

Sedbergh & District **LOOKAROUND**

May 2019

Issue 376

Donation £1

This issue is dedicated to our Lookaround Treasurer, **Richard Ellis**, who passed away on the 20th March. The cover photo, of bluebells in Davybank Wood, is by Richard. Welcome back to some more of our

advertisers, Duncan Law and Ian Higginbotham. Please call them if you need their help. And also thanks for the cottage and flat rentals, if you're looking for somewhere to live in Dent call and get the details. *Ed.*

Sedbergh Gala

Saturday 18th
May 2019

FREE
ENTRY

Lupton Field, Back Lane, Sedbergh

Parade starts at 11:30am from Maryfell

Sedbergh Gala returns for 2019.

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

For more information contact hello@sedberghgala.org.uk or find us on Facebook

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

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Weekly Coffee Morning

St Andrews Church

Weds 10 am to 12 noon

8th May Christian Aid

15th May N.F.U.

22nd May Alzheimers

28th May T.B.A.

**Call 01539824379 to run a
Coffee Morning**

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May Birthdays

Happy Birthday
To
Mason Thornton
1 year old
on May 1st!

Birthday Update

Due to the new regulations on holding personal information mean we can no longer hold information on children's birthdays. But we will continue to celebrate birthdays. Please let us know your child's birthday if you would like it to appear in the next Lookaround.



LOOKAROUND NEEDS YOU

The Lookaround Team need help with compiling the magazine and designing advertisements.

If you can spare some time please contact us.

Contact details are on page 71.

SEDBERGH TENNIS CLUB – NEW COURTS

David Parratt

As many of you will already be aware, the Sedbergh Tennis courts adjacent to Guldrey Lane have received a really big facelift. The courts have been resurfaced, with new boundary fencing, new nets and new posts.

The work was carried out by Sports Surfacing Solutions based in Nottingham and completed on 10th October last year. The club is very pleased with the result and the new look was featured on the April's cover of the Lookaround.

Thanks to extremely generous support from Sport England, the Parish Council, Sedbergh Community Fund, the Hadfield Trust and the foresight of parish councillors and tennis club members in investing in a Sinking Fund over the years, sufficient funding was in place to carry out this project.

An official opening of the new courts took place on Sunday 14th April. Representatives from Cumbria Lawn Tennis Association, South Lakeland District Council, Sedbergh Parish Council, the Sedbergh Community Fund and tennis club members and supporters attended. The ribbon was cut by Robert Cresswell, Chairman of Cumbria LTA.

We want to increase our membership this year now that we have a new modern playing surface. Sunday afternoons from 2 pm and Thursday evenings from 6.30 pm are designated club sessions, so if you fancy a game, please come and join us.

While you don't have to be a member to enjoy a game, if you do join the club, we can offer a wide range of people to play with, plus a chance to play in league matches. We want to encourage more people to play tennis and also provide tennis coaching, particularly for juniors. We hope to start coaching this year starting on 9th June on Sunday mornings. Further details to follow, so do keep an eye on the club Facebook page. We also hope to hold some social events during the year at the courts, such as a barbecue on sunny Sundays!

Our annual subscriptions are amongst the lowest around, £10 for a student, £30 for an adult and £50 for a family. If you are not a member, you

THE DENT SPRING FOLK CONCERT

At Dent Memorial Hall (opp. village car park)
7pm on Saturday 4th May.

*A delicious musical evening of Songs, Spoken word, Guitar, Violin & Harp Music.
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can still play but we ask that you pay £2 per hour per person in the honesty box to the right of the pavilion door. If you would like to join, membership forms are available at the Sedbergh Tourist Information Centre and also at the tennis pavilion. If you are at the courts and the pavilion is open, there should be a club member around and there will also be a supply of subscription forms inside.

FRANKIE COWIN'S DARTS TOURNAMENT

Diane Cowin

Diane Cowin and Family would like to say a Big Thankyou to Dean, Chris, Kate and Janet for all their hard work in organising the "Frankie Cowin Darts Tournament" in the Club on Saturday 16th March. Also to Brian Capstick for the fantastic Meat Hamper and to everyone who donated a raffle prize and to the Board Sponsors.

Well done to the winner Harry Robinson. The great amount of £808.35 was raised which will be divided between the Great North Air Ambulance and Breast Cancer.

Big thank you to everyone. We hope to see you next year.

SEDBERGH WANDERERS FC / DENT FC - SEDBERGH & DENT UNITED

Simon Parkin

A brief statement on behalf of both Sedbergh and Dent Football Clubs; When the curtain comes down on the 2018/19 Westmorland League season, Sedbergh Wanderers FC and Dent FC, will be merging together to become Sedbergh & Dent United.

This is something that has long been talked about and has been discussed at great lengths many times, however both clubs now feel that the time is right to join forces and create a bigger, better and sustainable environment for football in our area.

We will be entering three teams into the Westmorland League for the 2019/20 season starting in August which will enable football for all abilities across the three divisions. We feel that the new club will be able to compete on a higher level than currently possible and will ensure football is continued to be played in this area for many years to come.

The new club will be holding its **AGM on Wednesday 8th May at**

Get in touch if you want to come along - mylesripley@btinternet.com



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Killington Sailing Association
11am– 3pm - Sunday May 5th

White Hart Sports & Social Club, Sedbergh at 8:00pm where a new committee and managers will be elected. Please come along, everyone is welcome.

Finally this has not been a decision taken lightly or easily. A great deal of thought and work has gone into the merger so far. It will be a busy summer ahead for everyone involved. All we ask is for the communities continued support. With the backing of everyone we know we can make this a real success.



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WALKERS ARE WELCOME

Robert Powell

I am sorry to have to announce that Sedbergh is no longer affiliated to the national "Walkers Are Welcome" project.

Disappointing though this is, I am not entirely sure that it changes very much in practice. Sedbergh remains an attractive destination for walkers; our amazing network of paths and tracks is still maintained by professional and volunteer wardens from the Yorkshire Dales National Park Authority; we continue to have a good variety of accommodation on offer, as well as a wide range of pubs, restaurants and cafés; and there is a lot of information about walking available on Sedbergh.Org.Uk, at the Information Centre on Main Street, and on Carole Nelson's Sleepy Elephant website.

There remains one rather important bit of house-keeping to be done. **The official Walkers Are Welcome stickers and logos must now be removed from windows and websites.** However welcoming to walkers we may still be, the Walkers Are Welcome logo is the copyright of the national organisation and we are no longer entitled to use it. Please remove these signs from wherever you may have them.

For the Sedbergh Area Walking and Cycling Group.



SETTLEBECK NEWS

Sarah Campbell

Settlebeck School has once again been successful in securing grants to further upgrade the school site this summer. The school submitted two bids to the Department for Education Condition Improvement Fund this year. Academies can apply annually for capital funding to make improvements to school buildings and facilities. We are delighted that both of our bids were successful, with the school receiving £253,961 for major work on the school roof and a further £73,460 to upgrade our fire security systems.

The school has also secured agreement as part of the Department for Education's Risk Protection Arrangement for flood risk mitigation work to be carried out with no additional cost to the school as part of their new flood resilience pilot programme.

Further projects this year include upgrading the IT servers as a result of the chancellor's 'little extra' and hopefully we will also be upgrading the student toilets as a result of the generosity of Reverend Long who made provision to support the school in his Will.

People's Gym & Fitness Centre.
invites you to its
AGM on Sat May 11th
At the People's Hall
5pm to 7pm.

All are welcome to come along and put forward ideas. You do not have to be a member of the PG&FC to attend.

Settlebeck

WHY YOU WANT TO BE A SCHOOL GOVERNOR

Rachel Warwick

Sedbergh Primary and Settlebeck both need some new governors – please read this and consider it.....

About a year ago, a friend texted to tell me there was a governor vacancy at the school where he works and that he thought I should apply. I escaped primary teaching eight years ago and wasn't planning on going back. On top of that, I'm not generally one of those people who gets excited by meetings and paperwork. But the school in question is quite literally on our doorstep and I'm really keen to get involved in the community here so I agreed to contact the school. A couple of weeks later I found myself at my first governor meeting, getting voted onto the board as a Community Governor. Here are five reasons I love being a school governor

1. Help the school achieve its aims

One of the main responsibilities of the governing body is to set the school's aims and objectives and the strategy and targets for achieving and measuring those aims. Sounds daunting but it's actually done collaboratively with the school and much of it is set by the government anyway. Of course this starts with academic aims – standards of achievement and progress in reading, writing and

mathematics, but it also includes attendance, emotional wellbeing and the general health of the school. I love that as a governor I'm part of helping the school teach and develop the children to the best of their abilities.

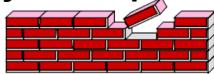
2. Invest in the learning and development of children and young people

While governors don't get much face-to-face contact with children, the work we do directly impacts their learning and development. The governing body reviews and approves all sorts of things from reading schemes to staff structures, facility and building improvements, extra-curricular activities and plenty more. It's a chance to see all the amazing things schools are doing for the children they're responsible for. School is about so much more than academic learning and it's great to be part of a governing body which looks at the whole picture.

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3. Encourage the staff

Another key responsibility for the governors is to act as a "critical friend" to the headteacher. In my experience this is a much wider element of being a governor. Hearing about the pressures of SATS weeks, the challenges that come with new curriculum and assessment guidelines, the level of commitment that the teaching and non-teaching staff show towards the emotional and behavioural support for the pupils, the extra-curricular work and so much more is a huge privilege. Having been a teacher I know it's not an easy role. It's a great opportunity as a governor to be able to encourage, appreciate and thank the staff as often as possible.

4. Get involved in the community

One of my main reasons for becoming a governor was to get more involved in the community



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@ THE DALESMAN.

SATURDAY 11TH MAY FROM 9PM.

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where we live. For so many families, the school is the centre of the community – they go there more often than any other place, they feel safe there and it's a place where they find people they can trust to help with all sorts of things including, but not exclusively their children's education. Our community is strong and active and it's great to see the school playing its part in that, with the children running their own stalls at the recent local festival, participating in fundraising concerts and much more. I think it's important for schools to have input from those of us who aren't directly involved in the education system – we become links between the two, opening up

more possibilities for school and community.

5. Develop my own skills

The local authority and South Lakes Federation offer an excellent programme of governor training, starting with an introductory course when you first join and covering all manner of relevant topics including safeguarding, understanding Ofsted, educational policies and safe recruitment. These are, of course, all useful in my role as a governor but they'll come in handy elsewhere too. In fact, this evening I joined the finance group – a sub-committee of the governing body which oversees the budget and spending for the school. Anyone who knows me is probably laughing

so hard at that thought – it's not a skill I naturally possess but I'm assured that financial expertise isn't a prerequisite for the group. I've got much to learn!

Our governing body includes a journalist, a social worker, a librarian, a civil servant and more. The one thing we've all got in common is a commitment to the school and a willingness to use our skills to serve there. It's a great way to get to know the staff at your local school, help them out practically, encourage them and invest in your community. I was surprised at how much I enjoy it – if you've got a little bit of spare time, perhaps just one evening a month, I'd definitely recommend it.

Dent Grammar School Educational Foundation

2 Bedroom Ground Floor Flat To Let In Dent.

This unfurnished flat is situated in the historic grammar school building adjacent to the church in the centre of Dent.

It is in a very quiet spot.

The flat comprises of a lounge/dining area with a wood burning stove, kitchen, bathroom and two bedrooms (1 double and 1 single).

Perfect for young or retired couple or single person.

There is free car parking available nearby.

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07368 455353**

SEDBERGH SCHOOL NEWS

K.Bruce Lockhart

The 1st XV have achieved a unique "double triple" as it has been dubbed. They have won the Daily Mail Trophy, the Rosslyn Park HSBC School Sevens, and the Sedbergh National Super Tens for two years in a row – and the Tens in fact for the third year.running. The *Fifteen Rugby* magazine states "It ranks with the very best of schools rugby achievements, marking this group out as one of the greats in schools rugby history" Theo Maihera (Sedbergh) won the Player of the Tournament. Both days were streamed live on UTube.,giving those who stayed at home a commentary and replays.

Headmaster Dan Harrison was interviewed by Radio Cumbria about the First Class cricket match at Sedbergh in June

The School had a video message from Tim Rice wishing them good luck with the production of *Joseph and the Multi-Coloured Dreamcoat*

During the Lent term the Prep School raised almost £2,000 for the NSPCC through various fundraising efforts. For the summer term their charity will be AGS (Adaptive Grand Slam) Foundation providing relief to those in need by reason of physical and/or mental disability, long term illness and promoting diversity and equality in disability.

The Foundation organised a "Global Run" asking Old Sedberghian all over the world to tweet in where they were running. Tweets came in from places as far apart as California, Australia, jungles and desert dunes.

The Old Sedberghians held a dinner

the night before the race in the Black Bull attended by approximately 100.

Health and Safety for the Wilson Run was at a high level. The Run was also streamed on UTube making it possible to watch parts of it from one's phone, and see times as they came in. The day started early with a staff run starting at 5.45 am. There was a breakfast in Queen's Hall for Old Sedberghians, parents etc who were setting off to run/walk the course. Lunch was also served in the Queen's Hall for spectators etc and tea in the Houses afterwards. The day finished with the traditional Concert where those who completed the course were clapped onto the stage in a much more orderly fashion than in the past, although perhaps

sadly the winners were not given their moment of glory in a spotlight..

The Foundation sent eight batons to various parts of the world in order to make it a Global event. Videos of runs all over the world were shown at the Old Sedberghian dinner the night before the Run. By the day before the race there had been some 70,000 hits on the video about the Run on UTube

The Prep School skiing expedition went to Passo Tonale in Italy

During the April holidays there have been courses running at the School and the Prep School in rugby, cricket, STEM and Pony Camp – thoroughly enjoying the good weather

Academic

During last term a group of year 10 and pupils explored the world of engineering at Newcastle University, attending lectures and having a practical challenge of creating an electronic pulse monitor.

Seven pupils took part in a Model United Nations Conference at Wycombe Abbey, researching, debating and trying to solve world problems

Pupils at the Prep have been learning about robotics and coding with the help of new equipment provided by the Foundation.

The pupils were given challenges to complete work over the holidays, for instance, years 12 and 13 were challenged to complete 100 hours of work

Drama

The Prep School, having had to change the date due to netball successes, produced two performances of *The Railway*



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PROGRAMME FOR MAY 2019

Friday 3rd 10am - 4.30pm
MINDFUL YOGA & MEDITATION DAY:

- Celebrating the Menopause
- Saturday 11th 10am - 4pm
- ELEMENTAL WALK**
- Sunday 12th 10am - 4pm

HERBS, YOGA AND MEDITATION WORKSHOP

- Saturday 18th 10am – 5pm
- LEARN TO MEDITATE**
- Sunday 19th 10am – 5pm

THE TRANSFORMATION GAME

- Sunday 26th 11am – 1pm
- SPACE FOR STILLNESS**

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www.meditationcentre.co.uk

Children on 18th March. A sterling performance was given by William Croft as Mr Perks – a very lengthy part as both the narrator and the station master himself.

Music

The former “House Shout” or as it is now called Unison competition as well as having part singing has added a magnificent new Solo trophy. This was the last event of the term.

Rugby

The School won the Sedbergh School National Army Tens on 1st April, beating their rivals Kirkham 26-0 after a hard fought match. They only conceded 12 points to their own 145 on the first day, but had a fright in their first game on the second day scoring in the last minutes to gain a 22-27 victory against Stamford.

March 18th 1st XV players Tom Curtis (England) and Rhys Tait (Scotland) go head to head against each other in the U19 internationals – England won.

The School won the U15 Sevens tournament at Durham.

OS Cameron Redpath scored one of England's (many) tries against Scotland U20s

Netball

The girls won the Queen Margaret's tournament (the day after they all ran in the Wilson) winning all six of their games.

Running

1962 Wilson Run winner Norman Berry was to be seen on the 4th Qualifier run.

The winners of the Wilson were RF Copley (P) in 1.12.59 and A Duckitt (R) in 1.28.22 Four boys were within the Gold standard of 1 hr 20min and

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two girls 1hr 35 min. 169 pupils completed the course. School House won the House competition

Cricket

The April edition of the Cricketer has an exclusive interview with OS Harry Brook who scored another 100 for Yorkshire against Cardiff MCCU in a preseason match

1st XI Captain George Hill had a successful tour to Bangladesh with the English Young Lions

Future Events

The Prep School Senior Chamber Choir will go on tour to Cambridge University and will sing in The Round Church on 27th April and St Botolph's Church on 28th April

There will be a performance of MacBeth by The Three Inch Fools in Evans House garden on 28th April at 2pm

Joseph and the Multi-coloured Dreamcoat will be performed between 21st and 23rd May in the Ardn Theatre, including a performance for local community groups on 23rd May

The Prep School will be having their equivalent of the Wilson Run, The Prep School Epic Run on Saturday

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15th June. The run is open to years 7 and 8, parents, pupils from the senior school and local fellrunners. It is nearly 7 miles over Brownthwaite Cairn and the back of Casterton Fell. For those who wish to walk the start will be 12 noon and runners 1 pm

There will be a Push the Boat Out Open Day at Killington on May 5th between 11 am and 3 pm

There will be a Teatime Concert in the Thornely Studio at 6.15 pm on Thursday 16th May

The Prep School will sponsor one of the colour canons for the Kendal Colour Dash on 19th May and will have a team there.

Half term is from Saturday 25th May (Sports Day) till Sunday 2nd June. The term ends with Speech Day on 6th July.

The Sedbergh 1525 Lunch will be in the Black Bull on 18th May.

The 1st XI Home fixtures in May will be against Myerscroft Preston on 1st May, the MCC on 2nd May, and Shrewsbury on 11th May

Not to be overlooked is the Lancashire v Durham First Class cricket match beginning on 30th June.

GARSDALE PARISH COUNCIL

Coal Dust and Crème Eggs

Philip Johns

The official bit: At the last Garsdale Parish Council meeting on March 21st, Sheila Capstick, District Councillor, expressed her disgust and dismay that SLDC were proposing to spend £5m on a refurbishment of the town hall. All this was internal and would not enhance any services. To mitigate the costs, SLDC aim to rent out rooms to the public but are only projecting an income of £450,000 over 10 years, and, at present, evening hire was impossible as all the car parks are closed from 6.30pm.

B4RN are progressing rapidly up the dale and, at the time of this report, all core fibre and the majority of the spur fibres had been blown up to the village hall and homes. Splicing should start very shortly, bringing properties live.

The Route 2 build is now in full swing and The Moorcock in sight at last. There is now continuous fibre all the way from Edinburgh to Garsdale village hall!

The PC is still resisting efforts by SLDC to impose needless private water risk assessments with the two DCs, Kevin and Sheila, fighting the cause. Highways seem to have put on hold further repairs to road and safety barriers. In the meantime, the roads continue to deteriorate and council hopes that there will not be any serious accidents.

Much discussion ensued regarding the access to the Carlisle platform at Garsdale Station. Council concluded that, even if Network Rail could be persuaded to resurface all or part of

the track leading down from the platform, it would not be the best outcome, as, due to the steepness of the track, people with reduced mobility would still struggle with access, and could even make matters worse when icy. The ideal solution would be to reinstate some form of track crossing to the west end of the platforms which would provide level access to the drop off/pick up area behind the Leeds platform and would make it much easier for The Little White Bus to operate. Council realises that Network Rail will need some persuading but faint heart never won fair maiden.

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

The unofficial bit: I would like to reiterate that this part is made up of my own personal musings and is not parish council policy.

Two items on social media caught my eye recently. The first was by a Garsdale resident complaining that the 'snowflakes' (the sometimes obstreperous SLDC workers), had refused to empty his blue box of bottles, deeming it to be too full. However, this did not prevent them from emptying some bottles into his grey bin. Why, oh why, if it was overfull, could they not have put the excess into their collection vehicle by hand? I was recently in Nottingham and had a glance at my son in law's new council tax bill...£148, mine... £228 per month. His house is nearly twice as big, there are street lights,

Travel with us on the
Western Dales Bus

Summer timetable starts 21st May, see
<http://www.westerndalesbus.co.uk>

S1 Kendal Shuttle – Saturdays – Sedbergh – Kendal 5 journeys
Also connects with trains at Dent and Oxenholme stations

S3 Hawes Hopper – Tuesdays

Linking Dent – Sedbergh – Garsdale - Hawes
Perfect for enjoying the Western Dales countryside

S4 Kirkby Stephen Connect – Fridays

Linking Dent – Sedbergh – Cautley – Kirkby Stephen – Brough
Explore the Howgills and the Upper Eden Valley



Look out for these May fitness classes:

- Saturday morning outdoor **BOOTCAMP**
- **FUSION**fitness – mindful movement & strength
- **Get-up-and-move** – fitness for the less agile, focusing on balance, strength and co-ordination
- **Buggy Fit** – a 'and baby comes too' class
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pavements, schools, parks, doctors, police, mains water, electricity, gas etc. etc. Garsdale residents 'enjoy' a bin collection every week, alternately recycling or domestic waste, but absolutely nothing else; nyet, nil, diddy-squat, yet the 'snowflakes' from SLDC can't even do that properly! Bundle up some cardboard and leave it out? Fat chance of that being collected, have to go to a 'recycling centre' nearly 20 miles away; so much for our carbon

footprint then! In my formative years, I lived on the outskirts of a council estate in a semi-detached redbrick house with an outside toilet in a back yard. Every week, the dustbin man, as he was called then, came into our back yard, heaved a full, metal dustbin onto his shoulder, and, with a cheery whistle, walked off with it to the dust cart, emptied it and brought it back, sometimes with a bit of ash in the bottom to reduce smells. Equally, when the coalman came with his horse and cart, he stuck a cwt sack of coal on his back, walked down the side of the house and emptied it down a coal shoot, into our cellar and went back for more. No moaning from them that the sacks or dustbins were too heavy. Those were the days when service meant something and council tax was spent carefully on things that mattered. So, the audacity of SLDC in asking us to pay yet more council tax, so they could make the town hall into



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GRAVE TALK MEETING

An opportunity for everyone to talk about issues surrounding death and bereavement

Thursday 16th May
2-4pm at

Cornerstone Community Church

a tart's boudoir, really sticks in the craw.

The second item that caught my eye was the announcement that the bus company that transported kids from Sedbergh to QES, is to be unceremoniously dumped in preference to a 'cheaper' contract, based in Carnforth.

Steve, who presently drives the kids to and from school, is highly regarded. He ensures that all the children reach their destinations safely and has a good rapport and close professional relationship with them; in other words, he shows that he cares and provides an exceptional service. Parents know that their children are in good, safe hands. Apparently, at Easter, he buys each child a crème egg out of his own pocket. What price can you put on that?

Bringing in a new company from further afield means that they will not be familiar with the children or the area and run the risk of being late for duty as the M6 is notorious for accidents and delays, especially in bad weather. Surely, it's about time the councils were given a good talking to? We pay an extortionate amount of council tax - especially in Garsdale - so that councillors can lead a life of luxury, but can't South Lakeland residents, just occasionally, get something back that they really want? If SLDC can afford to spend £5m on tarting up the town hall, surely somewhere in their bloated budgets, a little could be found so that Steve could carry on his much-appreciated role in the safety of our children?

SEDBERGH PARISH COUNCIL

Janey Hassam - Clerk to the Council

This report covers items from the Parish Council meeting on the 11th April 2019. **The next meetings commence at 7.00pm on Thursday 9th May 2019 – the Annual Parish Council meeting, followed by the Annual Meeting of the Parish –**

where residents are invited to come along and raise any issues with the Parish Council directly and hear the Chairman's annual report, followed finally by the normal monthly meeting. The meetings will be held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Casual Vacancy

Members Co-Opted Kate Saunders as a new Member of Sedbergh Parish Council.

Queen's Garden/Playpark (Howgill Lane)

Following a recent Tree Safety report, it was noted that three trees in Queen's Garden would require felling, along with other remedial works in the Garden. The three Thuja trees identified are situated close to the footpath/gate off Station Road. The Forestry Commission had indicated that the fungus infecting these trees

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could also spread to other similar trees in the immediate vicinity and, therefore, ongoing monitoring would be required. Members of the Queen's Garden Committee would investigate replacement planting in due course. Separately, one birch tree at the playground at the People's Hall had also been noted as hollowed and Members had additionally agreed to fell this tree at the same time as those at Queen's Garden.

Other Matters

Various other matters were discussed, including: Planning, Scrogg Bank field, Amenities, and Policy & Resource – which included the approval of final payments for 2018/2019 and the Council's Scheme

of Delegation. Highways matters were also discussed, in particular, Busk Lane and Station Road, also correspondence in regard to the footpath at Castlegarth and a footpath at Millthrop Bridge. The Coast 2 Coast Cycle ride was noted for Saturday 29th June, as well as Cricket at Sedbergh School commencing on the 30th June – Members also acknowledged events nearby over the same weekend – Dent Music Festival and Hells Fells.

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 and online at www.sedbergh.org.uk



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TIM FARRON MP

Tim Farron MP

I had a great time out and about knocking on doors around Sedbergh last Saturday with Suzie Pye. I hope by now that you have realised that there is an election coming up for one seat on South Lakeland District Council. The election is on May 2nd which could easily be the day you are reading this. So if you haven't voted yet please do get out and vote.

Even if you have voted please also think seriously about applying for a postal vote. You can do this easily on the South Lakeland District Council website. I suppose it depends a bit how much you enjoy a trip to The People's Hall or the Sedgwick Room or any of the other polling stations. But as you know we have no idea quite how many times you might have to make that journey this year and you may well have other things on some of these days. I know people are getting a bit fed up with politics at the moment but if you don't vote you really are putting yourselves in the hands of the people who do.

One of the things loads of people brought up with us was the need for 20 mile an hour speed limits around

Sedbergh. Many of you felt that too many drivers go through town far too fast. This can be very worrying and even scary particularly around our schools and play grounds. As a result we have set up a petition to ask Cumbria County Council to change the speed limit in Sedbergh to 20 miles an hour. If you want to support this you should be able to find the petition at Spar, the Post Office or the Tourist Information Centre. Or if you are worn out after a journey to the polling station you can just search online for "20 mile an hour petition Sedbergh" and sign it on the Change.org website.

I am currently enjoying a few days away from Parliament as we have our Easter recess. I know some MPs were planning to take advantage of the break to get out of the country and have a holiday to escape the stresses of working in Parliament over the past few weeks. However, given we have the election coming up

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and I have had to spend so much more time in London than I would normally, I am using the time to get around our area as much as I can. It's no good thinking that because you missed me last Saturday you are safe from seeing me on your doorstep. I will be back.

As I am in London so much I continue to try to use my time in Parliament as productively as possible. I have been chasing the Government on issues ranging from the 27% increase in crime we saw in Cumbria last year, through our difficulties in finding NHS dentists, to the problems with mobile phone blackspots and the need for better funding for children with special educational needs. And that isn't even the complete list.

If you have anything you would like me to sort out please just drop me a note at tim@timfarron.co.uk or call 01539 723403.

Thanks for your support

OUNCILLOR CORNER

Kevin Lancaster

Whilst it is easy to express a wish for local housing in election leaflets it takes a lot of hard work to bring it about. There is a need for local and "affordable" housing, but for our community and our community schools to thrive there is also a need for less restricted housing. I am immensely proud of the contribution Roger Bird and I made to the instigation of the national policy of allowing the conversion of obsolete field barns into much needed houses – there are now well over 1,000 families living in such conversions in England. Roger Bird and I began that!

At their last Authority Meeting Yorkshire Dales passed a policy of giving support to local people and allowing them to continue to live in the Dales. They have at last recognised the dearth of residents between the ages of 18 and 60, something some of us were telling them about twenty years ago. I am pleased they have adopted this policy, but for it to be effective it will have to underpin their planning policies at every level. This problem is not new and when I was on the authority some of us were regularly criticised and even threatened for daring to vote for development which protected local families and businesses. As your elected councillor I will make sure this policy change is properly implemented whether the controlling group on South Lakeland put me back on the park authority or not.

In the last month we have seen work begin of the Maryfell Play park and in Kirkby Lonsdale the money has at last been secured for the Zebra Crossing at Booths. At Sedbergh we continue to press for progress towards the new parking area on Maryfell. After the March meeting of Sedbergh Parish nature reminded us as to how important it was to deal with the flooding of Little Ashbeck at "Scroggbank". Thank you to the person who cleaned out the beck and so saved our community a small but significant expense. With the water now flowing freely there must be a hope that the dangerous rushing waters we have all seen there after heavy rains will be a thing of the past.

Yesterday afternoon, as chairman of Sedbergh Parish and as one of your district councillors I was pleased to attend the official opening of the new improved Tennis Courts behind Station Road. Whilst the day was dry it was not so much overcast as grim. Well done to those who donned appropriate footwear for their forbearance in positively hostile conditions to put the courts into use.

This has been a tremendous co-operation project between the tennis club, the parish council, South Lakeland as owners of the site and Sport England. It was good to see the courts decked with ribbons in the English national tennis colours of green and purple. Of course those were also the colours used by the Suffragettes. My own great grandmother always claimed to have been one of the first women to cast her vote at Sedbergh Polling Station 101 years ago. At this time of local



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elections let us all remember how important it is to vote in all elections.

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WHAT'S IN A NAME?

James Palmer

Metcalf, Metcalfe, Medcalf, Medcalfe, Mitcalfe. Adam *Medecalf* 1301 Subsidy Rolls (Yorkshire); John *Metcalf, Medcalfe* 1423, 1463 (Register of the freemen of the city of York); William *Meatcalfe* 1568 Oxon; John *Madcalfe* 1674 Hearth Tax (Suffolk). It is quite clear that Bardsley's derivation of this much discussed Yorkshire name, from *Medcroft* is untenable. The first form supports Wheatley's *mead calf*. Harrison's 'mad calf' need not seriously be considered. Likely origins are thus a calf being fattened (for the table or meat) by being fattened in the mead or meadow.

LETTER FROM THE LIBERAL DEMOCRATS

Tim Farron

This is a quick update about our (Liberal Democrat) ambulance campaign. I am pleased to say that the Health Minister has agreed to meet me to discuss the possibility of bringing more ambulances to the South Lakes as I was distressed to read in the Westmorland Gazette last week about the 89-year-old woman in Kendal who was left waiting over two and a half hours for an ambulance after she fell and fractured her hip.

It is clear to me that we urgently need more ambulances support our brilliant paramedics so that they can keep us safe.

Our (Liberal Democrat) community campaigns are very important, whether it be bringing cancer treatment to the Westmorland General Hospital, putting a free train service on the Lakes Line in the summer or saving the closure of Kendal post office so if you would like to join our petition please contact the Liberal Democrats at tim@timfarron.co.uk

NEWS FROM THE PEWS

Tony Reed-Screen

At the time of writing on a glorious sunny day Lent is drawing to its close and we are looking forward to Holy Week and Easter which when you read this will be a past memory. The schools will be back and the sound of willow on leather will have replaced the raucous enthusiasm of the supporters of "The Ten" and Ten-A-Side Rugby. So what has been going on at the Parish Church since we last wrote.

At the end of March we were delighted to welcome Bishop James Newcome and Sarah Moore of the United Reformed Church who dropped in during their walk of witness throughout Cumbria. They both spoke inspirationally and lightened the hearts of all those present.

Coffee Mornings and Lent Lunches have continued during the build up to Easter and the Sedbergh Orchestra gave a splendid concert with some outstanding bassoon playing. The Parish Supper followed by the Annual General Meeting was held in the People's Hall when, in addition to the normal reports, outline plans for re-



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about
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Coffee Morning



SEDBERGH COMMUNITY TEA PARTY

Gladstone House 2-4pm
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9th and 23rd May

developing the interior of the West end of the church were presented.

For the past six months various options have been considered on how the area around the font and the existing parish room could be made more flexible. At the same time much needed improvements to the heating system, better and more accessible lavatories, a larger kitchen and a draught proof entrance vestibule have also been addressed. Needless to say not all the proposals have been welcomed and we have not arrived at the final solution but we are now asking the Diocese for formal advice to ensure that we are moving in the right direction. If all goes to plan and we can raise the funds we hope to start work in the autumn of 2020 after the Music Festival.

On a rather less ambitious note you will have seen the new disabled access from Finkle Street and the resurfacing of the paths around the church. We are very grateful to the Parish Council, the United Charities, the Community Trust, the Friends of St Andrew's and Sedbergh School who have contributed so generously to this project.

HOWGILL/FIRBANK W.I.

Audrey Hoggarth

A catch-up for the past two months.
March.

Thirteen members met at Howgill Village Hall, president Sarah Syred welcomed back Mary Stainton and Judith Capstick. Sarah and Bridget joined Casterton W.I. in a celebration on their centenary.

Sarah introduced our speaker Will Clay who gave us an informative talk on Fraud Protection and Scam Awareness. He highlighted how scams can be received online, by telephone, by post, and as doorstep crime, often targeting the elderly and vulnerable living alone. We heard stories of victims losing their lifetime savings causing serious hardship and financial distress.

We were given details of a registered charity "Think Jessica" which supports victims and their families. Bridget thanked Will for reminding us to be aware of this present day issue.

The competition for an animal carved from a potato was won by Pauline Robson with Sarah second.

Sarah and Jacky were winner of a quiz devised by Anita Carey.

The evening was brought to a close with our usual refreshments and get together.

April.

We had a good attendance at the April meeting. Our president Sarah opened the meeting welcoming eleven members. Sarah attended the Spring Council Meeting and gave us a detailed report updating us on federation news giving us thoughts for 2020 when they celebrate their

centenary with a craft project, one of four challenges set for us to work on to submit by September. More ideas were put forward for a summer outing, a visit to Appleby Manor, or to the Boat Museum in Windermere. Entrance tickets and details have been received for the group meeting, hostesses being Casterton W.I. to be held on May 20th. The competition is for a collage of a country of our choice and the food that is connected with it, a challenge for our crafty members. Due to storms our walks have been cancelled. Liz Moore is leading the next walk on April 13th.

The office have been informed with regret we do not have a delegate to represent the Lune Valley Group.

Sarah welcomed our speaker,

Archie Workman, who gave us an entertaining and humorous talk on his working life as an engineer and businessman to becoming a lengthsman clearing and maintaining verges, drains, and drain covers, and once described as the dullest man in Britain. His talk proved to us he was far from dull.

The competition for a humorous article from a newspaper was won by Audrey with Pauline second. Our speaker Archie went home with the raffle prize.

The meeting was brought to a close with our usual Jacobs Join.

We meet on May 2nd at Howgill Village Hall. The subject is Glass Fusion with Carola Frank. Visitors and new members welcome.

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KILLINGTON WI

Wendy Fraser-Urquhart

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I was quite shaky at the thought of our meeting this month, the subject of which was how to protect yourself from being scammed. Our speaker was William Clay, an official of 'Home Instead Senior Care', an organisation based in Kendal, helping the elderly stay safe in their own homes. While dealing with all the practicalities of providing practical care for people, they also give advice on how to stay safe financially. Indeed until a few years ago few of us would have understanding the meaning of 'scammed'. Sadly, there are now a host of evil-doers waiting to deceive the vulnerable into paying money to cheats. The telephone, and the internet are the most common ways to persuade the unwary to part with their hard-earned money. Will explained the many ways this is done and some of his pieces of advice included, 'do not listen to cold-callers. Put the phone down.' Also – 'tell someone if you are perturbed or suspicious', and 'do not think that you are stupid to worry'. I, myself have had three occasions in the last 6

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months which have given me great cause for concern. Luckily we have not lost any money but it could so easily have happened. It leaves one feeling very upset and is quite horrible. Will left us each with a 'keep safe pack', and he is certainly another speaker to be highly recommended.

The meeting was chaired by Margaret Denton while Susan Sharrocks enjoyed the company of her family in distant lands. We look forward to having her back soon. (no reflection on Margaret!) After we had listened to Will's advice we moved onto more reassuring things like our delicious tea and chat which was followed by the rest of our meeting.

Marion reported on the Spring Show which had gone very well. The refreshments team, Avril, Lorraine and others had worked incredibly hard and successfully. The W.I.cup was won by Sedbergh W.I., and we congratulate them. Avril won 2 cups and the Shield for the Overall Winner

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of the Show.

Joan Perkins and Nancy Smith gave us a report on the Federation Half Yearly meeting in Kendal which they had attended as our representatives. Plans were made to go to the group meeting in May to be hosted by Casterton. Birthday wishes this month went to Maggie I'Anson and Eileen Wilkinson. The competition for 'a keep safe tip', was won by WFU. Luckily there were not many entries. I had arrived at the meeting and realised that I had forgotten to sort out an entry, so I hot footed it back to the car to see if I could find anything vaguely suitable. I was actually hoping to unearth a large safety pin, but no luck with that. However, I did find a reflective road safety waistcoat which proved a winner! Funny though, it must have shrunk a lot since I last broke down!

Our next meeting will be on Tuesday 14th May in the committee room of the People's Hall. I see from my programme that the subject of the meeting is "RESOLUTIONS, followed by AMONGST OURSELVES" which I take to mean, 'has anybody got any bright ideas!' I am sure there will be plenty, so do come along and join us

DENTDALE W.I.

Gill Newport & Thelma Belfield

It was still daylight when 20 of us gathered together for our April meeting. A positive sign that Spring is not far away.

Marjorie was our accompanist on the piano for singing Jerusalem.

Craft projects were first on the business agenda. Our Treasurer, Kate Cairns, is hosting a brainstorming meeting at her home on the 17th April for our Craft Group members to consider our entry for the Lune Valley Group Meeting competition. The subject of the competition is ' Foods of the World'. We are asked to select any country and produce a collage of the foods of that country. So quite a broad framework but we're confident that our talented members will produce a stunning collage on the chosen food theme.

The second project we have been asked to produce is a panel to be incorporated into the Centenary Craft Project organised by the Cumbria and Westmorland Federation of Women's Institutes. The panel will be A5 size and must be mainly stitched with various techniques being used such

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

as cross-stitch, embroidery and appliqué. All WI groups within the Federation have been asked to produce a panel reflecting their WI and when completed all the Panels will be connected into a large patchwork display panel. There were some good ideas circulated but we decided to leave final discussion until after the Group Meeting project is completed as the submission date for the Federation project is not until September, giving us more time to discuss and plan.

Social activities were next on the agenda. Various venues for our Summer Outing have been suggested and the current most popular are The Yorkshire Lavender

Farm or Bolton Castle and Jackie our intrepid events organiser is busy checking out the two options.

Our next Dining Club outing is planned for 8th May with a visit to the Antique Centre in Lancaster, the Farm shop on the site and lunch at The Countrystyle Kitchen.

Bringing the business session to an end President Sue Owen shared a request she had received from the Dent Memorial Hall committee asking for help with the August Bank Holiday Dent Gala in providing afternoon teas. This is a traditional event which we unanimously supported.

Sue then introduced our speaker for the evening. The Reverend Ian Greenhalgh, who gave a talk on his

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'Forty Years as a Vicar and Still Counting'.

Ian has had a particularly varied career, with time in the Yorkshire Dale's as vicar of Clapham and Austwick and also holding the position as Rural Dean for the area. He had a long spell as a military chaplain in the RAF, with postings all over England and abroad.

Based in the Netherlands working with NATO and being present when the Berlin Wall came down. His talk ranged from the humorous - leaving to go on holiday and passing his church wondering what all the smartly dressed people were doing – he had forgotten a wedding!

At the opposite end of the spectrum, moments in the Falkland Islands assisting the relatives of airmen killed in service and shocking visits to Bosnia looking at the aftermath of war.

Servicemen in Cyprus, Romania

Kosovo, Iraq, Norway and South Africa have all benefitted from his support

We were stunned by the number of different postings he had had, with his wife and children expected to move at short notice to different parts of the country, sometimes while he was still abroad. We were impressed with their commitment and forbearance.

As Wendy Cooke said in giving our vote of thanks to Ian, we had not realised the full extent of a vicar's duties, which extend far beyond a Sunday morning service. Even after retirement he is still working, about to start a fifteen-week stint as Vicar of Ibiza – nice work! Luckily this time his wife will be able to join him.

We asked Ian to judge our competition for a limerick starting with 'There once was a Vicar from York'..... The winning entry was written by Cath Sugden:

*There once was a vicar from York
Who found taking his dog for a walk
Round the old city walls
And the bright market stalls
Gave him thought for his next
Sunday talk.*

Hopefully his experience meeting our group will give him food for thought for his congregation in Ibiza.

We ended the evening as usual with tea and Marjorie Haygarth's delicious biscuits served on this occasion by Jenny and Jane. Chris was the lucky raffle winner.

Our next meeting is on Wednesday 8th May at 7.15 in Dent Memorial Hall, and as ever there will be a warm welcome for anyone who would like to join us.

SEDBERGH WI REPORT

Moira Folks

'Variety is the spice of life,' they say: in that case, the last month has been well spiced for us! It started with the biennial Cumbria Westmorland Federation Reading Aloud Competition on March 18th in the People's Hall, where 14 WI teams from around our area took part.

Supported by several other members, Sedbergh WI was ably represented by Valerie Welti, who read a passage she had chosen from 'Little Women', the 'set book' for this year's competition, and Anne Petyt followed with her chosen poem, 'Night Clothes', a rather cheeky children's poem which contrasted well with the passage from 'Little Women'. The cup-winning team was Morland and Newby WI from the Eden Valley. A new presentation was made this year for the best individual speaker: this went to a lady who had chosen to read the poem 'Sally in our Alley', appropriately enough in a Lancashire accent.

The walking group had planned a 5.5 mile walk from Sedgwick on March 23rd which didn't quite go to plan! Finding a small lamb with its

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head and body stuck between the bars of a feeder, they unsuccessfully attempted a rescue and had to go in search of the local farmer, who showed them how to do it themselves if there was a 'next time'... Another diversion was caused by a ewe starting to give birth, which they HAD to watch: particularly amazing as triplets soon appeared! Since the main aim of the excursion was to end up at Sizergh Barn for lunch and a planning meeting for their week's walking holiday at the end of the month, a shortcut was soon found!

The following week, preparations for the Sedbergh Spring Show on 30th March were in full swing. Our members were well represented in the baking and craft sections in particular, and won the WI Cup back from Killington with the highest number of WI points scored. A special mention must go to Sandra Gold-Wood for her sterling efforts to enter

(I think) about 16 new classes, thereby winning the cup for most new entries. Not only that, she also won the Art Cup! Her entries alone must have provided a substantial contribution towards Sedbergh WI's winning the WI Cup. We must add our thanks here to all the people who work so hard to organise the Spring Show, Killington WI for providing the refreshments, and also the Junior Town Band for their cheerful musical contribution.

STEELEYE SPAN! Now there's a name not often - if ever before - mentioned in association with a WI meeting! Yet on April 10th we were treated to 'An Audience with Rick Kemp', bass player for many years in the pioneering folk-rock band which is celebrating its 50th anniversary this

year. This was an opportunity to open our meeting to all the people of Sedbergh and other local WI groups and make it a real community event. It was also a chance to show off the main hall at the People's Hall as a stylish evening venue: Sandra GW (who has known Rick Kemp for about 30 years and arranged this event) had set out small tables with jaunty red cloths, café-style, a few chairs grouped around each one and facing the stage, giving a relaxed feel. Rick Kemp performed from a small stage in front of the gorgeous blue velvet curtains, and the blue window curtains were closed too, giving a cosy and intimate feel. This suited Rick's style and performance, which was very informal, interspersing some of his own songs with chat about his



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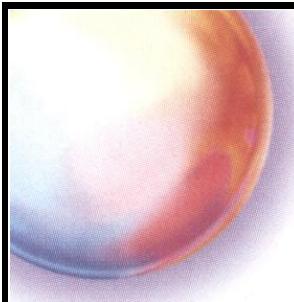
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long career, and showing photos of some of the people he'd worked with. Despite his 78 years, Rick proved himself still to be an excellent guitarist and singer. The concert was much enjoyed by all who attended, as were the homemade cakes provided and served by WI members in the interval.

'Forgiven', the second novel of a trilogy called 'Between the Mountains and the Sea' by Ruth Sutton, set between the Lake District and the Irish Sea, was discussed by the book club at Valerie's home on 11th April; fortunately, we are introduced to the main points of the first novel in it so it stands alone quite well. Jessie, the village schoolmistress in 1946, finds herself having to cope not only with military men returning from the war who think they should now take over the jobs that women had done well in their absence, but also with the illegitimate son she had had in 1916 and given up for adoption, a secret she wants to keep. Although we had some issues over poor editing, and a rather slow start, most of us became involved with the characters and the village and colliery settings, which were well described. The average score was about 6.5/10. With Easter to look forward to, we then tucked into a delicious Simnel cake that Valerie had baked and decorated with glacé cherries and tiny chocolate eggs.

The WI annual resolutions will be discussed and voted on at our next meeting on Wednesday 8th May at 7.30pm in the committee room at the People's Hall, followed by a Quick Quiz. New members and visitors are always welcome.



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SEDBERGH SPRING SHOW - MARCH 30TH 2019

Marion Wood

Everything was in excellent order by 1-pm when the doors of the People's Hall were opened to welcome the good folk of the town. 663 exhibits, in 85 varied classes were laid out in a colourful and eye-catching display.

The Guest Opener of the show was Mr. Matthew Towe, Headteacher of Sedbergh Primary School. Of course, he was already well known to lots of residents but it was a splendid opportunity for those with no connection to the school to become acquainted with him. After performing the official opening he spent the afternoon examining all the entries, chatting, listening to the Sedbergh Junior Band, selecting his own special prizes and enjoying the tempting refreshments prepared by the local W.I.s. We were particularly pleased to welcome the Junior Band performing their first totally

independent concert. What a talented group of youngsters!

At half past three Matthew presented the cups and trophies to the worthy award winners.

Spring Show Winners 2019

- ◊ Handicrafts Cup - Avril Hobson
- ◊ Flowers and Plants Cup - Jean Sowerby
- ◊ Garments Cup - Avril Hobson
- ◊ Homemade Produce Cup - Jane Tulloch
- ◊ Art Cup - Sandra Goldwood
- ◊ Photography Cup - Michael Baeron
- ◊ Junior Cup - Charlotte Gardner
- ◊ Children's Cup - Joshua Norwood
- ◊ W. Milburn & Sons Handwriting Cup - Ciara
- ◊ Cup for Special Effort - Bethany, Siobhan and Hayden Cousins
- ◊ Roger Underwood Cup for most New Entries - Sandra Goldwood
- ◊ Lookaround cup - Best Exhibit chosen by show opener(Adults) - Ben Houghton



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- ◊ Lookaround cup Best Exhibit chosen by show opener(Children)
- Avie Clement
- ◊ WI Cup - Sedbergh WI
- ◊ Shield for Overall Winner of Show
- Avril Hobson

For a complete list of all prize winners go to www.sedbergh.org.uk. then Events/Annual events/Spring Show/list of cups and prizes.

We were delighted to welcome Dennis Whicker to present the two 'Lookaround' cups to their winners. Dennis had been the editor of LOOKAROUND since he and Jacky founded it 374 editions ago, but at the end of 2018 he handed over the task to the new team. Dennis has been a pillar of our society in so many ways over the years and was presented



with a cheque and some liquid refreshment from the town as a token of our appreciation.

We were generously supported with donations of raffle prizes from J.M.P. Ltd, Cross Keys Inn, Spar, Powell's Greengrocers, Haddock Paddock, W. Peat – Butchers, Anna Hainsworth, Gary Milburn, Jean Sowerby, and Amanda Sowerby. Our thanks to them all.

Our thanks also to Killington and Sedbergh W.I.s for providing wonderful refreshments and helping as stewards for the judges. Lucid helped by printing the schedules, Garsdale Design with the loan of display boards, and Stacey and Jody of Rycrofts for endless searching for the right kind of pegs! Many thanks to the many who contributed to, and supported our super show in numerous ways. Finally special thanks to all our entrants.

Come again next year – **SPRING SHOW 2020 ON SATURDAY APRIL 24TH.**



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'ENVY' First Installment

Evelyn Salter

Relentless rain swept across the street, pounding the pavements and the unfortunate people making their way to work. A typical November morning, thought Lydia, as she looked out onto the street from the landing widow. She smiled wistfully as she glimpsed the watery reflection of Xmas lights in the house opposite.

Yes, she thought, a perfect day for a funeral.

The rattle of the letter box summoned her downstairs, where the post lay on the shabby door mat. In the kitchen she switched on the kettle and half read the sympathy cards,

gasping, as the one from Aunt Silvia, was shamefully accompanied by an Xmas card in the same envelope. Disgusted she tossed both cards in the bin.

The doorbell rang and, with a sudden shiver of excitement, Lydia went to answer it. It was the florist. Who had she expected? Yes, she admitted, she had hoped. A tear slipped down her cheek, it didn't matter. 'Flowers for 27 Park View?' asked the delivery man.

'Yes, thank you, can you put them by the stairs. The man did as he was asked and headed out the door as Lydia called her thanks.

Flowers, now they send them, a pity they didn't make the effort when Mum was still alive. Oh yes, they will all be here later, try and stop them. Tears sprung anew and Lydia dragged her hand across her face, angry with her relations, angry with herself, but mostly angry with her sister.

After a while she straightened her shoulders and went upstairs to change. It didn't take her long to choose what to wear as her wardrobe held only her supermarket uniform and a few items off the Dorothy Perkins sale rail. She combed out her



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long chestnut hair, twisting it up and securing it neatly in place. She wasn't foolish enough to consider herself attractive, she had accepted that in her teens. Her sister Chrissie, she was the pretty one, that had always been clear.

Lydia polished her glasses on the edge of her jacket then placed them squarely on her nose. On auto pilot she walked straight into her mother's room. Stopping short, she stared at the neatly made empty bed, she realized that for a moment she had forgotten. Sitting down on the edge of the bed feeling empty and lost.

Memories claim her. It seemed like only yesterday when she had been a happy school girl. Funny she'd never missed her father but she had hardly known him. But when her mother had become ill everything changed. One spring day she and Chrissie had arrived home from school to find their mother collapsed on the floor barely conscious. Chrissie was screaming and so Lydia had taken charge calling for an Ambulance while trying to calm her younger sister.

She remembered the hospital, the green curtains, the smell, and the whispering adults looking from one to another and then at her and Chrissie.

Later she and Chrissie had been delivered to Aunt Sylvie's, two bewildered children in a world of whispers, told nothing. It had felt as if they had committed some kind of crime. Aunt Sylvie had treated them like servants, constantly reminding them that their mother was unlikely to recover. Yes, she thought another example of Aunt Sylvie's uncaring nature.

Calling all PHOTOGRAPHERS!

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

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The sudden ring of the doorbell jolted Lydia back to the present. She heaved a heartfelt sigh and went down stairs to answer the door, peeking out of the hall window to see who it was on the way. Oh God, she thought, it's Aunt Connie and her obnoxious man-friend Harold. She was slightly relieved to see that they were followed up the path by Doris and Flo, the only friends who had made an effort to visit Mum before she died.

Lydia took a deep breath and opened the door.



ZERO WASTE SEDBERGH

Suzie Pye

I haven't used a plastic bin-liner for 6 months. I am as surprised as anyone. But it really is very easy to completely eliminate this particular single-use plastic from your lives – especially if you are working on reducing your waste anyway and recycling all that you can. I simply line the bottom of the bin with a few sheets of newspaper, and empty it directly into the wheelie bin each fortnight.

This works fine so long as there is no "messy waste" going into it. For that reason you do need one essential piece of equipment – a food digester. We installed one in our garden last



summer and it has transformed our relationship with waste, especially in the kitchen. Food digesters are similar to standard garden composters, but they are also able to process dairy, meat, bones, pasta, cooked food and bread, as well as the usual veg peelings. The type we went for was a Green Cone (pictured), which comprises of a 'washing basket' buried in the ground with a double skinned cone on top. It is designed so that micro-organisms and worms, will be attracted to feed on the materials and take it away into the surrounding soil. Which means it does not need turning or emptying. You do need good drainage, a sunny spot, and someone

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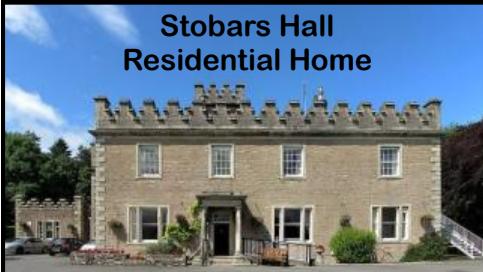


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willing to do a little bit of digging to install. There is also an option called the Green Johanna, which is a bit more in line with a standard compost bin, but again is able to process cooked food etc. Or if garden space is limited, there is a kitchen-top food digester available called a Bokashi. If you are thinking about purchasing a food digester, I would highly recommend you do it through Great Green Systems, as they are heavily subsidised by SLDC, and available for £15 (cone) and £20 (Johanna) including free delivery, instead of the RRP of £99 or more. Their website is www.greatgreensystems.com and click on "Council Deals". Happy digesting!

"MY LIFE IN YOGA – A 45 YEAR LOVE STORY"

Mike Steele

When you were brought up in a large family in the middle of Liverpool, (as Laura-Jane Clare was) had an enquiring mind and parents who were very aware that you had an enquiring mind, you tend to have a very wide awareness of life in general. To the point that you read Indian books on eastern culture and suddenly you are off on a different journey to our western eyes, which 45 years on sees you appreciating both Western and Eastern cultures, as well as now seeing that the westernised version of Yoga does not include the cultural nuances of the East.

We learnt how through numerous contacts throughout the country, Laura has refined and expanded her journey, initially using the Upanishads, which is the Sanskrit equivalent of the New Testament, to discover Atman or the inner spirit in all things, through to the incredible healing power of vibrations using bells. Incidentally, these bells are made from the waste products of Silicon IT manufacturing technology and make the most incredible sound

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that can carry for 10 miles.

If you want to learn more about this fascinating subject, then please see Laura at her drop-in class at Dent Meditation Centre on Thursday mornings from 11:30 to 1:00 p.m.

Our next meeting is on Friday, 3rd May, again starting at 2:00 p.m. in the Sedgwick Room in Dent Memorial Hall, where we will be having an "At Home" to review this year to date and decide what we would like to do for the end of 2019 and the start of 2020. Belle might even get some games out!

For further information please contact:

Mike Steele on 015396-25054,
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PEOPLE'S HALL NEWS

Dr Gina Barney

AGM 1 April 2019

The Annual General Meeting of the Sedbergh People's Hall was held on 1 April 2019. Two Trustees retired: Anne Petyt who had served since 2005 and Gillian Rae. Pam Drower representing the Sedbergh WI was elected as a Trustee and Keith Wood was co-opted. The Management Committee member are: Steve Longlands (Chair), Sandra Gold-Wood (Vice), Dr Gina Barney (Secretary/Treasurer), Pam Drower, David Hendrickse, Ian Hutt, Sandra Longlands, Bill Lowis, Daniel Mason, Kathleen Swift, Stuart Wetherell, Chris Wood (Booking Sec), Keith Wood.

Event Notices

A Burn's Night dance is to be held on 25 January 2020. Mark up your diaries. It will have a Scottish theme, but will include sequence, modern, Latin dances, fun, elimination dances and games. Dennis Westmoreland is



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to play. Details next year.

The old time sequence dance on 23 March made a loss due to poor attendance. Regretfully the dances scheduled for 15 June and 20 July are cancelled. The dance on 19 October will be the Final Old Time Sequence Dance at the Hall

The Fun Quiz night is now Friday 22 June 2019 and the Rose Theatre Group are organising it. Details soon.

Reminder of the Change of Booking Agent was on 22 March

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

WESTERN DALES BUS SUMMER TIMETABLES

Jock Cairns

The Western Dales Bus summer timetables will start on May 21st with the return of the weekly S3 service to Hawes from Sedbergh and Dent. This will provide three return journeys to Hawes every Tuesday.

There will also be some changes to the S1 Saturday service to Kendal, with more journeys going via Oxenholme and an extra return journey to Dent.

Some of the timings on the S4 Friday service between Sedbergh and Kirkby Stephen will also change, but there are no changes at all to the S5 Kirkby Stephen to Kendal service on Thursdays.

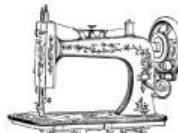
We have also been reviewing our fares recently and have made a few changes in order to achieve greater consistency across all our routes. As a result, some cash fares will go down slightly while others will

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increase, but concessionary travel will not be affected. These fare changes will come into effect from May 21 when the new timetables are introduced.

For full details of the new timetables please see the versions printed at the back of this edition of Lookaround. Printed copies will be available shortly at the Sedbergh Information Centre, on the buses and on our website at www.westerndalesbus.co.uk.

SEDBERGH PCSO REPORT

Maz Jefferey

Hi all, please see the below crime figures for MARCH.

31/3/19 DENT Criminal damage to gravestone

27/3/19 GRISDALE None-dwelling burglary (quad bike taken)

24/3/19 SEDBERGH Theft of mountain bike (returned)

22/3/19 SEDBERGH Theft of garden furniture

5/3/19 SEDBERGH Criminal damage to motor vehicle

I would also like to add that as we approach lambing season, dogs should ALWAYS be kept on a lead and not allowed to run in open fields.

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Paul McCall

I have seen some horrific injuries and sheep that have died (some still in lamb) that have been subjected to sheep worrying/dog attack. An owner may think they know their dog but dogs are known to act differently at the sight of a sheep/lamb and a farmer is well within their rights to shoot the dog if they believe its worrying their livestock – it's not worth the risk!!

Please also be aware of vehicles and males acting suspiciously around farms looking for 'scrap metal' and report anything suspicious to me. As always, any questions/queries please contact me or say Hi when you see me in the town.

Marion.Jeffery@cumbria.police.uk

HOLIDAY CLUB 2019

The Holiday Club Team

The People's Hall will be transformed into a hive of activity from Monday 22nd – Friday 26th July as the children of Sedbergh and the surrounding area meet during the mornings for the annual holiday club hosted by the Western Dales Mission Community. It is open to children of Primary School age, including those who have just left at 11+ and those due to start in September.

This year's holiday club is called 'Mega Makers' and is based on events in Jesus's life from Matthew's Gospel. The theme will be inventing and engineering, with the star of the show being the Mega Machine, which has the ability to enlarge anything placed within it. This parallels the theme of Megamakers, that the more we discover about God, the vaster his love for us seems.

There will be stories, games, crafts and singing; all the usual fun! Family members will be invited to come along to a special service on Sunday morning (28th July) to find out what the children have been doing during the week.

More information about how and when to register will be available in June, via the schools, the Lookaround and Facebook.

LENT LUNCHES

Anne Reed Screen

This year's Lent Lunches raised £728 which will be shared equally between Manna House and St John's Hospice. We are very grateful to those who made soup, to those who waited on table and washed up and, last but not least, all of you who came and lunched. Thank you all for your support.

VOLUNTARY SOCIAL CAR SCHEME

Elspeth Griffiths

Sedbergh is very grateful for the ladies and gentlemen who drive and help so many people to go to hospitals, Medical Centre, station, shops and much else.

Also to coordinator and Cumbria County Council.

(Please do get in touch if you would like to join the other volunteer drivers. Julia Skomp 20305)

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SHEEPFEST

Shelagh Cobb

It's back.....



..... September 21st and 22nd

This year our theme centres on the 5 R's of zero waste:

*Refuse, Reduce, Reuse,
Repurpose, Recycle*

Sedbergh has a Zero Waste community group so it felt appropriate to celebrate this ethical practice. We are encouraging everyone to save their recycling with the aim of creating a 'Rubbish sheep'.

Watch our website:
www.sheepfest.co.uk over the coming months where we will be releasing more details about events, activities, competitions and instructions for creating your own sheep.

So..... get your groups and organisations together now, and start planning your sheep. There's a prize to be won!

Keep the weekend free!

FUTURE OF THE FORMER URC BUILDING

Douglas Thomson

The Manse is sold and the former URC building is now on the market. Viewings are taking place.

The group interested in purchasing the property for community use will be making an offer to purchase the building.

To ensure that any purchase is sensible the group has had a structural survey done and has taken advice on a probable planning application. A robust business plan has been made with financial estimates for three years with the use of data from the church's accounts.

The process of creating the official structures for purchasing the building are agreed and can quickly be put in place following an accepted offer.

Offers to purchase have to be in by 17th May.

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FROSTROW B4RN

Peter Apps & David Wilson

The Frostrow B4RN project was completed in April and the service should have become live by the time you read this. This scheme has made hyper-fast 'Fibre To The Premises' broadband available to the 130 properties on its route, for just £30 per month.

The area comprises Millthrop, Frostrow, Farfield, Hallbank, and Branthwaites and it includes quite a number of remote properties.

In addition to the areas above, this installation also serves the wider community by linking the Sedbergh, Dent, Cautley and Garsdale fibre cabinets; thereby enhancing the network's integrity. The project's



success has been entirely dependent upon the hard work of local volunteers along with the generosity of local landowners who granted free way-leaves. Digging commenced last summer and by late autumn we had completed the major through routes and many of the spurs.

There was a short delay over winter as we waited for the Gigabit Broadband Voucher Scheme to come on line but since then the road crossings have been finalised, the spurs and individual property installations completed, and the brilliant B4RN team have blown and spliced fibre and fitted routers to all of those properties that required an immediate connection.



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Persuading people regarding the merits of gigabit broadband initially proved challenging, but interest grew as the network neared completion and the initial take-up has beaten expectations. Equipment will be supplied and fitted to additional properties over the coming months, once contracts with existing broadband suppliers come to an end. We would urge the owners of those properties to make their GBVS applications without delay, so they are fully prepared to transfer to B4RN once their existing contract is terminated. We will be happy to assist people in making these applications if required.

07751 689 531

B4RN MARTHWAITE AND HOWGILL

Martin Stockdale

Major news: Digging is complete in Howgill and has started in Marthwaite!

All the digging has been finished in record time in Howgill, with Tony and Liam Middleton doing the digging and Mike Jordin coordinating the process.

There are just two river crossings for B4RN to sort out then they will be able to install the fibre and connect properties. We wait with bated breath!

The first of the digging in Marthwaite took place this week (April 12th), with the installation of the duct through the triangle of land between the A684, A683 and Ingmire. There will now be a short pause for the Easter holiday, but hopefully by the time you read this in early May work will be well under way.

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

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





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CAUTLEY AND DOWBIGGIN 1000MBPS B4RN NETWORK

Dr Gina Barney

We now have 56 active subscribers with 15 in the wings waiting for existing phone contracts to finish. The network is extending to take in Ghyll Farm and Underbank residents and to progress down Thorns Lane towards Sedbergh Town. This will eventually provide an interconnect round to the west of the Town.

DEMENTIA ACTION WEEK IN SEDBERGH

MP Ripley

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

We will be hosting a coffee morning at St Andrews on Wednesday May 22nd where plenty of information about Dementia will be available plus people to talk to from the wider Cumbria Dementia community. I hope that we will also be providing some information available at the Sedbergh Tea party on 23rd May – hope you are enjoying these new tea parties.

We always have a supply of information available both at the library (upstairs) and in the Tourist information office including our own directory of local events and organisations.

This month's top tip - It is common to see advertisements online claiming

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



to be a 'miracle cure' for dementia. Sometimes it can be difficult to know whether to trust these claims. Unfortunately, any supplement or treatment available to purchase that claims to prevent, slow down or reverse dementia is extremely likely to be bogus.

While there is currently no cure, there are drugs and non-drug treatments that can lessen a person's symptoms of dementia. Receiving a diagnosis of dementia can be a difficult time for the individual and their families. Dementia can make individuals more susceptible to aggressive marketing messages. It's unacceptable for companies to exploit people who are in this vulnerable position, valuing profits over well-being. We are concerned that people looking for information are not receiving the support or treatments they need following a diagnosis. Unsurprisingly, this leads to people looking online for alternatives. In general, what is good for the heart is good for the brain. It's important to make sure that any long-term health problems are managed as well as possible. These could include diabetes, high blood pressure or mental health problems, such as depression or anxiety.

Do come and see us at our coffee morning or the tea party. If you can't make it do access the Alzheimer's Society webpage.



SEDBERGH GRIEF SHARE

Janice Rusling

The Grief Share drop in meetings on the first and third Tuesdays of the month have been going well, and those who have come along seem to enjoy the company and benefit from meeting with others in a similar situation. We will continue to meet at Cornerstone Community Church rooms, so if you are coping with issues surrounding bereavement and would like to drop in for coffee and a chat on 7th or 21st May we would love to see you.

This month sees the annual Dying Matters Awareness week (13-19 May), which was established to encourage people to talk more freely

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about the sometimes taboo subjects of death, dying and bereavement. As part of this process we will be holding a 'Grave Talk' afternoon at Cornerstone on Thursday 16th May from 2 to 4pm, open to anyone who would like to come along. With questions to prompt discussion, it is a very informal meeting to chat about bereavement issues over a cup of coffee.

We last held a Grave Talk session in November 2016 and several people who came along have asked if we would repeat it. So to all those who found it useful and have asked for another session, apologies for the taking so long, but this is the promised meeting.

Team members remain available for one to one conversations with anyone struggling with the confusion and loneliness of bereavement, so if you would benefit from the opportunity to talk about your feelings, in total confidence, please contact the team on 07498 870267.

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SIGHT ADVICE

Sue Harper



Fifteen of us met on Tuesday, the 19th of March when, after tea and biscuits and a 'catch up', we enjoyed an interesting talk by Ruth Taylor from age UK at Kendal Sight advice. Ruth is a support officer, that is, she supports various voluntary groups who help older people remain independent, well, safe and healthy. Representatives from age UK can, for example, visit people in their own homes to help them with obtaining unclaimed benefits. In 2017–2018 £2.4 million in unclaimed benefits was obtained.

Age UK can help people to apply for a blue badge, there is also a befriending service to help people to get out and about and lunch clubs as a way of avoiding loneliness.

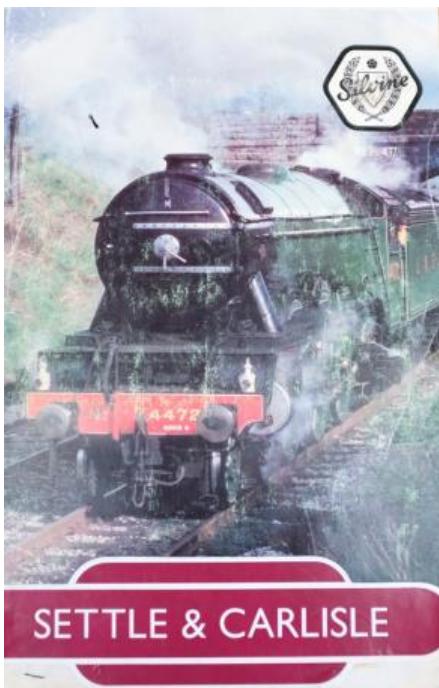
The Age UK IT club in Sedbergh meet every third Wednesday in the month in the library from 2–4 p.m. Lots of information is also available at the drop in centre in Kendal.

The profits from the shops fund local services. The helpline number is 03030030003. We thanked Ruth for her very informative talk and then Dennis kindly showed and described to us some of his impressive regalia awarded for his role in the Freemasons. It was a fascinating insight into that interesting organisation. Our next meeting is on the 16th of April when Amy and Peter from sight advice Kendal will visit and talk to us.

PEOPLES' GYM AND FITNESS CENTRE

Rosemary Lewes

On Saturday May 11 at 5.30pm in the committee room at People's Hall the PG&FC will be holding its Annual General Meeting. Members of the public and members of the PG&FC are all welcome to attend. We will be electing officers to the key positions on the committee most of the existing committee are prepared to stand for election which simplify matters. The Chair and the Treasurer's report will be read. Then it will be time to discuss the future of the Gym and what people want from this excellent community facility. If you have an idea that you would like to put to the committee but you are unable to attend the meeting then please send your ideas to the secretary@sedberghgym.club



30 YEARS SINCE SETTLE-CARLISLE REPRIEVE

Andrew Fagg

A defining moment for the Yorkshire Dales National Park came on 11 April 1989, nearly three months after then Prime Minister Margaret Thatcher received a letter from Dales businesses. On that day the Secretary of State for Transport, Paul Channon, quietly conducted a U-turn. He announced in a written answer that he had decided 'to refuse closure consent' for the Settle-Carlisle railway. Cheers rang out across the Dales.

Mr Channon said one of the reasons for his decision was 'new evidence on... the line's importance to the local economy'. Thirty years later, I have that evidence in my hands. It is a scrapbook containing the voices of Dales business men and women, which had been delivered by hand to 10 Downing Street.

The scrapbook – eventually recovered from Downing Street – is a loan from Ruth Annison of Hawes Ropemakers. In 1989 she was the Chairman of the 'Settle-Carlisle Railway Business Liaison Group' and was one of a group of nine people to go to Number 10 in the January of that year. "The Prime Minister was out, but we were invited in to hand over our evidence," she said. "A small problem was that we also had a basket of goodies, containing Dales produce such as cheese, fudges, soaps and preserves. The police asked how they could be sure there wasn't a bomb hidden inside the cheese. I said we could get a knife to cut it open but the idea of a knife was

even worse than the idea of a bomb."

"What we were able to do as a business group was to highlight the loss of business and employment, if the Settle-Carlisle line were to close," said Mrs Annison. She and a large group of volunteers gathered together supportive statements from dozens of businesses which benefitted from the line. "The 30 year anniversary is really important. It's been a generation since the reprieve. The decision on the Settle-Carlisle line was regarded as the first reversal of British Rail closure policies. The campaign to keep it open was international by the end," said Mrs Annison.

Yorkshire Dales National Park Authority Chief Executive David

Butterworth added: "The reprieve for the Settle-Carlisle line was a huge moment for the Yorkshire Dales National Park. The line brings considerable economic, transport and environmental benefits to the National Park. "Five stations lie within the National Park – Kirkby Stephen, Garsdale, Dent, Ribblehead, and Horton-in-Ribblesdale – while Settle station lies just outside the boundary. It means that residents can have days out to market towns, while tourists can visit, without the need for a car. It's a heritage attraction, too, as well as a working railway; the line's marvellous infrastructure has become an integral part of a landscape loved the world over."

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HOW WATER SHAPED KENDAL

Mike Beecroft

On 20th March the final talk of the winter season was delivered by Geoff Brambles of Kendal. Entitled 'How Water Shaped Kendal' it provided an interesting evening of historical geography. Indeed, Geoff had first arrived in Kendal in 1980 as a geography teacher, and clearly remembers the remark of one forthright pupil in answer to his request for impressions of their home town: 'Kendal's a dump!' To this audience, however, Geoff demonstrated otherwise.

He began by examining the site of the town. A Roman camp was established within a meander of the

River Kent immediately to the south of the present town along the route northwards from Lancaster before climbing the valley and hills towards Shap. Later came the building of the Castle, also above the eastern bank, near a crossing point at Gooseholme, an island in the river.

The main growth of the town, however, came on the western bank which, although steeper, avoided the floods which have beset Kendal over the ages. In addition, a band of limestone underlies this area and springs supply the town with fresh water.

From 1189 onwards a market was established on the west bank and trade and industries began to thrive. Three mills were built: Dockray Mill in the north; Central Castle Mills next to the head of the canal, opened in 1819 mainly to link Kendal with Lancaster to bring cheaper coal from Wigan; and Low Mills to the south of Gooseholme island. Further north at the head of the Kentmere valley the mill owners constructed Kentmere Reservoir in the 1850s in order to create a regular supply of water for their factories.

The coming of the railway in the mid

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19th century, however, brought an abrupt halt to the canal trade, and since that time much diversification has taken place within the town's industrial output. Kendal waterproof clothing and footwear, and Romney's Mint Cake are well-known brands, but such names as Francis Webster and Gilbert Gilkes established agricultural machinery works, including the revolutionary Vortex Turbine, together with pumps, drain covers, manholes, and 'fire plugs' (hydrants), many of which are still produced today.

At present the River Kent is crossed by nine bridges (5 road, 3 footbridges, 1 railway) and has numerous weirs, yet no proper embankments. Floods have littered the town's history at frequent

intervals: 1831, 1874, 1898 and, most recently, in December 2015, Storm Desmond which caused massive damage, mainly on the east bank, with after-effects still evident today.

Yes, water has certainly shaped Kendal, and we thank Geoff Brambles for his illuminating account.

STORIES IN STONE

From YDNP news release

Stories in Stone is a four-year programme of community and heritage projects. It has been developed by the Ingleborough Dales Landscape Partnership with funding from the National Lottery Heritage Fund. Thanks to National Lottery players, the programme will enable people from all backgrounds and of

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all ages to learn about, enjoy and help manage the stunning limestone landscape around Ingleborough, both above and below ground. It will include a wide range of projects and activities such as restoration of field barns, drystone walls and wildlife habitats. It will involve people in archaeological digs, digital archiving and collecting oral history. It can support local people and groups wanting to look after their local area, provide formal and informal training opportunities, offer new learning opportunities for local schoolchildren, and deliver events and activities to celebrate the local heritage. It will also improve physical and intellectual access to the area and its heritage features.

The Landscape Partnership is led by local charity Yorkshire Dales Millennium Trust (YDMT). It also includes the Yorkshire Dales National Park Authority, Yorkshire Wildlife Trust, Yorkshire Dales Landscape Research Trust, Natural England, Hanson UK and Tarmac Ltd. Landowners, farmers, educational establishments, parish and district councils, businesses and local history and community groups are also involved in developing and delivering



INGLEBOROUGH'S STORY IN STONES

As part of the Stories in Stone project the Millennium Trust (YDMT) is also aiming to produce a children's illustrated book that tells the story of Ingleborough through stone features and objects found in the area.

Debbie Boswell, YDMT's interpretation officer, said: "Ingleborough's fantastic geology is the foundation of thousands of years of human settlement, and the interaction between people and place is particularly rich in this area. This means that there's a wealth of interesting stone features, places and objects to discover which, piece by piece, build up a picture of the local geography, history, people and architecture. The book will be aimed at 8 to 11-year-olds and will be a local version of 'Horrible Histories'!"

YDMT is inviting people to send in their suggestions of stone features that have some historical, cultural or natural significance. This could be a connection with a historical event or person, a link with a local legend or folktale, or because the site shows how the landscape was formed. Examples could be datestones, clapper bridges or unusual boulders. Each feature needs to be publicly



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accessible, as the book will include a number of circular trails that take in several features along the way. The book will enable families to explore the Ingleborough area, and find and tick off the places and objects described in it. Debbie added: "We'd love to hear from anyone with a suggestion for the book, especially children and young people. We expect there'll be a long list of suggestions so the problem will be deciding on which should go in the book. The area includes a lot of well-known features that could be included but we'd also like the book to have a few surprises by including some that aren't as well known. The common thread in all the stories needs to be the basic ingredient of rock or stone."

If you have a suggestion please contact Debbie on 015242 51002 or email debbie.boswell@ydmt.org. The closing date for suggestions is 30 April. There's no limit on the number of suggestions that can be made, and contributors of suggestions that are included in the book will have the option of being credited with it.

www.storiesinstone.org.uk

GRAND SPRING FOLK CONCERT

At Dent Memorial Hall

7pm Saturday 4th May.

Kath Reader

A delicious musical evening of Songs, Spoken word, Guitar, Violin & Harp Music. in aid of The Meditation Centre in Dent

Bring your own wine. (Tea, coffee, cake available). All welcome.

£10 on the door, or book by e mail: kath.reade@outlook.com or www.meditationcentretteam@gmail.com

Meditation Centre teacher Kath Reade is also a folk singer and has organised a multi-talented bill of performers who are putting on a great evening of music and spoken word to entertain us while raising money for The Meditation Centre.

You are assured of a warm welcome at Dent Memorial Hall where you will be treated to a great line up.

The Jovial Crew are a multi-instrumental foot-tapping folk band who regularly play ceilidhs. Led by long time folk musicians Pete and Gin Crewe, is Frank the Harp, and Squeezebox Pete. (can you guess what they play?). A good time is had by all when they strike up their tunes

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and songs.

Paul Reade is renowned for his Lancashire humorous songs, and hails from Oldham, so you may well hear a few Oldham Tinkers songs in the mix.

Kath Reade and Alison Dhuanna will give a performance of their well-reviewed Cornish folktale, 'The Mermaid of Zennor'. It is a magical love story, with Kath's voice and guitar on original and traditional songs, and an ocean gong tuned to the sound frequency of the Blue Whale!

A trio of well-loved poets will read their favourite poems to you, Maggie Scott, Kerry Derbshire and Geraldine Green, and we will finish with a flourish of songs and tunes.

There will be light refreshments, but your own tipple can be brought!

Do come along and have a great evening while also helping to support the wonderful The Meditation Centre in Dent..

SEDBERGH ORCHESTRA

Maureen Hinch

How amazing that a small town like Sedbergh can bring together 34 musicians to form the Sedbergh Orchestra, ably directed by conductors Peter Crompton and Roland Fudge. We are fortunate!

On Thursday 21 March there was a concert in St Andrews Church which began with a performance of Giovanni Paisiello's Overture to The Barber of Seville –a piece which was

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the forerunner of the better known Rossini version. It was a nervous start and might have benefitted from a longer period of preparation.

This was followed by a Bassoon Concerto in F by Carl Maria von Weber and the soloist was Alex Kane. Rich opening notes prepared us for a first class and memorable performance played with great panache. In the allegro movement I particularly liked the harmony between the bassoon and the cello section creating a very pleasing dialogue. Alex Kane is a great exponent of the bassoon and was very well supported by the orchestra throughout the concerto. Incidentally, the Pepperpot Club is currently encouraging youngsters to take up the bassoon and can help by providing an instrument and early instruction.

The concert concluded with a boisterous and enthusiastic performance of Felix Mendelssohn's Symphony No. 1 in C minor. Incredibly he was only 15 years old when he wrote the piece. The work showed the promise which was developed in his later years. I loved the pizzicato in the string sections

and felt the confidence of the whole orchestra throughout the symphony managed to percolate into the atmosphere of the audience. Overall an enjoyable evening, the bassoon being the highlight for me.

SEDBERGH ART SOCIETY

Jenifer Alison

In the last edition of the Lookaround I mentioned a forthcoming demonstration by Kath Lockhart on Lino Cut Printing. This session was all it had promised to be and more. We had a full house and everyone, whether experienced in this field or not, found it fascinating. You will see here a picture of a poppy. Kath created several versions of this for us, going from basic to more sophisticated methods. Her presentation was inspiring, creative and very organised and clear. At the end of the evening many people expressed the wish for a workshop. We have therefore arranged an additional workshop to our July programme. Kath has kindly agreed to lead a workshop on Saturday July 20th entitled 'Reduction Lino Cut'. She was in fact using the reduction method during the demonstration and many now want to have a go



themselves with Kath's excellent support and guidance.

Kath's workshops have an upper limit of ten people. Could you let us know as soon as you can whether you would like to attend? Contact details below.

By the time you read this, we will have had our Painting Day on 27th April. Participants have been invited to bring in any on-going or finished work which they would like to discuss during the last hour of the day.

It is time to think about our entries for our annual exhibition, which runs from Thursday 22nd August until Monday 26th August inclusive. The preview is Wednesday evening, 21st August.

As you read this, we are looking forward to an entertaining, inspiring

weekend with Anthony Barrow, a regular and popular visitor to Sedbergh Art Society. On Friday May 10th (1.30 – 3.30pm) Anthony, (who prefers to be called Tony) will be demonstrating his use of charcoal and acrylics to paint people and portraits. This will be followed on the Saturday May 11th (9am – 4pm) by his workshop, which will be a practical development of the theme. Please let us know if you will be coming. Thanks. Jenifer and Gill.

Contacts:

Jenifer Alison

jen.alison10@gmail.com

Tel: 01539 824666 or 07785 964008

Gill Impey

gillimpey@hotmail.co.uk

Tel: 01539 726640 or 07522 264187



WHAT'S ON THIS MONTH

Presentations:

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

Miranda Van der Linde will introduce a world first 'Blue & Sperm Whale Research Expedition' in the waters of the Azores.

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PEREGRINE FALCON VIEWPOINT OPEN

Andrew Fagg

A viewpoint is now open at Malham Cove for people to watch the world's fastest animal, the Peregrine falcon, up close. The opening will mark the start of the 17th year of the Malham Peregrine Project, a partnership between the Yorkshire Dales National Park Authority (YDNPA) and the RSPB.

The free public viewpoint is at the base of the Cove, where Information Assistants and a team of volunteers will be on hand to show people the birds through telescopes.

It will be open from 10:30 to 16:30 five days a week, from Thursday to

Monday (closed Tues and Weds),
from Fri 5th April until Mon 5th August.

A new dedicated Malham Peregrine Project Facebook group has been set up for the sharing of up-to-date news during the season. Anyone wishing to join can visit the Nature in the Dales Facebook page.

RSPB Area Manager Anthony Hills said: "We're excited for another season at Malham Cove...Peregrines are incredible to watch. Each year there is something new to discover about these special birds and it is like a soap opera watching them raise their family on the Cove face...it's not just the Peregrines either, we get regular views of other wonderful

wildlife such as Green Woodpeckers, Redstarts, Wheatears and Kestrels.”

YDNPA's Wildlife Conservation Officer Ian Court added: “It is great that we are approaching the start of another Malham Peregrine Project season at Malham Cove. The staff and volunteers are all set to watch the story of the Malham Peregrines unfold over the next few months, and look forward to welcoming visitors to the site. The viewpoint offers some spectacular opportunities of seeing Peregrine falcons against the majestic back drop of Malham Cove.”

Follow the project on Twitter for regular updates: www.twitter.com/malhamPeregrine

Information can also be found on the Park Authority website: <http://www.yorkshiredales.org.uk/visit-the-dales/things-to-see-and-do/what-to-do-to-enjoy-wildlife/Peregrine-falcons-at-malham-cove>



Malham Cove is one of the most successful Peregrine nest sites in the Yorkshire Dales National Park, with at least 61 young raised since a pair first nested in 1993.

The Peregrine is the largest British breeding falcon. It is 38-48 cm long, and its wingspan is 95-110 cm. The female is considerably larger than the male. The upper parts are dark blue-grey, and the under parts are pale with fine, dark bars. The head has a black 'hood' with

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black moustache-like markings on the face. Juvenile birds are browner and heavily streaked below

Peregrines typically pair for several years and may live up to 10 years old - the oldest known wild Peregrine was 17 years.

Both adult birds tend the young, which take their first flight after 5 or 6 weeks

Peregrines feed on medium sized birds, predominately pigeons, which they catch in high-speed aerial stoops – although more often than not they fail to make a kill.

When they go into their famous aerial stoop, Peregrines have been recorded reaching speeds over 200 miles an hour, making them the fastest animal on the planet.

Peregrine numbers crashed in the 1960s due to organochlorine pesticides affecting eggshell strength and they have persecution by man. Following the ban on the use of certain pesticides and better legal protection, Peregrines have now increased in numbers to about 1,300 breeding pairs in the UK, although they still suffer from persecution in parts of the country.

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

It is often the screaming calls of swifts that first alert us to their return in the first week or so of May, causing us look up skywards and welcome them back once more. Supreme fliers, entirely on the wing since they were last here nine months ago, they are truly the herald of summer.

You may remember that last year, 2018, although a wonderful hot summer and a great year for enjoying watching the swifts hurtling around, most didn't arrive until quite late - on May 18th. There was a big influx all over the country that weekend .

However, last year we were astonished to see that the first two swifts to return to the Settlebeck School boxes arrived on April 28th and 29th, one in each box, the earliest we have ever recorded in this area. In one of the boxes its partner arrived 12 days later on the more usual date of May 11th . But in the other box the pair were not re-united for a further 9 days, on May 18th. These are the boxes that face the Maryfell flats – and they can be seen from the primary school playground.

Last summer, in the nest bricks we installed in the gable end of People's Hall Gym, the two lower nest bricks both had breeding swifts. The two upper nest bricks had roosting swifts: these were newly formed pairs who just spend the night roosting in their newly established nest site, spending the day flying around feeding. This behaviour is an indication for breeding the following year, so let's hope we have a full house this year. We are still hoping that swifts find the

Robert Powell

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nest boxes in the bell tower of St. Andrew's church, in the west side facing Evans House, and some have been seen flying close by.

The first swifts to arrive are the breeding birds, going straight back to the exact same site that they occupied for previous years. It is a few weeks later that the non-breeders return, the birds aged 2-4 years old that are not yet mature enough to breed. Screaming parties are an indication that swifts are breeding nearby – so we are always interested to hear from you about when and where you see them.

Swifts only have time to raise one brood in the 3 months they are here.



Two, or sometimes three, eggs are generally laid by the 3rd or 4th week of May, with both swifts taking turns at incubation. The eggs usually hatch about mid-June. Compare this with swallows and house martins, which have at least two broods with around 5 chicks in each. This low rate of reproduction shows how vulnerable swifts are.

Would you like to help our swifts? We really do need more swift spotters to watch out for nest sites and screaming parties. Both adults always go into the nest site at night so around sunset is often a good time to look. Strolling around your patch is all you need to do, for example:

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New for 2019 - Errington Reay Range including classic planters and old style troughs. Also 2 new ranges of glazed garden pots available.



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

60 Litre bags of Multi-Purpose Compost - £4.70 each or 4 Bags for £16.00

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100 Litres Decorative Woodland Bark - £9.50 each or 4 bags for £34.00

NOW IN STOCK – Bedding plants and vegetable seedlings.

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

Do you live near Haveras/ People's Hall playing fields?

Could you watch near the church, the Dalesman and Evans House ?

Or Back Lane and Main St?

Are the swifts still nesting in Sycamore and Woodside Ave?

We can explain more, and would love to hear from you, so do please get in touch, our details are below.

The acrobatic flight of swifts has always given us immense enjoyment yet we are amazed that many people are oblivious of the screaming parties swooping right above their heads. So look up as you walk around town, and encourage others to do so too.

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

YORKSHIRE DALES PHOTOGRAPHY COMPETITION In the Picture!

Mike Appleton

Yorkshire Dales Millennium Trust (YDMT) launches its annual photography competition this month – calling for stunning photos that capture the distinctive people, landscape and wildlife of the Yorkshire Dales.

The Clapham-based charity has teamed up with Cottage in the Dales to offer a fantastic prize for the winning shot that portrays the essence of this special area.

The winning photographer will receive a three-night weekend or four-night midweek break at one of the three multi-award winning Cottage in the Dales luxury cottages in Wensleydale or Bishopdale. "Cottage in the Dales are delighted to offer the

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www.sedberghredsquirrels.org.uk



first prize for the Yorkshire Dales Millennium Trust's photography competition 2019," Diane Howarth, Director, Cottage in the Dales said. "As a long-standing business supporter of the Trust, especially through the tree planting scheme, we offer our guests the opportunity to leave their own green mark on the Yorkshire Dales for future generations to enjoy.

"We look forward to seeing the superb quality and quantity of entries to the competition of this beautiful area we are so lucky to call home that we share with our guests all year round."

As well as revealing the overall winner and runner-up, the judges will also select a set of images that will together showcase the Dales through the seasons for its popular 2020 Yorkshire Dales charity calendar.

Gargrave-based web, design and communications agency Fever Digital will again design the calendar free of charge as part of their commitment to help support the Yorkshire Dales. It will be the eighth year they have partnered with YDMT.

Jonny Priestley, Creative Director at

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

Fever Digital, said: "We're proud to have been supporting the work of YDMT for many years through donations, tree dedications, web development, and by designing their Yorkshire Dales calendar for free each year to help boost fundraising. "We're fortunate enough to live and work in this beautiful part of the world ourselves, and we believe it's important to give a little back and support our local area and local organisations. It's great to be able to use our expertise to help YDMT and the Yorkshire Dales thrive." The calendar will go on sale in August and all money raised will help to support YDMT's work in supporting the people, landscape and wildlife of the Yorkshire Dales and surrounding areas.

Enter online at woobox.com/abipb6

Images need to be submitted before 31 May.

For more information, please call Mike Appleton at YDMT on 015242 51002 or email media@ydm.org

About Yorkshire Dales Millennium Trust:

Yorkshire Dales Millennium Trust (YDMT) is a small charity doing big

things to support the people, landscape and wildlife of the Dales.

To date the charity has helped to deliver inspiring projects worth around £28 million in the Yorkshire Dales and surrounding areas. These projects cover areas as diverse as countryside apprenticeships, supporting local communities, education and outreach, restoring woodlands and wildlife habitats, and improving access and understanding of this special place.

The Trust has recruited more than 50,000 supporters to date. Find out more at www.ydmt.org

OSPREY TALK BY PAUL WATERHOUSE

Nigel Bidgood

It is always a huge bonus when someone, who has not only a real passion for nature but also has continuous history of the main subject, agrees to give a presentation. This was certainly the case with the recent talk given by Cumbria Wildlife Trust's Reserve Officer, Paul Waterhouse, in St Andrew's Church in Sedbergh on Wednesday 13th March 2019.

One of the CWT Reserves that Paul has under his umbrella is Foulshaw Moss on the A590. This is an important valley mire reserve and has over recent years become home to a pair of Ospreys who have successfully reared a number of chicks, some of which are now raising their own chicks in other areas around the Lake District and Kielder Water in Northumberland.

Paul, early in his career in nature conservation, was involved in the



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very successful Osprey introduction programme on the Rutland Water area in the Midlands. This historical continuity allowed him to give a detailed and heartfelt talk on the story of the reintroductions of Ospreys throughout England from a very personal perspective. This, allied with the details concerning Ospreys in Wales and above all in Scotland, painted a positive picture of just how much it is possible to achieve given the will and perseverance.

This wonderful fish-eating bird is now a common, if localised, sight in the UK with presently over 300 recorded breeding pairs nation-wide. Indeed, there are now real hopes, and indeed expectations, that new

areas will be colonised which are close to the existing breeding territories. It is felt that Cumbria, in particular, stands to benefit in terms of the Osprey population growing and spreading throughout the county.

Paul gave a knowledgeable account of the breeding biology of Ospreys and this helped to explain their population dynamics in terms of explaining the rate of increase in local populations over the years since their first reappearance back into the UK. It was even possible to extrapolate from these graphs to postulate anticipated population changes in Cumbria.

In the second half of his presentation Paul showed a summer season of activity at the main

breeding nest at Foulshaw Moss. These video images were taken using the live webcam that has been installed above the nesting platform and followed the cycle from the adults return through egg-laying to the birth, rearing and fledging of the chicks. The images were so good that they allowed you to appreciate the reptilian -look of the young chicks before they became more avian in appearance as their feathers developed.

The presence of the Ospreys has significantly enhanced the visitor footfall at Foulshaw Moss which can only be good for the development of the Trust's Reserves and the excellent and vital conservation work that their officers like Paul, together with the large number of volunteers, are doing throughout the county.

MAY GARDENING

Elaine Horne

May is the month when one of my favourite groups of plants – “Alpines” and rock garden plants- really look their best.

This year I have overhauled my rockery and one of my troughs, removed some of the larger, more spready plants, along with bunches of self-sown Spanish bluebell bulbs, and made some new, gravel filled planting pockets amongst the stones. I am hoping that these free draining pockets will be the ideal place for some new, choice plants but I am also going to put reliable things such as *Aubretia* (purple flowers), *Alyssum* (yellow) , rockery *Phlox* (pink, white or mauve/blue), *Dianthus deltoids* (I like the cultivar ‘Flashing Light’ for its



FRIDAY
Camping opens at noon
Childrens Activities from 3pm
Happy Hour from 4pm
5pm Childrens Disco
6pm Tipsy Filly Cocktail Show
Background music and Live bands from 4pm

Buses available from Sedbergh and Kirkby Lonsdale every hour

FAMILY FESTIVAL

Celebrating Armed Forces Day 28 – 30 June 2019
Marthwaite Foot, Sedbergh, LA10 5ES
www.hellsfells.co.uk, #hellsfells2019

SATURDAY
9am Armed Forces Day begins
Tractor Pull
Static Military displays
Bird of Prey from 11am
Childrens Activities from 10am
Hells Fells Got Talent from 11.30am
Background music and live bands from 1pm
2pm Lancs County v British Army Trial Bikes
Happy Hour from 4pm
5pm Tipsy Filly Cocktail Show

SUNDAY
7.30am Car Boot Sale opens
9.30am Fell Race
Childrens activities from 10am
11am Bars open
Background/live music from noon

Camping £80 for the weekend (free festival access), entrance fee £3 (£5 after 7.30pm), car park £5, free to veterans and serving personnel

SKA FACE HEADLINING ON SATURDAY NIGHT

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bright dark red flowers) and as many different colours of Rockrose (*Helianthemum*) as I can collect, in there too.

I am hoping to try growing Spring Gentians (*Gentiana verna*). This species has small intense blue flowers on stems which are only an inch or two high. It is a native of the British Isles, and though sites where it grows are few and far between, I feel that I might have the best chance with this, above any other species.

Gentians like plenty of water through the summer, but need to be on the dry side in the winter months (across most of their range, they are tucked underneath a layer of frozen snow at that time of year). If mine survive the privations of my garden's snail and slug population I may cover them with a protective sheet of glass when the autumn comes.

Towards the back of the rockery slope I have several forms of low growing "Bloody Cranesbill". The most common species (*Geranium sanguineum*) has bright magenta flowers, born over mounds of deeply cut foliage. The rare Lancastrian subspecies, *G.sanguineum striatum*

(formerly known as *Geranium lancastriense*), has pale, silvery pink flowers and *G. sanguineum 'Alba'*, white. Last year, a cultivar called 'Elke' caught my eye. This one has flowers of a paler hue than *Geranium sanguineum* with each petal being a soft lilac pink, marked with darker veins and fading, at the edges of the petals, to white. The foliage is similar to the others, but the plant does not seem to be quite so robust in winter wet, so I feel that this one might also benefit from a winter cover.

MARCH WEATHER

B. Wright

It certainly was March "many weathers"!! We had precipitation in all shapes, sizes and colours and plenty of it. The total for the month was 10 inches (250mm). As often is the case in March it was windy throughout with only 2 days not recording gusts in double figures. The biggest gust I recorded was 24.8mph (39.9kph). As to be expected the temperatures generally increased as the month went on with a high of 57.4F (14.1C) on the last day. Interestingly the same day also recorded the lowest temperature at 30.7F (-0.7C). This would no doubt have been brought about by the high pressure we were experiencing at the time which would have given us bright warm daytimes and clear cold frosty nights.

After a fabulous display of snowdrops we had an equally eye-catching show of daffodils. Towards the end of the month the forsythia was resplendent in gold whilst the white of the blackthorn was bursting forth in the hedgerows. The bees

were working this on the warmer days so the gin makers should have plenty of sloes later on. Wild strawberries were blossoming down the lane. Much of the hedge I dropped this winter is bursting suggesting it is still with us!! When did you last see a rabbit? With no little ones about foxes and badgers will be looking elsewhere for food for their young. Let's hope they don't turn to lambs! The birds seem to be pairing up. We have pairs of long-tailed tits, coal tits, goldfinch, and blue and great tits visiting the feeding station. When I am feeding sheep I have a retinue of 4 hen pheasants and 1 cock grabbing bits. Perhaps these will nest nearby if the badgers don't find their nests. It will be lambing for me next month. When did we last see grass growing for lambing time?

FAMILY MUSINGS

Sarah Woof

How many 'customs' or traditions have gone out of favour or been discarded over time .. who remembers the pranks of 'May Gosling' up to noon on 1st May? Do you throw a pinch of salt over your shoulder should you spill some and does a Chimney Sweep still turn up at weddings?

We are enjoying lovely weather at the moment and the little lambs are enjoying gambolling around the fields, seeming to play king of the castle etc. Our cat enjoys sitting out in the warmth of the sunshine both inside and outside but when the grandchildren arrive she usually goes elsewhere for a peaceful life. One grandson sat next to her in Grandads



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chair and told her she is his best friend and then proceeded to sing to her!

Gardening is being done, especially in readiness for the annual tots' egg hunt etc here, but also sorting and clearing out inside. I find lots of interesting photographs, booklets and old Lookaround which serve to remind us of things of the past, i.e. Lookaround Oct 1991 contains adverts for Millthorpe Nursery with Heather and Kale amongst the stuff to sell, a pianist wanted for Sedbergh Amateur Theatre and a Ceilidh with Garsdale St Band in Dent Memorial Hall inc a Ploughman's supper for £4. It often seems these days that admission charges for events can reach new heights and make it hard to be able to go, especially if a few of you.

But who needs to pay to go anywhere with the beautiful countryside around us to walk in or just sit and watch, my lawn will never be pristine but I enjoy the bugs and birds pulling it to pieces and the squeals of delight of children playing football on it; by far the best. Enjoy all your special moments folks.

LADIES NFU

Caroline Sandys-Clarke

On 19th March 25 members gathered to welcome Rachel Bainbridge who came to show us how to make buttonholes. Rachel used to work in the flower shop here in Sedbergh. She left to go teaching but still comes back to help at Abracadabra at busy times.

Armed with roses, carnations, asparagus and tree ferns, gypsophila, florist tape and wire, she showed us how to wire the flowers and leaves. Then taping them together, adding fern and gypsophila as she went, finishing with some wired ribbon, she made a beautiful buttonhole which we would all have been proud to wear.

It was then our turn to have a go and a very creditable effort we all made. Everyone enjoyed the 'hands on' bit and it was nice to have something pretty to take home with us.

Rachel was thanked for a lovely and entertaining demonstration by Doris Howarth. She generously donated her fee for the evening to The Parkinson's Society.

Tea and biscuits were followed by a short meeting.

Our May meeting (on the 21st) is a talk about Silver Forge Jewellery given by Jo Dix. Visitors are welcome.

Preceding that, on the 15th May, is our Coffee Morning in aid of The Bendrigg Trust to which charity our speakers at our February Meeting, Roger and Susan Sedgwick, generously donated their fee.



EDITORS COMMENTS

We owe the Tennis Club a big apology. The article at the front of this issue should have appeared last month, but miscommunication, and incorrect assumptions made by team members (well, me to a large extent), meant that it failed to appear. Which is a shame because it was meant to announce the club's grand reopening after the works, rather than report on it. Well let's hope we live and learn.

But in the post Dennis world, as we are now a team rather than a single editor, it's still likely that more such things will happen. Dennis was always very forthright and honest about the likelihood of mistakes, and as there are more of us, more chance for confusion. I can only apologise in advance—and carry on.

At our last meeting the issue of the Birthday 'page' in Lookaround came up. The committee felt that we would be in breach of GDPR if we continued to hold the current list of birthdays, so, unfortunately, that fine tradition is going to have to end. We will be very pleased to publish birthdays (we've got one this month) but they will have to be sent in on a month by month basis rather than Lookaround holding a list, and once on it the birthdays are automatically announced each year. Personally I regret it a great deal. Birthdays have been published this way in Lookaround since the first editions and I would never have wanted to be one of those who stopped it.

After compiling four issues I appreciate even more how much dedication Dennis showed over the years. At the moment and Paul and I usually split the more technical roles between us, he designs the adverts and I put everything together and send it to the printer. Both of us have 'proper' jobs as well, so it would be good to have some backup. Hence the appeal at the front for volunteers. Ideally I'd like there to be at least three of us in the more technical team so we could cover everything and

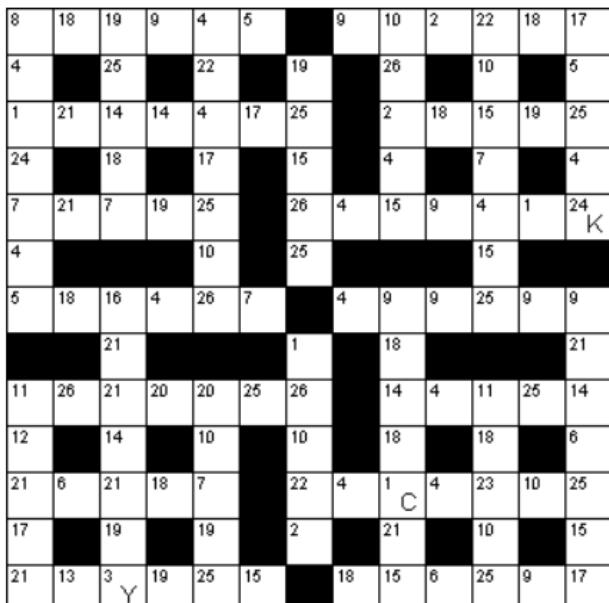
have somebody in reserve. And then to cycle the roles around between us so that we were all practiced and could cover each other for holidays, work commitments etc..

I hope to find a willing volunteer. You don't need to have any experience of publishing packages, I'm perfectly happy to share any knowledge I've got. But you do need to be willing to learn - and to have some free time to dedicate to Lookaround.

Ed Welti.

PUZZLE (SOLUTION ON PAGE 76)

Each letter in this puzzle is represented by a number 1-26. Can you crack the code and solve the crossword? Every letter of the alphabet is used at least once. Three letters are already in place to get you started.



1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

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, Sedbergh Mini Market, 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

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

New advertisers are of course always welcome too.

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

ADVERTISING

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

If you wish to place an Advert in Lookaround, please include the correct money or cheque with the

details & place it in the Post Box. A receipt will be issued & left in the Lookaround Tray in the Office for collection or include a SAE.

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

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

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

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

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

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

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

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

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

PERSONAL MESSAGES

These are £1 each & are for sending Good Wishes, Thank You's, Birthday

Greetings, Anniversaries & any other celebration or congratulation. You may also sell personal items 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 the sections on Contact and Payment Details below 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).

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 :
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BACS

Account:

Sedbergh and District Lookaround

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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

Lookaround Editorial Group

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 01539 795000 or 0845 6060265
Police in any area	101
Sight Advice South Lakes	01539 769055
South Lakes Citizens Advice Bureau	03444 111 444
South Lakeland District Council	01539 733 333
Yorkshire Dale National Park	0300 456 0030
<i>If you would like to see any numbers listed here, please let us know.</i>	



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@drawellcottage.co.uk	21529
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/13) 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

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 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 Ed_welti@btinternet.com	20770
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Self-Catering Sleeps 6 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

KEY

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

Joss Lane & Loftus Hill Car Parking Charges

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

Both available from the Information Centre only,
 renewable annually on 1st September.

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	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	10/18	Dr Ripley	mylesripley@btinternet.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty Team Member	07498	870267
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs 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 I'Anson	Sed:	21757
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com		
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554
People's Gym	02/19	Mrs Gold-Wood	Sed:	21808
People's Hall	02/19	No 6 Finkle Street	Sed:	20298
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Red Squirrel Group - Sedbergh	04/17	Mr Hopps	07870	785322
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Schools	Dent Primary	03/13	School	Dent: 25259
	Dent Primary - Friends of	03/13	School	Dent: 25259
	Sedbergh Primary	01/09	School	Sed: 20510
	Settlebeck	01/09	School	Sed: 20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent: 25317
	Sedbergh School	01/09	School	Sed: 20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Sedbergh United Charities	02/19	Mr Cann	Sed:	20771
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com	
Swimming Group for Over 50's	09/18	Mr Beare	Sed:	21339
Tennis Club	04/19	Mr Lewes	Sed:	20052
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
Voluntary Car Scheme	11/18	Mrs Skomp	Sed:	20305
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Yoga	11/16	Mrs Hennedy	Sed:	20899
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

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

DIARY OF EVENTS

Dates are held up to 25/04/2020.

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.

MAY 2019

03	KL RFC Beer and Music festival (Apr)				
03	1000 Mindful Yoga & Meditation Day (12)	MCD			
03	1030 Meet The Artist (Mar)	FM			
04	Farfield Mill AGM	FM			
04	KL RFC Beer and Music festival (Apr)				
04	1900 Grand Spring Folk Concert	DMH			
04	1900 Dent Spring Folk Concert (5)	DMH			
05	KL RFC Beer and Music festival (Apr)				
05	1100 Killington Sailing Open Day (6)	Killington			
06	May Day				
06	1030 Forgotten Landscapes, Hidden Secrets (Mar)	FM			
07	1000 Grief Share (21)	CCCN			
08	Sedbergh & Dent United AGM (6)	WHC			
08	1000 Coffee Morning Christian Aid (2)	StAS			
08	1915 WID - Talking Trees - The Woodland Trust	DMH			
08	1930 WIS -Resolutions Evening	PH			
08	2000 Sedbergh and Dent FC AGM (6)	WHC			
09	1200 Age UK - Sedbergh Lunch Club	Dalesman			
09	1400 Sedbergh Community Tea Party	GH			
09	1900 Parish Council AGM (17)	PH			
10	1330 Charcoal / Acrylics Demo (55)	Art Soc			
11	900 Charcoal / Acrylics Workshop (55)	Art Soc			
11	1000 Elemental Walk (12)	MCD			
11	1700 Sedbergh Peoples' Gym AGM (48,8)	PH			
11	2100 Secret Ukulele Band (10)	Dalesman			
12	Christian Aid Week				
12	1000 Herbs, Yoga and Meditation Workshop (12)	MCD			
13	1030 Damson Day at Low Farm Lyth Valley				
14	1400 WIK - Resolutions and Amongst Ourselves	PH			
15	1000 Coffee Morning - NFU (2)	StAS			
16	1000 Grave Talk Meeting - Grief Share (16)	CCCN			
16	1300 MC Closed for Training (Mar)	MC			
16	1815 Tea Concert	SS			
18	1000 Dentdale Coffee Morning	DMC			
18	1000 Learn to Meditate (12)	MCD			
18	1200 Sedbergh Gala Day (1)				
19	Messy Church (20)				
19	1000 The Transformation Game (12)	MCD			
21	1000 Grief Share (21)	CCCN			
21	1930 Ladies NFU Meeting (2)	PH			
22	1000 Dementia action week coffee morning	StAS			
22	1000 Coffee Morning - Alzeimers (22,2)	StAS			
23	1240 Joseph and Amazing Techicolour Dreamcoat	SS			
23	1400 Sedbergh Community Tea Party	GH			
25	1100 Charity Jumble Sale	CCCN			
26	1100 Space for Stillness (Apr)	MCD			
26	1100 Space for Stillness (12)	MCD			
27	Late Bank Holiday	HVH			
27	1900 Duck Race				
30	1800 Killington Sports - Beckside Farm (30)				

JUNE 2019

01	1000 St Andrew's Church Dent Coffee Morning	DMH			
08	1930 Sing Joyfully (Aug)				
09	1000 Tennis Coaching				
11	1400 WIK - Outing	TBA			

12	WID - Summer Outing	TBA
12	1300 MC Closed for Training (Mar)	MC
12	1930 WIS - Summer Outing	TBA
13	1200 Age UK - Sedbergh Lunch Club	Dalesman
16	1000 Tennis Coaching	TC
18	1930 Ladies NFU Meeting	PH
22	Burns Beck Moss Nature Reserve Walk LA6 2QJ	
22	1000 Space for Stillness (Feb)	MCD
22	1830 Peoples Hall Variety Quiz Night	PH
23	1000 Tennis Coaching	TC
26	1000 WIK - Coffee Morning	STAS
28	1200 Hells Fells 2019 (64)	Marthwaite
29	Coast to Coast in a day	
29	900 Hells Fells 2019 (64)	Marthwaite
29	1000 Dentdale Coffee Morning	DMC
30	730 Hells Fells 2019 (64)	Marthwaite
30	1000 Tennis Coaching	TC
30	1100 County Cricket Match Durham v Lancashire	SS

JULY 2019

04	1930 Pepperpot Café Concert	PH
06	1000 St Andrew's Church Dent Coffee Morning	DMH
07	1000 Tennis Coaching	TC
09	1400 WIK - Photograph Restoration	PH
10	1915 WID - Contemporary Rag Rugging	DMH
10	1930 WIS - Movement is Medicine	PH
11	1200 Age UK - Sedbergh Lunch Club	Dalesman
11	1300 MC Closed for Training (Mar)	MC
13	1000 St Andrew's Church Summer Fair	STAS
14	1100 Space for Stillness (Feb)	MCD
16	1930 Ladies NFU Meeting	PH
20	Reduction Lino Cut workshop (55)	Art Soc
22	Holiday Club Begins	PH
26	Holiday Club Ends	PH
27	1000 Dentdale Coffee Morning	DMC

AUGUST 2019

03	1000 St Andrew's Church Dent Coffee Morning	STAD
05	August Bank Holiday	
08	1200 Age UK - Sedbergh Lunch Club	Dalesman
13	1400 WIK - Chat and Craft	PH
14	1000 NW Cancer Research Coffee Morning	STAS
14	1915 WID - Fraud Protection	DMH
14	1930 WIS - Zero Waste Sedbergh	PH
17	1000 Dentdale Coffee Morning	DMC
18	1100 Space for Stillness (Feb)	MCD
20	1930 Ladies NFU Meeting	PH
22	Sedbergh Art Society Exhibition Begins	SSL
26	August Bank Holiday	
26	Dent Gala	
26	Sedbergh Art Society Exhibition Ends	SSL

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

Davybank Wood

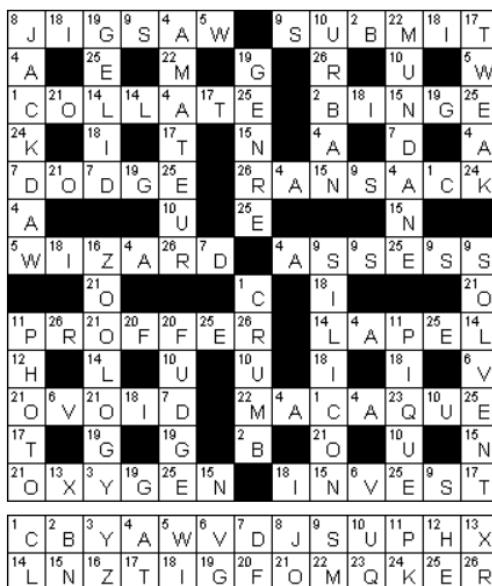
Richard Ellis

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

See Group Page for contact details & Diary Page for Keys

= School Term Time Only

PUZZLE SOLUTION



DIARY KEY		PLACES OF INTEREST TO VISIT IN THE AREA
AS	= Art Society	Bowling Green, Queens Gardens
BF	= Brigflatts	Bruce Loch Nature Area, Busk Lane
BVH	= Barbon Village Hall	Cautley Spout, A683 towards Kirkby Stephen
CCCM	= Cornerstone Community Church, Main St	Community Office, 72 Main Street
CCCN	= Cornerstone Community Church, New St	Cornerstone Community Church, Main Street
CM	= Coffee Morning	Cornerstone Community Church, New Street
CTIS	= Churches Together in Sedbergh	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	Holme Working Farm, Middleton *
FM	= Farfield Mill	Holy Trinity Church, Howgill
GH	= Gladstone House	Jubilee Wood Nature Area, Castlehaw Lane
GVH	= Garsdale Village Hall	Langstone Fell, A684 Garsdale Foot
HS	= History Society	Motte & Bailey Castle, Castlehaw Lane
HVH	= Howgill Village Hall	Peppercot Folly, Busk Lane
JLCP	= Joss Lane Car Park	Picnic Site, Ghyllas, Cautley Road
KPH	= Killington Parish Hall	Picnic Site, Settlebeck New Bridge
L	= Library, Main Street	Play Ground, Dent Village
LHCP	= Loftus Hill Car Park	Play Ground, People's Hall
MC	= Medical Centre	Play Ground, Maryfell
MCD	= Meditation Centre, Dent	Queen's Gardens, Station Road
PH	= People's Hall	St. Andrew's Church, Dent
QG	= Queens Gardens	St. Andrew's Church, Main Street, Sedbergh
RR	= Rawthey Room, 72 Main Street	St. Gregory's Church, Vale of Lune
SASL	= Sight Advice South Lakeland	St. John's Church, Cowgill
SCC	= Sedbergh Cricket Club	St. John's Church, Firbank
StAD/S	= St Andrew's Church, Dent/Sedbergh	St. John's Church, Garsdale
StJCC	= St Johns Church, Cowgill	St. Mark's Church, Cautley
StMC	= St Mark's Church, Cautley	Sedbergh Embroidery, StAS
SIC	= Sedbergh Information Centre, 72 Main St	Tennis Courts, Guldrey Lane *
SPS	= Sedbergh Primary School	Winder Fell, above Sedbergh
SS	= Sedbergh School	* = Entry Fee Applicable
SSAT	= Settlebeck School Academy Trust	
WID	= Women's Institute, Dentdale	
WIHF	= Women's Institute, Howgill & Firbank	
WIK	= Women's Institute, Killington	
WIS	= Women's Institute, Sedbergh	

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 25th May 2019 ufn							
Dent Station Connecting Trains (see full timetable next page)							
Dent Station							
Train to Carlisle		09.16				18:15	19:42
Train to Leeds		09.09				17:32	19:38
Buses From Dent to Kendal							
Dent Station		09.35				17.39	19:21R
Dent Village		09.50	12:15		15:29	17.54	19:36R
Sedbergh Maryfell	08.00	10.05	12:30	13.49	15.46	18.09	19:51R
Sedbergh Library	08.02	10.07	12.32	13.51	15.47	18.11	19:53R
Killington M6 Bridge	08.12	10.17	12.42	14:01	15.56		
Oxenholme Station	08.22	10.27	..	14.11	16:06		
Kendal K Village	08.27	10.32	..	14.16	16:11		
Kendal Blackhall Road Bus Stn	08.33	10.38	12.57	14.22	16.17		
Kendal Morrisons		10.43	13:02	14.27			
Buses From Kendal to Dent							
Kendal Morrisons		11.18	13:07	14.32			
Kendal Blackhall Road Bus Stn G	08.35	11.23	13:12	14.37	16.22		
Kendal K Village	..	11.28	..	14:42	16.27		
Oxenholme Station	..	11.33	..	14:47	16.32		
Killington M6 Bridge	08.50	11.43	13:27	15:57	16.42		
Sedbergh Dalesman	09.00	11.53	13.37	15.07	16.52	18.44R	
Sedbergh Maryfell	..	11.55	13.39	15.09	16.54	18.46R	
Dent Village	09.15			15:24	17.09	19:01R	
Dent Station	09.30				17.24	19:16R	

R= calls on request to the driver earlier in the day only

The 0935 from Dent Station will wait up to 10min beyond the scheduled departure for a late running train from Leeds.

BUS SERVICES

Western Dales Bus S3 Dent/Sedbergh Tuesdays Summer 2019. From Tuesday 21st May 2019 ufn					
Buses From Dent to Hawes					
Dent Village		09:51	11:41	14:09	15:59
Sedbergh Spar		10:06	11:56	14:24	16:14
Sedbergh Dalesman		10:07	11:57	14:25	16:15
Sedbergh Maryfell		10:09	11:59	14:27	
Farfield Mill entrance		10:11	12:01	14:29	
Garsdale Street		10:20	12:10	14:38	
Train to Carlisle		10:54	12:22	14:49	
Trains to Leeds			12:05		
Coal Road (Garsdale Station turning)		10:25	12:15	14:43	
Moorcock Inn		10:26	12:16	14:44	
Hawes Creamery		10:37	12:27	14:55	
Hawes Market Place		10:39	12:29	14:57	
Hawes Dales Countryside Museum		10:41	12:31	14:59	
Buses From Hawes to Dent					
Hawes Dales Countryside Museum		10:46	13:14	15:04	
Hawes Market Place		10:48	13:16	15:06	
Hawes Creamery		10:50	13:18	15:08	
Moorcock Inn		11:01	13:29	15:19	
Coal Road (Garsdale Station turning)		11:02	13:30	15:20	
Train to Carlisle		10:54			
Trains to Leeds				15:59	
Garsdale Street		11:07	13:35	15:25	
Farfield Mill entrance		11:16	13:44	15:34	
Sedbergh Maryfell		11:18	13:46	15:36	
Sedbergh Library	09:30	11:20	13:48	15:38	
Sedbergh opp. Morphets	09:31	11:21	13:49	15:39	
Dent Village	09:46	11:36	14:04	15:54	
Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Summer 2019. From Fri 24 May 2019 ufn					
Buses From Dent to Kirkby Stephen/Brough					
Dent Village		10:21		14:28	16:28
Sedbergh Spar		10:36	12:46	14:43	16:43
Sedbergh Dalesman		10:37	12:47	14:44	16:45
Sedbergh Maryfell		10:39	12:49	14:46	16:46
Cautley, Cross Keys		10:46	12:56	14:53	
Fat Lamb		10:53	13:03	15:00	
Kirkby Stephen Station arr		11:00	13:10	15:07	
Train to Carlisle		11:06		15:01	
Train to Leeds		11:46		15:46	
Kirkby Stephen Station dep		11:07	13:10	15:07	
Kirkby Stephen Town		11:12	13:15	15:12	
Kirkby Stephen Co-op		11:14	13:17	15:14	
Brough Clock		11:22	13:25	15:22	
Buses From Brough/Kirkby Stephen to Dent					
Brough Clock		11:27	13:30	15:27	
Kirkby Stephen Co-op		11:35	13:38	15:35	
Kirkby Stephen Town		11:37	13:40	15:37	
Kirkby Stephen Station arr		11:42	13:45	15:42	
Train to Carlisle		11:06		15:01	
Train to Leeds		11:46		15:46	
Kirkby Stephen Station dep		11:07	13:45	15:47	
Fat Lamb		11:54	13:52	15:54	
Cautley, Cross Keys		12:01	13:59	16:01	
Sedbergh Maryfell		12:08	14:06	16:08	
Sedbergh Library	10:00	12:10	14:08	16:10	
Sedbergh opp. Morphets	10:01	12:11	14:09	16:11	
Dent Village	10:16		14:24	16:26	

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		
Cawley, 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	14.55
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	17.03
<i>Trains from Carlisle to Leeds</i>	11.46	14.55	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
Cawley, Cross Keys			16.55
Sedbergh, Maryfell			17.03
Sedbergh, Library			17.05

DENT RAILWAY STATION TIMETABLE

Valid until 18th May 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 47	07 51	10 34	07 05	09 06	10 40
09 15	09 15	13 55	09 38	10 41	14 05
10 48	10 48	15 52	12 10	12 10	16 18 #
12 17	12 17	17 47	16 04	16 04	18 41
14 43	14 43	20 19	17 35	17 35	19 03 *
16 45	16 45		19 38	19 38	20 27
18 15	18 15				
19 44	19 44				

* = To Sheffield

= To Nottingham

BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect from Thursday 21st June 2018 ufn R = Request only					
	Thurs	Fri	Fri	Fri	Fri
Dent			10.25		14.25
Sedbergh, Spar			10.39	12.44	14.39
Sedbergh, Dalesman	09.00		10.40	12.45	14.40
Sedbergh, Maryfell	09.02		10.41	12.46	14.41
Cautley, Cross Keys	09.10		10.48	12.53	14.48
Fat Lamb	09.18		10.54	12.59	14.54
Kirkby Stephen Station arr	09.24		11.01	13.06	15.01
<i>Trains from Leeds to Carlisle</i>			11.06	12.35	15.01
<i>Trains from Carlisle to Leeds</i>			11.46	-	15.46
Kirkby Stephen Station dep	09.24		11.07	13.08	15.03
Kirkby Stephen Town	09.29		11.12	13.13	15.08
Kirkby Stephen Co-op	09.30		11.13	13.14	15.09
Brough, Clock			11.21	13.22	15.17
		Fri	Fri	Fri	Thurs
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	-

Thurs = Thursday only

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
Paul Saunders	Advertising	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

Tess & Philip Satchell Tel: 20005

DENTDALE

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. Andy McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. Andy McMullon Tel: 20018

Rev. Christine Brown Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

Rev. David Crouchley Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545 375721

Lookaround Advertising Rates

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

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

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

Combined plans for Western Dales Mission Community - May 2019					
	Time	5 th	12 th	19 th	26 th
St. Andrew's, Sedbergh LA10 5BZ	8am	Gary Wemyss HC-BCP	Andy McMullon HC-BCP	Gary Wemyss HC-BCP	Andy McMullon HC-BCP
St. Andrew's, Sedbergh LA10 5BZ	10.30am	At Cornerstone or Peoples Hall United Service	Andy McMullon HC	Andy McMullon HC	Andy McMullon & Judith Bush FS & Baptism
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service David Crouchley	Ralph Penny- Larter	David Crouchley HC 4pm- Messy Church	Chris Fawcett
People's Hall Sedbergh LA10 5DQ	10.30am	TBA			
St. Mark's, Cautley LA10 5LZ		At Sedbergh	9.30am Judith Bush MP-NC	At Sedbergh	2.30pm Judith Bush & Andy McMullon Healing Service
Cautley Methodist Chapel LA10 5LY	11am	Gordon Middleton	June Allen	Philip Nolan	2pm Chapel Anniversary- Rev. Allan Ellershaw
St. John's, Garsdale LA10		2.00PM Andy McMullon Lambing Service	At Hawes Junction United Service	At Garsdale Low Smithy United Service	10am Christine Brown HC
Garsdale Low Smithy Methodist Chapel LA10 5PF	2pm	At St. John's United Service	At Hawes Junction United Service	United Service Chapel Anniversary 2pm- Andrew Woof 6.30pm- Alan Woodhouse	Own Arrangement
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	3pm		United Service Hawes Band and David Crouchley		
Garsdale Street Methodist Chapel LA10	6.30pm	At St. John's United Service	At Hawes Junction United Service	At Garsdale Low Smithy United Service	June Allen
All Saints, Killington LA6 2HA	2pm	At Sedbergh	At Firbank	At Howgill	Christine Brown HC
Holy Trinity Howgill LA10 5JD	2pm	At Sedbergh	At Firbank	Andy McMullon Lambing Service	At Killington
St. John's Firbank LA10 5EF	2pm	At Sedbergh	Christine Brown HC	At Howgill	At Killington
St. Andrew's, Dent LA10 5QL	10.30am	Christine Brown HC	Gary Wemyss HC	Christine Brown HC	Gary Wemyss HC
St. John's, Cowgill LA10 5RJ		9.00am Christine Brown HC	2.00pm Andy McMullon Lambing Service	At Dent	At Dent
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Philip Nolan	Gordon Middleton	Martin Dodds Songs of Praise	Pam Dent HC
Dent Foot Methodist Chapel LA10	2pm	At Dentdale	Philip Nolan	At Dentdale	Ralph Penny- Larter
	Wednesday	1st	8th	15th	22nd / 29th
St. Andrew's, Sedbergh LA10 5BZ	11.15am	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP
HC- Holy Communion (HCx- Extended Communion) FS- Family Service P&M- Prayer & Meditation			Ecu- Ecumenical CM- Choral Matins (BCP) MP-NC- Morning Prayer- Northumbrian 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

Marion Jeffery

Telephone: 101, option 2, ext 45383

Email: marion.jeffery@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

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