales Millennium Trust, the Woodland Trust, local landowners and the National Park Authority).
5. Join a campaigning organisation – there are plenty of them – ranging from Extinction Rebellion to Friends of the Earth.
6. Lobby your MP on environmental issues.
7. Spread the word.



**K. W. Electricals
(Sedbergh)**
Tel: 07917 322626

Domestic & Commercial
Electrical Contractors

NICEIC
DOMESTIC
INSTALLER

B4RN INTO SEDBERGH TOWN

Douglas Thomson

There is now a great opportunity to bring B4RN's hyperfast broadband service into Sedbergh Town. The surrounding area of the town is now totally covered by B4RN.

B4RN's staff are currently working on a submission to the Government for the town to be included in the Gigabit Voucher Scheme.

Inclusion in the scheme will considerably reduce the amount of money the town residents themselves have to raise.



Some areas of the town are being already being surveyed by volunteers to see who wants the service and how it can be supplied to properties.

Other areas of the town as yet do not have a volunteer carrying out a simple survey. If the area in which you live or have a property has not yet received a survey form can I encourage you to contact me:

douglas@ddathomson.co.uk
because any area that is not surveyed cannot be included for B4RN's broadband service.

B4RN FOR MARTHWAITE

Martin Stockdale

I said we would get B4RN finished in Marthwaite by the end of 2019, and I wasn't far wrong!

In the first week of January the work to connect the final few properties in Marthwaite was completed and, hopefully, by the time you read this we should be getting those properties connected.

Every property in Marthwaite now either has a B4RN connection or can take a connection whenever they want to.

Without this sounding like an Oscar speech, I'd like to thank everybody who helped the project to happen. In particular, Euan and Steve who helped hugely, Tony and Liam for the

mole ploughing, Laura, Phil, June, Alan and Helen who coordinated their areas, the Dawsons, Simon and Graham for digging their areas, Richard and Helen for house kit installations, Dawsons Fuels for providing storage for materials and equipment, the investors for providing the funding, all the landowners who provided wayleaves and support, and all the other people who I've doubtless forgotten!

The Marthwaite volunteer team is now standing down and going back to their normal lives.

If you live in Marthwaite and want a connection in future, please visit the B4RN website and select 'Get B4RN' to be guided through the process.

01539 879969



01539 628131

Private Hire Taxis



Outstanding taxi service
in Sedbergh &
surrounding areas.

4 - 16 seater vehicles
available to transport
you safely.

Contact us to find out
more.

www.ldphtaxis.com • info@ldphtaxis.co.uk

SEDBERGH SCHOOL TO HOST LANCASHIRE CRICKET FIXTURE

Matthew Burns

Sedbergh School are delighted to announce they will be hosting a Lancashire Cricket fixture for the second year in a row.

Following the School's successful hosting of the County Championship fixture against Durham last season, Lancashire CC has announced it will return to Sedbergh for their Royal London Cup one-day game against Middlesex on Sunday 19 July.

Sedbergh School will also host the inaugural National Counties fixture between Cumberland and Lancashire on Friday 17 July, as a warm-up to Lancashire's Cup campaign, which will see Middlesex travel to Sedbergh two days later.

Completing a Sedbergh School festival of cricket, which will see three games of cricket taking place within one week, is the Women's Hundred fixture between Manchester Originals

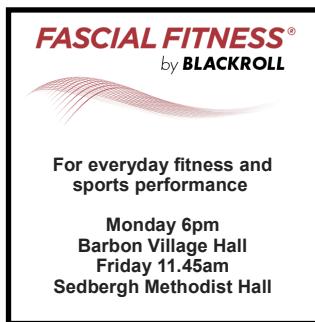
and the Oval Invincibles on Friday 24 July.

Mr Dan Harrison, Sedbergh School Headmaster, said: "We are delighted here at Sedbergh to be hosting more Lancashire CCC matches next year. We were thrilled with the successful outcome of the first-class match last year and are looking forward to welcoming cricket fans back in July. We are especially pleased to be hosting one of the Women's Hundred match alongside the two other games, as part of our festival of cricket."

Paul Allott, Lancashire's Director of Cricket, said: "We're delighted with the way the fixture list has worked out and our thanks must go to the ECB for their cooperation, as well as the three outgrounds which we will be using next summer.

"Sedbergh School's hosting of the four-day fixture against Durham last year has encouraged the county to return for a 50 over game in 2020."

GET FASCIA FIT & BAREFOOT STRONG



1 hour @£7 drop-in or £30 for 5 Bring mat and water
Call me on 07795 063107, 015396 21303 or just come along.
Classes finish 20th Dec & Restart w/c 6th Jan.
See FB: FunKi Fascia & Fascial Fitness UK



HEALTHY-STEPS

Yvonne Cervetti

I would like to say a huge heartfelt 'Thank you' to all who have attended and continue to attend the Healthy-Steps classes at Sedbergh Methodist Hall on Thursday mornings. On January 9th we celebrated 10 years since I started the class here in Sedbergh!

Definitely worth celebrating and after a fun class including some of our earlier dances we enjoyed lunch together. We remembered the wonderful Jean Dixon, may she rest in peace, who didn't miss a single class in the first 4 years and particularly loved to dance the Charleston!



Although Healthy-Steps - Moving you to better health with The Lebed Method was originally designed by professional dancer Sherry Lebed and her medically trained brothers in 1979 for women who had breast cancer and possibly developed Lymphoedema and/or restricted shoulder movement following surgery, they soon realised it was adaptable

for anyone and everyone.

Although I used to teach classes for cancer patients and their carers at St. Mary's Hospice, Ulverston many years ago, my classes in Sedbergh and Barbon are for general health and wellbeing and ages span from 50 -90! After opening up the lymphatic



Marquees & Teepees

KILLINGTON

FRAME MARQUEES & TEEPEES

VENUE COVER FOR ALL OCCASIONS

FURNITURE HIRE & TABLE LINEN

T: 015396 20602

W: WWW.MARQUEETEEPEE.CO.UK

E: OFFICE@MARQUEETEEPEE.CO.UK



The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes offer you a warm welcome



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

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



Valentines Day Super - From £22.50 per head
Available from 6.30 p.m. - Booking essential



Closed Mondays unless a Bank holiday.

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

system to help drain the lymph fluid which we produce when we exercise and consequently help our immune system, we do seated stretching and strengthening exercises followed by standing balance, joint loosening moves and one or two dance routines with a few added props! We laugh, we move, we groove! It's fun and its very sociable!

Although the 9.45 class is full there is still room for more in the 11am mixed class on Thursdays or the Barbon class 5pm Wednesdays at Barbon village hall if anyone fancies joining us. Feel free to ring for a chat on 015396 21303, 07795 063107 and take a look at the website www.gohealthysteps.com.

"NEVER THE TWAIN . . ."

Adrian Braddon

The American author, Mark Twain, has famously told us that the only point of golf is to spoil a good walk. Not everyone agrees especially the 20 or so golfers who meet every Monday and Thursday at around 9 o'clock at Sedbergh Golf Club. These are the SEGGS - a band of the Club's Senior Golfers - all of whom are over 55 and some of whom are well past three score years and ten.

Most SEGGS are fully retired, though a number still work part-time, and whilst the group does not yet have a butcher, baker or candlestick maker, there will not be many other lines of previous work which go

ACUPUNCTURE

BAcC Member
www.acupuncture.org.uk



Experienced practitioner

Acupuncture can be helpful with
many different conditions

June M. Parker

Dip Ac, MBAcC

49 Bainbridge Road, Sedbergh
Tel: 015396 20972

unrepresented. For those who want to participate, the SEGGS arrange competitive golf competitions which are approached with good humour by all. Those who just want to play nine holes or gently knock the ball around behind the competition are also welcomed.

The Group's combined focus is to ensure all its members can keep playing for as long as they want. Everyone who has played any football or rugby seems to get knee problems in later life, and those who may be struggling more than usual from time to time can have access to a single seater buggy which can even be used throughout the winter months. No one has ever said golf spoils a good buggy ride!

SEGGS golfers know more than a thing or two that Mark Twain didn't. On Mondays and Thursdays, the very brilliant Dave Scarr is on duty in the Sedbergh Golf Club kitchen.

The medical professionals tell us that golf is not aerobic enough exercise on its own and that's of course true. Certainly, many SEGGS members don't strike the ball as consistently or as far as they once could so the distance walked between shots and a brief rest is less. Nonetheless, most members feel the exercise and fresh air is doing them good and at Sedbergh - a beautiful golf course - there is plenty to admire and in the SEGGS much to enjoy and laugh about.

For those who want to know more about Sedbergh Golf Club telephone Steve Gardner on 015396 21551 or if you want more information on the SEGGS specifically talk to Adrian Braddon on 0330 1138850. Perhaps better still, just roll up on a Monday and Thursday morning?

HOWGILL HARRIERS

Jim Fisher

Howgill Harriers is Sedbergh's local running club. Formed in 1986 by Sedbergh running enthusiasts, we welcome members of all ages and all abilities.

The focus is on enjoying running, whatever the distance or level, the club caters for everyone from casual, occasional joggers to race-winners on the road and on the fell. We meet up in various locations centred around Sedbergh and Kirkby Stephen.

Our website keeps you up to date with race events and sessions which offer varying runs and training to suit different individuals and goals, including very gentle road runs of just a few miles to longer routes through our fields and fells.

CORNERSTONE COMMUNITY
CHURCH

GUILD ANNIVERSARY SERVICE

SUNDAY 16TH FEB 2020

AT 10.30 am

*Preacher Rev. Stephen Radford
Kirkby Stephen*

Followed by a Jacob's Join Lunch
A warm welcome to everyone

LAKELAND VOICES SLOVENIA AND SEDBERGH

David Burbidge

Well done everyone who came to our celebrations in December, and, especially the good crowd who turned up to join us singing on the Settle Carlisle railway between Settle and Appleby. There was a splendid gathering of choirs up at Ribblehead Station and in the Station Inn. The other passengers on the trains were delighted with our singing. Some of them wrote to me afterwards thanking us all for making it such festive journey for them.

We also had an excellent time singing at the Festive Farfield event, where the staff in the cafe made all our singers very welcome. Later in the month we sang in Dent and, also, at the Black Bull in Sedbergh,

2019 was a fabulous year for us with our combined Burns and Preseren night, singing Scottish and Slovenian songs at the start of the year; also, several weekends where we were visited by singers from Slovenia and Slovenian living in the UK. In addition singing on the Ullswater steamer and on the Scottish island of Jura, an outing with the whole choir to sing in Slovenia for a week in May, and then, later in the year, along with local Slovenian singers, we sang on a climb to the top



With our black and yellow race vests Harriers of all standards (nobody is judged!) form a common sight as a friendly cluster seen before and after the many high quality, often relatively local races.

Some of the country's finest fell running is on our doorstep, even National and World Championships have taken place in Sedbergh! Some well-known fell and road races are annually hosted by the club.

Newcomers are welcome to try us out a couple of times to see if it suits them before joining. Just contact us via the website to let us know beforehand if you are coming along.

We have a variety of training sessions throughout the week for both adults and juniors, spread across Sedbergh and Kirby Stephen.

Currently in Sedbergh for adults there is Pilates on Wednesday evenings and circuits on Thursday, and for juniors, training on a Tuesday (for those who race) and Thursday evenings for all junior runners.

More information can be found on our website – have a look and give us a try!

<https://www.howgillharriers.co.uk>

of Triglav, Slovenia's highest mountain (2864m).

We also joined the Street Choirs Festival in Manchester, and, with 50 other community and political choirs, we helped to raise £20,000 towards the Mayor's charity for homelessness in the city. The festival included a massed sing with over 1,000 singers singing in the centre of the city. Also, of course, our wonderful recent outing to London where we were joined by a choir from Ljubljana, singing in Westminster Abbey, followed by a reception in the Slovenian embassy, hosted by the Ambassador, Tadej Rupel.

Many of our events have become annual, the making of traditions, so if you missed us last year there's plenty of opportunities again this year. Our network of singers within Slovenia and the wider Sedbergh area continues to grow and we are busy with our plans for later this year. These include our singing train trip to Slovenia with concerts and informal singing in Sedbergh, London, Paris,

Munich, and then after singing on the train through some of beautiful alpine scenery in Austria, into Slovenia. There we are joining several other choirs to celebrate 15 years of singers from the wider Sedbergh and Zrece communities singing together.

Many of our singers no longer want to contribute to the effects of climate change caused by flying, so the train has become extremely popular. It has also proved to be far more comfortable than flying or driving, especially when part of our journey involves travelling on the Blue Gentian train , which runs from Frankfurt to Zagreb (via Stuttgart and Ljubljana.) We've now been to Slovenia by train several times and, each time, the journey becomes more pleasurable. In October we stopped in Paris in which we visited the Left Bank and sang in a historic bookshop, famous for being the first to publish James Joyce's Ulysses, as well as an historic church and alongside French communists in a local bar. Few things can be more





Sedbergh
Grief Share
07498 870267

Drop in meetings for
anyone struggling
with bereavement

Tues 4th February & Tues 18th February
10am - 12 mid-day

Cornerstone Community Church

Join us for coffee and a chat

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

pleasurable than enjoying a meal in the dining car of the Blue Gentian as the train passes through the snowy alps. And contrary to what some people say - it needn't be expensive if your travel with an Interrail pass, which offers discounts for young and old, and has all the advantages of being more sociable, less stressful, and less restrictions on what luggage you can bring (in October I travelled on the train with a spinning wheel!)

Later this year, as well as our annual May tour to Zrece and other places in Slovenia, we will again be enjoying a mountain walking week on Triglav at the end of August. When we visited the Embassy last October, we invited the Slovenian Ambassador to our festival in Sedbergh and Kendal on 26-28 June, where singers from the UK and Slovenia will be singing songs from both countries. We've selected three songs from each country for all the choirs to sing together, as well as enjoying all the songs from the individual choirs. We can only take a maximum of 1,000 singers so if you would like to join us please get in touch soon. If you sing in a choir, I can teach your fellow

singers, or your choir leader, the Slovenian songs so you can join our massed sing. Contrary to a popular myth, Slovenian is easy to pronounce, even if you haven't learnt to speak the language. The songs from the UK will pose no challenge for the English speakers. Individuals as well as choirs are welcome to join us. With all the singers singing in each other's language with these songs we will be celebrating 15 years of cultural exchange between our two countries, and the warmth, acceptance of each other's differences, and the spirit of cooperation that has grown. The choirs will be singing their own songs at individual performances around town, in a communal picnic, and at concerts, and there will be workshops to learn different songs from different choir leaders - open to all. The choirs will be staying in group accommodation around the area, and we have already had some offers of accommodation in local homes for the visiting singers which has been very gratefully received - if you would like to help, please get in touch. We look forward to singing with you soon so please contact David Burbidge on Sedbergh 21166 www.lakelandvoice.co.uk



SEDBERGH SONGSTERS

Joan Abbott

We received an invitation from Sedbergh School to go to see their matinée performance of the musical 'Oliver' at the Brewery Arts Centre in Kendal at the end of November. We were quick to send a positive reply as we had already seen their performance of 'Joseph and his Amazing Technicolour Dreamcoat' and regularly sing some of the songs from 'Oliver'. The Western Dales Bus provided our transport and off we went. We were welcomed, taken to our reserved seats and settled down to a real treat. It was an excellent performance where we were encouraged to sing along to some of the well known songs. The scenery was simple but cleverly used while the actors took us on a roller coaster of emotions as the storyline unfolded. Well done Sedbergh School, you did a great job and your pupils did you proud. Thank you for inviting us and to the performers for coming to chat to us at the end.

On December 12th we again set off in the Western Dales Bus, with our driver Barbara Allwright at the wheel, to join in the Carol Service and Afternoon Tea at Kendal Parish



SEDBERGH & DISTRICT

HISTORY SOCIETY

WEDNESDAY 5th FEBRUARY

Markets to supermarkets: 200 years of shopping in the North West

Mike Winstanley: An illustrated history of the various types of shops, including markets.
7:30 PM - ST. ANDREW'S, SEDBERH

WEDNESDAY 19th FEBRUARY

A little of the History of our twin town
Zreče in Slovenia

Graham Dalton et al.: An illustrated talk about the history of Zreče.
7:30 PM - ST. ANDREW'S, SEDBERH

Everyone is most welcome to attend any or all of our lectures.
Members £1 ~ Non-Members £2

www.sedberghhistory.org

For further information please contact Richard Cann, 015396 20771.
In the event of very bad weather, please phone before you set out.

Church. We had chosen to sing 'I Saw Three Ships Come Sailing In' and 'The Holly And The Ivy' (but to a more traditional tune). It was a lovely Carol Service with children from one of the schools singing too. Afterwards we had afternoon tea and gave out song sheets to have a singalong, which everyone enjoyed. We are such a happy bunch of people that we sang on the bus both going and returning from Kendal. We apologised to Barbara but she told us she had been singing along with us.

Sedbergh Songsters is a Dementia friendly singing group who welcome anyone who wishes to come along, totally disregarding singing ability or age and we love to have children join

us. We all join in with the children's songs and are guided by them for the actions, which is always great fun. We meet every Monday at 10.30am (doors open about 10am) at Gladstone House on Fell Close in Sedbergh. We start off with a cuppa and biscuits and repeat that half way through. We enjoy visitors to the area calling in and sometimes get other singing groups joining us too.

If you want more information give me a call on 07979 773757 or via email, pinkpianoster@googlemail.com

If you are interested in starting a group in your area contact Diane Smillie (who started our group) via email, diane@dignityindementia.org and our group will be happy to help with ideas and songs.

H & M
CRAFTSMEN
KITCHENS | BEDROOMS | COOKSHOP

FREE Design Service
Large Showroom | Open 6 Days

Ingleton | North Yorks | LA6 3NU
015242 41535
kitchensandbedrooms.co.uk

NEXT SEDBERGH ORCHESTRA CONCERTS

Donald and Shirley Smith

For our next concert we have several novelties on offer. First a new date: not March 5th now but March 19th, in St Andrew's Church. Next, a new Guest Conductor, Xenophon Kelsey, known to some as the conductor of the Dales Chamber Orchestra or VaCo, the Vacation Chamber Orchestra, that regularly presents concerts in the Yorkshire Dales, Sedbergh included. Next, the first performance with the Orchestra of Julian Cann, distinguished violinist and Sedbergh resident, who will play Beethoven's Romances, one in each half, fitting tribute to one of the world's master musicians, born 250 years ago this year.

Round each Romance are grouped works that are new to most: Weber's overture to Peter Schmoll, written when the composer was 15, for an opera now lost, then Sibelius' suite on Pelleas and Melisande. Its first movement will be familiar to many as it was the theme tune for Sky at Night in the days when Patrick Moore hosted stirring programmes on astronomy. Other movements are a musical depiction of the lovers by the sea-shore, in the park or by the spinning wheel, prior to Melisande's sad death.

In the second half we move from Finland to Vienna, for a French Polka by Johann Strauss, opus 336 (indeed!) from this prolific composer, and then back to fresh flavours for a concert appealing, we hope, to varied palates, so come and savour the lot!

We will be welcoming back our chief conductor, Roland Fudge, for

Treadwell Flooring

Established Family Business since 1999



*Contract & Domestic
Extensive Range of Floor Coverings
Carpet, Vinyl, LVT and Wood
Carpet Cleaning Service Available*

F: 015396 21175 • M: 07795 598 913

our summer rehearsals. There will be two concerts as part of Sedbergh Music Festival. On June 4th at 8.00pm, the orchestra will be presenting a 'Carnival' programme and on June 6th at 11.00, the Coffee Concert will take place. This is mainly for youngsters and their parents, but other adults will be welcome!

As usual, Coffee and soft drinks will be available from 10.30. The prestigious piano soloists for both concerts will be Anna Markland and Jen Hartley.

More of that concert anon . . . in the meantime, we have the concert on March 19th to look forward to. Please see the LOOKAROUND advert for details. We very much hope to see you there.

THE COBWEB ORCHESTRA

Sheila Blackwell

The Cobweb Orchestra will be celebrating its 25th anniversary this year. The orchestra started in 1995 as an evening course, inviting adult players to 'blow the cobwebs' off their old instruments and restart playing. The orchestra now runs nine groups across the North of England, as well as study days and residential courses.

Our 14th Spring Residential at Sedbergh School takes place from the 3rd to 5th April and in August we will be returning to Tuscany for a week of making music and look forward to the joy of playing in wonderful buildings.

The Cumbria Group meets weekly on Tuesday evenings in Tebay at the Methodist Hall. New players are very welcome, E-mail address, cobweborchestra.org.uk for more information.

SEPTIC TANK EMPTYING

Fast efficient Service
Very competitive prices

SKIP HIRE

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

Ryan Simpson

07766 971 167

015395 68318

rysimpson@live.co.uk

ROYAL BRITISH LEGION **News update for 2019 from** **Sedbergh & District Branch.**

David Parratt, Secretary

Sadly, some members have passed away during the year. These include Richard Ellis, Barbara Douglass, wife of former Chairman John Douglass, Dorothy Thomson and David Alban. Elspeth Griffiths stood down as a committee member after many years of sterling service, having also previously served in the Ladies branch. Three new members were recruited during the year. The branch strength at present is 122, of which 66 are full members and 56 are affiliated members from Sedbergh School. Nick Cross, branch chairman, became a member of the new County Committee and was subsequently appointed interim vice-chairman. In addition, Myles Ripley was appointed County Youth Officer for South Cumbria.

Various fund-raising events were held or supported in 2019. It had been reported in 2018 that the branch was supporting locally the Veterans' Rehabilitation Programme and, in particular, the Rawthey Project, which has been developed by Brian

Capstick since leaving the Army as a Warrant Officer. Branch members attended a special event on 21st February to launch these initiatives at the Rural Auction Conference Centre at Crooklands. Fund raising connected with the Rawthey Project included a ladies hike involving wives of veterans along the Dales Way over 5 days between 8th and 12th June, and "Hells Fells" event at Marthwaite Foot between 28th and 30th June, which also celebrated Armed Forces Day. Branch funds are being raised further to help fund the project as appropriate by making emergency grants for veterans in need.

A number of welfare related cases have been supported by the branch during the year in liaison with the Legion authorities. In addition, the Dalesman once again provided accommodation and meals for homeless veterans and families over the Christmas period.

A very successful Legion Annual Dinner was held on 10th May at Sedbergh Golf Club, 22 attended.

As well as the Annual Dinner, other fund raising events have been run by the branch. Two successful coffee mornings were held on 10th July and

ROYAL BRITISH LEGION

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

Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.
You do not need to have served in the Armed Forces to be a member.

Membership costs £17.00 - call 20964
email: dmpparratt@gmail.com for a form.

For more information, visit our website:
<http://branches.britishlegion.org.uk/branches/sedbergh>



6th November, raising a total of £520. Nick Cross and David Parratt represented the branch at the Westmorland County Show at Crooklands on 12th September and helped to man the County stand in atrocious weather conditions. Despite the conditions, footfall for the event was encouraging. The branch entered 'Poppy' the sheep at the annual Sedbergh Sheepfest between 21st and 22nd September. Many thanks to Rose Pease for organising it.

The Legion held a commemorative event on 14th August at the National Memorial Arboretum in Staffordshire to mark the 50th anniversary of the UK Armed Forces deployment on operations in Northern Ireland, the

longest continuous campaign in British Military history. Nick Cross attended on behalf of the branch having served in Northern Ireland.

Planning began in late 2019 to look at holding an event to commemorate the 75th anniversary of VE Day on 8th May 2020. This will include a VE Dance to be held in the People's Hall, as well as other events during the day. Further details will follow and will appear in the Lookaround in the near future.

Various talks were given by Nick Cross during the year. These included: on 5th June D-Day – Operation 'Overlord'; on 22nd June Operation 'Bagration', the 1944 Soviet Strategic Offensive on the Eastern Front; on 9th August Ireland 1919 – 1969, and on 8th November, The Life and Death of Major-General A. G. Wauchop.

These talks raised over £300 towards branch funds and the Poppy Appeal. Further talks are planned for 2020. The Fall of Berlin and The Red Armies Campaign in Manchuria.

The Sedbergh branch wishes, once again, to thank everyone who has been involved in helping with the Poppy Appeal collection, and the generous public for their continued support for this worthy cause. The final count for last year was £11,500 which was the centenary year and, to date, for this year, the total so far is already close to £10,000. The final amount will be made known in due course.

A Remembrance Service was held in St Andrew's Church on Sunday 10th November which was very well attended. An Act of Remembrance,



PROGRAMME FOR FEBRUARY 2020

Sunday 23rd 11am – 1pm
**NEW MOON YOGA,
MANTRA
AND MEDITATION**

To book: email meditationcentrteam@gmail.com
Telephone 07582 017 396
The Meditation Centre, Dent, Cumbria LA10 5QR
www.meditationcentre.co.uk

two minute silence and a wreath laying ceremony was carried out at the town's war memorial in excellent weather, following on from the service. Nick Cross and Sandra Gold Wood mounted a very good exhibition in the church, with some assistance by the Sedbergh & District History Society. The theme was 'coming home'. The Remembrance Concert held in the evening in St Andrews Church was of a high standard as usual.

The Chairman and Secretary attended the RBL Annual County Conference on 7th December in Penrith. This also provided the opportunity for networking and meeting new regional staff officers.

The revised Royal Charter for The Royal British Legion has been scrutinised and updated to ensure that the governing document is in line with Charity Commission guidance and best practice. It is expected that Charles Byrne, the Director General of the Legion, will be providing further information in the near future on the Legion's strategic direction and a new five year strategy. The charity is exploring how best it can adapt to meet the needs of today's Armed Forces community and be fit for purpose for the future.

The branch has ordered a new Standard to replace the existing Standard, due to general wear and tear over the years. The Sedbergh Community Trust provided a generous grant towards the cost and associated items. It is intended to hold a combined dedication service for the new Standard and the laying up of the old one in St Andrew's Church in 2020, date to be confirmed.

The Sedbergh Branch of The Royal British Legion was founded in 1922 and needs volunteers and new members in order to keep up its good work and to ensure it achieves its impending 100th birthday and beyond. If you would like to become a member, please contact David Parratt on 015396 20964 or email: dmpparratt@gmail.com for a form. You do not need to have served in the Armed Forces to be a member. For more information, visit our website: <http://www.branches.britishlegion.org.uk/branches/sedbergh> The National website is: <http://www.britishlegion.org.uk>

LAURA'S LOOM

British Wool·British Made

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



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

www.laurasloom.co.uk

EXPERIENCED DRESSMAKER

Made to measure

Skirts, Dresses, Suits,
Bridal, Ball Gowns, etc.

Also alterations undertaken

All made to the Highest Quality by

SHEILA SHUTTLEWORTH

Tel: 015242 - 74322

VETERANS CHRISTMAS – THANKS

Brian Captick

A massive thank you to Sedbergh for helping us to support 35 veterans, wives/partners and children at the Dalesman this Christmas. There were 87 recorded veteran suicides in 2018. 2019 figures are still being collated and currently stand at 73. The pressure of Christmas always brings a spike. Our veterans were from Kent, Poole, Warrington, Leigh, Wigan, Salford, Bolton, Preston and Whitehaven, they were overwhelmed by the generosity, kindness and hospitality of the whole community.

We learnt a lot. Moving an amputee around Sedbergh in a wheelchair was hard. Some people commented that a couple of the veterans looked fine - this is the challenge with mental health problems. Veterans are proud, they don't want pity, but inside they can be broken and the impact on their family is huge. The challenge entering 2020 is to get the veterans the support that they need and move their lives forward. Your help and support over Christmas has created a platform to do that. Thank you.

CHRISTIAN AID IN SEDBERGH

Anne Pitt

On behalf of the Sedbergh and District Committee

First all our committee would like to thank all of you who supported Christian Aid's work and fund raising activities in 2019 by prayer, giving, both financially and in practical help supporting our local events. In 2020 we plan to repeat our light scale programme starting with our first Coffee Morning in St. Andrew's, Sedbergh at 10am on Wednesday 4th March.

Other events will be during Christian Aid Week which runs from Sunday 10th May to Saturday the 16th. There will be a Coffee Morning on Wednesday 13th May and, as locally our door to door collections have continued to be well supported, we hope to once again call on our volunteer band of collectors to help in this project. Then in the autumn we will have our last coffee morning on Wednesday 7th October.

People often wonder about the extent and kind of work charities do. Christian Aid has a very comprehensive website which goes into detail about the scope of their activities globally. It is to be found at: www.christianaid.org.uk

It gives this brief description on its opening page: "We have more than 70 years' experience of working in partnership to support communities to thrive. We tackle the root causes of poverty so that women, men and children the world over are strengthened against future knocks. And if disasters happen, we get people the help they want straight away."

Because Christian Aid works with grass root community groups and individuals, funding is targeted effectively where it is needed and projects can be monitored and adapted as circumstances change. Although Christian Aid is a Christian organization it works wherever there is need caused through poverty or disaster without strings except for effective application of the aid given.

The church founded Christian Aid Week to fight for equality, dignity and freedom for all.

2020 Christian Aid Week is focussing on the needs of the country and people of Sierra Leone, particularly the lack of health care for young women. It is one of the most dangerous places in the world for

child birth and shockingly it is estimated that about 10 Sierra Leone women die each day when giving birth. Christian Aid wants to help reduce that figure.

We may be a long way away from Sierra Leone here in Sedbergh and District but it's heartening to know that we can make a difference to such tragic statistics by supporting the work of Christian Aid. If you'd like to be more actively involved by joining our little committee or helping out at our events, then have a chat with one of our helpers at the Coffee morning in March or with one of our committee members (each of the local churches has a representative on the committee).



CUMBRIA WOOLSHED

CUMBRIAN WOOL FURNISHINGS COLLECTIVE

An exciting collaboration showcasing the wonderful products of well established local businesses

Laura's Loom

Herdwick
Limited

Woolly Rug Co.



HOME
OF



Amy Bateman
Photography

Cable & Blake

The Bespoke
Home Co.

The Gateway Unit, Dockray Hall Ind. Est.,
Kendal, LA9 4QY

01539 721252 Open: Mon-Fri 9.30~5 & Sat 10~4

Temptations Craft Boutique

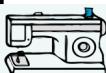
31 Main Street, Bentham LA2 7HQ

015242 61868

email temptationsbentham@yahoo.co.uk

- Over 500 Patchwork cottons
- Fabrics for Dressmaking
- Haberdashery
- Wool and knitting supplies,
- Classes and workshops, see website for details
- Agents for Brother Sewing Machines

www.temptationsbentham.co.uk



FUND RAISING AIR AMBULANCE

Dorothy Blair

At the end of 2019 I held a further two stalls selling my hand knitted items where all proceeds of sale are for the Air Ambulance. I am pleased to say I made the sum of £124-70 making the total for the year raised for the Great North Air Ambulance to the sum of £587-60.

It is with grateful thanks to everyone who bought items from my stall and helped me raise the funds.

THANK YOU EVERYONE FOR YOUR CONTINUED SUPPORT!

I will be holding another fund-raising stall later in the year when (hopefully) people will be keen to purchase a new scarf for winter or a tote bag for shopping etc.

I have received acknowledgement from the Air Ambulance for each donation I have made which are available for anyone to see.

TEARFUND BIG QUIZ NIGHT

Janice Rusling

Last November seems relegated to the dim and distant past now, but Tearfund's Big Quiz Night was held too late to include the result in the last issue of Lookaround. Nine teams took part in Sedbergh, and using Cornerstone as a venue made for a cosier atmosphere - but we would be delighted to have to move to a bigger room next year! During the refreshment break the cake stall sold out in minutes. The team calling themselves 'The Sharers', (composed of members of the Grief Share group) won the quiz and very generously donated the £30 prize back to the cause so altogether we raised £216. Nationally, 26,384 people took part, in 562 venues and each was able to keep in touch with Tearfund during the evening by means of modern technology which goes over my head but which was ably dealt with by others in the team. It helped to emphasise that we were a part of a national event. We had a really fun night, so make a note of the date for the next one on Saturday 14th November 2020.

SEDBERGH
BOWLING CLUB
2020 AGM
27TH FEBRUARY 7.30PM
WHITE HART SPORTS & SOCIAL
CLUB
COMMITTEE ROOMS
EVERYONE WELCOME

GARSDALE PARISH COUNCIL

Philip Johns

Clerk to Garsdale Parish council

The official bit: Due to recent elections, there has been even more stagnation in local government so there are no major policy changes to report, as yet. However, there have been a few local issues of interest. YDNP have been lobbying to have some areas designated as official 'Dark Skies'. As Garsdale has no street lights and properties are generally well spaced out, the dale will fit this criterion well and the parish council is happy to support this. Also, council was approached by The Yorkshire Devolution Movement regarding erecting signs to indicate the original borders between Westmorland and Yorkshire and council are looking into this.

Although CCC Highways are still refusing to communicate with the parish council, some road repairs have been carried out, including most of Grisedale. Inexplicably, one section has been passed over for repair and is very rutted. On behalf of local residents, council have written to Highways but, as ever, no reply has been received.

B4RN have very nearly completed the broadband build in the Garsdale parish. At the time of writing this report, there are just a couple of properties that need fibre blowing to them and a router fitted. All properties that have requested the service, which are the vast majority, have ducting and house kits fitted but a few, where the owners are not fulltime residents, still await the last push to fully complete the installation. The next stage will be the Moorcock and the B&B, followed by Mallerstang and onto Hawes.

Council are still waiting for a response from Network Rail regarding the proposals to improve access to the Carlisle platform and car parking at Garsdale Station. They have recently installed cameras to deter people crossing the track, which is currently illegal and dangerous, but have not put in place the proposed manned crossing that council and their representative have recommended which would alleviate a long and tricky walk, for people arriving at that platform, to access the parking areas. Council will continue to pursue this matter.

garsdaleparishcouncil@outlook.com
www.garsdaleparishcouncil.com

EST. SEDBERGH • MARKET 1538

EVERY WEDNESDAY
ON JOSS LANE CAR PARK

Stalls from 8.30 am, some earlier. Contents may vary! But currently greengrocery, haberdashery, cakes, fish, farm fresh eggs, bric-à-brac and Thai food.

Try your retail idea with pitch and stall deal – £11 a week. Car boot pitches from £3.
Contact the Information and Book Centre: 015396 20504 / office@sedbergh.org.uk

The unofficial bit: The start of any New Year brings on a feeling of melancholy as we reflect on what has happened over the last 12 months, some good things, but we tend to dwell on those that could have been better, and, this being the start of a new decade, those reflections are even more searching. On a personal basis, much has happened. After surviving, just, the recession of the previous decade, we made the decision that 'enough was enough', and, after nearly 40 years of running a business, and living in the same house, we decided to sell up and try something completely different. Out went the suits and glad rags, on went the wellies and jeans. Out went the glitzy social life, in came the fresh country air and the bleating of sheep. Out went the rat race, the constant queuing at traffic lights, the fighting for parking spaces, the pushing and shoving in overcrowded supermarkets, the ignorance of people more interested in their phones than passing the time of day and in came the peace, the slower pace of life, the cheerful nods and smiles of passer-by's, the feeling that, at long last, you can actually breathe.

The last decade was a peculiar one, the nation was tied up in knots over whether to leave the EU, and, after that decision was made, the politicians then made a meal of it all by stagnating parliament for years. At least, in that sense, the decade finished on a high. No matter what were your views, the government was able, at long last, to shake off the shackles and are now able to progress on domestic issues. Even Stormont have followed their lead and evolved government has been restored in Northern Ireland. I'm sure, not everything is going to come up smelling of roses, but there is a general feeling of relief and freedom that the country is able to move forward. But, oh dear, we now have Megxit....

CAROL SINGING IN GARDASDALE

William and Mary Airey

The total amount raised from Carol Singing in the Dale in aid of Action for Children came to £360.

Thank you for all your generous giving, and of course thank you to the "Carollers" who turned out in a variety of weather, and to Auntie Agnes and David for very welcome refreshments.

Sedbergh ECO Market

Saturday 29th February 10am-3pm - St. Andrew's Church

natural & sustainable products
delicious eco-friendly foods

recycled & upcycled arts & crafts
info on protecting the environment

Sedbergh Environmental Network

SEDBERGH PARISH COUNCIL



Janey Hassam

This report covers items from the Parish Council meeting held on the 5th December 2019 and 9th January 2020. The next monthly meeting will be held on Thursday 13th February 2020 at 7.30pm. The meetings will be held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Cumbria County Council - Highways

Members are advised that representation will be made, at the February 2020 Sedbergh Parish Council meeting, by Cumbria County Council to discuss winter gritting/maintenance.

B4RN

Members were given a short presentation from the Sedbergh

PARKIN & JACKSON MONUMENTAL MASONS

14 Appleby Road Kendal LA9 6ES
Tel 01539 722838



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

Visit our showroom
or phone for a brochure

parkinandjackson@btinternet.com
www.parkinandjackson.com
Contact KEVIN BATEMAN

J J MARTIN

Funeral Directors

Established 1869

Long Lane, Sedbergh



Brian Goad 015396 25334
Edward Waller 015396 20130

Complete Funeral Service

Day or Night

Chapel of Rest

Gigabit Broadband Group, which included their hopes to bring B4RN into Sedbergh 'town'. Some access points may cross Parish Council land (either owned or leased) and, therefore, wished to ask Members about requesting permission for wayleaves in the future.

Maryfell Playarea/Paddock

Members were concerned to hear recent reports of dog fouling in Sedbergh, including at the paddock area next to the newly refurbished playground at Maryfell. Whilst residents are encouraged to contact South Lakeland District Council individually to voice their concerns about specific areas, Members have requested that the Clerk also contacts SLDC to highlight the issues and to enquire about erecting a 'No Dogs' sign at the play area/paddock at Maryfell. It is reported that some people may be using this area as a dog exercising paddock, which is preventing it from being used safely by the community.

Other Matters

Various other matters were discussed: including welcoming Rachel Cowperthwaite as a Co-Opted Member of Sedbergh Parish Council.

Various Planning items were discussed, along with Amenities and the Finance Committee meeting, including formally approving the Precept for 2020/2021 from South Lakeland District Council - £38,313.93. Also discussed was the ongoing consideration for the Market Service Level agreement (with Sedbergh CIC), CCTV and the collapsed wall at the Bowling Green. A £250 grant for the Sedbergh Music Festival was also agreed. Ongoing projects were also discussed, including Jubilee fountain, Loftus Hill (lease renewal) and Joss Lane (plans to resurface) car parks, along with the former telephone kiosk at Millthrop (recently adopted by Sedbergh Parish Council) and CCTV. Finally, Members also reflected on the current Climate Emergency, and all agreed to discuss further at the February meeting.

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

If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at clerk@sedberghparishcouncil.org.uk

Please also note that a full reference copy of all documents relating to meetings is held at

72 Main Street in the Parish Council Office, with agendas and minutes available online at www.sedbergh.org.uk

COUNCILLOR'S CORNER

Ian Mitchell

As I sit writing this article the weather has turned wet and windy. I hope everyone enjoyed the Christmas and New Year period, it is always one of my favourite times working in the hospitality industry, it produces such a great atmosphere!

It was also great to have a small rest following the hard work myself and your local Lib Dem team put in to get our MP, Tim Farron re-elected. I look forward to continuing to work with Tim to help our communities. After a short rest we turn our attentions to the upcoming local elections which are coming in May, we will as ever be round canvassing and I look forward to talking to as many of you as possible.

YDNPA: Members of the authority do not meet in January, this doesn't mean that work stops, I continue to talk to people who are considering submitting or want updates on planning applications and planning processes.

It is quite a complicated procedure and I'm happy to offer advice and guidance to anyone who asks. As a member of the planning committee I

DALTON WOODLAND BURIAL GROUND



Natural Woodland
Burial Ground



"Return to the Earth, naturally"

www.daltonwoodlandburial.co.uk

Burton-in-Kendal: 01524 782442

ABLE MEMORIALS

Monumental and Architectural Masons

New Memorials and Additional Inscriptions

Showroom with over 30 Memorials on display at

3 Wildman Street, Kendal

Please call for a brochure or free estimate

on 01539 735583

or 07779 025745

Home visits available by local mason Edward Waller

vote in favour of planning applications that encourage development that will support a growing, diverse and resilient economy, and which will help make the national park a more attractive option for young adults and people of working age to live in. We need to support young families, particularly young farming families, they are the people who will look after the land and animals that make our area so beautiful. We as an authority have to accept that farming families need agricultural buildings and housing on or near their farms, of course we need to conserve and enhance our natural beauty, but there needs to be a sensible approach that helps our farming communities.

Dent: I'm delighted to see that work has started on the refurbishment of the public toilets, this has been partly funded by SLDC through a grant and also through YDNPA as part of the agreement for the new 10 year lease agreement for the car park. The money that Dent PC generate through ticket sales and parking permits is put back into our community. Within the last few months we have given Dent Primary School £2107.22, Dent Head to Foot £500 as well as erecting a fence around the play area to make the area safe for children to play.

CCC: In January I met with a Senior Manager for Highways delivery from Cumbria County Council, we discussed a wide range

of issues. It is vitally important that members of the public report highway faults through the Cumbria County Council website; these can include Carriageways defects, doorway defects, flooding and drainage, road markings etc. Once the fault has been reported you can track the progress, if you then feel that no progress is being made, please contact me and I will try to speed up the progress working alongside County Councillor Nick Cotton. As part of these discussions we talked about the upcoming permanent works on Millthrop bridge. We know there will be disruption when these works take place, but myself, Suzie Pye, Nick Cotton and CCC are working to ensure that this disruption is kept to a minimum.

Kirkby Lonsdale: I'm continuing to push CCC and SLDC to find solutions to the issue of parking in the market square, this is proving slow progress. However with a new contact within CCC I'm more determined than ever to find a solution.

As always if there is anything you think myself or local Lib Dem team can do to help you, please don't hesitate to contact me; 07530602234 or ian.mitchell@southlakeland.gov.uk

Steve Hopps

Property Maintenance
Painting and Decorating
Gardens tided & maintained
All types of work considered

Tel: 015396 23388

Mob: 07870 785322

steve.hopps2@gmail.com

TIM'S COLUMN

Tim Farron

Well clearly the most important thing to say in this column is a very big thank you for re-electing me as your MP. Not only did you re-elect me but you gave me a much larger majority than I won at the last election. This at a time when a lot of my colleagues lost their seats and are now out of work and looking for another job.

I am very very grateful and plan to work as hard as possible to justify your belief.

When you are standing in them, elections are pretty stressful and when they happen in as strange times as we have been recently they are particularly so. My family were so nervous that if you had been around Milnthorpe at 9.00pm on election day you could easily have bumped into my son or daughter rushing around trying to persuade the last few people who hadn't voted to get down to the polling station.

It seems like their efforts had some effect too as our constituency had the 8th highest turnout of any constituency in the country, which considering how far some of us have to travel to get to our polling stations is really quite amazing. Just shy of 80% of us managed to get out and vote in what was a pretty unpleasant day.

But I guess that all feels like quite some time ago. We have had Christmas and the New Year since then. Our children have broken up for the holidays and gone back to school. And, of course, importantly the House of Commons is back at work again.

I have taken advantage of this to pick up the issues I was working on when the election campaign started.

As I write this we haven't quite been back for two weeks but so far I have managed to:

- Get the housing minister to agree to meet with me to discuss what we do about the loophole that allows some second home owners to get away with not paying any council tax on their properties.
- Challenge the Chancellor of the Exchequer to invest more in radiotherapy treatment and in particular in bringing a radiotherapy unit to our hospital in Kendal.
- Call upon the Minister of Transport to stop messing about and actually sack Northern Rail from their

franchise before the mess they appear to be creating gets even worse.

On top of that I am really pleased to have been appointed the LibDem spokesman for Farming and Rural Affairs. This will give me access to a lot of important people in the world of farming and the other issues that matter in our part of the world. Added to which it becomes part of my job to ensure that the Government is treating farmers and people who live in the countryside in the way we would all wish.

So I am feeling pretty pleased with my first fortnight's work but I am sure that by the time you read this the list of things I have achieved will be much much longer.

McGarry & Co



*Offering Guidance &
Practical Advice*

Your Legal Companion

- ESTATE PLANNING
- PROPERTY & RURAL LAW
- FAMILY LAW

Offices At:

mbmcgarry.co.uk
e. office@mbmcgarry.co.uk

Sedbergh

t. 015396 223 40
LA10 5AB

Barnard Castle

t. 01833 600 160
DL12 8EQ

Hawes

t. 01969 666 290
DL8 5QS

Leyburn

t. 01969 621 230
DL8 5EH

As ever if there are things that you would like me to help you with then please email me at tim@timfarron.co.uk or call us on 01539 723 403.

Thank you so much for your faith in me.

DALES TO HAVE NEW 'LOCAL PLAN'

Andrew Fagg, Media Officer, YDNP

People who live in the Yorkshire Dales National Park have been asked to shape a new set of planning policies, intended to guide development for the next 20 years. To inform the consultation, the Authority – with the support of local district councils and North Yorkshire County Council - has published three new studies on demographic changes,

housing and socioeconomic trends in the National Park.

Strikingly, they show that:

- The number of people living in the National Park is currently static but could decline by 9% by 2040.
- Halting that decline would probably require the building of at least 50 dwellings a year, with at least 20 of those being affordable.
- Within the static population, the number of people over the age 65 has increased by 45% since 2001.
- People on rates of pay equivalent to that of nurses, fire fighters and teachers currently need more than five times their annual income to buy even the cheapest housing in the National Park.
- Overall employment has grown significantly in recent years.



Keep cosy with our excellent Woodsure Ready to Burn Kiln Dried logs and Heat Logs.
Perfect for any fire.

Crates of Kiln Dried Logs from	£130.00
Tote Bags of Kiln Dried Logs from	£85.00
12 pack of Pinikay Heat Logs	£3.50
20kg Hotmax Heat Logs Per bag	£7.00
5 pack of Nestro Heat Logs	£3.50
5 pack of Blazers Heat Logs	£4.50

We stock a wide range of solid fuels, call us to find the best fuel for your needs
Multi-Fuel Ovoids - Housecoal Trebles - Homefire Ovals - Housecoal Doubles - Newheat Smokeless Ovoids

All these products and more are available in handy sized 25kg pre packed bags

To keep the Garden Birds happy through winter we have in stock :-

25kg bags of High Quality Runner Peanuts - £40

20kg Wild Bird Seed - £13

20kg Dehulled Sunflower Hearts - £30

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

Family run 17th Century
Coaching Inn with restaurant,
rooms & bar. Inspired by the
landscape in flavour & design.
Relax, indulge & tune-out.

+44 (0) 15396 20264

bookings@theblackbullsedbergh.co.uk
theblackbullsedbergh.co.uk

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



Farming still accounts for one in every six jobs in the National Park, while accommodation and food services is the largest and fastest growing sector.

The current Local Plan period is 2015-2030. However, the extension of the National Park boundary in 2016 created a situation in which planning policy became spread over 12 different development plan documents. The Authority decided in March 2019 to start to create a single new Local Plan for the whole Park.

Yorkshire Dales National Park Authority chairman, Carl Lis, said: "It is fair to say we didn't think we'd be here again so soon, but this is a big

moment for the Yorkshire Dales National Park. The new Local Plan will lead and promote development across the whole Park from 2023 to 2040. Today, we are asking local people to lay the foundations for it.

"If you don't like current planning rules, this is your chance to say so. If you've got ideas about how your area could be a better place to live in or do business in, this is your chance to air them. If you think you know the best place for new homes to be built, tell us. My promise is that every view will be taken into account. This is a once-in-every-ten-year opportunity for local people to shape the



Fritz Hrynyk

LIGHT TOUCH THERAPIST

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

~~~~~  
Treatments in Millthrop, Sedbergh
& Barbon Village Hall by appointment
07817 665662 / 015396 21303

development of their villages or towns."

He added: "We're also very interested in hearing from younger people who are keen to live in the Dales, so that the district councils and the Authority can work out ways to try to tackle the barriers they face. The studies on population, housing and socioeconomic trends very clearly illustrate that to sustain communities and the economy, we must attract people from outside the Park to come to live here."

The Local Plan survey is available online <https://www.surveymonkey.co.uk/r/GHGWR59>.

Copies are also available in Sedbergh Library or in Park Authority offices in Grassington and Bainbridge.

The consultation period ends on Friday 14 February 2020.

SEDBERGH CHRISTMAS LATE NIGHT OPENING 2019

Heather Thomas

On behalf of Sedbergh & District Chamber of Trade and Business, we would like to thank everyone who came and supported our Late Night Opening event. After a soggy start, the rain gave way and lots of people came out to support the event.

Father Christmas again delighted local children who visited him in his grotto.

Thank you to all those who took part in the Flower Festival in St. Andrew's Church. It looked beautiful, complemented too by accompanying organ music from Tony Reed-Screen and visits from Dentdale Choir and the Cumbria Gaita Band. Thank you also to the bell ringers for adding to the evening's celebrations.

On Main Street, we were wonderfully entertained by members of the Cumbria Gaita Band, Sedbergh Town Band and Dentdale Choir.

Once again we were grateful to be able to use Sedbergh School Library and St. Andrew's Church for the craft markets. There was a warm and festive atmosphere in both. Thank you to all the stall holders who were part of the markets, and to the shops and cafés who were also open during the evening.

This year, Sedbergh Late Night Opening was kindly sponsored by local businesses and individuals, including: Gina Barney Associates, MK Conversions, Garsdale Design, Jackson & Graham, G J Baines & Son, The Roof Box Company, The Black Bull, Michael Mudd, Al Forno and Sleepy Elephant.

We would also like to thank Sedbergh Parish Council and the Sedbergh and District Community Trust Fund for their generous grants to support this event.

Finally, a big thank you to everyone who helped make the evening a great success – it would not happen without you!

As this will be my last article in Lookaround as Project Manager, I would like to take a moment to thank everyone who has supported me in the role over the past two and a half years. It has been a pleasure to be a part of so many exciting events and projects going on in Sedbergh. By the time you read this, I will have officially left the post but the email address will still be monitored and you can also contact the Tourist Information Centre with any enquiries too.

TOWN TWINNING 15 Year Anniversary 2020

Susan Garnett

We have been invited to join celebrations in Zreče on 26th and 27th May to celebrate 15 very successful years of twinning and all Sedbergh twinners are invited!

If you would like to join us then please let Garth Steadman (21210), Dave Smith (20937) or myself (21138) know. Let us know your preferences for length of stay, special interests etc. and we will try and accommodate them. Costs vary according to flights and rates of exchange but we always receive special hotel rates.

A group from Zreče will be visiting us on the weekend of 26th June when we hope to arrange various entertainments open to all. You may

Dent Grammar School Educational Foundation

**2 bedroom
Unfurnished ground floor flat
to let in Dent**

**£380 a month
Available Spring 2020**

Enquiries: dgsef1@yahoo.co.uk

S.Ostle Services

Plumbing, Heating and Joinery

Installation, Service & Repair
of:

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

Plus All Your
Plumbing & Central Heating
Requirements.

Tel: 01768 371556

Email: ostle2011@hotmail.co.uk



Registered
Business

remember the splendid hog roast and concert we held on the occasion of the 10th anniversary. Please let us know of any suggestions, offers of help and perhaps hospitality for their visit. HE Tadej Rupel, the Slovenian ambassador will be with us. He relinquishes his post this year so this will a very special time for him too. He has always been an enthusiastic and generous supporter of our twinning.

It has been a great 15 years with many Sedbergh groups of all ages visiting our twin town and enjoying every aspect of Slovenian hospitality. It is a beautiful country and well worth exploring!

We look forward to hearing from you.

MAGISTRATES ISSUE FINE OVER TREE FELLING

Andrew Fagg YDNP

York Magistrates' Court has fined a South Lakeland woman £2,000 for carrying out unauthorised works to a healthy and prominent 200-year old tree in the Dent Conservation Area.

Margaret Taylor, of High Laning caravan and campsite in Dent, had the canopy of the sycamore completely removed on 21 March 2019, leaving only the stem of the tree.

She admitted breaching section 211 of the Town and Country Planning Act, but was absent for the court hearing on Tuesday (14 Jan). In addition to the fine she was ordered to pay the Yorkshire Dales National Park Authority's legal costs of £1,322.50 and a Victim Surcharge of £170.

The tree surgeon who carried out the unauthorised works pleaded not guilty and will appear before York Crown Court on the 17th of February.

The unauthorised work to the sycamore tree at High Laning was reported to the Yorkshire Dales National Park Authority by a member of the public. In a witness statement to the court, an Authority officer said the tree would now "die slowly", making the extent of the damage "tantamount to felling".

It is the second time in three months that the National Park Authority has brought a prosecution over tree felling. In November, two men pleaded guilty to destroying a tree in the Gayle Conservation Area in the Richmondshire part of the National Park.

IAN HIGGINBOTHAM PAINTING & DECORATING

— professional personal service —

please call to talk over your requirements with no obligation

www.painterian.co.uk

07813 818958

info@painterian.co.uk

Member Champion for Natural Environment at the Yorkshire Dales National Park Authority, Ian McPherson, said: "I hope this case serves as a deterrent. Trees in conservation areas are protected - and for good reason. The sycamore at High Laning near the centre of Dent village made a significant contribution to the local environment and it is a great shame that it has been lost."

PUBLIC TRANSPORT IN RURAL AREAS

Georgina Devine

Are you interested in being part of a steering group for public transport in Rural Areas? We plan to meet once a month in the Sedbergh area. Contact Georgina Devine on 077898 56371 or 015396 21467 for further details.

While Georgina is based in Sedbergh, she travels through to Hawes and Leyburn on the buses available. She is keen to support good transport links between North Yorkshire and Cumbria.

LATE DELIVERY OF ONLINE GOODS

Karen Evans, Citizens Advice Bureau

I bought a present for a special anniversary from an online store. I paid extra for next day delivery but it hasn't arrived. The online store has said my parcel is with the delivery company. I tried to contact the delivery company but wasn't able to speak with anyone. What can I do?

You paid for next day delivery so your goods should be delivered on the agreed date. It's the seller's responsibility to make sure the item is delivered. They should chase the courier - it's not your responsibility. You can cancel your order and ask for your money back because you haven't received your goods on the agreed date. Tell the seller it is "a breach of contract under the Consumer Rights Act 2015" as the delivery date was essential and they didn't meet it.

You could try to get your special present from another online store or a local shop, if there is time. You can find useful template letters and

information about your rights on the Citizens Advice website.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We can give detailed advice over the phone – telephone 03444 111 444. For email see our website: www.southlakescab.org.uk . We have various outlets across South Lakeland if an appointment is required. For Money Advice and

for on-going enquiries please call 015394 46464.

WINTER FUEL SAVINGS

Karen Evans

I live with my two children and partner in a small house and the fuel bills go through the roof in winter. Do you have any tips on how we can keep the cost of energy down?

There are a few things you can do to save money on winter fuel. When your energy contract is due to expire, use “energy compare” on the Citizens Advice website to see if you could save money by switching supplier or tariff.

If you're on a prepayment meter you could save money by changing to a regular meter. Most suppliers won't charge you for removing a prepayment meter, though many will run a credit check or ask you for a deposit.

Use a timer for your heating, lower your thermostat and use radiator valve controls. Changing light bulbs to energy-efficient ones could save

£50 over the lifetime of each bulb. Turning appliances off standby mode saves around £30 a year. Seal cracks in floors and skirting boards, and add draft excluders to letterboxes, doors and windows.

You may be eligible for certain grants for energy efficiency improvements, or for benefits, including help with energy debts. Contact Citizens Advice if you need help with this.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We can give detailed advice over the phone – telephone 03444 111 444. For email see our website: www.southlakescab.org.uk . We have various outlets across South Lakeland if an appointment is required. For Money Advice and for on-going enquiries please call 015394 46464.



Repairs

Maintenance

Improvements

Small Projects

Mobile: 07528795337
E-mail: jermyd@outlook.com
Facebook: David Jermy House & Gardens

NEWS FROM THE PEWS

Susan Sharrocks
Tony Reed Screen
Churchwardens

If I were to be asked what was my best memory of the services held in church around Christmas, I would have to say the joint Carol Service for Sedbergh Primary School and Settlebeck High School.

Providing the music with their own orchestra and singing to raise the roof gave those of us present a great start to the Christmas season. Having the primary school turn in their pews to face the back of the church and the rest of the congregation, as they sang their special carols was much appreciated, as we could see their enthusiasm for singing, and how well they all knew the words.

I picked up that the theme of the service was "Unity". Several children from each school read out words they had written on this subject. Much thought and a maturity beyond their years had gone into their writings. Without doubt we have two schools of which to be proud.

"Follow the Star" was a first for us all. The wonderful star above the north porch and the huge nativity figures in the south porch set the scene for the procession arriving from Cornerstone Church to take part in the Town Carol Service. A wonderful gathering of all ages joining to celebrate Christmas. A special occasion indeed.

Now we are back in our normal routines!



Footloose Travel

"Travel with Integrity"

Tel: +44 (0)1943 604030

info@footloose.co.uk

Skype: footloosetravel

Coffee Mornings every Wednesday in the church room at 9.30am until 11.30...ish. We do have early bird arrivals which explains the 9.30am start time. On those Wednesdays, not booked by another group for their Coffee Mornings, members of St A's put the kettles on and do the honours. There is always a welcome on the mat if you feel like meeting and catching up with friends whilst enjoying a hot drink, and biscuits, all for £1.

Lent Lunches start on Ash Wednesday, 26th February. Beginning at 12 noon two choices of soup, a roll and piece of fruit for £3.00. At the end of Lent the proceeds will be divided equally and sent to Manna House in Kendal and St John's Hospice in Lancaster.

Another date for your diary is Friday 3rd April to enjoy homemade meat and potato pies with vegetarian options available and puddings to die for. We meet at the People's Hall at 7pm to eat. The Annual General Meeting of the Parochial Church Council follows. The meal and meeting are open to everyone in the community.

Our plans and 3D visuals for the re-ordering the back of the church and the church room will be on view. You may have already seen them in the back of the church where they are pinned on a board. At the meeting you will have a chance to air any thoughts you may have on the plans.

As always there is a welcome on the mat.

See page 6 for an article on proposed changes to the church.

WOMEN'S WORLD DAY OF PRAYER

Dorcas Thomas

It is on Friday, 6th March, at 2.30pm, in St Andrew's Church, Sedbergh. The theme is "Take up your mat and walk," chosen and set out as a service by women of Zimbabwe. There may be items that provide local colour, music, food (there will always be food with tea afterwards). Everyone is welcome. It is a chance to share our thoughts with people whose lives are rather different from ours. If you would like to help, my phone number is 015396 20926, and if you have any ideas be included, get in touch with Dorcas Thomas, Low Birks, Sedbergh LA10 5HQ.

Garsdale Design

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

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

Our service is personal and tailored to individual needs

We are an RIBA Chartered Practice



Contact details:

phone: 015396 20875 (office hours)

email: info@garsdaledesign.co.uk

web: www.garsdaledesign.co.uk

THE HEAD AT MIDDLETON

LA6 2NF TEL: 015396 20258

www.middleton-head.co.uk

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

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

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

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

Bookings advisable for both rooms and restaurant reservations.

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

David and Elizabeth Martin, proprietors since 1999.

SETTLEBECK NEWS

Sarah Campbell

As the Autumn Term draws to a close and the Christmas holidays rapidly approach, I feel very proud of what our students and staff have achieved.

In September, students from all year groups took part in the annual Kendal Torchlight and ran a science stand at the Westmorland Show. Our students also made a significant contribution to the Year 6 Open Evening. In November, Year 7 had a fun-filled 3 days at Hawse End, challenging themselves to try new things. The Arts Showcase was a great success, with a fabulous performance of scenes from The 39

Steps, high quality art work and catering by our students. This month, over 40 students went on a STEM trip which included a visit to Bletchley Park, a ghost walk in Oxford, a visit to the Mini factory, where they drove Mini simulators, an amazing laser light show at Blenheim Palace and a trip to Cadbury World.

Students have, once again, excelled at sporting events which have included district cross country trials and National Schools Football Cup.

Our students committed time and energy to taking part in the Macmillan Coffee Morning, raising over £600, exceeding the total last year. I am extremely grateful for the

contributions made by many of our students at the Remembrance Service, Christmas Market and Christmas Late Night Shopping in Sedbergh. Our end of term Carol Service with Sedbergh Primary School will see our musicians perform as part of the Christmas celebrations.

Year 11 students have just completed their mock examinations and in January our Year 10 Sport students will be sitting their first GCSE examination in Sport.

Finally, let me thank all of you – students, parents, staff and governors – for your continued hard work and support over the last four months and wish you all a successful New Year.



The advertisement features a large, stylized logo 'sk' where the 's' and 'k' are interconnected. Below the logo, the word 'DECORATING' is written in a bold, sans-serif font, with a thin red horizontal line above and below it. In the bottom left corner of the main box, the text 'Professional interior and exterior decorating' is displayed. In the bottom right corner of the main box, there is a smaller box containing contact information: 'Stefan Kliszat', '07971666785', and '015396 20524'.

SEDBERGH SCHOOL BBC YOUNG CHOIR OF THE YEAR FINALISTS

Mathew Burns

Social media and PR officer

For the first time in the School's history, Sedbergh School Chapel Choir have been named as one of the five finalists of the prestigious BBC Young Choir of the Year competition.

The long-standing competition is open to all young choirs across the country, with Sedbergh making it to the final of the senior category for the ages of 13-18. This includes other youth and community choirs, as well as other School groups. The final will take place on Sunday 22nd March, at Warwick Arts Centre. The five finalists will all perform in front of a judging panel and live audience, with two finalists then being selected to compete head-to-head to be crowned the winner.

Head of Choral Music, Mr John Seymour, and Director of Music, Mr Chris Allinson, took the decision to enter this year's competition following a very successful summer tour, when Sedbergh Chapel Choir visited the United States of America. On their ten-day tour, pupils performed in New York, Washington DC and Boston. Mr Seymour believes the tour provided the young choir with a great boost of confidence. "The choir that we took out there were really quite a young choir, very inexperienced. Over the ten days we were in America, they developed a huge amount. It was really that which gave us the springboard for a strong start in September and the confidence to enter the competition."

As part of the application process, each choir must submit a recording of their chosen piece of music being performed. The decision was taken by Mr Seymour and Mr Allinson to submit a piece of music that was written especially for the USA tour by Mr Seymour, entitled 'I Will Lift Up Mine Eyes Unto The Hills'.

"It is a song that has a strong Sedbergh connection" explained Mr Seymour.

"The lyrics 'I will lift up mine eyes to the hills' describe us being surrounded by the hills here in Sedbergh. It was a reminder of home whilst we were amongst the skyscrapers on the East coast of America."

Mr Allinson also paid tribute to the excellent facilities at Sedbergh School.

"We recorded our submission in the Thornley Studio, which has been an important part of our recent success" said Mr Allinson. "That improvement

in the facilities, I believe, has supported the choir's progress."

It is believed the competition will be broadcast across two episodes of BBC's Songs of Praise, in early April.

SEDBERGH SCHOOL

Karen Bruce Lockhart

Lancashire County Cricket Club have again decided to make use of the School pitch. On 17th July the National Counties (formerly the Minor Counties) match between Cumberland and Lancashire will take place there. On Sunday 19th June there will be the 1st Class Royal London Cup one day 50 over game between Lancashire and Middlesex. And then on the following Friday 24th July the women's 100 fixture between Manchester Originals and the Oval Invincibles.

The School has won four awards at the international InspEd School Marketers Brilliance Award for the video The Spirit of Sedbergh: gold for



admitted student welcome, enrolment video (outsourced) and out of the box concept, and silver for social media campaign of the video.

After a two-day inspection in July Sedbergh International Summer School is now fully accredited by the British Council following another successful programme in 2019

The School is working with employers and others in the Town on a survey to try to establish what the need for housing is with a view to developing the Town economically

It is intended to close the present 6th Form facility (the old medical centre) and convert it to accommodate twelve senior girls (four from each Girls' House). Queen's Hall will be altered over the year to provide enhanced 6th form facilities, the work being undertaken during the summer holidays

Michelmas Term

A glamourous and enjoyable dinner for 150 guests was given in the Drapers' Hall in the City, tucked behind the Bank of England. The two Old Sedberghians who set up the FlipFlop Project building a boat from abandoned plastic and sailing it down the East Coast of Africa spoke at the dinner

The School held a mock election at the time of the General Election with the following results: Conservatives at 41% (UK: 44%) and Lib Dems at 15% (UK: 12%). Bit more divergence with the other parties! We had Greens at 25% (UK: 3%) and Labour at 6% (UK: 32%)



The School gave four brilliant performances of Oliver! in the Brewery – three evening performances and one matinee. It was quickly sold out.

The Friends of Sedbergh Prep School held their usual Christmas Fayre on 30th November. And Reception to Yr4 held an "Elf Run" to see how many laps on the Sports field they could achieve in aid of St John's Hospice. Pupils from the upper School have been helping serve tea at Gladstone House on the Thursday afternoon community socials there.

The Advent Carol service on Sunday 8th December was very well attended and enjoyed, and the "audience" sang lustily. The previous Friday they gave an enjoyable carol concert in the chapel.

The school held another Sedbergh Gives Back day. Lupton House prepared Christmas wreaths and distributed them to charities and sang at St Mary's Church in Liverpool, cleaning the brass etc. before hosting afternoon tea for the public and local homes. Powell House went to Bendrigg and worked on a wheelchair accessible assault course and all sorts of other grounds work. Winder House were at Brathay doing housework – making beds, tidying and cleaning windows. but one group remained at the School producing wooden platters for a charity that supports forces veterans who are struggling with life out of the forces. Evans House carried out works at the Doncaster stadium following the recent flooding,

Sedbergh School Choral Society



Hirst Centre, Sedbergh School

Thursday 5th March, 7:30pm

Tickets: www.trybooking.co.uk/PEN



including litter picking. Robertson sang at Kendal Day Care Centre and Silver Howe Care home, made Christmas cards, made 500 mince pies for distribution to St John's Hospice, and distributed 40 wreaths locally (including to the Medical Centre), and held a children's Christmas party. Carus sang carols and gathered in toys for @KINDLiverpool Christmas appeal. Hart did a month's work in one day with the Woodland Trust and helped the National Trust clear the fellside for new trees in Great Langdale. Sedgwick visited four homeless shelters in the North West. The weather for all this was, of course, appalling.

The Prep School had its usual exhausting end of the autumn term. A Christmas Fayre took place on Saturday 30th November, which raised £2,500 towards enhancing the playground facilities. Two performances each of a nativity play and a play by year 3-8 A Pudding for the Chimney Sweep. An "Elf Run" round the school pitch by reception to year 4 raising money for St John Hospice. The senior choir sang at the morning service on Sunday 8th in the upper school Chapel. The junior choir sang in the Kirkby Lonsdale parade on 8th December, and in the Community Christmas Concert in St Mary's Kirkby Lonsdale in the afternoon. On Monday evening they held an excellent musical concert. On

Wednesday they held their carol service in the upper school Chapel before breaking up for the Christmas holidays and a well-earned rest for pupils and staff.

Lent Term

The school chaplain, the Rev Paul Sweeting, has had a term off when he visited the Falkland Islands where he was priest in charge of the cathedral before coming to Sedbergh. He is now back in harness. Mrs Lotte Wright, Deputy Head of the Senior School, spoke to the Prep School about her experience of running the Marathon des Sables (156 miles across the Sahara in up to 50 degrees)

The Prep School pupils in teams of 12 swam 3,952 lengths of their swimming pool (Stranraer) to Belfast and ran, roughly the distance from Casterton to Stranraer plus Belfast to Dublin, to raise money for the Street Games Charity and their own sports tour to Ireland

Following their success in collecting ring pulls for the unemployed in the Philippines last year, the Prep School is continuing to collect ring pulls, and would welcome contributions.

Terra Nova school pupils joined the School for a weekend and

worked in the upper school Drama Department, and in the DT Department building bird boxes as part of the Sedbergh Conservation project and learning how to design crest with a laser. Some pupils also sang at Sunday morning chapel with the School Choir

Year 9 have started a project to plant 3,000 trees before Easter

SEDBERGH ORCHESTRA

Conductor : Xenophon Kelsey

Leader : Val Snelling

The Romance of the Violin

Soloist : Julian Can

Weber : Overture to 'Peter Schmoll'

Beethoven : Romance in F

Sibelius : Pelleas et Melisande

INTERVAL

Light refreshments available

Beethoven : Romance in G

Malcolm Arnold : Little Suite for Orchestra

Johann Strauss : Im Krappenwaldl Polka

St Andrew's Church Sedbergh

Thursday 19th March

8.00pm (doors open 7.45pm)

Tickets from : Orchestra Members,

Sedbergh Information Centre 20125 or

Sedbergh Pepperpot Club 21196

[Website : sedberghorchestra.zenfolio.com](http://sedberghorchestra.zenfolio.com)

£8 in advance £10 at the door 18 & under free

Any surplus will go to the
Alison Armstrong and Astle Pepperpot Funds

Music - The Chapel Choir have been named in the final five for the BBC Young Choir of the Year 2020. This has resulted in some adjustment of calendar – see below. Samuel Sancar has successfully auditioned for the National Youth Concert Band

Rugby - The 1st XV match against Warwick last term was cancelled. They won against Wellington, lost to Millfield, but won against Llandovery in pitch and ball conditions that meant they gave up trying to convert tries. Those who could remember the conditions in days gone by, with mud that disguised which team was which and a heavy wet leather ball, laughed.

Four boys were included in the Sharks U18 team to face Worcester

Matthew Cook

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

Stone repairs and replacement

Re-pointing with lime mortar

Stone cleaning

Specialist surveys and consultancy

07791894782

www.cookmasonry.co.uk Info@cookmasonry.co.uk

for the opening U18 Premiership game of the season: Cameron Melville, Murray Redpath, Josh Clarke, and Max Jackson. Winder House beat Hart 34-10 on 14th January in the inter-House final (amid much noise) in appalling conditions. The U15s beat St Peters York in the final 32 of the NatWest Cup on 15th January

Cricket - OS George Hill has been selected for the U19 English World Cup Squad as Vice-Captain, and OS Ben Davidson for the Scottish U19 Squad

Running - By the time this is published the South Lakes District Cross Country Trials will have taken place at BuskHolme for U9, U10, U11 on Monday 20th January. The first epic of the term was Frostrow wall – in sinking mud, waste deep at times

Athletics - Alan Toward, who has represented Great Britain both for throwing the Discus and Bob Sleigh, has been appointed Head of Athletics.

Shooting - Imogen Hunt has been chosen for the UK Cadet Rifle Team

Netball - The 1st team has qualified for the U18 National finals

Future Events - On 1st February at 7 pm Anastasia Micklethwaite, the Prep School Director of Music, is organising a workshop and concert by Louise Marshall in St Mary's Church, Kirkby Lonsdale. The Prep School are holding A Night at the Races on 7th February to raise money for the Irish Sports tour. The Morgan Run will take place at Buskholme on 1st February at 2.15 pm. The A Level Art & Graphics trip to Florence begins on 13th February. Scholarship assessments will take place in the week beginning 24th February. The Sedbergh U14 Sevens Tournament takes place on Saturday 29th February, and the U16 on 14th March. The Ten Mile Relay is on 9th March beginning at 4.15 pm at Buskholme. The combined School and Town Choral Society performance of the Messiah is at 7.30 pm on Thursday 5th March (having had to be moved because of the final of the BBC Young Choir of the Year). The rehearsals in February are on 3rd, 10th and 24th, and 2nd March. An OS Jazz and Swing evening is on Saturday 14th March at 6 pm also moved forward a week because of the choir being involved in the BBC Young Choir of the Year finals), and the OS Wilson Run dinner in the Black Bull at 7 pm on Monday 23rd March. The Wilson Run starts at 2.30 pm on 24th March in Back Lane. The Sedbergh National Super Tens are on Sunday and Monday 29th and 30th March.

Half term is from 15th to 23rd February. Term ends on Thursday 27th March (and the Summer term begins on 19th April)

NEXT STOP, THE FUTURE

Stuart Manger

Emily Kitchen

"Languages have been the centre-piece of my studies since I joined high school where, over my career I had the opportunity to study French, Spanish, German, Mandarin, Italian and Latin. Two weeks on a French working trip in Lyons." She also says that learning to think in French or in any target language is a dream of many linguists. She'd always been curious to find the most colloquial yet interesting idioms, phrases and tenses which drove her to *Le Monde*, and then later on *El Mundo* for Spanish.

Over her GCSE course, she was working at Three Hares in Sedbergh and the Churchmouse at Barbon, a step, as she says, into the 'real world'. From The Three Hares and The Black Bull, she is striving for high academic targets, and just after Christmas, she learnt she'd been accepted by Selwyn College, Cambridge. On the way there, she has already dived into Dante and analysed Giotto's paintings, and combed through Descartes's '*Discours de la Méthode*'.

In badminton, she played for Cumbria for five years, gained various titles, and travelled around to regionals while captain of the QES team. She went to the Inter Counties Tournament twice for Cumbria - which she calls 'a real privilege'. She says further that the lessons she learnt on court were just as important as those working in the restaurants.

Now, she is on the edge of an exciting future, and as she says

herself 'I cannot wait to explore every corner!'

Zack Scott

Like many of the Sedbergh up and comers in this occasional series of articles, Zack Scott is both local and international.

After fine A-levels at QES 2018, in February and March 2019 he set out for a GAP placement in Sri Lanka, teaching recorder and clarinet, absorbing the sights and sounds of a vibrant culture, wholly new to him. Then – in case that was not enough – and having got the taste for the hugeness and diversity of our planet, he then took off for Nebraska USA until late August 2019, working all the hours you can think of and more in one of those so typical features of American summers - a Youth Camp - working with a lively team on what he called 'a variety of tasks'. Erm, bit of an understatement, maybe?

Finishing there, and re-tracing steps east in a shared transit van across USA, he returned to UK, and then set out to the great north – this time to Glasgow University to study Art History and Music. Zack Scott may already be known to you as a fine clarinet player with a variety of local ensembles in a variety of musical guises, including the QES Big Band, and for Sedbergh Orchestra.



A CHILD FOR DOROTHY

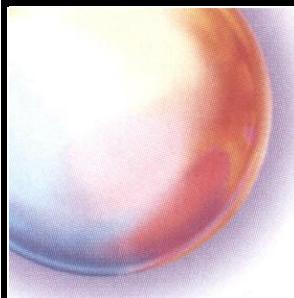
Sandra Gold Wood

Dorothy arrived home from the shops, parked her Mercedes sports in the garage and waved to the gardener. In the hallway she stopped in front of the mirror. She sighed as she observed her expertly cut hair which framed her attractive face. She knew she looked good, so why did she feel so dreary?

Fishing for her lipstick in her handbag she flushed to the roots of her natural blonde hair when she saw all the cheap trinkets she had picked up. Why did she do it, she had plenty of money, what was the point? The point was she wanted to be caught, she wanted someone to notice her, even if it was as a thief. There was a tightness in her throat and tears stung her eyes. She felt so lonely.

She drifted aimlessly upstairs to her bedroom. The room was luxurious, and yet it gave her no joy. It had been nearly a year since her husband, Howard, had died. Gazing round the room she asked, 'Why did you leave me like this, Howard? Perhaps, if we had had children, I might have something to live for.' His words echoed in her head, 'No children for us, Dorothy, we have each other.'

At that moment the doorbell rang. Dorothy quickly pulled herself together and went down to answer it. It is probably the gardener, she thought. Upon opening the door, she saw it was a young woman, who for some reason seemed familiar. The woman held the hand of little boy in a neat school uniform. Adding to her confusion the woman called her by name.



stramongate press

printers

printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448

fax 01539 730253

e-mail info@strampress.co.uk

website www.strampress.co.uk

'Do I know you?' asked Dorothy.

'Oh yes, we have met, still it was a while ago. I'm Jennifer Carine.'

Seeing the puzzled expression on Dorothy's face the woman continued, 'I was your husband's secretary.'

'Oh, yes, yes, of course, what can I do for you?'

'Well it's more about Nigel here, he is curious about his family.'

'His family?'

'Yes, I thought, with Howard gone a year now, you might want to meet the boy.'

Dorothy's head was swimming as she held on to the door jam and all she could say was,

'But Howard's dead.'

'Yes, I know, but all the same, Nigel is his flesh and blood'.

Dorothy felt as if she was choking, 'What do you mean his flesh and blood?'

'Oh, dear, I can see by your reaction that Howard didn't tell you; I had thought you knew all about it, he said you didn't want children but he wanted a son to carry on his name, I have all the papers here, he has left money for us and a sum in trust for Nigel.'

'What, what, how do I know you are telling me the truth? I mean, well, it was Howard who didn't want children. He always said he didn't want children?'

Her world crumbling before her, Dorothy shut the door and lent back against it trying to get her bearings. She could hear the child's reedy voice asking his mother what was wrong.

What's wrong, she almost screamed at the empty hall? What's wrong, what's wrong? She couldn't

remember ever feeling so angry.

Tears streamed down her face, as she staggered upstairs to the bedroom which she had once shared with a man, she now realised, was a liar and a cheat.

Dorothy felt dizzy, her legs began to buckle under her, the faces of the young woman and the child swam in front of her eyes, as she slipped to the floor. She was mumbling Howard's name as darkness engulfed her.

After a time, she came to her senses. She noticed the sleeping pills the Doctor had prescribed for her on the bedside table. Snatching them up she tipped them into her hand. For what seemed like an age she stared at the tablets; if she took one she would sleep for the night; if she took all of them? That would be the end. Taking a deep breath Dorothy got up and flushed the pills down the loo. Then she parcelled up the things she had stolen. She would post them back to the shop. That would go some way toward easing her guilty conscience.

In the kitchen she made herself a coffee and sat down to think. Why had she not known of his infidelity, he had a child for heaven's sake? How could she have not known? If Howard had been there she would certainly have slapped his face.

For a moment she imagined the satisfaction this would have given her. She wondered if his friends and business associates had known. She guessed so, after all they hardly said a word to her at any of the firm's functions. She had thought their coldness was just a business thing but now she felt sure it was just so

they wouldn't say the wrong thing.
‘Oh, Howard, how could you?’

At that moment she noticed a letter propped against the vase of sweet peas on the dresser. The cleaner must have put it there, thought Dorothy. Opening it she hoped it wouldn't be letter of notice from the girl. No, it was a letter from her husband sent by his solicitor, a truly shocking letter. She felt it burning her fingers as she read it.

Dear Dorothy,

I'm sure the news of the child must have been a shock to you. Please forgive me. I never told you, but my mother died giving birth to me, and I could not bear life without you and

that is why I decided we wouldn't have children.

I'm sure you will understand when I say I would like you to take an interest in the child, be an Aunt to him. You will not need to support him I have left sufficient funds for him and his mother to live comfortably.

I have enclosed pictures of Nigel growing up so that you can get to know him. He's just six and I have enrolled him in St Augustine's school as a day pupil. He seems to be doing well.

I do hope you can find it in your heart to see it from my point of view. I am just guilty of loving you too much. I ask, again, for your forgiveness.

Love always Howard.

Dorothy tore the letter up and the photos of Nigel. She dropped them in the kitchen bin and then let the lid crash down. Staring out the window into the dark evening she wondered what she was going to do. What could she do, she had never had a job of any significance?

She had been in the typing pool when she met Howard. She remembered how ambitious he was and how it had excited her. She realised that she had thought she would be part of his company helping him to reach his dreams but it did not happen.

Howard was happy for her to play the hostess to his business associates and she accompanied him to any corporate events but he showed no desire for her to work at his side. She didn't think it mattered at the time, now she felt differently.

To be continued...

One to one tuition KS1 to KS5

- Maths
- English Literature
- English Language
- Drama
- Eleven plus
- Phonics & Numeracy
- Year 2 & 6 SAT preparation
- Dyslexia screening & support

Confidence building
Revision techniques

Specialised support available as one-hour sessions; our principal aim is to empower and enable students to be successful. Working closely with parents to understand individual requirements and support students' needs. Our students benefit from a friendly and motivating approach that builds confidence.



63 Main Street, Kirkby Lonsdale
LA6 2AH



twittwoeducation@gmail.com
Call Liz on 07946560280

THE BAY HORSE, WINTON

Myles Ripley

I had heard about this pub restaurant just outside Kirkby Stephen from several friends but it wasn't until we had the Western Dales Bus Christmas meal that I made it to this venue. First impressions were great – warm, cosy, welcoming and a good range of beers on tap. We had a great meal and all round the table were unanimous in their appreciation of the quality of the food. They state on their website that "We pride ourselves in good, honest pub food" but I would say that it was a cut above that. Next to me I saw some lovely lamb suitably pink in the middle, across the table was a salmon en croute while my traditional turkey was delicious. The service was efficient and helpful and I must comment on the desserts where every plate was beautifully decorated with stripes of icing sugar, trails of melted chocolate or with individual jugs of custard for the Christmas pudding. Three courses for £25 with coffee and mince pies thrown in seems to me like a very good deal – I'll be back to sample their menu again very soon.



GINGER BAKERS

Caroline Sandys-Clarke

On 19th November we had an inspiring talk from Lisa Smith about her company, Ginger Bakers, set up 13 years ago. Lisa, who is from South Cheshire, has inherited a very strong work ethic from both parents who ran their own businesses. She studied Graphic Design , then worked two seasons as a chalet girl, also teaching English as a foreign language, before coming home and training as an Art Therapist. When she married she moved with her husband to Kendal and having always enjoyed baking for herself and friends set up the Ginger Bakers. The business has now been going for 13 years. The first 7 of those, with two young children in tow, were in her own small kitchen. She started supplying Booths cafes with cakes and in 2010 the manager came to her and asked if she could produce 10,000 mince pies! Lisa had the chance to move into a bigger kitchen and then another next door and from there went to the Good Food Show in 2014, which although not a good show for her at the time, resulted in a meeting with an Aldi manager who put in an order for 10,000 Christmas Cakes! Two gazebos had to be put up outside the kitchen where all the packaging could take place. The cakes had to go out by the end of October/beginning of November. The next year when asked for 20,000 she did say no! Storm Desmond hit in 2015 and flooded not only her home but also her business, ruining all her equipment and the cakes got ready for the big Manchester Christmas Markets. The owner of Lovingly

Artisan rang up three days later and offered Lisa the use of his kitchens. 2017 saw the business move to an especially built premises up at Plumgarths, where 7 members of staff do the baking and they also have a small shop on site. Ginger Bakers are now producing 'gluten free' for Booths. Also supplying The Westmorland Services and the V and A museum.

After two years out of their home, Lisa and family finally moved back in and very shortly afterwards she was diagnosed with cancer. She has bounced back from the treatment with typical stoicism and courage and is supporting 'Maggie's' cancer charity with recipes for their book ..'Recipes to Remember'. She is also a big supporter of Growing Well at Low Sizergh Barn buying her vegetable ingredients from them. She is always looking to do different products and use new recipes. Do look out for her products in Booths and further afield.

JHS Joinery

Qualified and Experienced Joiner
Providing a Quality Service

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

Jim Speak
Carpenter Joiner

Tel: 07496 946204

jim.speak1949@gmail.com



SEDBERGH & DISTRICT HISTORY SOCIETY

Richard Cann

Rob David gave a talk on "Icehouses and the International Trade in Ice" to the society on 15th January. Icehouses were probably first introduced in this country by Charles II who had encountered them during his exile in France. They all consisted of a long passageway with several doors ending in a pit covered by a dome. In order to work there must be a drain at the bottom of the pit to remove any water formed by melting ice. All of them in Cumbria are underground. The other ways of preserving food, such as air drying, smoking and salting all alter the taste of the food. Ice preserves the taste and can also be used for other purposes such as cooling drinks.

There are several ice houses in Cumbria at places such as Levens Hall, Holker Hall and Branthwaite, although the latter was a failure due to the lack of a drain. They date from the late 18th to the 19th century. They are often situated some distance from the house and nearer the source of the ice, such as a lake or canal. Use of the latter could cause health problems. Ice was collected in winter and deposited in the icehouse. When the ice was needed it was taken to the kitchen and stored in an ice box. This had a metal inner container with an outer container of wood or metal, the space between being filled with an insulator such as charcoal. The ice was stored in the left-hand side of the inner container, which had a tap at the bottom to run off water formed from the ice melting. The ice was

separated by a metal gauze from the food on trays in the right-hand side of the container.

In the 19th century the winters in the U.S.A. north of Boston were very cold and this resulted in pure ice forming to a large depth in the lakes. The ice was collected and stored on an industrial scale at Wenham Lake. Using insulated wagons this was taken by rail to Boston and then, by insulated ship, to other countries. Even allowing for loss due to melting it was a profitable trade. The ice exported to this country was landed at Liverpool and then distributed around the country. Because of its quality it was preferred to locally sourced ice. A rival source was started from Norway with one person

even buying a lake there and naming it Wenham Lake, so that he could cash in on the reputation for quality. Apart from selling to private individuals much was sold to the fishing industry. The trade declined dramatically from the 1890s, as ice was made artificially, and then collapsed due to WW1.

Rob's interest in the subject started in 1979 when he began a school project whilst he was teaching in Kendal. For the second stage of that project it was decided to fill the icehouse at Levens Hall with ice. It had been built for £65 in 1827-1829 but, by 1980, had been used as a rubbish tip. The rubbish was removed and the pit, originally constructed using limestone blocks, was lined



Step Out and Dance

An Afternoon
of Music,
Dance and
Song

Sedbergh People's
Hall

Friday 27 March

2.00 - 4.00pm

No need for a partner, just come and enjoy
the atmosphere and music.
Music provided by Rawthey Rhythm.
FREE EVENT with refreshments provided.

BOOKING PREFERRED or for more
information, please call 01539
728118 Or email Volunteering@
ageukssouthlakeland.org.uk



with straw as an insulation. The 15 foot deep pit was shaped like an ice cream cone and it was calculated that it would hold 15 tons of ice. This was delivered from Whitehaven and found to fill the pit exactly. The ice had to be pounded as it was put into the pit to remove air. The ice lasted from January 1980 to February 1981. Rob was thanked for his fascinating talk and reminded that he had given a talk about the school project to the society in January 1983..

DEMENTIA BLOG

Is it going to be a good or bad day?

Wendy

I thought I'd share my early morning today where I try to work out whether my brain is cooperating. I wrote this as soon as I got out of the shower on Sunday to remember as much as I could.

On Sunday I had a very frazzled morning. I'd had 2 very busy days, On Friday I'd had a very long tiring day in London and on Saturday I'd had a very busy, lovely christmassy day with Sarah – so Sunday was never going to be a breeze.....which

is why I knew it would be good to document here.....

On days like these the day starts off slowly and not without its challenges.....

On Sunday I stood in the shower and forgot to wet my hair before adding the shampoo – so there I am trying to wash my hair with shampoo before it's wet – believe me that's a very strange feelingand it took a minute to work out what I hadn't done. I realised I wasn't standing under the water and then all becomes clear.... ever tried to wash your hair without water? Give it a try, very confusing.....

I have 'hot/cold' 'on/off' on my shower which gives me something to refer to when I get confused – this is why I have so many problems in hotel showers as the prompts are missing.....

Now methinks I need to laminate a sheet to remind me to stand under the water.....

The mizzle eventually clears and the world is a nicer place.....I know one day it will take me longer or not make sense at all so I'll appreciate now.....

Craig Chamberlain IT Services

**Problem with your computer?
Let me take care of it.**

www.craigchamberlain.it
info@craigchamberlain.it

Windows 7 is "Going End of Life"

If you still have Windows 7, you should plan to upgrade or even replace your computer before 14th January 2020.

I can upgrade your computer or help you choose a new device, and migrate your files to your new computer or the cloud.

07526 825 153



"If the bathroom is all white put some coloured tape around light switches, basin & loo so we can see them easily (electrical tape works well)." Colour and contrast is sooo important for people with dementia. If something is all white, we can't distinguish one thing from another. Simply coloured tape can attract our attention and make things easier to see as a workaround....a simple way to discover if a room is dementia appropriate is to take a black and white photo on your phone. If the contrast is good between colours and surfaces, you've probably got it right..... On muddled days, it takes more than a while to make sense of the day, but if you don't panic, you can get there – it just takes a while....." The above article is taken from a Blog written by a fascinating lady called Wendy who almost daily manages to blog on Wordpress about her life with Dementia. You can follow her by Googling – Which me am I today?

smart

Design and Print

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

Call us today: **01539 620788**

Email: office@smartdesignprint.co.uk

FREE local delivery for orders over £20

HOWGILL AND FIRBANK WI

Audrey Hoggarth

Firstly a catch up on events leading up to the end of our 2019 programme.

The Kirkby Lonsdale Hand Bell Ringers entertained us at the November meeting. They have been performing in our area for many years. They were founded in the early 1970s. Ten members came along and, with some guidance, we enjoyed taking part, ringing out some tunes with which we were familiar. The competition for a "bell" was won by Pauline Robson with Liz Moore in second place. Jackie Hooley thanked the ringers for a musical evening with a difference.

The following evening brought another social evening with our annual domino drive and thanks to everyone who came along to support us. It proved successful by raising £186 for our funds.

We have enjoyed talks with one of the country's leading experts, Dr Chris Ellis, on climate change; also, recently elected High Sheriff of Cumbria and New Yorker, Marcia Reed-Fotheringham gave an insight into her life and careers.

We entered two teams in the pub quiz, Sedbergh Sizzlers were the winners.

On December 7th our walking group took the train from Carnforth to Grange followed by a leisurely walk along the promenade, admiring the views over Morecambe Bay, then by lunch in the town.

Christmas celebrations were held at Cross Keys in Cautley and there was a good party atmosphere

throughout the evening. A lovely festive meal was served, followed by several games of dominoes and with a secret Santa.

The competition for a homemade Christmas tree decoration was won by Jackie Hooley. Thanks to Chris and her staff for a lovely welcome and excellent food.

The first meeting of the New Year was held at Howgill Village Hall. Bridget Postlethwaite presided, giving a warm welcome to members and also Alison Marsden our speaker and teacher of the Alexander Technique. We were introduced to some exercises. The technique is a gentle approach that involves changing long standing habits and aims to re-educate the mind and body, through a series of movements. It needs no special equipment and is suitable for all ages and abilities.

Vera Hodgson thanked Alison for an interesting talk on a subject some of us would consider trying. The competition for the most words made from Alexander Technique was won by Pauline Robson. Refreshments were served by our hostesses.

We meet again on February 6th at Firbank Church Hall when Emma Littlewood will be showing us her African Adventures.

Visitors and new members welcome.

DENTDALE W.I.

Thelma Belfield

A new year and a new decade, with Christmas festivities a distant memory our January meeting began with a review of the excellent Christmas lunch we all enjoyed at The Pheasant Inn at Casterton.

Catherine chaired our meeting in the absence of Sue our President, who is currently taking a temporary break. We wish her well and look forward to her re-joining us soon. Giving a warm welcome to the many visitors to our meeting and wishing everyone 'Happy New Year Catherine opened the business section of the meeting.

January is the time when WI members discuss the proposed Resolutions for the forthcoming year with a view to selecting one or two which will then be taken forward for presentation at the National AGM in June. Five very different Resolutions were presented, ranging from 'Protecting world Helium resources', 'End Modern Slavery', 'Female crash dummies', 'Time to talk about death and dying' and 'A call to increase potential stem cell donor registration'. Having given consideration to all, a vote was taken, resulting in support for 'End Modern Slavery'. This issue is very serious and despite much work being done to eliminate such practices, it remains a worldwide

Joss Lane & Loftus Hill Car Parking Charges

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

problem with many men, women and children victims.

Catherine announced that Thelma had agreed to be our delegate at the National AGM, this year being held at the Albert Hall in London.

Ideas were sought for our next Dining club outing and members keen on craft work were asked to put their names forward with a view to resurrecting our Craft Group. Catherine drew attention to the many Federation Centenary events that are taking place over the next few months and finally reminded us all that subscriptions were due this month to renew membership.

Business over it was social time and Catherine explained that our programmed speaker for the evening, Gordon Nuttall, who was to talk about 'Mount Everest – Before the rush' had been taken ill and was unable to attend. At very short notice Jeff Clegg had kindly stepped in to talk about 'Mining in the Yorkshire Dales' so rather than climbing mountains we were to be taken deep underground.

Following a big 'thank you (and a warm welcome) Jeff began and aided by some excellent photography he took us on a journey which started more than 50 years ago. As a young man he had attended Whernside Scout Caving centre where his interest in exploring underground caves and tunnels took hold. He explained that during the 18th and 19th century the dales were a highly industrialised area with Lead, Copper, Coal, Stone and Gravel all being

mined from under the Yorkshire Dales. Stone from Burtersett mine was used in building the mills in Nelson and Colne. Churt mined in Arkengarthdale was used to line Kilns. Coal was mined in Barbondale. Gunnerside mine in Swaledale produced Lead ore and gravel was mined in Buckden in Wharfedale. Jeff has retained his interest by becoming one of group of enthusiasts who have excavated and renovated a number of these old mines.

He told us of The Sir Francis mine in Swaledale which was originally excavated in the 1860's extending deep underground taking 13 years to complete digging and drilling through

 rock using black gunpowder to make progress in order to excavate the rich veins of lead ore. It was one of the first mine excavations to use compressed air to drill

through the rock. Mechanisation was in its infancy in those days and men walked miles underground to reach the lead ore, working in candlelight in very harsh conditions with no ventilation and very poor air quality. Despite this, the men left evidence in the form of graffiti etching their initials or names in the rock face. Jeff and his team have found numerous pairs of abandoned men's boots and shovels during their modern day excavations. The mines were worked on different levels accessed by a system of iron cages and many of these have been well preserved and can be seen today. A system known as 'hushing' was common, using water from surface moorland dams to

flood the ore out. Horse drawn tubs were used to remove the ore from the mines to storage pits from where it was sorted and then placed into deep furnaces to melt and extract the lead. The liquid lead being poured into cast iron moulds, forming 'pigs of lead'.

Jeff's great interest and enthusiasm for the exploration and renovation of the old mines held everyone's attention and, whilst we had not climbed Mount Everest as expected, we had indeed experienced the hidden industrial world beneath our beloved Yorkshire Dales.

After a restorative 'cuppa' and biscuits Catherine announced the results of our competition for the best snow photograph which was won by Thelma, with Catherine second and Chris in third place. Sharon and Marjorie were lucky raffle winners. Thanks were given to our hostesses Karen and Marjorie and Rita reminded us that next month's competition was 'A recycling idea'. In February Climate Change and Biodiversity Loss is the topic under discussion. As always we extend a warm welcome to visitors and new members.

Sedbergh Red Squirrel Group

Local conservation
for **your** red squirrels.

Report sightings of
reds or greys,
or to Join / donate at
sedberghredsquirrels100@gmail.com
www.sedberghredsquirrels.org.uk



SEDBERGH WI

Moira Folks

Christmas festivities dominated our WI calendar for December 2019. The book club met at Anne Pitt's home on 12th December, welcomed by the scent of mulled wine which would be accompanied later by tasty mince pies and shortbread Christmas trees. The book for discussion, 'Disgrace' by J. M. Coetzee, was anything but Christmassy, however! Published in 1999, it is set in post-apartheid South Africa when Whites and Blacks were reinventing their roles. It is not a comfortable read – the main character, a white university lecturer – is a very flawed person and difficult to empathise with – and there are violent scenes, but the writing is excellent: this was recognised by the Booker Prize judges who awarded Coetzee his second Booker Prize for it (his first being for 'The Life and Times of Michael K'). In 2003 he went on to win the Nobel Prize for Literature. The BBC named 'Disgrace' in their list of '100 Novels that Shaped our World'. This kind of accolade doesn't necessarily equate to our enjoyment of a novel, however much we may admire its style! We appreciated its qualities but the political situation made it a very disquieting read.

Our WI Christmas Dinner was held at Thorns Hall a week later than usual because it had been closed for a fortnight, so it was a trifle chilly! For many of us this was a first visit there so we were glad of the opportunity to see the interior of this historic house whose fine exterior is very familiar to Sedbergh residents. After gathering in the downstairs bar for drinks, we went

up to the spacious panelled dining room where we tucked in to our chosen food, delicious and beautifully presented, and afterwards met in the bar again for tea and coffee and a quiz, enabling us to have some social time with friends other than those we had been seated with upstairs. It was a very enjoyable occasion. Our thanks go to Valerie and Sandra Gold-Wood for organising it.

We had an 'in-house' recycling and upcycling meeting on January 8th: Elizabeth showed us how she weaves pan scourers from worn-out socks to avoid using sponge scourers (which will last forever in landfill sites); and how to make balls of twine for tying up plants in the garden from old cotton T-shirts: very ingenious! Valerie had collected plastic bottles and lots of non-recyclable plastic wrapping with which to stuff them to contribute to making an insulated wall for an aviary at the Lakeland Wildlife Park. Stefanie showed us how to make tiny, dainty gift boxes out of the Christmas cards we had removed on Twelfth Night: this really inspired Valerie who went home and made several more! In addition to this we had a bring-&-buy stall or swap shop which raised £18 for WI funds. Two guests, Grace and Caroline, joined us for the evening, which proved to be a fun social occasion, and we hope to see them again.

The book group met at Sandra Kemp's home the next day with a book of short stories to discuss. 'The Thing Around Your Neck' by Chimamanda Ngozi Adichie is the title of the seventh short story, as well as of the whole collection. The author is a Nigerian woman educated in Lagos

and at an American university, best known for two previous novels – 'Half of a Yellow Sun' and 'Purple Hibiscus'. We read and enjoyed the latter in book club several years ago, while several of us had already read the former. We don't often read short stories and this collection showed why: we are just beginning to connect with the characters when the story comes to a fairly abrupt end and we're left wondering what will happen to them next... not very satisfactory. Perhaps we should ask ourselves why the author chose to write short stories rather than a novel, which we know she is very good at. Did she want to group these stories together to make a point? Most of the stories are about Nigerian people – especially women – who, like Adichie herself, emigrated from Nigeria to America, but didn't find it to be the promised land they had hoped for. Score: 6.2/10.

On February 12th we will be having a musical evening with Bob the Sax, playing and talking about the Saxophone, its History and its Music. That's in the People's Hall Committee Room at 7.30 pm. A warm welcome awaits all members and visitors for what promises to be a lively evening!

The Churchmouse at Barbon

New Road, Barbon LA6 2LL
015242 76224

Open 7 Days a week



Award Winning Café
Outside Terrace ~ Bistro
Deli ~ Newspapers
Licensed

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

NATURE (AND FARMING) NOTES

Ian McPherson

I have lived in Sedbergh for twenty years. When I first came to live in the town (the largest settlement by the way in the National Park) I could hear through my open window the calling of Curlew on the fells and also see them when I walked out with my binoculars. Rabbits were thick on the ground – sometimes twenty or thirty of them in a small field close by my house. Quite frequently I would see Brown Hares springing from their forms and dashing madly away from me as I approached. Yellowhammers sang their characteristic “little-bit-of-bread-and-no-cheese song” from the gorse bushes in the Howgill Fells. Ring Ousels were not an uncommon

sight and some winters we were graced with the presence of one of the most beautiful of all birds – the Waxwing. Sadly most of these species are either now completely gone or much diminished. I often think of the words of the 19th century Native American – Chief Seattle – “when the animals are gone there will be a great loneliness of spirit”. Even then in the United States there were signs of things to come: the Passenger Pigeon extinct, the Buffalo on the way to being so, Wolves increasingly scarce. And presently in Australia bush fires rage out of control while glaciers melt throughout the world.....

So as we enter the second decade of the 21st century there should be no



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

DAVID BAINES
015396 25346 07837 766 219
davidbaines@first4homeimprovement.co.uk

doubt in anyone's mind that the single most important issue of our times is the growing climate change emergency (even Brexit pales into insignificance beside it!). At the Yorkshire Dales National Park Authority we recently declared our recognition of the seriousness of the emergency. As an organisation we have had a net zero carbon footprint since 2013, but we know we can do much more to reduce our carbon dioxide emissions and be kinder to the environment and will be setting out a detailed plan of action in March. We are also aware that the Park as a whole has not yet attained 'net zero' and one of the ways in which we as an Authority are seeking to address this is by advising and helping farmers and landowners, through our farming team, to reduce their carbon emissions. As the Authority's Member Champion for the Natural Environment (which includes land management and biodiversity) I sit on the Dales Biodiversity Forum (DBF) and at a recent meeting the Forum decided to hold a one day conference later this year not only to provide more information to farmers and landowners on the subject but also to listen to their concerns and to hear about the ways in which they are already dealing with the issue – some through the existing Countryside Stewardship Scheme and others through the Payment by Results Scheme already up and running as a pilot in Wensleydale. The conference itself will be jointly sponsored by the DBF alongside the Dales Woodland Forum and the Farming and Land Management Forum with input from

YDNPA officers and members of the Authority's Future of Farming Group. It won't be held until the 11th of November at the Dales Countryside Museum in Hawes, but we already have some exciting speakers provisionally lined up including Tim Farron MP and Tony Juniper the head of Natural England. The day will consist both of presentations and smaller workshop and break-out groups to help participants to really get to grips with the practical issues which they face. We hope as many people as possible will be able to attend and more details will be sent out in due course. Hope to see you there!

Other good news is that the YDNPA has an extremely enthusiastic and



Valerie Hinde

Chartered architect and designer

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

49 Robin Lane, Bentham, LA2 7AG

Tel 07503 731818 015242 61407

valeriehinde@gmail.com

www.valerie-hinde.co.uk

knowledgeable team of officers in its Land Management Section which comprises Wildlife and Biodiversity officers, Woodland officers and a Farming Advisory team all strongly committed to doing as much as possible for the environment within their particular area of concern.

Contained within the Vision of the Authority's latest Plan (2019-2024) is a statement that by 2040 the Park will be home to the finest variety of wildlife in England and in Policy C(1) of the same Plan the Authority has committed itself to creating at least one landscape-scale "nature recovery area" by 2021. These areas or networks are very much to the fore in all current environmental thinking and will ensure that areas of particular natural interest will be linked together by wildlife corridors allowing greater freedom of movement by different species within these areas. This is also something that will be on the agenda for the conference mentioned above. Also ongoing are Priority Habitat Surveys giving a detailed picture of animal, plant and insect species in the Park and shortly to be published will be the 2018/2019 Habitat Survey for that part of the Park within the Westmorland Dales extension area. In addition the Authority has recently appointed an officer with a particular responsibility for Curlew support and conservation.

And in the meantime the question for all of us is what can each one of us do in our own daily lives to address the present climate emergency. The obvious one's bear repeating yet again:

1. Fly less or not at all and, in the case of the former, seek to set-off our carbon emissions
2. Drive less (or better still share a car) and use public transport more (especially in the Park itself where volunteer led organisations such as the Little White Bus and the Western Dales bus run regular services)
3. Only buy high quality meat from sustainable local producers, rather than intensively reared imports.
4. Plant trees – with the caveat that these need to be the right trees in the right places (and as an example, Sedbergh Primary School is already involved in an ambitious tree planting project in the Sedbergh area in partnership with the Sedbergh Environmental Network, the Yorkshire Dales Millennium Trust, the Woodland Trust, local landowners and the National Park)
5. Join campaigning organisations – there are plenty of them – ranging from Extinction Rebellion to Friends of the Earth
6. Lobby your MP on environmental issues
7. Spread the word.....

LENT LUNCHES 2020

Anne Reed Screen

It's that time of year again. Lent Lunches will start in St Andrews Church on Wednesdays from the 26th February 2020 to 8th April from 12 – 1pm. Do come along and join us for soup, roll, fruit and a chat. All for £3.

Looking forward to seeing you all again.



SEDBERGH COMMUNITY

SWIFTS

Tanya & Edmund Hoare

While we shiver in the damp and often cloudy winter, let's think of our swifts now enjoying warm weather, feasting on insects as they fly around, never landing, in the skies above central Africa. The adults have no young to care for, and the chicks that were reared last summer will have become a new generation alongside them.

While they are away this is an ideal time to consider improving accommodation for them when they return at the beginning of May.

Preservation of existing nest sites should be our first concern. When buildings are renovated it is important not to point up and block the small crevices that are the entrance holes to the nest sites – that's the main reason for the serious decline in the population. So if you see the buildings being renovated where swifts breed, please let us know so that we can advise the owners on what to do.

This is a good time of year to consider putting up swift boxes. So if you have any building work or



external decorating planned, take advantage of the opportunity for installing them. And because swifts are colonial breeders, it is sensible to put up two or even three near together. Why not mention this to friends and neighbours if you know that they are having work done.

Even better than boxes are internal swift bricks, which are incorporated into the stone wall of a building, leaving only the entrance hole visible. Swifts definitely prefer these: at our colony at Lowgill, our 6 internal nest bricks were all occupied in the first year. They are simple to install in a new build, extension or when re-roofing.

A new excellent design of swift nest brick, the S-brick, is now being produced, see picture. It is lightweight, inexpensive, and fully conforms with all building regulations. It has been designed to match UK building specifications and can be supplied with any front finish to suit all external appearances. As you can see, it can fit within the outer stone leaf or cladding that is characteristic of many of our buildings. We recommend this nest Boxes always need to be tucked under the eaves - any building of two storeys or more is sufficient. They need to be above

Cumbria Stove Centre

Supply and installation of
wood, coal and gas stoves
Flue and chimney lining services

Inglenook specialists
Fully qualified and experienced

Hetas engineers

01539 821061 (day)
015396 25227 (evening)

SHOWROOM:

34a Main Street, Staveley, Nr Kendal

3.5m in height and the gable end of a bungalow can be suitable too. Any aspect is OK, so long as there is a clear fly-in for the swifts, with no large trees right in front. The best idea is to put them up where you are most likely to watch them easily. Please get in touch with us for any help or advice on nest boxes and bricks.

It has been shown that the best way to attract swifts to a new site is to play attraction calls using a simple amplifier system, with a small 'tweeter' fixed under a box or near a nest brick. By connecting a timer as well, calls can be played automatically at suitable times of day. We would be happy to explain and demonstrate how it works.

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

GREENLAND – CUMBRIA WILDLIFE

Nigel Bidgood FRGS

October's talk in St Andrew's Church was a multifaceted account of mountaineering, research and expeditioning in East and North-east Greenland. It encompassed botany, zoology, geology and cultural aspects but the part of the presentation that was probably most topical was the final section on the geopolitics of Greenland. Most people are now aware that the President of the USA, Donald Trump, recently expressed a desire to buy Greenland. Although he was undoubtedly poorly informed as to the exact status of Greenland as an independent part (at least semi-autonomous) of the Kingdom of Denmark and thus not exactly the

**Carole Curran BACP
Counsellor/Therapist**
(over 30 years experience)

Offering counselling services in the following areas:
Person Centre. Brief solution therapist, specialising in bereavement counselling and depression.
Also offering health and nutritional advice.
Contact 07513031385

Dane's to consider selling, there was definite method in his madness!

Greenland is extremely rich in minerals including the rare earths so highly prized in the microtechnology industry and, given its relationship to South Africa in the ancient supercontinent, then its rock strata can reasonably be expected to yield large quantities of gold and diamonds. These rocks are becoming more and more exposed as the ice melts and the glaciers retreat – making any mining operations all the more accessible and massively cheaper! This mineral richness is certainly one of the factors attracting Chinese interests as they seek to develop a real "Arctic Presence". China is seeking "observer status" alongside the 8-member state Arctic Council and has been actively seeking both involvement and investment in countries that are part of the Arctic Council and hence have an Arctic coastline.

In Iceland the new Aurora Research Facility in North Iceland is scientifically a full cooperation between Icelandic and Chinese research scientists whilst financially it is supported by Chinese capital. In Greenland the situation has been

more dynamic and politically inflammatory as Chinese companies have sought to win contracts to rebuild a deep-water port in the west and also to expand two Greenlandic airport runways and build anew a third. Rumour has it that the USA had to step in politically to pressure Denmark to ensure that the airport contract went to a Danish company and not to a Chinese one. Denmark is still responsible for Greenlandic Foreign Affairs and defence, nevertheless the National Party's wish to go with the Chinese offer almost caused the Government in Greenland to fall; only a late-formed new coalition prevented this as the National Party walked out of the Government coalition.

It is easy to understand this newfound interest in Greenland as expressed by Donald Trump given the Chinese involvement and this is on top of the hugely significant strategic position of Greenland in terms of the relationship between the USA and Russia. Flight paths between the USA and Russia have been vitally important throughout the Cold War and it could be argued that this has now become even more important given the recent development of the ultra-fast and manoeuvrable hypersonic missiles by Russia (that significantly reduce flight timings and hence reduce response times). The net result of this is to further enhance the geopolitical importance of Greenland in the eyes of the American Administration and its much-maligned President. Hence perhaps the offer to purchase can be seen in a slightly different light!

RANDOM THOUGHTS

Maureen Lamb

The random thoughts of a ninety two year old on 2019. There are some good things about the modern world, such as:

Freezers that automatically defrost. Gone are the days when you had to put newspapers down on the floor to soak up the water and to empty the dish placed at the bottom of the freezer.

Television which we have had since the 1950s, but then, there were only two channels. Now you can have the world at the touch of a button.

Local newspapers are a good read. Parcel deliveries which you no longer have to rely on the post office. I am not so happy about the conditions under which the delivery men have to work.

There are a lot of annoying things including:

Computer generated phone messages: I have just received a call about my bank card. Having confirmed they had got my details correct they then used a computer generated message. It really is more helpful to talk with a real person. How I miss the banks in Sedbergh!

J. E. WILKINSON

BUILDING CONTRACTORS

Quality Craftsmanship

New Builds • Renovations

Roofing • Plastering • Stonemasons

Lime Plastering & Pointing

WINNERS

YDNP BEST BUILDING DESIGN AWARDS 2010

NEW BUILDING CATEGORY

Tel: 015396 25531 Mob: 07989 197580

Matches and I wonder why are ordinary boxes smaller and the matches smaller and more fragile? Punning, not only in words, but also on the screen. Someone mentions 'an endless cycle of debt' and what picture comes up? A colourful fairground merry-go-round! I was always told that punning was the lowest form of wit, but things have changed, I guess. Then Boris Johnson, himself, topped it with "Never mind the backstop, the buck stops here." It is not even a true pun! Someone mentions that the closing of youth clubs is 'turning the world upside-down', so up comes a picture of a car that hits a tree and 'turns upside-down'.

Referring to things by initials, as soon as the title of something is more than two words long. There might be an excuse if everything had to be written out longhand, but computer writing is not only quick, it corrects your spelling.

Adverts are everywhere, on the TV, on the computer, on the sides of vans and, especially, moving adverts around the cricket pitch or football ground. We are lucky in Sedbergh. Our main street is not littered with them.

Bland answers to questions by politicians, such. "We are working on it". Does that mean you had perhaps considered getting it wrong then?

Boris Johnson type rhetoric, as how about "the awesome forces incarnated in our flag"? "We can do it now and only now." He will solve all the country's problems at a stroke! You do need a leader with positive messages, such as Churchill's 'we will fight on the beaches' speech but I am not sure about this. The Johnson quotes are from his speech on the steps of Number Ten on the day of his appointment as Prime Minister.

New words and phrases, the language is constantly changing, and it is a process that it is impossible to stop. Today, I came across 'reshoring' meaning bringing old industries back to the country and 'dark factories' which are old industrial buildings where the workers are paid half the minimum wage, for example making up clothes for the throw-away fashion industry. 'Staycations', holidays at home, and 'non-papers' - apparently, the latter are documents issued by the government that are to provide information that is not official! They are printed and distributed of course by an 'official' at an 'official'

Pennine Outdoor Fabrics Ltd

SPECIALIST FABRICS & HABERDASHERY

Waterproof, Breathable,
Fleece & Technical
Fabrics for:
Awnings & Covers
Bags & Rucksacks
Clothing, Tents etc



Wide range of
Buckles, Webbing
Cord & Accessories
Seam Sealants & Waterproofers
Reflective Tape, Touch & Close
Patterns & Zips

www.pennineoutdoor.co.uk

sales@pennineoutdoor.co.uk • 015242 63377 • Central Buildings, High Bentham, LA2 7HE

government department, but they are still NOT 'official'.

Highways signage, at the east end of Sedbergh there were two diversion signs, one pointing straight on, to Kirkby Stephen, and the other to the turning on the right to Garsdale! I just wondered if the highway employees wanted to get rid of the rest of their signs before they went home. Also, at the beginning of the Garsdale Road there were, for a while, on the right a 40mph limit sign and on the left one for 30mph.

Education, there was a time when, in some poor areas, teachers had to keep a supply of pencils for those children who came without them, but that was sixty years ago. It seems that, still today, children are not being supplied by their parents with writing implements, but they may come with i-pads. Are pens and pencils now obsolete? It seems that schools in Birmingham are closing early on a Friday because of shortage of money as there is a half million pound deficit in their school funding.

Shop closures in Sedbergh, there were once, not that long ago, one dress shop, two butchers, two chemists, three banks and five grocery stores. Thank goodness, we still have an excellent greengrocers and butchers and some good teashops.

My computer which puts in things I did not ask for, like putting in a capital letter, because it thinks I am starting a new sentence, or adding a new number after I have finished making a list.

FAMILY MUSINGS

Sarah Woof

As part of our happy family celebrations over the Christmas and New Year period a trip to the winter wonderland of Lancaster was added. The ice skating rink was a big draw to one of our daughters and daughter-in-law and four of our little grandchildren, though not to us two "oldies". Seeing that I seem to struggle to stay upright and intact on firm safe ground, going ice skating was definitely a NO! Some of us had fun on such a rink in Belgium some years ago, but I stood and held personal belongings and enjoyed watching them. This one had the added benefit of ice teddies for the children to sit and hold onto as they skimmed around.

Hubby and I opted for the 'big wheel' and stood in the ever growing queue awaiting our turn. I did take particular notice to see if the compartments actually stopped, they do, albeit, briefly. Phew! Memories of getting on and off moving chairs on Swiss mountains are not amongst my happiest ones.

So, on we got and up we went. Stop, move a bit more and stop again. Hubby asked, hopefully, at one

The People's Hall

Howgill Lane, Sedbergh LA10 5DQ

Available to hire for all kinds of functions

⌘ Parties ⌘ Meetings ⌘ Concerts ⌘

⌘ Wedding Receptions ⌘ Dances ⌘

⌘ Theatre ⌘ Discos ⌘ Lectures ⌘

Availability calendar and forms online
at

sedberghpeopleshall.org

Or at Sedbergh Information Centre
72 Main Street

time, are we at the top yet? We hadn't quite attained that height. I suggested he looked across the view at eye level and did not look down. But he wanted to see our family on the skating rink. I looked across, fine, looked down but tummy did not like it, so I obeyed myself and looked across.

We did enjoy the experience and our granddaughter spotted Granny's hat, so they knew we had done the deed. We will not be repeating it any time soon. At least, I wasn't green on disembarking as I was many years ago, when a boyfriend took me on a Waltzer at a Butlins fairground. The chap in charge seemed to give our car an extra spin, or 50, and I hated every minute; by the end I was in the bottom of the car hanging onto the middle bar for dear life, and had to be

practically carried off. A friend in the queue commented on my green hue. Said boyfriend must have been forgiven as I married him but, never again a Waltzer for me!

Some friends have gone walking in Scotland and a photo showed them crossing a wide river with just a thin rope to walk on and two to hold at waist height - the things folk do for fun. I am keeping my feet on the ground.

So, 2020 has well and truly arrived and got well aired with a bit of snow and a lot of rain. As I write this the wind is howling, it is raining and the day is dark and dismal. How blessed we are that on days like this, or when life kicks us hard, we can escape into lovely memories of happy times. Treasure yours. And make more.



Built in and Free-standing Appliances Domestic Appliance Repairs

Digital TV, Aerials and
Satellite Dish Installation

Wi-Fi and Home Networking

Regular Deliveries to the Lookaround Area



ELECTRICAL STORE

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



www.toobys.com



Tel: 015396 22038
Mob: 07771824958
E: info@mkconversions.co.uk

All types of building work undertaken

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



NOVEMBER WEATHER

Brian Wright

Another mixed bag with the days shortening and the jet stream playing an increasing part in our weather at present. Rainfall was certainly plentiful with 5.4 inches (136.9mm) though we didn't have our usual very heavy snowfall that often occurs this month. Temperatures, as to be expected for this time of year, were on the low side with a maximum of 49F (9.4C). On the low side we had the odd keen frost with a minimum of -4C (24.8F). Winds were, for the most part, from the North Westerly quarter, with a maximum gust recorded of 23mph (37kph).

Autumn is well and truly with us. Most trees have shed their leaves but the winter jasmine has been in flower for some time now. It is good to go out at night and listen to the owls calling to each other as they set up their territories.

Winter visitors, in the form of fieldfares, are increasingly common. I haven't spotted many redwings amongst them as yet. Badgers are active most nights down the lane as they dig for worms etc. They visit my

field most nights digging where I have fed the sheep in the past..

There has even been the odd butterfly about and clouds of midges on the warmer evenings. The blackbirds are enjoying the crab apples now they have had some frost on them. The ratio of males to females seems to be about 3 or 4 to 1. Let's hope some more females arrive before the breeding season starts.

DECEMBER WEATHER

Brian Wright

The year finished as it seems to have been regularly this year, damp! We had 5.15inches (128.1mm) measurable rainfall. The precipitation fell in a variety of forms including snow but although it caused some traffic disruption one morning it didn't last long and the roads were clear by lunch-time. Temperatures were about normal for this month with a high of 51.1F (10.2C). We had several frosty nights with a low of 28F (-2C). Winds were, as usual, generally from a North Westerly direction. A maximum gust was recorded at 23.3mph (37.5kph).

The winter jasmine continues to blossom. It has had some flowers on since October.

The feeding station is still being used regularly with mixed corn, for sparrows, and niger seed, being popular. There are a variety of takers including all tits and chaffinches, being the main visitors for the latter.

We have still got our pheasants. The 2 cock-birds seem to stay around the garden clearing up what the other birds spill, especially the corn. The 3 or 4 hen birds are waiting when I go across to the sheep and glean up around the feeding troughs. We can hope they try to nest soon but with badgers nightly visitors, not to mention a regular fox visiting, success is unlikely.

Several varieties of bulbs have pushed through so it gives us hope winter will pass. We've had the odd wasp around indoors. Perhaps a queen trying to hibernate.

£65,000 AVAILABLE FOR LOCAL PROJECTS

Andrew Fagg, YDNP

Pilgrim guidebooks, timber glamping pods and natural flood management measures are the three latest projects to receive funding from the National Park Authority's Sustainable Development Fund (SDF) - but there is still £65,000 left in the pot for this financial year and fresh applications are being invited.

The SDF can support projects that help businesses or local communities, such as public toilets refurbishment in Burnsall; it can also support projects which either improve the environment of the National Park,

or provide opportunities for people to enjoy it.

A recent grant of £1,185 helped St Alkelda's Church in Giggleswick print 500 guidebooks and 1,000 leaflets promoting the 'St Alkeldas Way', a 33 mile walk through the National Park.

A grant of £10,000 was made to a tenanted farm business on the Bolton Abbey Estate, to help pay for the installation of three new camping pods at Catgill Campsite to improve the range of affordable visitor accommodation.

Meanwhile Thornton Community Projects - the name of a local group in Thornton in Lonsdale - received a grant of £1,345 to help pay for a natural flood management system and biodiversity improvements in Cowgill Wood. The system of 'leaky dams' should help should reduce the risk of flood water reaching homes in the village.

Sustainable Development Officer Andrea Burden said: "Ideally we like to allocate our annual SDF budget by the end of February each year - so if you've got a great local project that needs support, please get in touch."

The Sustainable Development Officer can be contacted on 01969 652337 or sdf@yorkshiredales.org.uk

Robert Powell

Website Design & Management

Tel: 20482

www.robpowell.co.uk

SEDBERGH TO HOST FARM ADVICE MEETING

Andrew Fagg, YDNP

Farmers in Lunesdale and the Sedbergh area are being invited to an evening meeting to hear the latest news and information on grants and stewardship schemes.

Farm conservation and woodland advisers from the Yorkshire Dales National Park Authority will provide information on Countryside Stewardship Mid and Higher Tier applications; the Hedgerows and Boundaries scheme; and Water Capital and Woodland grants.

The meeting will be held in Sedbergh People's Hall on Wednesday 5th February, with a free supper included.

Farm Conservation Adviser Jane Le Cocq said: "Everyone is waiting to learn more about the government's proposed new Environmental Land Management scheme (ELMs), which will replace Countryside Stewardship by 2024 and be trialled nationally from October next year. But it's unlikely we'll get any details on ELMs in the near future, so during the evening meeting we will be concentrating on the existing agri-environment scheme, Countryside Stewardship. Ministers have confirmed that if farmers enter into a new Countryside Stewardship agreement this year, they will be able to exit it early, without penalty, to join ELMs when it comes along."

"Countryside Stewardship has been much improved over the past year and we think it offers some decent options for upland farmers. The application window will open in

C BERRY WINDOW CLEANING SERVICES



NEED A
WINDOW
CLEANER?
FRIENDLY LOCAL
RELIABLE SERVICE

Carl Berry
10 Finkle Street
Sedbergh
LA10 5BZ

07827 813 974

February, and we are looking to offer support to applicants."

For farmers who cannot make the Sedbergh date, evening meetings are also being held in Settle Rugby Club on Monday 3rd February at 7.30pm; Orton Market Hall on Monday 10th February; The Fountain Pub in Hawes on Thursday 13th February and the Buck Hotel in Reeth on Thursday 20th February. All meetings start at 7.30pm.

People wishing to attend are being asked to contact the farm conservation team on 01756 751654 or email sally.howorth@yorkshiredales.org.uk

HEDGE RE-LAID IN THE HOWGILLS

Andrew Fagg, Media Officer YDNP
Syke Farm in Howgill near Sedbergh can boast of a freshly laid hedge, after hosting the twelfth annual Yorkshire Dales National Park Hedge Laying Competition.

Organised by the Yorkshire Dales National Park Authority in partnership with the Lancashire and Westmorland Hedge Laying Association, the event on Saturday 4 January attracted 13 competitors across four classes. The

competitors worked on a hedge that was last laid in 1998.

The results were:

Championship Class (four entrants):

1 Andrew Kirkwood. 2. Craig Procter 3. Peter Gibson 4. Heather Swift.

Open Class (four entrants):

1. John Gibson 2 Aidan Handley 3. John Handley 4. James Haigh

Novice Class (four entrants):

1. James Yates-Bell 2.Jon Oliver 3. David Martindale 4. Nicky Leeth

Starter Class (one entrant):

1. John Martindale

Best Hedger on the day: Andrew Kirkwood

Junior best nicking prize: Aidan Handley (winner of Samurai Saw)

The judges were Roger Sedgwick from Sedbergh and Paul Postlethwaite from Endmoor.

Farm Conservation Adviser at the National Park Authority, Hannah Fawcett, said: "It was great to see competitors and spectators enjoying the day and continuing this traditional skill. Hedgerows are an intrinsic part of the landscape in the western Dales, providing an enduring stock proof barrier and habitat for wildlife."

DUNCAN LAW Ltd

Plumbing & Heating Engineer

Bathroom Suites & Tiling

Central Heating Systems

General Plumbing



Mob: 07796 544596

Tel: 015396 20930

a helping hand

Linda Greensmith



07919 152526

lindagreensmith1@aol.com

A friendly and reliable service
for older people

Shopping : Transport
Companionship : Home Help

UPLAND FARM GRANT UPDATE

Sally Howorth

Advice and assistance will be provided by the Yorkshire Dales National Park Authority on Countryside Stewardship Mid and Higher Tier applications, Hedgerows & Boundaries Scheme, Catchment Sensitive Farming, Woodland grants, and Higher Level Stewardship (HLS) extensions.

There will also be an update on the Environmental Land Management Scheme (ELMS).

The Farm Conservation and Trees and Woodlands teams are inviting farmers to an evening meeting, 7.30 – 9pm, including a free supper at

• Sedbergh - Peoples Hall, Wednesday 5th February

• Orton - Market Hall, Monday 10th February

Come along to find out what further support is available for you from the Farm Conservation and Trees and Woodlands Teams.

If you would like to attend please contact the farm team on 01756 751654 or email sally.howorth@yorkshiredales.org.uk

WATER CHALLENGES AND CHOICES CONSULTATION

Dani Hall, ACTion with Communities in Cumbria

A reminder that we have launched a consultation seeking views on the challenges our waters face and the choices we all need to make to improve and protect this vital and precious resource.

Your responses to the Challenges and Choices consultation will help shape the future approach to managing the water environment and will be used to update the existing river basin management plans in 2021.

The Challenges and Choices consultation seeks views on:

- the challenges that threaten the water environment
- how we can work together to manage our waters
- who should pay

Our series of 'Small Changes, Big Picture' films are online now to help you learn about the challenges facing water today and what you can do to help. Watch the trailer on Environment Agency TV

We invite you to submit your views to us via the link below. The closing date for receipt of your comments is 24 April 2020.<https://consult.environment-agency.gov.uk/environment-and-business/challenges-and-choices>

DENTDALE - HEAD TO FOOT

Mike Steele

Our January meeting was a film shown to us by Richard Gledhill about the evolution of the Spitfire aeroplane. This was a welcome follow-on from

his talk last year about his father, who was a Spitfire pilot.

It was a 90 minute long film about the development of the aircraft and its success in our winning of World War 2. It contained footage from the archives of World War 2, narration from a number of pilots, who actually flew the planes, and also women pilots from the Air Transport Auxiliary Service.

The February meeting is on "Tax, Care and Toyboys" which will be given by an offshoot of the Co-operative Organisation, so this should prove an interesting subject, particularly the latter point in the title.

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

USEFUL TELEPHONE NUMBERS

Age UK South Lakeland

030 300 30003

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

Stricklandgate House every Tuesday

1400 - 1600

Police in any area

101

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Yorkshire Dale National Park

0300 456 0030

If you would like to see any numbers listed here,

MEMORIES

Supplied by Ron Howard

A few memories of the Morphets and the old Golden Lion, in its pre Dalesman days.

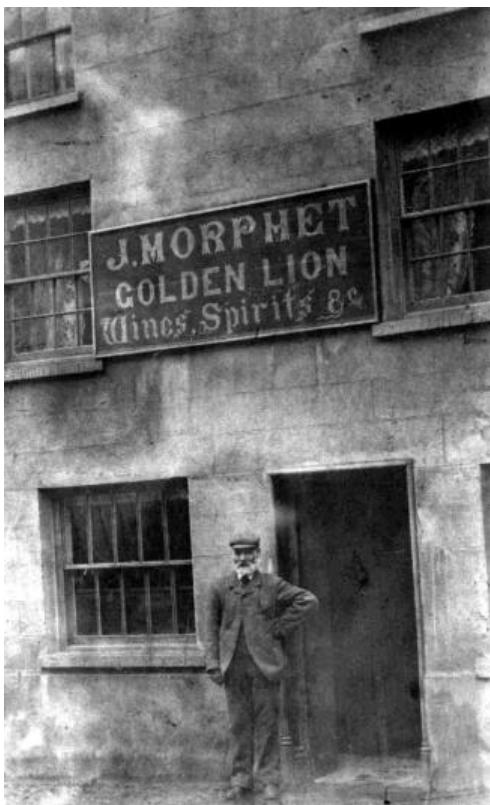
GAZETTE. APRIL 3. 1909.

SEDBERGH.

LECTURE.—The last of the series of winter lectures was given in the Public Hall on Thursday evening last week by Mr. A. J. K. Martyn, who spoke in an able and interesting manner on "The Roman wall."

DEATH OF MRS. JAMES MORPHET.—We regret to announce the death of Mrs. Morphet, wife of Mr. James Morphet, of New Street, owner, and for many years landlord, of the Golden Lion Hotel, which sad event occurred on Saturday afternoon. The deceased lady, who was 76 years of age, was stricken with illness in August, 1903, from which it will be seen she had suffered for nearly six years. Of a kind and charitable disposition, Mrs. Morphet was held in great respect and affection. Much sympathy is expressed with the members of the family in their loss.

Below the picture is three of Sedbergh's Home Guard. The left hand side member is Syd Morphet but we have no idea who the other two are. Have you?



PERSONAL MESSAGES

JEAN DIXON

The family of the late Jean Dixon would like to thank everyone who attended the Thanksgiving Service on November 11th. Donations to Leukaemia Research totalled £750 and we are profoundly grateful for your generosity. Mum raised funds for Leukaemia Research all her life in memory of our sister Alison and she would have been overwhelmed by your response. Thank You

Liz, Nigel, Jude, William, Jo and all
10 grandchildren

WANTED

A room and access to cooking facilities in Sedbergh or nearby from mid-February to June. Most of the time I will be out in the field collecting data for my research. I am easy going and very clean and tidy. References available. Please contact Noelia on 07759742100.

FOR SALE

Round Pine Dining Table (42" circumference) with four chairs. £30
Tel 015396 20869

JED'S GARDENING SERVICES

REGULAR GARDENING WORK

UNDERTAKEN

LAWN MOWING, STRIMMING, PRUNING,
PLANTING, WEEDING, ETC.

MANY YEARS' EXPERIENCE

TEL. JED 015396 21480

OR EMAIL JED.FISHWICK@YAHOO.CO.UK
FULLY INSURED. REFS AVAILABLE

SEDBERGH LUNCH CLUB AGE UK

The Sedbergh Lunch club continues to meet on the second Thursday of every month in the Dalesman at 12 noon. Dates are listed on our diary page. Contact Liz Dawes to join the club on 01539 728118 or lunchclubs@ageuksouthlakeland.org.uk. Don't forget to notify local organiser Mrs Maggie l'Anson on 015396 21757 or the Dalesman directly on 015396 21183 if you can't make it by the Monday.

EDITORIAL

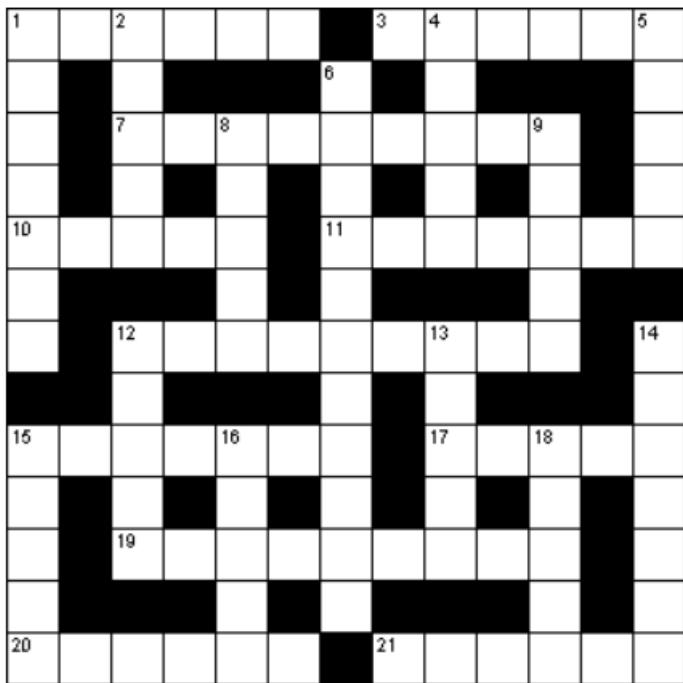
Unfortunately it seems as if the recent spate of thefts of quad bikes is continuing. Please keep vigilant and report anything suspicious.

On a lighter note it is always surprising to see the variety of submissions we get from you all. Last edition we had a number of poems, this time it's photographs. Sedbergh in Pictures does a great job of publicising historical photos, but I know that a few years ago Lookaround regularly published old pictures and we would be very happy to revive the tradition.

There are a few advertisers who haven't renewed at the start of the New Year. If you know a business who usually advertises but the advert is missing from Lookaround please let them know. We don't necessarily have contact details for everybody. If you are an advertiser please check your advert is included and let us know if not.

Ed Welti

PUZZLE (SOLUTION ON PAGE 86)



Across

1. Pattern in suedes ignored (6)
3. Beer keg in snack bar relocated (6)
7. Gritty tabloid is abrasive (9)
10. Frantic rider is not so wet (5)
11. Recurring sport? (7)
12. Release spear, it's independent (9)
15. Atmospheric vessel, floats in the sky (7)
17. Saw a bird halfway through Sahara venture (5)
19. Heard tins tainted when mixed (9)
20. Meandering inlets join up (6)
21. Located cadet our alternative way (6)

Down

1. Makes a decision about a month in short, part of the Roman calendar (7)
2. Confusion between his, us is fishy (5)
4. Found something was pickled in it (5)
5. Prone to prevarication? (5)
6. Shattered icy cap a plot for ultimate doom (11)
8. Inner veracity shows courage (5)
9. More money gives you a lift (5)
12. Premier trees end product (5)
13. Governor then finds the only way is up (5)
14. Ravine garden contains something sour (7)
15. Put fruit in a heap please (5)
16. Dwells on past instruments (5)
18. I dove into picture broadcast (5)

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

The Sedbergh & District 'Lookaround' is edited, published and distributed monthly by the 'Lookaround' editorial team of volunteers and printed by Stramongate Press, Kendal.

The content of 'Lookaround' does not reflect the views of the editors and whilst every effort is made to ensure that information is correct, the editors cannot accept any responsibility for inconvenience caused through errors or omissions; if there is an error in your article or advert, please contact the editor as soon as possible.

The current issue is available from Sedbergh Tourist Information Centre, Rycrofts, Sedbergh Post Office and Spar. Also from Dent Stores, the Barbon Churchmouse and by post (please address enquiries to the editor). Back copies are available to read at the History Society Archive at 72 Main Street or online at www.lookaround.org

Items for the 'Lookaround' should be emailed to:
editor@sedberghlookaround.org.uk
posted to 'Lookaround' c/o 72 Main Street, Sedbergh, LA10 5AD or deposited in the 'Lookaround' post box at the same address.

ARTICLES

Articles and reports are inserted for free and photographs may be included (depending on space). Articles should ideally be submitted as a word attachment to an email

addressed to the editor rather than as the text of the same email.

The font should be 'Arial', 11point and the piece should be single spaced and with as few 'hard returns' or paragraphs as possible. This is to make the job of proofing and formatting easier and also to ensure that all articles have the same impact and appearance.

Please put the title on the first line at the top of the article and the author's name on the second line. If you include images with your article please indicate where you feel they would be best placed. Conforming to these requests very much helps the proofreaders/formatters in getting your article to the compiler for printing in good time.

We are very happy to accept handwritten or typed pieces, if handwritten please use capitals to help us transcribe the article accurately and again, please place the title on the first line and the author's name on the second line.

CALLING ALL ADVERTISERS

Many of our advert contracts will expire for the February 2020. We will be emailing you to remind you but please don't forget to renew we depend on you.

New advertisers are of course always welcome too.

PUBLICATION DETAILS

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

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

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

January issue may be in full colour. All copies have a full colour cover by a local photographer.

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

ADVERTISING

Please see page 4 for the main points on advertising in Lookaround. Further details can be found below.

PERSONAL MESSAGES

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

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

Please ensure your submission is legible. We want to make sure we publish what you want us to publish.

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

If you have more than 3 months of advertising, we will automatically send a renewal reminder should you wish to continue. If you order 10 months, we give you one free (making one whole year). See page 4 for information on how to pay.

CHILDREN'S BIRTHDAYS

Children's Birthdays are included free on the Birthday Page. Please send us the date, name and age of your child before the submission date (15th of the month) of the issue when the birthday should appear.

COVER PICTURES

If you have any pictures to go onto the cover of Lookaround, please send a high definition copy with the location and your name, and you will be credited. If the interest of the picture is in the centre it will be difficult to use as the centre is on the spine. Each half of the picture needs to work as one cover (back is the left hand side, front is the right).

LOOKAROUND BY POST

We will post Lookaround to you in the UK at a cost of £2.00 per issue, or anywhere in the world for £6.00.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group



BED & BREAKFAST

Proprietor	Address	Phone (015396)
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@drawellicottage.co.uk	21529
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
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB e-mail: ali@interact.co.uk	20360
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB e-mail: Daleslea@outlook.com	21789

CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi Speight Cottage: Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub e-mail: sam@thecapps.co.uk	34032
Mr E Welti	8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS e-mail: ed_welti@btinternet.com	20770
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Self-Catering Sleeps 6 e-mail: ali@interact.co.uk	20360
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	Sleeps 4 people; D; T; CH; L; P, NS	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	Sleeps 4 people; D; T; CH; L; P; NS	21175
Ann Newbold	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk	45845

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;; NC = No Children; CW = Children Welcome; TL = Table Licence; DFB = Dairy Free Breakfast

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	11/19	Mr Alison	015398	24666
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	10/18	Dr Ripley	mylesripley@btinternet.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty Team Member	07498	870267
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	
Labour Supporters Group	12/17	Mr Cross	Sed:	22566

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	04/19	Mrs Lidiard	07734	699723	
Lunch Club	03/18	Mrs l'Anson	Sed:	21757	
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com			
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554	
People's Gym	12/19	membership@sedberghgym.club			
People's Hall	07/19	Tourist Info Centre	Sed:	20125	
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196	
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662	
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125	
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826	
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885	
Red Squirrel Group - Sedbergh	09/19	Mr Hopps sedberghredsquirrels100@gmail.com			
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816	
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723	
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723	
Scouts	01/09	Mr Mawdsley	Sed:	20723	
Scouts - Explorers	11/15	Mrs Colton	07789	906421	
Sedbergh United Charities	09/19	Mr Sykes	07786	384917	
Senior Golfers	01/20	Mr Braddon	0330	1138850	
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613	
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	12/19	Sedberghswimclub@gmail.com			
Swimming Group for Over 50's	09/18	Mr Beare	Sed:	21339	
Tennis Club	04/19	Mr Lewes	Sed:	20052	
Town Band	01/09	Mrs Waters	Sed:	20457	
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138	
Voluntary Car Scheme	11/18	Mrs Skomp	Sed:	20305	
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770	
Westmorland Gazette Correspondent	07/19	Mr Welti	Sed:	20770	
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773	
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607	
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663	
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754	
Women's Institute - Sedbergh	12/19	Mrs Morrison	Sed:	20209	
Young Cumbria	01/09	Mrs Hartley	01524	781177	
Young Farmers Club	11/15	Miss Thompson	07590	115844	
Young Kidz	01/09	Mrs Baines	Sed:	21287	

* = Latest Amendments

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

PUZZLE SOLUTION



A VIEW FROM THE FELLS

*It's not a re-run of The Great Escape.
It's BARN 4 just being very silly.*



DIARY OF EVENTS

Dates are held up to 10/12/2020.

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

Numbers in Brackets indicate Advert/Article on a Page.
Month in Bracket relates to issue that details last appeared.

FEBRUARY 2020

01 1000 Coffee Morning for StAD	DMH
04 1000 Grief Share (18)	CCCN
05 830 Sedbergh Market (26)	JLCP
05 930 Coffee Morning (3)	StAS
05 1930 HS - Markets to supermarkets (19)	STAS
05 1930 Upland Farmer Grant update	PH
05 1930 Farm Advice Meeting (75,76)	PH
06 1930 WIHF African adventures	FCH
07 1000 Coffee Morning for StAD	DMH
07 1930 AS AGM - Photographs for Painting (Oct)	CCCN
08 1000 Art Society - Gum and Ink (Oct)	CCCN
09 1730 Jam Night	Red Lion
09 1930 Appleby Hall Jamal Aliyev (Cello) (Oct)	
11 1400 WIK - NW air ambulance	PH
11 1930 Domino Drive	FCH
12 830 Sedbergh Market (26)	JLCP
12 1000 Coffee Morning - VE Day (3)	StAS
12 1930 WIS Saxophone talk	PH
13 Art Soc Portrait group (Dec)	CCCN
13 1200 Sedbergh Lunch Club	Dalesman
13 1930 Parish Council Meeting (30)	PH
16 1030 Guild Anniversary Church Service (16)	CCCN
18 1000 Grief Share (18)	CCCN
18 1400 Sight Advice meeting (Nov)	PH
18 1400 SASL Sedbergh Group	PH
19 830 Sedbergh Market (26)	JLCP
19 930 Coffee Morning (3)	StAS
19 1930 HS - History of Zrece (19)	StAS
22 1930 Domino Drive	FCH
23 1100 New Moon Yoga (23)	MCD
26 830 Sedbergh Market (26)	JLCP
26 930 Coffee Morning (3)	StAS
26 1200 Lent Lunches (42,66)	StAS
26 1930 Cumbria Wildlife - Smardale and Waitby	StAS
27 1930 Bowling Club AGM (27)	WHC
28 1900 Domino Drive and Tattie Pie Supper	HVH
29 1000 Eco Market (29)	StAS

MARCH 2020

01 1930 Appleby Hall Cumbria Film Archive (Oct)	
03 1000 Grief Share (18)	CCCN
04 930 Coffee morning Christian Aid	StAS
04 1000 Coffee Morning for StAD	DMH
04 1200 Lent Lunches (42,66)	StAS
04 1930 HS - Thorns, Ribblehead (Oct)	StAS
05 1930 WIHF Mountain rescue	HVH
05 1930 Sedbergh Choral Society "Messiah" (48)	SS
06 1430 Womens' World Day of Prayer (43)	StAS
07 1000 Art Soc - Watercolour landscapes (Oct)	CCCN
10 1400 WIK - "over the shop counter"	PH
10 1930 Domino Drive	FCH
11 1200 Lent Lunches (42,66)	StAS
11 1930 WIS Mutiny on the Bounty and Cumbria	PH
12 1200 Sedbergh Lunch Club	Dalesman

12 1930 Parish Council Meeting	PH
13 1930 Spellbound Theatre "Village Voices" (1)	PH
14 1930 Spellbound Theatre "Village Voices" (1)	PH
17 1000 Grief Share (18)	CCCN
17 1400 Sight Advice meeting (Nov)	PH
17 1400 SASL Sedbergh Group	PH
18 1200 Lent Lunches (42,66)	StAS
18 1930 HS - The many worlds of Adam Sedgwick	StAS
19 2000 Sedbergh Orchestra Concert (49)	StAS
21 1900 History Society AGM (Oct)	StAS
22 1930 Appleby Concerts - Sacconi String Quartet	
23 1900 Community Orchard AGM	RR
24 1430 Wilson Run - Back Lane Loftus Hill	
25 1200 Lent Lunches (42,66)	StAS
25 1930 Cumbria Wildlife - Freerange Children	StAS
25 1930 CWT Coast to Coast for "Lost Words"	StAS
27 Sedbergh School end of term	SS
27 1400 Age UK Afternoon of dance and song (57)	PH
29 Super Tens Rugby Tournament	SS
30 Super Tens Rugby Tournament	SS

APRIL 2020

01 1200 Lent Lunches (42,66)	StAS
02 1000 Coffee Morning for StAD	DMH
02 1930 WIHF Spring into Spring	FCH
03 1900 St Andrews AGM (6)	PH
03 1900 Parochial Church AGM and Meal (42)	PH
03 Cobweb Orchestra Residential (21)	SS
05 Cobweb Orchestra Residential (21)	SS
07 1000 Grief Share (18)	CCCN
08 1200 Lent Lunches (42,66)	StAS
08 1930 WIS Theatre by the lake and beyond	PH
08 1930 Parish Council Meeting	PH
09 1200 Sedbergh Lunch Club	Dalesman
14 1400 WIK - Memories of local old films	PH
19 Sedbergh School beginning of term	SS
21 1000 Grief Share (18)	CCCN
21 1400 Sight Advice meeting (Nov)	PH
21 1400 SASL Sedbergh Group	PH
24 1330 Art Society - Line and Wash (Oct)	CCCN
25 1400 Sedbergh Spring Show (Dec)	PH

MAY 2020

02 1000 Coffee Morning for StAD	DMH
05 1000 Grief Share (18)	CCCN
07 1930 WIHF The owl sanctuary	HVH
09 1000 Art Society Painting Day (Oct)	CCCN
10 Christian Aid week	

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

COVER PHOTO Dent in the Mist

Helen Corpe

Regular Events and Meetings				Regular Events and Meetings			
1000	Every Sunday	Free Entry to Locals	FM	1315	Every Wednesday	Art Society	PH
1600	3rd Sunday	Messy Church	CCCN	1400	Every Wednesday	Age UK IT Support	L
09:00	Every Monday	Senior Golfers	GC	1730	Every Wednesday	Sedbergh Juniors	PH
1030	Every Monday	Sedbergh Songsters	GH	1730	Every Wednesday #	Beaver Scouts	SHQ
1730	Every Monday	Brownies	CCCN	1900	Every Wednesday	Sedbergh Town Band	SSBR
1400	1st Monday	Bridging the Gap	MC	1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st Monday	Dent Parish Council	DMH	1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1930	1st Monday	People's Hall	PH	1915	2nd Wednesday	Dentdale WI	DMH
1900	3rd Monday	Chamber of Trade	PH	1930	2nd Wednesday	Sedbergh WI	PH
1430	Last Monday	Tea & Company	CCCN	0900	Every Thursday	Senior Golfers	GC
0930	Every Tuesday	Drop-in & Relax	MCD	1400	Every Thursday	Community Social	Gladstone House
1000	1st and 3rd Tuesday	Grief Share	CCCN	1830	Every Thursday	Swimming Club	SS
1215	Every Tuesday	Over 50's Swimming	SS Baths	1400	1st & 3rd Thursday	Child Health/ Baby Club	PH
1330	Every Tuesday	Knit & Natter	GH	1430	Every 2 weeks	Cameo Club	CCCN
1830	Every Tuesday	Cub Scouts	SHQ	1430	1st Thursday	Afternoon Cream Tea	Duo
1830	Every Tuesday	Swimming Club	SS	1930	1st Thursday	Howgill WI	FCH
1900	Every Tuesday	Environmental Group	Red Lion	1200	2nd Thursday	Age UK Lunch Club	Dalesman
1930	Every Tuesday	Bridge Club	WHC	1915	2nd Thursday	Royal British Legion	WHC
1400	2nd Tuesday	Killington WI	PH	1930	2nd Thursday	Sed. Parish Council	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH	0930	Every Friday #	Little People	CCCN
1930	3rd Tuesday	Ladies NFU	PH	1100	Every Friday	Mindfulness Course	MCD
0830	Every Wednesday	Sedbergh Market	JLCP	1800	Every Friday	Cub Scouts	SHQ
09:30	Every Wednesday	Coffee Morning	STAS	1930	Every Friday	Scouts & Explorers	SHQ
See Group Page for contact details & Diary Page for Keys				1330	1st Friday	Dentdale Club	DMH
				1000	Every Saturday	Swimming Club	SS
# = School Term Time Only							

DIARY KEY		PLACES OF INTEREST TO VISIT IN THE AREA
AS	Art Society	Bowling Green, Queens Gardens
BC	Sedbergh Bowling Club	Bruce Loch Nature Area, Busk Lane
BF	Brigflatts	Cautley Spout, A683 towards Kirkby Stephen
BVH	Barbon Village Hall	Community Office, 72 Main Street
CCCN	Cornerstone Community Church, New St	Cornerstone Community Church, New Street
CM	Coffee Morning	Cumbria Wildlife Trust, Community Office
CWT	Cumbria Wildlife Trust	Dent Heritage Centre, Laning, Dent *
DCMH	Dales Countryside Museum, Hawes	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
DCP	Dent Car Park	Friends Quaker Meeting House, Brigflatts
DCS	Dentdale Chapel Schoolroom	George Fox's Quaker Pulpit, Firbank
DHTF	Dentdale, Head to Foot	Golf Club, Catholes, Sedbergh *
DMH	Dent Memorial Hall	Information Centre, 72 Main Street
DMC	Dent Methodist Chapel	History Society, Community Office
FCH	Firbank Church Hall	Holy Trinity Church, Howgill
FM	Farfield Mill	Jubilee Wood Nature Area, Castlehaw Lane
GC	Golf Club	Langstone Fell, A684 Garsdale Foot
GH	Gladstone House	Motte & Bailey Castle, Castlehaw Lane
GVH	Garsdale Village Hall	Pepperpot Folly, Busk Lane
HS	History Society	Picnic Site, Ghyllas, Cautley Road
HVH	Howgill Village Hall	Picnic Site, Settlebeck New Bridge
HTH	Holy Trinity Howgill	Play Ground, Dent Village
JLCP	Joss Lane Car Park	Play Ground, People's Hall
KL	Kirkby Lonsdale	Play Ground, Maryfell
KPH	Killington Parish Hall	Queen's Gardens, Station Road
L	Library, Main Street	St. Andrew's Church, Dent
LHCP	Loftus Hill Car Park	St. Andrew's Church, Main Street, Sedbergh
MC	Medical Centre	St. Gregory's Church, Vale of Lune
MCD	Meditation Centre, Dent	St. John's Church, Cowgill
PH	People's Hall	St. John's Church, Firbank
QG	Queens Gardens	St. John's Church, Garsdale
RFC	Rugby Football Club	St. Mark's Church, Cautley
RR	Rawthey Room, 72 Main Street	Sedbergh Embroidery, StAS
SASL	Sight Advice South Lakeland	Tennis Courts, Guldrey Lane *
SCC	Sedbergh Cricket Club	Winder Fell, above Sedbergh
StAS	St Andrew's Church, Sedbergh	* = Entry Fee Applicable
StAD	St Andrew's Church, Dent	
StJCC	St Johns Church, Cowgill	
StJCG	St Johns Church, Garsdale	
StMC	St Mark's Church, Cautley	
SIC	Sedbergh Information Centre, 72 Main St	
SPS	Sedbergh Primary School	
SS	Sedbergh School	
SSAT	Settlebeck School Academy Trust	
SSL	Sedbergh School Library	
STC	Sedbergh Tennis Courts	
TBA	To Be Announced	
WHC	White Hart Club	
WID	Women's Institute, Dentdale	
WIHF	Women's Institute, Howgill & Firbank	
WIK	Women's Institute, Killington	
WIS	Women's Institute, Sedbergh	

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0754 (C, L)	0838	M - F	502	SCC	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1300	1330 (L)	Wed	564A	W
1015 (L)	1045	Wed	564A	W	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1705 (C)	1745 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0728 (C)	0754 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
Last Update: May 2018									

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

Western Dales Bus S1 Kendal Shuttle Saturdays from 21st December 2019 ufn							
Dent Station Connecting Trains (see full timetable next page)							
Dent Station							
Train to Carlisle		1048			1815	1944	19:44
Train to Leeds		1041			1732	1938	19:38
Buses From Dent to Kendal							
Dent Station			1053			1737	1947 S
Dent Village		0820	1108		1505	1752	2002 S
Sedbergh Maryfell		0835	1123	1315	1520	1807	2017 S
Sedbergh Library		0837	1125	1317	1522	1809	2019 S
Sedbergh opp. Morphets		0839	1127	1319	1524		
Killington M6 Bridge		0847	1135	1327	1532		
Oxenholme Station		0857	1145	1337	1542		
Kendal K Village		0902	1150	1342	1547		
Kendal Blackhall Road		0908	1156	1348	1553		
Kendal Morrisons		0913	1201	1353	1558		
Buses From Kendal to Dent							
Kendal Morrisons		0923	1223	1403	1608		
Kendal Blackhall Road		0928	1228	1408	1613		
Kendal K Village		0933	1233	1413	1618		
Oxenholme Station		0938	1238	1418	1623		
Killington M6 Bridge		0948	1248	1428	1633		
Sedbergh opp. Morphets		0956	1256	1436	1641		
Sedbergh Dalesman	0800	0958	1258	1438	1643	1855 S	
Sedbergh Maryfell	..	1000	1300	1440	1645	1857 S	
Dent Village	0815	1015		1455	1700	1912 S	
Dent Station		1030			1715	1927 S	
S = summer time only (British Summer Time)							

BUS SERVICES

Western Dales Bus S3 Dent/Sedbergh Tuesdays Winter 2019. From Tuesday 17th December 2019 ufn				
Buses From Dent to Hawes				
Dent Village		0942	1144	1421
Sedbergh Spar		0958	1200	1437
Sedbergh Dalesman		0959	1201	1438
Sedbergh Maryfell		1001	1203	1440
Farfield Mill entrance		1003	1205	1442
Garsdale Street		1012	1214	1451
Train to Carlisle		1054	1222	1448
Trains to Leeds			1205	
Coal Road (Garsdale Station turning)		1017	1219	1456
Moorcock Inn		1018	1220	1457
Hawes Creamery		1029	1231	1508
Hawes Market Place		1031	1233	1510
Hawes Dales Countryside Museum		1033	1235	1512
Buses From Hawes to Dent				
Hawes Dales Countryside Museum		1043	1320	1522
Hawes Market Place		1045	1322	1524
Hawes Creamery		1047	1324	1526
Moorcock Inn		1058	1335	1537
Coal Road (Garsdale Station turning)		1059	1336	1538
Train to Carlisle		1054		
Trains to Leeds				1559
Garsdale Street		1104	1341	1543
Farfield Mill entrance		1113	1350	1552
Sedbergh Maryfell		1115	1352	1554
Sedbergh Library	0915	1117	1354	1556
Sedbergh opp. Morphets	0916	1118	1355	
Dent Village	0932	1134	1411	
Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Winter 2019. From Fri 20th December 2019 ufn				
Buses From Dent to Kirkby Stephen/Brough				
Dent Village		1017		1454
Sedbergh Spar		1033	1300	1510
Sedbergh Dalesman		1034	1301	1511
Sedbergh Maryfell		1036	1303	1513
Cautley, Cross Keys		1043	1310	1520
Fat Lamb		1050	1317	1527
Kirkby Stephen Station arr		1057	1324	1534
Train to Carlisle		1106		1501
Train to Leeds		1146		1546
Kirkby Stephen Station dep		1106	1324	1534
Kirkby Stephen Town		1111	1329	1539
Kirkby Stephen Co-op		1113	1331	1541
Brough Clock		1121	1339	1549
Buses From Brough/Kirkby Stephen to Dent				
Brough Clock		1131	1349	1559
Kirkby Stephen Co-op		1139	1357	1607
Kirkby Stephen Town		1141	1359	1609
Kirkby Stephen Station arr		1146	1404	1614
Train to Carlisle		1106		1501
Train to Leeds		1146		1546
Kirkby Stephen Station dep		1151	1404	1614
Fat Lamb		1158	1411	1621
Cautley, Cross Keys		1205	1418	1628
Sedbergh Maryfell		1212	1425	1635
Sedbergh Library	0950	1214	1427	1637
Sedbergh opp. Morphets	0951	1215	1428	
Dent Village	1007		1444	

BUS SERVICES

S4/S5 Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green
Thursday Only commencing Thursday 21st June 2018 until further notice

Dalesman	09.00		
Sedbergh, Maryfell	09.02		
Cautley, Cross Keys	09.10		
Fat Lamb	09.18		
Kirkby Stephen Station entrance	09.24		
Kirkby Stephen Market Place	09.29		
Kirkby Stephen Co-op arr	09.30		
Kirkby Stephen Co-op dep	09.35	11.45	14.35
Kirkby Stephen, Market St	09.36	11.46	14.36
Kirkby Stephen Station entrance	09.41	11.51	14.41
<i>Trains from Leeds to Carlisle</i>	09.34	11.06	15.01
<i>Trains from Carlisle to Leeds</i>	09.20	11.46	14.31
Ravenstonedale, Kings Head	09.47	11.57	14.47
Newbiggin on Lune	09.50	12.00	14.50
Tebay roundabout	09.58	12.08	14.58
Killington M6 bridge	10.08	12.18	15.08
Kendal, Castle Green	10.17	12.27	15.17
Kendal, Blackhall Road	10.22	12.32	15.22
Kendal, Morrisons	10.27	12.37	15.27
 Kendal, Morrisons	10.38	13.28	15.38
Kendal, Blackhall Road	10.45	13.35	15.45
Kendal, Castle Green	10.50	13.40	15.50
Killington, M6 bridge	10.59	13.49	15.59
Tebay roundabout	11.09	13.59	16.09
Newbiggin on Lune	11.17	14.07	16.17
Ravenstonedale, Kings Head	11.20	14.10	16.20
Kirkby Stephen Station entrance	11.27	14.17	16.27
<i>Trains from Leeds to Carlisle</i>	11.06	15.01	17.04
<i>Trains from Carlisle to Leeds</i>	11.46	14.31	15.46
Kirkby Stephen, Market Place	11.33	14.23	16.33
Kirkby Stephen Co-op arr			16.34
Kirkby Stephen Co-op dep			16.35
Kirkby Stephen Market St			16.36
Kirkby Stephen Station entrance			16.41
Fat Lamb			16.48
Cautley, Cross Keys			16.55
Sedbergh, Maryfell			17.03
Sedbergh, Library			17.05

DENT RAILWAY STATION TIMETABLE

Valid until 14th December 2019

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
M-F	Sat	Sun	M-S	Sat	Sun
06 48	07 52	10 34	07 05	09 09	10 40
09 16	09 15	11 01*	09 38	10 41	14 05
10 48	10 48	13 55	12 10	12 10	16 18 ~
12 17	12 17	15 52	16 04	16 04	18 41
14 43	14 43	17 48	17 32	17 32	19 03 *
16 46	16 46	20 20	19 38	19 38	20 27
18 15	18 15				
19 44 #	19 44				

* = To From Blackpool North—runs until 8th September

= Runs 3 minutes later on Friday

~ = From Nottingham

BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect from Friday 22nd June 2018 ufn R = Request only				
	Fri	Fri	Fri	Fri
Dent		10.25		14.25
Sedbergh, Spar		10.39	12.44	14.39
Sedbergh, Dalesman		10.40	12.45	14.40
Sedbergh, Maryfell		10.41	12.46	14.41
Cautley, Cross Keys		10.48	12.53	14.48
Fat Lamb		10.54	12.59	14.54
Kirkby Stephen Station arr		11.01	13.06	15.01
<i>Trains from Leeds to Carlisle</i>		11.06	12.35	15.01
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.07	13.08	15.03
Kirkby Stephen Town		11.12	13.13	15.08
Kirkby Stephen Co-op		11.13	13.14	15.09
Brough, Clock		11.21	13.22	15.17
	Fri	Fri	Fri	Fri
Brough, Clock		11.26	13.27	15.21
Kirkby Stephen Co-op		11.34	13.35	15.30
Kirkby Stephen Town		11.35	13.36	15.33
Kirkby Stephen Station arr		11.40	13.41	15.38
<i>Trains from Leeds to Carlisle</i>		-	-	-
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.47	13.43	15.48
Fat Lamb		11.54	13.50	15.55
Cautley, Cross Keys		12.00	13.56	16.01
Sedbergh, Maryfell		12.07	14.03	16.08
Sedbergh, Library	10.05	12.08	14.04	16.09
Sedbergh, opp. Morphets	10.06	12.09	14.05	16.10
Dent	10.20	-	14.19	-

Fri = Friday Only

Lookaround Editorial Team

Myles Ripley	Team Leader and Chairman	Jane Fisher	Proofreading
Susa Ellis	Treasurer	James Palmer	Proofreading
Philip Johns	Secretary	Ed Welti	Compilation and Vice Chairman
Elspeth Griffiths	Proofreading	T.B.A.	We hope!

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00

Holy Days 19.30

Parish Priest Kendal

Tel: 015397 20063

CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

worship@peopleshall
1st Sunday each month 10:30 am
Rev David Crouchley Tel:20329

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Pam Coren (Clerk) Tel: 22586
Sally Ingham Tel:07939 569559

DENTDALE CHRISTIAN FELLOWSHIP

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. Andy McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. Andy McMullon Tel: 20018

Rev. Christine Brown Tel: 25418

Email: christinelucy2014@gmail.com

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

Rev. David Crouchley Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545 375721

Combined plans for Western Dales Mission Community - February 2020					
	Time	2 nd	9 th	16 th	23 rd
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United service at St Andrew's or People's Hall	HC	HC	FS
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service at St Andrew's or People's Hall	Sacrament Pam Dent	Guild Radford 4pm- Messy Church	David Crouchley
People's Hall Sedbergh LA10 5DQ	10.30am	David Midwinter United			
St. Mark's, Cautley LA10 5LZ		2.30pm HC	Morning Prayer North. Community	At Sedbergh	2.30pm Taize
Cautley Methodist Chapel LA10 5LY	11am	Philip Nolan	Covenant Service David Crouchley Sacrament	Pam Dent	June Allen
St. John's, Garsdale LA10	10am	United Service HCx	At Low Smithy United Service 2pm	At Garsdale Street United Service 6.30pm	SW
Garsdale Low Smithy Methodist Chapel LA10 5PF	2pm	At St. John's United Service	United Service Chris Fawcett	At Garsdale Street United Service	Brian Park
Garsdale Street Methodist Chapel LA10 5PQ	6.30pm	At St John's United Service	At Garsdale Low Smithy United Service 2pm	United Service Philip Nolan	At Low Smithy
All Saints, Killington LA6 2HA	2pm	At Sedbergh	HC	At Sedbergh	At Sedbergh
Holy Trinity Howgill LA10 5JD	2pm	At Sedbergh	At Killington	At Sedbergh	At Sedbergh
St. John's Firbank LA10 5EF	2pm	At Sedbergh	At Killington	At Sedbergh	At Sedbergh
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ		9am HC		EP 2.30pm	At Dent
Dentdale Methodist Chapel LA10 5QJ	2pm	Pam Dent	William Allen	10.30am Covenant & Sacr. David Crouchley	2pm Philip Nolan
Dent Foot Methodist Chapel LA10	2pm	At Dentdale	At Dentdale	At Dentdale	At Dentdale
	Wednesday	5 th	13 th	19 th	26 th
St. Andrew's, Sedbergh LA10 5BZ	11.15am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
HC- Holy Communion (HCx- Extended Communion) SW- Service of the Word FS- Family Service HS- Healing service			Ec- Ecumenical CM- Choral Matins (BCP) P&M- Prayer & Meditation EP- Evening Prayer		

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

Surgery by appointment only –
Early Morning Tuesday & Thursday
Late evening Monday & Tuesday

Dent Surgery

Monday by appointment only

Practice Nurses Clinics

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

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

Dressings Clinic – Friday afternoons
(By appointment only)

Blood clinic

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

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

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

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane
Fire Station, Long Lane

Access Codes to the Defibrils are supplied
on contacting Ambulance Control on 999

POLICE

101 or 999

Crimestoppers 0800 555 111

Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

Wednesday

Last Page Update:

March 2019