

Sedbergh & District **LOOKAROUND**

April 2016

Issue 342

Donation £1

Once again, we are humbled by the amount of support that Lookaround gets. Another bumper issue of 104 pages.

We hear on a regular basis that

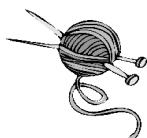
Sedbergh is the place to be because there is so much going on here. That is very evident from what appears within these pages.

Dennis & Jacky Whicker



2016

Spring Show



1pm

Saturday 23rd April

to be opened by Nick Preston of Farmgate Vets, Sedbergh



Closing date for entries 16th April

Don't forget to get those forms in.

Come along on the day to enjoy the exhibits,
Town Band & refreshments

CLOSING DATES: NEW ADVERTS - 15th; OTHERWISE - 19th

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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Day	Name	Age
3	Cameron MILBURN	10
4	Kyla DODD	3
4	Emily STANLEY	6
5	Katie COLTON	10
8	James DAWSON	3
8	Connor THORNLEY	9
13	Edward JERMY	9
16	Ellen METCALFE	5
18	Jasmine SEN	8
22	Myles STAINTON	9
22	Siobhan COUSINS	11
23	Woody LONGFELLOW	3
23	Zak HALL	9
25	Izzy NEWBOLD	10
25	Sienna MIDDLETON	11
27	Scott LAWSON	9
28	Lucy CAPSTICK	10
29	Olivia DAVIES	5

R K K R I I C F T Y T T
E C D V T W Y W C F Y N
H U M M I N G B I R D C
S D W O L L A W S P O L
I E S O O G S S P I I W
F S A F S R P F A G V V
G U U G C N I L R E M A
N O L R U N M S R O H M
I R P W C L H V O N K P
K G Z H K S L S W A N O
Q K H L O W K E C D H U
L H E R O N K O W W R P

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

The Lady in the Van

Jim Broadbent, Dominic Cooper, James Corden
Alex Jennings, Maggie Smith, Frances de la Tour
104 minutes. Certificate 12A

Saturday 2nd April

film starts **7.30pm**

Sedbergh People's Hall
Flicks in The Fells

SIGHT ADVICE SOUTH LAKES (SEDBERGH)

Our meeting took place on the 15th March and after our customary tea and biscuits, Dennis warmly welcomed Edward and Mary Wood to our group and introduced Moira who was visiting from the Kendal office.

We extended our best wishes for a speedy return to good health to Rosemary, Margaret, May and Jean, who sadly could not attend.

Dennis gave us an interesting talk on the history of 'Lookaround' which incredibly, is 30 years old and has grown considerably from its "cut and paste" beginnings to the polished production it is today!

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Sunday Night Chippy

3rd April ~ 5 - 7pm

Everyone also brought one or more favourite poems to read. These ranged from Gerard Manley Hopkins to Robert Browning's "Home Thoughts from Abroad" and from Hilaire Belloc's Cautionary tales to the story of "Albert and the Lion". There was a moving poem "Bynac" written by a former Sedbergh School boy, who was killed in the First World War, an insightful and witty poem about the joys and perils of growing older, a reading from the wise words of a lady who was the head of the Girl Guide movement and an imaginative and clever poem, "Behold, a Giant am I", written from the point of view of a windmill.

George read a touching passage describing the passing of Hiawatha, G.K. Chesterton's charming poem "The Donkey" and the beautiful and mysterious poem "The Listeners" by Walter de la Mare. We all agreed the readings were so enjoyable that we must do this again some time soon.

Our next meeting will be on Tuesday 19th April when someone from Sight Advice Kendal will talk to us about visual and other aids to daily living.

Sue Harper

The FRIENDS OF ST ANDREW'S CHURCH



The Friends of St Andrews Church
invite you to join them on

Wednesday 6 April

in the Church Rooms
in St Andrews Church at 19.30

After a very short AGM,
Church Warden Tony Reed Screen
will lead a tour of the Church
showing the work that is being done
to maintain our grade 1 listed building.

Refreshments will follow the tour

FRIENDS OF St ANDREW'S CHURCH, SEDBERGH

The Friends of St Andrew's Church was set up some twenty years ago to help with the ongoing cost of maintaining our lovely grade 1 listed church. As the founders' aim was to pass on the church in good order for future generations they created a charity to finance repairs to the church.

Donations from the Friends of St Andrew's are used entirely for the upkeep and improvement of the fabric of our church. This has proved an invaluable source of income to maintain and repair the church and we seemed to be holding our own against the elements. Then storm

Desmond came along!

St Andrew's was not immune to the ravages of those downpours last December. We now find ourselves faced with further repairs as a result of water ingress in the south east and west walls which is making the bell ringing chamber rather damp.

2016 is also the year for our quinquennial review. This is a five yearly examination of the church structure to advise what further essential repairs are needed. It is concerning what this might throw up.

The 2016 Friends AGM will take place in The Church Rooms in St Andrew's on Wednesday 6 April at 19.30. After the short business meeting, Tony Reed Screen, Church

Warden will give us a conducted tour of the church to highlight work which Friends have funded and will be asked to fund.

The evening is open to all so do come along and see what has been done and what needs to be done to maintain our Church for another 700 years.

Dorothy Thomson

DENTDALE CHRISTIAN FELLOWSHIP

At our Feb Sunday evening we heard a little of what is happening with a church link between Sheffield and Kurdistan and saw pictures and prayed for the people going and possibly going to go out there, at our March Friday Food with Fellowship we moved into the village Hall and

after enjoying a sit down hot meal and then some worship in song led by Brian from Blackpool, we heard a testimony of "40 years of walking with Jesus". Passover meal on April 22nd was discussed along with other future events.

Everything is OPEN TO ALL.

J&SE Woof. (25212)

CHRISTIAN AID IN SEDBERGH & DISTRICT

The committee would like to thank all our supporters who helped us to raise just over £290 at our Coffee Morning in March. We take a break in April but look out for details of our activities in May during Christian Aid Week which we'll describe in next month's Lookaround. The Christian

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St Andrew's Church, Sedbergh.
New Members are welcome.
Membership is free.

Aid Week runs from the 14th to 20th
May. *Rev Anne Pitt*

CHURCHES TOGETHER

*News from St John's Church Cowgill
and St Andrew's Dent
Food for Thought*

The Methodist and Anglican churches are organizing a monthly fellowship meal, open to everyone in Dent Memorial Hall. The format is as follows. We intend to meet on the second Saturday every month at 6pm in the hall. The first meeting will be Saturday April 9th, starting with a shared "Jacob's Join" meal, followed by a short gospel message. We do hope that lots of people in the community who enjoyed "Food for thought" last year would like to join us again - we look forward to seeing you.

Some good news for Cowgill

Cowgill Church has obtained all the grant funding required to complete the Navvies Memorial to be installed in Cowgill Churchyard by Pip Hall next summer. You may have seen articles about this project in the Westmorland Gazette and Border News.

New Kitchen and Toilet for St

Andrew's The project is now in full swing and the builders have made good progress.

Annual Meeting

All parishioners (not just PCC!) are invited to the Annual Parochial Church Meeting on Monday 18th

ROYAL BRITISH LEGION

Sedbergh & District Branch Annual Dinner

Friday 8th April @ Weaver's Café, Farfield Mill, 7 pm for 7.30 pm.

Access is available via the lift in the main entrance.

Tickets: £21.00, available from the Sedbergh Information Centre

from Monday 14th March or phone David Parratt on 015396 20964.

No alcohol is served at Weaver's but guests are welcome to bring their own.

Guests limited to 35, so please book early to avoid disappointment.

Members & non-members welcome and

anyone needing transport, please contact David Parratt



April, 7.30pm in Dent Memorial Hall. We not only elect our wardens and PCC, but also find out about developments in the life of the church over the past year. Jacob's Join too!

Church Services in April

St Andrew's Dent

April 3rd: 10.30am Joint Communion Service at Dent Methodist Church.

Preacher: the Rev Harold Stuteley

April 10th 10.30am Holy Communion

April 17th 10.30am Holy Communion

April 24th 10.30am Holy Communion and Holy Baptism

St John's Cowgill

April 3rd: 10.30am Joint Communion Service at Dent Methodist Church.

Preacher: the Rev Harold Stuteley

April 17th: 2.30pm Evening Prayer

St Mark's Cautley

After finding that we were clashing with two different events we have finally fixed our Quiet Day for Friday 22nd July. This will run from 10.30 to 3.00 and is open to anyone. On Sunday 1st May we will be holding a

Healing Eucharist at 2.30pm, led by Rev. Andy McMullon. All are welcome.

News from the Pews



Perhaps you are enjoying a few days of rest and relaxation following Easter; maybe enjoying time in the garden sitting watching for signs of new life in the borders or listening to the birds singing as they prepare their nests for the new lives they will be sheltering and nurturing.

Our church congregations here in Sedbergh have made a big step forward in their Christian lives by holding joint services together for the first time on Maundy Thursday and Easter Day. As I am writing this before Easter and the services have yet to take place I cannot say anything about them except I know a lot of thought went into the planning of each one and that we shall be



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- Paving
- Boundary & garden walls (brick & stone)
- Gates & fences

another step along the way as a Mission Community coming closer together as we worship together.

"The Friends of St Andrew's" have just one meeting a year to which everyone is welcome. This is planned for 7.30pm in the church room on Wednesday 6th April.

The formal part of the meeting will be over in a flash before Tony Reed Screen will review the Quinquennial period covering the last five years Churchwardens Reports and then look at what is outstanding. Highlights will be the extension of the chancel, work on the tower and the plethora of minor works not financed by the Friends but also of significance.

The "Friends" were formed to help preserve the fabric of St Andrew's

Parish Church by raising money for a rainy day. Well, there have been many of those this winter and of course in common with so many buildings the rain has found its way in through various channels. Whilst a relatively minor repair to one part of the roof has been completed urgent retiling of the roof over the kitchen is needed plus the replacement of a roof window. This is often where the Friends help to pay the bills as and when finances allow. Sadly, unlike the Magic Porridge Pot their coffers do not fill automatically only through the generous help of those folk who want to keep their Parish Church in good order for subsequent generations.

If you have an interest in the church as a building do come along and find

Law with the personal touch?

We are accredited under the Conveyancing Quality Scheme as providing services high quality conveyancing services. We have members of the Society of Trust and Estate Practitioners and of Solicitors for the elderly which provide the benchmarks for wills, powers of attorney, probate and administration of estates.



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out more of its story and what has/is being done to preserve a Grade 1 Listed building.

April time is Teddy Bears' Picnic time to which children who have been baptized in St Andrew's during recent years are invited to come to a short children's service and enjoy a party tea. Mums and dads, brothers and sisters, grandmas and granddads and any other family members are welcome too. If for some reason you have not received an invitation and would like to join the fun just pop into church and fill out one of the invitations on the table at the back of church with your name and how many will be coming. This is just a formality to let the caterers have a better idea of numbers.

We do not need to know how many Teddies will be coming...the more the merrier.

The date for the Teddy Bears' Picnic is Saturday 9th April at 3pm.

Enjoy all that spring has to offer.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

THE TEST

Did you know there's a test to see if you're a Christian? It's not something that the government are doing, so OFSTED or the HSE aren't involved. It's not, as far as I know, a test that different denominations are using. But it's something that Saint Paul encouraged the Church in Corinth to undertake. In his second letter to



Opening 11th April John Marher Photographs

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Workshops in April **"Huck Weave Lace weaving"** with Jan Beadle

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them he wrote, "Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realise this about yourselves, that Jesus Christ is in you? - unless indeed you fail to meet the test!"

His concern for them was that they had wandered away from the truth of the message of Christ - the gospel, & had started to return to life dominated by evil & selfishness.

We shouldn't be surprised that Saint Paul wanted the Corinthian Church to test themselves, because it's an idea that's found in various places in the Bible:

- Job 13:23 Job says, "How many are my iniquities and my sins? Make me know my transgression and my sin."

- Psalm 17:3 David writes, "You have tried my heart, you have visited me by night, you have tested me, and you will find nothing;"
- Again David says in Psalm 26:2, "Prove me, O LORD, and try me; test my heart and my mind."
- In perhaps the most familiar Old Testament example of a plea for accurate self-examination David prayed, "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!" (Ps. 139:23-24).

"And see if there be any grievous way in me..!"

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grievous ways we do life, ways that grieve the Father Heart of God. The prophet Jeremiah put it this way in Jeremiah 17:9 "The heart is deceitful above all things, and desperately sick; who can understand it?"

Put simply, we don't know how to love properly! We get confused between what we desire & what is best for us. To love yourself or your family & friends is to always want what is best for yourself & for them. But the problem arises when we desire something that is bad for us, or even harmful.

It might be something good & it becomes a bad thing, such as too much exercise, too much food, too much of the wrong kind of company. For some it might be something obvious like always being angry, stealing or a drug addiction. But in our hearts & minds we constantly justify our behaviour & deceive ourselves.

The only way we can really get help is by coming to know & realise that our heart is directing our desires in a wrong way & that the resulting behaviour will be, & is harmful to either ourselves, others or everyone!

In Luke 6:45 Jesus said, "The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks."

So Christians, come on & take the test. See how much your desires, words & behaviour match up to what the Bible teaches? If it doesn't match up & you want to change, try praying to our Heavenly Father what he promised to do to Israel through the message of Jeremiah 24:7 "I will give them a heart to know that I am the Lord, and they shall be my people and I will be their God, for they shall return to me with their whole heart."

I try & take the test every day. I'm not always happy with my result, but I seeking God's face & praying that He will "give me a heart to know that He is the Lord!"

David Hendrickse is a minister at Sedbergh Christian Centre, which meets on Sundays at 5.30pm.

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GALA QUEEN 2016

Jessica Orr

I would like to introduce myself as the new gala queen for 2016. I am proud to attend Settlebeck School and I am really pleased to have been given this wonderful opportunity.

Several girls applied for the role and I feel privileged to have been chosen although disappointed for the friends who didn't.

I have been very fortunate to have been brought up in the heart of our beautiful town for the past 15 years. I have always lived in Sedbergh since I was born and I am hoping to stay in this community for many years to come and hopefully to bring my children up in such a lovely place.

As my father, John Orr, has been a

policeman within the community for 30 years and my mother, Joanne Orr, is a local nurse. I have been brought up with the importance of trying to be involved in and of service to the community.

I am proud to say that I haven't missed a single gala. Whether the rain is pouring buckets on us or the sun is making our shoulders go red raw, I have always been there. It is amazing to see how many people come despite the weather and can all still manage to have a day filled with laughter and love.

In the past I have been a maypole dancer, which I loved; I remember wearing a pretty dress and dancing around in front of the audience with the sensation of butterflies in my

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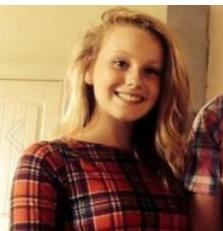
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stomach. I have also taken part in the dog show for many years and won prizes. I also helped Mrs Robertshaw do the judging part of it as well, which was great fun.

Other community events I have taken part in include every year selling the Royal British Legion poppies around houses in Sedbergh and surrounding areas with my dad for Remembrance Day. I have also helped at the playgroup; one day whilst there this involved taking the children to see the local churches and other historic buildings in Sedbergh which I found interesting. In addition I have helped to take part in delivering meals on wheels to the senior



citizens of Sedbergh which I feel is a really valuable service as not only do they get a meal but also a friendly face to speak to.

I also have a part time job at Leighton's Barber Shop and Hair Salon where I attempt to be helpful and friendly.

I am currently studying very hard at school, exceeding my target grades in some of my subjects, which is helped by doing extra classes sometimes and also I get involved in extra-curricular activities – sports and other trips such as to the theatre. I often represent my school in various sporting competitions. One of my favourite subjects is English as I love to debate.

The Cross Keys Temperance Inn

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Saturday 16th April

7.30 TILL 11.30

ADMISSION £4

I am a very positive person, passionate and enthusiastic about everything I take part in. I love spending time around different people. I always try to have a smile on my face because I think that it is important to make people feel like they are being appreciated.

As Gala Queen I intend to carry out my role as best I can and attend the local functions organised by the Gala Committee whether these functions be Bonfire night, the Children's Christmas party or any others planned for the year to come.

I hope to be a good ambassador for all ages and the community as a whole and look forward to seeing you all on gala day.

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or at Farfield Mill Studio 2a/2b

SEDBERGH – A DEMENTIA FRIENDLY COMMUNITY?

We are trying to achieve recognition for Sedbergh as a "Dementia Friendly Community" which is a formal certification from the Alzheimer's Society of

'A city, town or village where people with dementia are understood, respected and supported, and confident they can contribute to community life. In a dementia-friendly community people will be aware of and understand dementia, and people with dementia will feel included and involved, and have choice and control over their day-to-day lives.'

In order to achieve this certification,

we need to engage with all sectors of our community, many of which been contacted and, indeed, have already been doing work with those living with dementia. It was a bit of a blow to hear that Age Concern have decided to dispense with Village Agents which means that Linda Greensmith whose work has been so appreciated, is no longer able to carry on her work.

We are inviting the community to Dementia awareness sessions several of which have already happened – for instance the Community First responders, volunteers for the Sedbergh and District Community Information Centre, Boots Chemists have all undergone awareness sessions. Both Sedbergh and Settlebeck Schools have undertaken to run awareness sessions.

WHAT CAN YOU DO?

Contact us to express an interest.

Tell us of work that you (or your organisation) already do that engages with people living with Dementia

Volunteer to join our working group (next meeting Tues 26th April 11.30am upstairs in the meeting room at 72 Main St)

Put a note in your diary MAY 18th to

come along to our Gazebo in the market, our launch in the Library at 12 noon, or attend a dementia awareness session upstairs in the library at 12.30 that day.

*Myles Ripley – 015396 21101
mpr@sedberghschool.org –*

SEDBERGH & DISTRICT COMMUNITY FIRST RESPONDERS

*Annual General Meeting 2nd March
Chairman's Report*

During 2014 we recognised that there was a clear need for a CFR team in Sedbergh, since 77% of the call-outs received by the Dentdale team in 2014 were for patients in Sedbergh who had called 999. Indeed, this amounted to over one each week. The fact that the "local" ambulance, always assumed to be available in Sedbergh, was often called out to as far away as Blackpool or Carlisle, convinced us that there was a genuine need for a CFR Team in Sedbergh.

Seven of us, all volunteers, undertook our training in May and June 2015 and we became fully operational in June. Thanks to the generosity of local charities and donations, we were able to purchase





Malcolm Sedgwick Joiner



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full sets of kit and, thanks to our monthly training meetings, we became more confident in using it. Indeed, we are still learning and exchanging good practice from our call-outs.

Since last June to the end of January we have been called out on 35 occasions, attending 24 patients in Sedbergh and outlying areas. Most calls have been received during the daytime, with the occasional loud-pinging pager in the early hours. On 8 occasions we were stood down, and on 3 others an ambulance had already arrived or was close to the address. All but 3 patients were over 51 years of age and the main cause of alarm was either chest pain or

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breathing problems. All were handed over to an ambulance crew. At this stage, I must thank Marion and Chris Wood for generating detailed maps of our area and identifying 536 house names!! This has enabled us to get to the patient with all haste. Thanks are also due to Peter Knapton in Dent for his continuing interest and advice.

Looking forward to our second year of operation, I am pleased to report that we have seven full sets of kit and twelve trained responders. Ideally, we would like about twenty in the team, so that we have 24 hour coverage throughout the year. Thanks are also due to Susan Sharrocks and her fundraising team, for ensuring that we are financially stable for the year ahead, to Myles Ripley as our Treasurer and quartermaster, to our Team Leader, Jackie Hooley, for liaising with the North West Ambulance Service and to Helen Wilberforce for her secretarial skills. Others have been magnificent in their responses to call-outs. All-in-all what a great team! We look forward to the challenges in the year ahead and continuing to support our community, as and when needed. *Andy Cobb*

SHEEPFEST 16

We'd love to meet you!

To give everyone who would like the opportunity to make a contribution to the development of Sheepfest 16 Farfield has booked the Hub on Main Street for two informal 'drop-in' meetings from 5.00p.m. until 7.00 pm on Wednesday and Friday 6th and 8th April

Please turn up at any time to suit you if only for half an hour.

The two key questions to resolve are one weekend or two and the dates (to some extent the latter is dependent on the availability of a VIP). We're looking at September as usual but may need to move it a week or so later if it's decided to spread Sheepfest over 9 days/ 2 weekends



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as last year.

Other topics to discuss are how many of you feel the need for workshops with Artsense to help interpret this year's theme based on Books – titles, authors, characters, worms - and in making the sheep themselves; when should these take place; should the competition 'best in show' be re-instated; what other events and activities would you like to see; would you be willing to volunteer – anything from just 2 hours delivering publicity or helping with an activity on a morning or afternoon during Sheepfest itself?



If you can't manage to call in at the Hub but would like to make a suggestion, be involved or want further information - please phone Farfield Mill on 015396 21958 or email admin@farfieldmill.org with your name, tel. number and email address and we'll get back to you as soon as we can. (And enter you into our £50 draw for registering interest!)

Staff at Farfield Mill

SEDBERGH MEDICAL CENTRE

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

Wednesday 20th April

Thursday 19th May

Wednesday 22nd June

Wednesday 20th July

Thursday 22nd September



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DENT PARISH COUNCIL

Recycling in Dent

The Parish Council in Dent has recently had difficulties at the recycling centre at Dentdale Car Park.

Unfortunately there is still no plastic recycling facility in Dent despite representation to SLDC by the Parish Council. The nearest plastic recycling points are in Sedbergh. Residents and visitors are asked not to place plastic items at the recycling facility. All plastic waste in Dent must be either be placed in the householder's grey bin for SLDC's weekly collection or transported to the official sites in Sedbergh. SLDC has commenced the roll-out of a kerbside

collection scheme for plastic items, however, it is unknown at this time when the initiative will be available in Dentdale.

The recycling of cardboard is also proving a problem due to capacity issues resulting from infrequent collections. This issue is not restricted to Dent but remains a general recycling centre problem. It can be improved significantly by all cardboard items being flattened before disposal. This only takes a couple of minutes to achieve and ensures that more items can be stored in the recycling bin. With the holiday season upon us there will inevitably be the usual increase in demand at the recycling centre. The

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Parish Council kindly asks for your help in making the most of what little recycling storage there is available in Dentdale.

*Andy Stephenson
Clerk to Dent Parish Council*

FLYING PIGS GARSDALE PARISH COUNCIL

It would be wise over the next few weeks to take a large umbrella with you if you are out and about in Garsdale. When I was inveigled to take on the clerkship of Garsdale Parish Council nearly 2 years ago, I asked what were the main concerns in the parish? At that time, a logging company was trying to ride roughshod over the council and the residents in order to flatten the wood

behind Dandra Garth without taking any precautions for the resident wildlife, particularly the red squirrels. With the council's help, Sue Ryall (past councillor) and the newly formed Garsdale Red Squirrel Group prevailed upon the Forestry Commission and after a lot of argy bargy, they eventually gave in and proper consultation is now taking place.

The other main concern was the increasingly poor state of the surface of the A684. As clerk, I offered to write a letter to Cumbria County Council requesting some resurfacing work. Snorts of derision all round! "Tha's mad, you are" everyone said, "them flying pigs will be out in force before them council folk lift a finger

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round 'ere". One letter went out, no reply, then a second, then a third, still no reply and so on and so on. Nick Cotton, the County Councillor, our 2 district councillors and even Tim Farron added their not inconsiderable weight on our behalf, but if all goes to plan, all that nagging has paid off and by the time this publication hits the streets, 3 sections of the A684 will have been resurfaced. Not only that, there was an, albeit rather vague, promise to repair the back lane and even a rumour that some of the retaining walls by Cough River might get some attention. All that said, CCC Highways reportedly spend the least on the roads in Garsdale and Sedbergh in the whole of Cumbria, so

I think it is about our turn now.

At the last parish council meeting, following a presentation the previous week by the community broadband provider, B4RN, there was a unanimous decision by the councillors to endorse B4RN as the provider for Garsdale. The next stage is to gather together a group of volunteers to initiate the digging in and laying of duct for superfast fibre optic cables. These will be capable of giving speeds of 1 giga-bite, something residents in large cities can only dream about. Once the cable is in the ground, and those who want to be, are connected up, the infrastructure will be there for the foreseeable future, at least 50 years



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but probably much longer. After the initial cost, paid over the next 10 years, running costs will be minimal and Garsdale and Dent could have a broadband network that will be the envy of millions. There will be another organised meeting with B4RN with a rallying call to arms so look out for the posters or keep an eye on the council website.

Volunteers will be needed not just for digging but for organising, administration and most essentially, tea making. If you want to register an interest in volunteering now, send me an email and I'll let you know of times and dates when they come available.

My knees tremble at the thought, but 'that time of year' is fast approaching. Yes, it is time soon for the annual bun

fight, otherwise known as the **ANNUAL PARISH MEETING**. This is the opportunity for residents of Garsdale to gather together with the parish chairman, Annette, and myself, the clerk, to hear reports of achievements and financial accounts from the past year and for you to give us what for on our failings. Any resident can have their say, negative or positive, without pre-notification, all you have to do is turn up. This meeting is for residents only ie. those registered on the electoral role for Garsdale, but we welcome as many of you as would like to attend. The meeting will be in the village hall on **THURSDAY 12th MAY at 7.00pm**.

But remember, if you are out and about in Garsdale, take that umbrella

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Sedbergh and Kirkby Lonsdale Tourist Information Centres,
Ingleton Community Centre office, or on the door.

with you, our woods may be intact and we may have some shiny new tarmac, but there are herds of pigs flying about and they're not too particular about their aim....

Our next council meeting is the AGM, held after the parish meeting, followed by a regular council meeting, all on Thursday 12th May.

Philip Johns, Clerk to Garsdale Parish Council

ps.johns@btinternet.com,

015396 22170 or visit

www.garsdaleparishcouncil.com

SEDBERGH PARISH COUNCIL

This short report covers items from the monthly meeting held on 10th March 2016. The next Parish Council meeting will be on **Thursday 14th**

April at 7.30pm in the People's Hall, Sedbergh.

**ADVANCE NOTICE – THE ANNUAL MEETING OF THE PARISH WILL TAKE PLACE ON TUESDAY 10th MAY AT 7.30PM IN THE PEOPLE'S HALL. THE FUTURE OF QUEEN'S GARDENS WILL BE ONE ITEM FOR DISCUSSION
SKATE PARK**

Sedbergh Community Trust – Sedbergh Parish Council reiterated its resolution from November 2015 rejecting the request for a lease of land at the playing fields on Howgill Lane.

PLANNING & TOWNSCAPE

The Planning Committee report detailed applications and related

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People's Hall, Sedbergh

7:30 pm

Monday 25th April:

Free entry



www.sedberghgateway.org.uk

matters, full details can be found on the Parish Council Website/Yorkshire Dales National Park website.

Sedbergh School's proposal for a new Sports Hall at Busk Lane was discussed at some length and it was resolved that the Council should object to the application on the grounds of the inadequacy of the proposed parking arrangements.

PUBLIC PARTICIPATION

Prof. Andy Cobb gave a presentation to support Sedbergh Community Trust's Grant application for the proposed post of a Project Manager for Sedbergh and a grant of £500.00 was agreed to support this proposal. Anne Pierson, Farfield Mill, also gave a presentation on current initiatives at the Mill, including 'Sedbergh Tweed' and Sheepfest 2016. Also advising Members of the developing Children's Gallery and Children's Literacy Festival.

Other matters included the concern over the condition of buildings on Main Street, a proposed Economic Study for Sedbergh by South Lakeland District Council, repairs/maintenance required at the playground, an open meeting to

discuss Queen's Gardens, the compilation of list of known problematic drains/gullies and the proposed Beacon lighting for the Queen's 90th Birthday Celebrations.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions at 8.30 pm. 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.

Janey Hassam – Clerk



[16 Back Lane, Sedbergh, LA10 5AQ](#)

A selection of scarves and throws, all woven from Yorkshire Dales and Cumbrian wools. I also carry yarns for knitting and weaving, my own range of wool walking socks and an ever-changing selection of interior accessories, plus an eclectic mix of handwoven textiles which you can see being woven on my loom in the workshop.

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TIM FARRON MP

I was really flattered to be invited along to open the newly refurbished classroom at the primary school in Dent the other day and had a great time whilst I was there with the pupils and staff. It has been a little while since I have had the chance to get along to see what is going on at the school and so it was great to be back again to catch up with everyone and to see how things have moved on. I was lucky enough to turn up when the school was marking Sport Relief and to see what was going on to support this rather great charity. One of the things that has suffered a bit since I took over leadership of the Liberal Democrats has been the amount of time I have been able to give to sport

and staying fit. Seeing all the running around made me think that I need to think a bit about what I can do to stay fit.

I have been doing all I can to get the Rural Payments Agency to pay farmers promptly. As we all know farming has been going through a particularly tough time recently. As if that was not enough of a problem the Rural Payments Agency, the Government Agency with the job of paying the funds that the EU provide for our farmers, have had a poor record for getting out the money on time. This year just under a quarter of farmers hadn't received their payments by the time they were due, forcing many of them to turn to their banks for support. I was pleased to

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hear that the agency has committed to make 90% of payments by the end of December this year. But I still don't understand why 10% of farmers will have to wait but at least this is progress over what we have seen this year.

Beyond these issues I am still having to deal with the problems caused by the floods back in December. We had a significant victory when the Government finally announced that it was going to apply for the funding that the EU makes available for member countries who suffer significant natural disasters. By our calculations we could benefit to the tune of £125 million, not an amount to be sniffed at particularly when all our Prime Minister offered us

GRAHAM J MOFFAT



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when he visited was £4 million. There are still lots of bridges and roads closed across the area and of course we still have the temporary bridge in place on the road at Middleton so the money is much needed. It was very annoying that the Government left it to the absolute last minute to make their application for the funds. But clearly they were worn down by my continual stream of letters and questions in the Parliament. It was just a shame that it took so much effort to persuade them.

As ever if I can help you with these or any other issues then please do get in touch by calling 01539 723 403 or emailing tim@timfarron.co.uk

Thanks for your support

Tim Farron MP

SEDBERGH LABOUR GROUP

Referendums or Referenda?

We are to be offered a referendum in the near future on the relationship between this country and the European Union; will it matter?

To what extent is this referendum about us or merely another manifestation of a tediously long civil war within the Conservative party?

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Looking dispassionately at the limited information available to help make this choice and from a lengthy experience of running a business within the EU, I would argue that whether we are 'in' or 'out' will make not the slightest difference to the majority of the population of this scept'ed isle.

We are at the beginning of a wearisome period of 'Operation Fear' from both the ins and outs with one side predicting financial Armageddon if we leave and of us being flooded with Turkish immigrants thirsty for our benefits if we stay. Believe who you will but I, for one, will ignore the whole expensive, unnecessary exercise.

However, we do have an important

referendum in May at the District Council elections. We will be asked to vote for the two parties who support cuts to Services like the NHS, (and who have gleefully gone about implementing them locally), and the party who opposes them. Perhaps you don't need help or support now, but one day you will and that support might not be there. This is the only referendum that matters.

The next meeting of the Labour Group will be at 12.30 pm on Friday 8th April in the 'Red Lion'. Hope to see you there.

Nick Cross

OUNCILLOR CORNER

Slowly but surely, more and more of the A684 is being resurfaced through the parishes of Sedbergh and



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Garsdale. At present there is work being carried out in the Black Horse area to the west of the town, to link up to several other sections improved in the past couple of years. There are also teams out along Garsdale, resurfacing the worst stretches of the A684 around Badger Dub, Longstone Fell and Dandra Garth.

Full resurfacing of a stretch of road is very expensive and obviously very disruptive, hence the need to do as much as possible at night to avoid causing inconvenience to people travelling to and from work or schoolchildren going to and from school.

Perhaps the most important section of the lot, Station Road from Queen's Drive to the centre of town, is scheduled for resurfacing in the next financial year (April 2016 - April 2017) and this provides the additional problem of trying to minimise disruption to traffic whilst not wishing

to disturb residents living alongside the road, by working at night. Busk Lane and Loftus Hill will offer a useful alternative for almost the whole of the length that needs improvement.

Clearly the A684 is the principal road through Sedbergh but there are also issues to deal with on the side roads. I have been made aware of the hard work done by local residents on Birks Lane, effecting temporary repairs to potholes while awaiting the arrival of the County Council's patching team to carry out a more permanent job.

On a 2-hour walk around Sedbergh I photographed and noted down 30 drains which are blocked and I hope soon to arrange a visit by the gully-emptying truck to rod through the pipes and clear any blockages, or at a minimum to identify where further work will be needed with a digger to reveal blocked or collapsed culverts.

It is a never-ending job, with any

existing problems considerably exacerbated by the record rainfall in November and December last year. Resources are tight and the Highways workforce is very stretched but I will do all I can to keep these matters on the agenda.

Cllr Nick Cotton

OUNCILLORS CORNER

As expected all the local levying authorities have raised their council tax precept by about 2%. The addition of a social services charge at 2% of the county precept is an innovation, whether good or bad, time will tell. The controlling administration on the county has gone to some lengths to disassociate itself from this new imposition

although it is difficult to believe they could have done anything other than make the charge whatever mechanism had been used to implement it.

Following on from my comments last month concerning the Basic Payment Scheme the House of Commons Environment Select Committee has had some hearings into the fiasco. The head of the Rural Payments Agency, Mark Griffiths had a fearsome time in front of the MPs on the group. He had already been roasted by the Treasury Committee. It was enjoyable television watching him squirm but it remains disappointing that he has not been sacked. £156,000,000 was a lot of money to spend on a computer

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system which was bound to fail.

I do wonder how effective these Select Committees are. It seems to me the reports are written and then government and the civil service continue as before. It was a key element of the 2001 changes to local government that there would be an Executive and Scrutiny Committees to examine the council's work. There was always a suspicion that the "scrutiny role" was invented to occupy councillors who were not portfolio holders. South Lakeland started with FIVE Scrutiny Committees. Over time these have been whittled down to one. There are two ways for Scrutiny Committees to work, either they are supportive of the administration and officers or else they run around like attack dogs. I have seen both types and both leave me with some distaste.

As an example two of the principal mistakes of the SLDC Administration in the last year were in the areas of Kerbside Collection of Household Waste and the implementation of the EU Water Testing Directive. Neither has been the subject of scrutiny and nor will they be. That is not a fault of

South Lakeland but of the scrutiny mechanism per se. A controlling administration at any level will always protect its own. The ballot box is the only arbiter. For the Water Testing South Lakeland entered into a contract with an Irish firm. As you will know the Fine Gael / Labour administration in Ireland lost last month's General Election. Reading the political comment one serious reason offered for the result was the implementation of the Water Testing Directive. So, it wasn't just in South Lakeland where it was done so badly!

*District Councillor Kevin J. Lancaster,
Fellgate, Dowbiggin, SEDBERGH,
Cumbria. LA10 5LS
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FLOOD RECOVERY HELP

Did you miss it? The Gateway Flood Support Van was in the market on Wednesday 9th March. If you did and need help it will be back towards the end of April or beginning of May. If you have been affected by the flooding and have not completed a Gateway Flood Registration Form, this would be a good opportunity to do so.

The summary of funding and financial assistance below is a quick and easy source of information for those who may not yet have made an application for support or for those who may be unsure whether they are eligible for financial aid. Whether you are a resident or a business there are a number of different grants that can

help you get back on your feet.

1. £500 for any household in a residential property that has been flooded for use for general recovery
2. Up to £5,000 for any residential or business property that has been flooded and wants to take steps when making repairs, such as installation of flood barriers, to make their property more resilient in the event of future flooding events.
3. Business Recovery Grants to help businesses get back on their feet
4. Help for voluntary, sporting and community groups
5. Help with Council Tax and Business Rates
6. Support for Farmers



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

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

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

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

We look forward to hearing from you.

Many organisations can also offer practical and financial help. Full details of all this help is now available in a file in the Information Centre at 72 Main Street, Sedbergh. **The most important first step is to register. You can do this by calling the flood support line on 01539 792028.**

Alternatively if you can get to Kendal there is now a large white cabin in the car park at Asda in Kendal. This unit belongs to BERG (Business Emergency Resilience Group) a nationwide organisation which is an initiative of His Royal Highness The Prince of Wales and also part of Business in the Community (BITC). The cabin is there as a contact point to provide support and advice for householders as well as businesses affected by the recent flooding. They can offer advice on insurance matters, sources of grant funding as well as help with form filling plus contacts for surveyors and trades people to help with refurbishing damaged properties. How long the cabin will be there is unknown so best to check before making a special trip (07515 882769).

This information is part of a developing service at the Information Centre for residents in our area – but more about that later.

Douglas Thomson

COMMUNITY FUND GRANTS

The Grants Committee met on February 24th February and made awards to the following organisations:

- Sedbergh Little People
- Settlebeck School
- Killington Sailing Association
- Garsdale Community First

Responders

- Sedbergh Pepperpot Club
 - Sedbergh Chamber of Trade and Commerce
 - Sedbergh Cycling Festival
- Grants awarded during the Financial Year 2015 – 2016 to twenty one organisations totalled £24,345.

NATIONAL PARK NOTES

Every three months or so National Park officers kindly provide me with an update of current issues and news to share with residents of the Sedbergh, Dent and Garsdale parishes. From 1st August onwards, of course, when the new extension boundaries come into operation this will include a far wider area as I outlined in my article last month. I append the quarterly bulletin below. The name in square brackets after the main headings is the lead officer in charge of this area of operations and if you want to know more you are very welcome to contact this officer

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CURRENT ISSUES/NEWS

Local Plan [Peter Stockton]

The new Local Plan has been submitted to the Planning Inspectorate for Examination. It is expected that the public Examination will be in April. We want the Plan to encourage development that will help achieve the objectives in the National Park Management Plan:

- encouraging re-use of more redundant farm buildings, including allowing some roadside barns to be converted for local housing;
- providing more flexibility to build the mix of new housing that is needed in the National Park;
- widening the range of visitor

accommodation and visitor facilities;

The Authority is already starting to give some weight to some of the new policies for the purposes of making decisions on planning applications.

Parish Forums [Gary Smith]

The Authority has set up two Parish 'Forums' – one for the north of the Park and one for the south. The Forums provide an opportunity for discussion and liaison between the Authority and parish councils on any and all National Park issues. The Forums are led by the four National Park Authority Members who are appointed by the Parish Councils. All details are on the Authority's website (<http://www.yorkshiredales.org.uk/living-and-working/parish-councils->

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and-meetings). The next meeting IS:

- southern Parish Forum (Craven) on 7 April.

Flood Damage [Alan Hulme]

The effects of Storm Desmond reached parts of Dent, Sedbergh and as far as Settle. Several rights of Way have been closed temporarily in the interest of public safety. Details and temporary alternative routes are on our website <http://www.yorkshiredales.org.uk/visit-the-dales/things-to-see-and-do/get-outdoors-dales/where-can-i-go/access-restrictions>. Two footbridges have been lost at Birks Mill and Howgill on the Lune). We are working with Cumbria County Council to include the replacement costs (likely to be around £200k) in the Cumbria Flood Repair Funding submission to central government.

National Park Boundary [Kathryn Beardmore]

Changes to the boundary will come into effect on 1st August 2016. The boundary will be extended to include parts of the Orton Fells, the northern Howgill Fells, Mallerstang, Barbon, Middleton, Casterton and Leck Fells. The Park will increase in size and population by about 23%. Defra has already announced additional funding, which will start this year. Defra has also announced proposals to increase the Membership of the Board to provide representation for the new areas, without altering the representation for the existing National Park.

High Nature Value Farming [Adrian Shepherd]

The Authority is one of a consortium of bodies working together (through

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the Northern Upland Chain Local Nature Partnership) to try to support local farmers who use farming systems that are particularly valuable for wildlife, the environment and people. This includes a call for more investment from government and other bodies, and setting up a new 'Farmer Forum' for the Northern Pennine uplands to give our farmers a stronger voice.

More info at <http://www.nuclnp.org.uk/themes-and-projects/>.

Housing [Peter Stockton]

The targets for new housing set in the National Park Management Plan are still not being met. To try to help speed up delivery of the type of housing needed in the Park, the Authority has reviewed its policies on local occupancy and site viability. Following public consultation on the proposals the Authority has included new policies in the final draft Local Plan (see above).

Authority services [Richard Burnett]

In October 2015, the Chancellor announced that the budget for National Parks would be protected for the next four years. This follows cuts

of almost 40% in real terms (2011-2016), so the outlook remains challenging. Continuing to provide a high quality service in priority areas (Development Management; Rights of Way; Land Management; and, Volunteers) will still depend on raising money from other sources. The Authority is exploring a number of options for doing this, including trialling charges for public toilets (at Grassington).

FUNDING OPPORTUNITIES FROM THE AUTHORITY

Sustainable Development Fund

[Andrea Burden]

Funding now available for 2016/17 for local projects that would have economic, social and environmental benefits. Details on the website.

www.yorkshiredales.org.uk/livinghere/sdf.

Conservation Areas [Gaby Rose]

Funding for projects that help preserve or enhance Conservation Areas.

Parish Wildlife Project [Mark Hewitt]

Funding and support available for local groups who want to carry out nature conservation work on local sites. www.natureinthedales.org.uk/projects/parish-wildlife-project

Woodlands [Geoff Garrett]

Funding available to farmers and land-owners for creating new woodlands, or for improving woodland management.

Catchment Sensitive Farming

[Helen Keep]

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

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Grants available via the Authority for works to improve farm infrastructure so as to reduce diffuse pollution.

LATEST FACTS AND FIGURES

- Last year, farmers in the National Park received over £10 million through national agri-environment schemes for managing their land to deliver a range of environmental benefits;
- In the last 3 years, planning permission has been granted for 140 new affordable or local market dwellings. In the same period, 37 such dwellings have been completed.
- Only 2% of scheduled monuments in the National Park are 'at risk', compared to an average of 14% across England.

As ever please feel free to contact me if you require any further information about any of the above matters either by email ianmcpherson24@hotmail.com or by telephone 015396 20648. Best wishes.

Ian McPherson

YORKSHIRE DALES NATIONAL PARK

National Park Authority grant boost for craft workshop

Artistic people living in and around Sedbergh now have a new-look headquarters where they can develop their talents – thanks to some help from the Yorkshire Dales National Park Authority.

A craft workshop in Main Street has been re-opened following improvement work that received a £3,000 grant from the Authority's Sustainable Development Fund

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(SDF).

A not-for-profit co-operative of local craftspeople and hobbyists living within a 15-mile radius operates the workshop each day, making and selling items and chatting to visitors.

The Craftworkshop was officially opened by Nick Cotton, the Authority's Member Champion for Recreation Management, who said: "I was delighted to be able to present Sedbergh Craftworkshop with a cheque on behalf of the National Park Authority.

"Our Sustainable Development Fund is there to help projects like this that benefit the local community on so many levels, allowing people to come together to make beautiful craftwork and raising money for local charities at the same time."

Craftworkshop founder member Helen Wilberforce said: "Our thanks are due to all those who have helped – it's been a real team effort. We are also very appreciative of the additional funding which has enabled us to do the job really well."

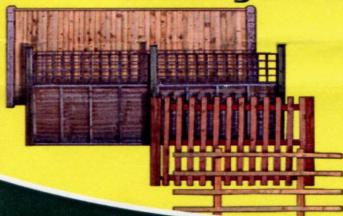
The workshop is the third project in the town that has been helped by grants from the Authority's

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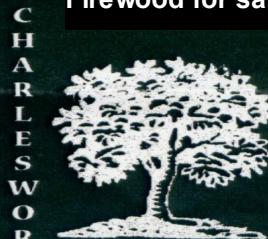
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This Team Leaves It Clean

Sustainable Development Fund in the last 12 months.

The People's Gym & Fitness Centre in the People's Hall Annexe in Howgill Lane received £9,464 of SDF money towards the capital cost of a new extension, and the building will be officially opened on Sunday (March 20).

A small part of the work involved the installation of 'Swift bricks' in an outer wall to create an artificial nest site for the birds. The bricks are part of a wider project being run by the Sedbergh Community Swift Group to raise awareness of the birds in the town through promotional materials and events.

The project – which has received £

4,760 from the National Park Authority – involves volunteers surveying and recording existing nest sites, advising homeowners on good practice for repairs, and encouraging the installation of more nest boxes and bricks.

Nick Oldham

YORKSHIRE DALES MILLENNIUM TRUST

Funding available for community initiatives

Yorkshire Dales Millennium Trust (YDMT) has launched the Roger Stott Community Grants programme which will distribute £25,000 to support communities in and around the Yorkshire Dales.

David Sharrod, YDMT Director, said: "The aim is to enable grassroots groups to continue or expand their activities to benefit local people, so we have tried to make the application process quick and painless, and we'll be on hand to offer support and advice. Successful applicants will have a cheque in their hand by the summer, enabling them to start making a difference in their local community straight away. The grants can have a wide range of uses, so we hope that Roger Stott Community Grants can help to make a big impact in communities across the Dales."

Grants of between £250 and £1500 will be available and there is no match-funding requirement, meaning that groups can apply for up to 100% of the total project cost.

Small voluntary organisations and community groups with an annual income of less than £30,000 are eligible to apply for projects in or near the Yorkshire Dales National Park – including within the boundary extension – and in the Nidderdale Area of Outstanding Natural Beauty.

Funding can be used to cover revenue expenses, such as staff costs, rent or training, or for capital investment in assets such as furniture, computers or catering equipment, to name just a few.

The grant programme has been launched in memory of Roger Stott, the founding Chairman of YDMT who sadly passed away last year.

Mr Stott held a deep affection for the Yorkshire Dales and dedicated much of his life to the area through many public roles. His strong vision was instrumental in establishing the firm

foundations of the Trust in 1996, allowing the charity to go from strength to strength since then.

Commenting on the new grant programme launched in her husband's name, Brenda Stott said: "The family were delighted to hear about the plans to launch a new grant scheme in Roger's honour. The scheme will enable YDMT to respond to the diverse needs of communities across the area by providing small grants at a local level. I know that Roger would have been thrilled."

An application form, guidance notes and map of the eligible area can be downloaded from www.ydmt.org/resources. For more information please contact the project officer Tanya St. Pierre on 015242 51002 or email tanya.stpierre@ydmt.org.

The closing date for applications is 5pm on Monday 18 April. Final decisions will be made on 19 May and all applicants will be contacted soon after.

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LADIES NFU

For our March Meeting we were entertained by Jacqui Murphey who has recently moved to Mull where she runs 'ENJOY MULL Wildlife Tours' with her husband.

Jacqui, who worked for the RSPB at Leighton Moss for many years, had spent a lot of time holidaying on Mull and had got to know quite a few people up there. When there was a chance to buy a property on the Island she and her husband jumped at it.

Jacqui's enthusiasm for, and knowledge of, the Island and its wildlife shone through and we were treated to some stunning photographs of the scenery, bird and animal life both on land and sea. White tailed and Golden Eagles as well as many seabirds featured in the photographs, also whales and dolphins, otters and seals, red deer and hedgehogs.

During the meeting, following tea

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and biscuits, the Coffee Morning on the 6th April in the URC rooms was discussed. Bric a Brac and a Cake Stall as well as a Raffle will all help to raise money for The British Heart Foundation. Please come and support us.

Caroline Sandys-Clarke

SEDBERGH WI

It was good to see Andy Lowe's cheery face again on March 9th - and he was delighted and impressed to see the improvements made to the People's Hall since his last visit to us three years ago. He told us he was going to take us for a 'romp' round Lakeland Architecture, and he proceeded to do so at speed! We

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were treated to dozens of excellent photos of Lake District houses, great and small, built over the last 500 years, and Andy pointed out how different features - roofs, walls, doors and windows, stairways and spice cupboards, for instance - had developed over the centuries. Andy answered questions following his fascinating talk and Ellen gave the vote of thanks. I'm sure what we learnt will help us to look at architectural features with new eyes and inspire us to seek out some of the beautiful buildings he showed us, like Townend, Blackwell and Dalemain.

The next day, the book club met at Valerie's new home to discuss 'The

Son' by Philipp Meyer. We could have done with a 5-week month to read this rather massive tome and not everyone had completed it. A family saga starting in 1836 and covering seven generations in Texas, it starts with young Eli McCullough seeing most of his family slaughtered by Comanche warriors who kidnap and adopt him and train him in their ways. The author's research into the Indian way of life is extremely detailed and spares no punches: some of it is extremely brutal – certainly not bedtime reading for anyone of a nervous disposition! The rest of the book skips between episodes in the history of Texas going right up to the 21st century, following the lives mainly of Eli's son and great-granddaughter but often in a confusing way. We were extremely glad of the family tree printed at the beginning of the book so we could keep track of who was who. The marks we gave the book went from 5 to 9, with an average of around 7. Over tea and Valerie's delicious cakes we continued our discussion about how the gun culture in the USA, which we find horrifying, must have developed out of the experience of the settlers we had

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read about in Meyer's book.

The walking group's March walk is planned to begin with a ferry crossing from Bowness to the National Trust's Claife Viewing Station on the west shore of Windermere, followed by a walk along the lake and over Claife Heights, returning to Bowness on the ferry. With a bright, sunny day in prospect and a fresh, bracing wind to keep the clouds and shadows moving, the views, with traces of snow outlining the crags of the high fells against the blue sky, must have been spectacular.

At our next meeting on Wednesday 13th April we are looking forward to a 'Craft Miscellany' with Ann Wright. Since she has asked for 4 tables to display a selection of her craft work we shall be in for a treat! Do come along and enjoy it with us in the People's Hall committee room at 7.30pm.

Moira Folks

DENTDALE WI

Signs of spring as we gathered on a chilly evening for our March meeting, but inside Dentdale Memorial Hall, the welcome was warm and friendly as we listened to the Institute Business chaired by our President Marion Feltham. Fund raising was much to the fore and the membership enthusiastically endorsed the idea of raising money for Manna House as last year. It seem that everyone will be given a tube of Smarties and when empty, to fill with coins and then collected in. Sounds relatively simple!

Our Mini Market also for fund raising, is way ahead on 29th July, but a date for the diary and obviously baking and crafts will be needed for sale. The craft group will meet on April 11th at Marion's house. With all the craft people together it might be a time to consider the competition entry for the group meeting to be held at Howgill Village Hall on Monday 16th

May. Apparently, the entry is to be a free standing lamb 12 inches high!

Several of us went along to Kendal Town Hall in late February to see the collection of Centenary Scrapbooks from across the entire County. We were all very impressed by the amazing diversity of styles and presentation of the scrapbooks, but on closer inspection, the contents showed just how united we are in our enjoyment of being members of the WI.

Other members have been out and about too, visiting both Barbon and Casterton Open Evenings and enjoying their hospitality.

Our speaker for the evening, on 'The History of Tins' was Brenda Austin, who had brought along some

of her vast collection to show us. Tins have been produced for over a hundred years and we were told that Huntley and Palmer had made more than any other manufacturer. Tins were a good way to advertise, some would be small to contain samples and others made to celebrate national events. Brenda had tins for all categories including a brass covered tin, one of which Queen Mary had sent to all the troops in the First World War. The talk was sprinkled with fascinating snippets of history and questions were asked of us keeping us on our toes.

We could all think of a tin at home evoking a memory from years ago. So, it was not surprising that there was lots of chatter about tins while we

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had our tea and one of Marjorie Haygarth's homemade biscuits.

Thelma Belfield was a double winner taking home the raffle prize and her biscuits were deemed worthy winners of the evening's competition.

Our next meeting will be on April 13th in the Memorial Hall when visitors and new members will be welcome.

Pat Allen

HOWGILL WI

Our March meeting was well attended and held at Howgill Village Hall. Members and two visitors were given a warm welcome. We made note of interesting items and events in the W.I. Newsletter.

Bridget reported on the recent Scrapbook Exhibition held at the Town Hall in Kendal. There were around sixty exhibits, making it a huge success. It was busy throughout the day with both W.I. members and members of the public dropping in.

The two shortlisted resolutions:- 1) Avoid food waste and address food poverty and 2) Appropriate care in hospitals for people with dementia, will now be put to the vote at the Annual General Meeting to be held in Brighton in June.

The February walk was cancelled due to the weather and the March walk was around Flintergill in Dent. Following the business a warm

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welcome was given to our speaker Andrew Lowe who is no stranger to Howgill as this was his 10th visit. Andrew has extensive knowledge and history of the Lake District from years of observation of the area.

With the help of slides we were taken on a tour of the Mill towns and a glimpse into the past when once working mills were fuelled by water power. Mills were built into the landscape near a water supply where water is plentiful and fast flowing. We

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focused on the water wheel which was usually made from wood. An important part of the process to generate power from water and gravity.

Twenty five working mills were scattered around the Lake District including corn, grain, flour, copper, woollen and paper mills. Most are now closed or converted to other uses. An important piece of Britain's industrial heritage. Following the talk

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questions were raised. As we have the water and the technology, would it be practical to rely on water power in today's world? Dilys thanked Andrew for a fascinating talk enjoyed by us all.

The competition for a photograph of an old lakeland building was won by Audrey Hoggarth with Mary Stainton second. Social time was a Memory Quiz. As we didn't have a winner we shared the chocolates followed by tea and cake, rounding off an enjoyable evening.

We meet again on 7th April at Firbank Church Hill when Adele Bowker will be holding a jewellery workshop. Visitors and new members welcome.

A. H.

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CUMBRIA WILDLIFE TRUST

In Balance with Nature? Aboriginal Australians, Tongans and Cumbrians

In March the Sedbergh Support Group of Cumbria Wildlife Trust were presented with a talk by Myles Ripley based on travels to Vava'u and Arnhem Land in 2014. Using photos and information gleaned on that trip he was able to comment on a number of issues concerning sustainability in those cultures and drew parallels with current/historical practices in Cumbria.

Vava'u is one of three sets of islands that comprise Tonga, popular with visitors because Humpback whales migrate to breed there before returning to their feeding grounds in the Antarctic. Over many years,

human whaling had decimated their population but a slow increase is now being observed as hunting has largely been banned, though global warming and an increasingly busy marine trade present threats to them. For instance, noise pollution can interfere with their vocalization, ships can strike whales and various marine chemicals can pollute the seas. We have heard of and seen recent whale strandings around the North Sea which may be triggered by similar problems. The whales are a major tourist attraction and "swimming with the whales" is a good revenue stream. It must be remembered that indigenous traditional whaling is still allowed, although subject to quotas by the IWC, and this is true in Tonga.

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Tongans exploit the sea in many ways and visiting their annual agricultural show, as did the King, it was amazing to see the diversity of sea life on display with each island presenting its own harvest to be viewed and judged. Contrastingly there were few domestic animals on display which gives a good impression of the focus of agriculture on the islands where, although yams are a staple root crop, little if any dairy farming is carried out. They have started to grow Vanilla as a cash crop about ten years ago which is apparently the 2nd most expensive spice in the world.

Most of the islands in Tonga are coral so the natural biodiversity is very high which supports the rich marine life and allows the indigenous population to blend the best of their historical way of life with modern life. Sadly, the same cannot be said of the Aboriginal Australians where the treatment by the European colonisers who treated them as 3rd or 4th class people (in some cases, not even acknowledging them as human) has prevented any slow and steady adaption to a modern world for some

sectors of the population. It is an all too common sight to see aborigines, especially in cities, affected by drug and alcohol addiction and its side effects.

In Arnhem Land in Northern Australia, the government acknowledges that all land is privately owned by Aboriginal people and entry is subject to their permission and regulation of numbers. Within Arnhem land there are a few communities which act as a hub for some services, for example health and education. We visited one community which meshes traditional Aboriginal art and weaving with 21st Century marketing to tourists both on the ground where artists explain their work and via the internet. The community provides materials for the artists and supports them in their work. In much of the rest of Arnhem land Aboriginals live in traditional ways and manage the land in the time honoured fashion – especially by burning to encourage new growth in the dry season just before “The Wet”. This practice will be familiar to anyone in Cumbria who knows about managing moorland for grouse. The

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Aboriginal calendar has 6 seasons including a “Knock ‘em Down” storm season which may rings bells after Storm Desmond! It is not entirely clear how forested Australia was before the arrival of the Aboriginals some 50,000 years ago, but they have definitely reduced the degree of forestation and, in turn, affected the climate though the effect of their burning has also increased and maintained the biodiversity. The deforestation was, of course, accelerated by the Europeans’ arrival in the same way the need for more timber for building and charcoal was the driver for much deforestation in the Lake District in Elizabethan times. Sadly, the Europeans in Australia

brought with them many other species that have affected the biodiversity – cats, rabbits, foxes, camels, goats.

We cannot be sure who the native indigenous aboriginal people of Cumbria were – we have seen waves of various humans from Celts and Anglo Saxons to Vikings. We can certainly see our effect on our landscape and we are beginning to see the need to reverse some of it in the wake of the floods this last winter. Upland and floodplain management are certainly being reviewed and the Sedbergh group of CWT hope to get a speaker in our winter programme of 2016/17 to speak on that very topic.

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Whatever your views on the European Union, you will only be able to vote in the forthcoming Referendum if you are on the electoral register. Don't assume you are registered just because you pay Council Tax!

The registration system changed two years ago. Previously, one person in every household was responsible for registering everyone else who lived at that address. Under the '*Individual Electoral Registration*' system, each person is now required to register to vote individually, rather than by household. If you don't have

a letter from the District Council showing that you are registered to vote, then take action now – it's easy to do.

You can register at www.gov.uk/register-to-vote or telephone the Electoral Services Office at South Lakeland District Council on 01539 733333. They can register you online or send you a paper form. You will need your National Insurance Number and date of birth.

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SEDBERGH SONGSTERS

The Sedbergh Songsters have had a wonderful spring term and continue to sing each week in Gladstone House in Sedbergh - every Monday morning at 10am. The singing is especially suitable for those with Alzheimers and their carers - or for anyone of a certain age! We sing songs which were well known in the 1950's, 60's and 70's. It's a smashing group and we always have a lot of fun, proving the health benefits of singing together - being a fairly large group you won't stand out if you haven't sung for a while - and if you have, you'll really enjoy yourself.

We're away on holiday for the first Monday in April - but then will be there every week through the

summer. Please ring if you need more information:

David Burbidge 21166

THE COBWEB ORCHESTRA ANNUAL RESIDENTIAL WEEKEND

The Cobweb Orchestra have their Annual Residential Weekend on Friday 1st April until Sunday 3rd April in Sedbergh School's Powell Hall.

The weekend involves playing many different orchestral works, surprise events, chamber music, singing, trying out different instruments and generally having a good time.

Non residential players are warmly welcomed, there is a small fee for this. The music begins in Powell Hall on Saturday 2nd April at 9.30am. If anyone is interested in coming for the



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day on Saturday please e-mail Lorna Wright the events manager on events.cobwebs@gmail.com.

We will be having a Sunday afternoon play through of the works we have done over the weekend, visitors are welcome to come to Powell Hall from 2.15pm onwards. There is no charge but donations are welcomed.

The local branch of The Cobweb Orchestra is at Tebay. We meet every Tuesday evening in schools term time; at 7.30pm in the Methodist Hall, Tebay. Our conductor is Roland Fudge whom many will know and remember. He conducted the Sedbergh Orchestra's Café Concert last year and also conducts the Westmorland Youth Orchestra

amongst many others.

We welcome new players, any age, there are no auditions, just come and play in fun.

If anyone is interested please contact Richard Best on 015396 - 23470 or Elizabeth Simms on 017683 - 72115.

DENTDALE CHOIR

Celebrating forty years

Dentdale Choir was formed in 1975 as a Women's Institute Choir with Judith Bush as leader, a few years later the Choir allowed men in so that they could extend the range and repertoire.

In 2006 Judith was invited to a Palace Garden Party in acknowledgement of her services to

Jude Jackson Dip Mus., CT Abrsm



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Music after running the choir for 29 years.

Following Judith, Linda Fawcett, previously Musical Director of Ambleside Choral Society, took over the reins. She lead us for six years, and we performed major works such as "The Armed Man" by Karl Jenkins.

Anastasia Micklethwaite concluded a short period with us last year and

we currently have three guest conductors, Owen Davies (Allegri Singers), Iwan Lewis (Sedbergh Town Band) and Jolyon Dodgson.

Concert accompaniment has been provided by Roger Bush; a well-known local organist and keyboard player.

Tucked away in the Western Dales we are an active 40-strong choir

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which, throughout its history, has been an integral part of Dentdale's Life – singing at the carol services each Christmas and in a spring concert each year.

This rural community is thriving and the choir is part of this – it keeps its members sane during the winter months, into Spring, through mentally taxing note-bashing and through great company and fun!

According to Jolyon Dodgson MBE Dentdale Choir is:

"A hidden gem! Unknown to me until recently The Dentdale Choir, tucked away in the Western Dales, is a talented group of singers which it has been a real pleasure to work with recently. They sing with an enthusiasm and an attention to detail

which I have found both inspiring and enormously satisfying. Their appearances on the concert platform are not to be missed."

Recently awarded an MBE in the New Year's Honours, Jolyon Dodgson has been putting us through our paces of late and is joining us to sing a solo at the second of two concerts planned this year. Jolyon is chair of the Westmorland Music Trust and also Musical Director of Lanercost Festival, Chairman of Carlisle Festival, Chairman of Mary Wakefield Festival, Musical Director of Ambleside Choral Society.

Our two concerts are on Saturday April 23rd at 7:30 p.m. in St. Andrew's Church, Dent (see Advert on Page 23) and at 8:00 p.m. 4th June in St.



Andrew's in Sedbergh – as we are especially invited to be part of the Sedbergh Music Festival in honour of our anniversary...

At the first concert we are joined by John Cunningham – English National Opera and Opera North; at the second by Jolyon Dodgson; both performing chosen solo arias.

Two well-known local conductors will be conducting our performances. At the first concert Owen Davies and at the second Iwan Lewis.

Jenny Robinson

NORTHERN HARMONY

This wonderful folk choir and band from Vermont, USA love coming to Sedbergh, and do so every year. As well as singing their native Shape



Note songs, they travel the world learning the vocal styles of other countries and then perform those songs on tours of the UK, often with dancing and instruments too.

This year they are doing a concert on Monday 2nd May alongside the Gladly Solemn West Gallery choir who I sing with in Lancaster, followed by a Ceilidh in the Sedbergh People's Hall with some fabulous tunes and expert calling - and a few songs too. Tickets available in TIC.



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The group is 16 singers, most of whom are young, and we would love to hear from anyone who can offer accommodation - the singers are quite happy with sofa beds, double beds or sleeping bags on the floor - and of course there are free tickets for hosts and their families.

David Burbidge 21166

SEDBERGH MUSIC FESTIVAL 2016

Musical diversity is the beating heart of what we offer. So in two intense weeks from May 29th to June 12th 2016, we have internationally celebrated soloists Tasmin Little and Martin Roscoe bringing us their finely reviewed Beethoven Sonata op 23 in A minor, and works by Faure and Schubert; the York Minster Choir with a thrilling repertoire under its much-admired DOM, Robert Sharpe; special fun with the Jonty Fisher jazz Trio; the Early Music ensemble Cornucopia with its instruments and sounds from another world; the highly

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thought-of Kentdale Wind Ensemble playing French music, the Sterling Trio – clarinet, flute and piano; plus our own local chamber group the Sedbergh Orchestra and Band, and Dent Choir in their Fortieth Anniversary year.

Between all that, we have lunchtime recitals by singers, chamber ensembles and guests, and as if that were not banquet enough, there are excellent midday lunches and evening suppers before concerts, and refreshments for the intervals. The majority of events take place in the lovely St Andrew's Church at the very centre of the town.

More details are on the Town website and brochures will be distributed to all houses during April. The Box Office opens in the Information Centre at the beginning of April.

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CASTERTON CHORAL CONCERT

On Sunday June 5th from 12:30pm (until 7pm), there will be an Afternoon Choral Workshop with John Powell at Holy Trinity Church, Casterton which will be hosted by Anastasia

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The Post-Workshop Choral Concert will be at 6pm, Sunday, June 5th Holy Trinity Church, Casterton.

All welcome.

'NOW WE ARE FIVE....'

An adventurous and ambitious programme in early March from the

Sedbergh Orchestra to celebrate its Fifth birthday! Core repertoire in the Schubert 'Unfinished', some soloistic strutting in the Strauss Horn Concerto, martial stuff in the Holst, and maybe the most unexpected item because pretty rarely played, the Sullivan overture.

The Schubert for all its apparent familiarity for much of the audience is no easy ride for the band. Ensemble, tuning, pacing are all under some pressure. I liked Peter Crompton's tempi: he left space for the music to breathe, gave time for lines to develop, but we did not lose the edge of anguish and even turbulence behind the comfortable.

The Gustav Holst Marching Song was straightforwardly jolly with just a

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many varied cultures. I design and hand craft jewellery using precious & semi precious stones, each personally selected from the gem capital of the world, Jaipur.

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hint of the sad, but would have meant that both fans in the audience of, and players from the Town Band in the orchestra would have felt at home.

The Strauss 1st Horn Concerto surprisingly was possibly the most problematic piece of the evening. The French Horn is usually characterised as a bluff, 'good mate down the pub' type instrument with its cheerleader sound, but, with the oboe, is arguably one of the most difficult orchestral instruments to get right and keep right. The whole concerto is a deceptively tricky piece not just for the soloist but also the orchestra. In the orchestral textures are some fearfully exposed solos and ensembles. The soloist has to face

that scary first unaccompanied entry which veers exultantly up and down the register. Our soloist, Steve Messam, might not have enjoyed some passages of his own playing, but he had a big, bold tone, plenty of energy, and certainly in the last movement, a streak of impish fun that was taken up by various sections of the valiant orchestra.

For me, the Sullivan *Overture di Ballo* was the surprise and highlight of the evening, and the orchestra gave every impression of finding its jaunty, unquenchable tunefulness right up its street. A splendid opening to an evening that justly celebrated a fine addition to the Sedbergh musical scene.

Stuart Manger

B4RN

Speeding up Broadband

So you thought the dream of high-speed broadband for every home in Dentdale and Garsdale died with the collapse of FibreGarden and BT's inadequate response? Then think again. A new community initiative backed by B4RN is now up and running.

B4RN stands for Broadband for the Rural North. It's not a commercial company interested in profits but a growing network of local community groups which have come together to provide a world-class fibre-optic high-speed broadband service in areas BT considers unprofitable.

B4RN started only four years ago in Lancashire. It now connects over

1700 homes in 41 parishes, and is expanding into the rest of the north west at the rate of around a hundred homes per month. Providing 1000 megabytes (compared with the 2mb many of us have to manage with at present) it's a huge success story, and it's coming our way!

The plan is to run fibre-optic cable from Casterton, where homes and businesses are now being connected, over Barbondale to Dent village, where the first connection is likely to be the primary school. From there the cabling will run down-dale towards Sedbergh and up-dale to Deepdale and Cowgill, then over the hill into Garsdale.

Once the main cables are laid, connections will be made to every home which wants it. Where occupants prefer to stick with their present BT service they will of course be free to do so.

The success of every B4RN project depends on the readiness of the local community to get stuck in and make it happen! This is how it will work.

A Dentdale and Garsdale B4RN community group has been formed with David Pilgrim as co-ordinator. The two dales have been split into seven areas, each with its own leader who will build and supervise a team of volunteer diggers and supporters.

Farmers and landowners will be paid £1.50 in shares for every metre they dig. B4RN shares are currently reaping a 5% dividend after three years. That's a lot more than the banks will pay on your savings account! So there could be financial rewards for those who do the work themselves rather than leave it to

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contractors who are unfamiliar with the lie of the land – the problem FibreGarden ran into.

Domestic home-owners and businesses with five or fewer employees will pay a heavily discounted one-off connection charge of £150 and £30 a month thereafter. Businesses with 6 to 15 staff will pay £60 per month and those with 16 or more £150. Dent primary school will have a free service, saving it around £3000 a year on current charges.

How soon can it be done? That depends on the fund-raising that is now under way, the willingness of landowners to grant free wayleaves, and the readiness of farmers and others to join the digging teams. Where landholders do not wish to grant wayleaves they will not be disturbed, and cables will be laid along the road verges. But if those who opt out decide later that they do want the service they will not be eligible for the discounted connection fee and will be charged the full costs.

The B4RN team understands the importance of keeping everyone informed about progress (and setbacks!), and we hope to give regular reports in *Lookaround* – so more details next month. Meanwhile, for more information, to suggest questions you would like answered in *Lookaround*, or to volunteer your services, email David Pilgrim on b4rninit@btinternet.com

Dentdale & Garsdale B4RN group
Communications Team



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Dean 07850 078 858
Chris 07920 771 170
a1audio@djmail.net

WALKING & CYCLING GROUP

This month the Sedbergh Area Walking and Cycling Group are taking to the air and perching out with a free public talk about swifts by Tanya and Edmund Hoare (whose work with swifts was featured in last month's *Lookaround*).

Their talk, entitled "Searching for Swifts", will feature many aspects of swift behaviour revealed using video clips from cameras installed in nest sites in the eaves of Tanya & Edmund's cottage. Swifts' astonishing feats of migration are demonstrated using tiny geolocators. Sadly these remarkable birds, true masters of the skies, are in serious decline – so what can we do?

The talk will be at the People's Hall, Sedbergh, at 7:30pm on Monday 25th April.

For details of other talks organised by the Sedbergh Area Walking and Cycling Group, please visit www.sedberghgateway.org.uk and follow the link to our Events page. If you would like to help with Sedbergh Community Swifts, please contact ta.hoare@btinternet.com or ring 01539 824043. *Robert Powell*



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SEDBERGH & DISTRICT CANOE CLUB

We are having a relaunch at Canoe club.

Starting with canoe sessions at Killington lake on alternate Thurs 7th & 21st April, from 6pm. Beginners are very welcome, we have all the kit, canoes and kayaks as well as some keen n friendly club members.

Anyone under sixteen must come with an adult who's willing to go too.

Great chance to get out and enjoy the lake, see the birdlife and the Howgills from the water. See you on the water.

Mike Hinson

PEOPLE'S GYM & FITNESS CENTRE

The sun shone brightly on Sunday March 20, when Minister and Youth band Leader Carole Marsden cut the ribbon for the official opening of the PG&FC. Karl Lis from the Yorkshire Dales Authority 'sustainable development fund was present along with Graham Vincent from Cumbria Community Foundation; both of these bodies had contributed to the gym building.

Dr Gina Barney was presented with a bouquet for her part in managing the building of the gym and her expertise in accessing grant funding from Sport England and other funders which was a large part of the project. Carole Marsden gave a lovely speech in which she praised the excellence of the PG&FC and its value to the people of Sedbergh and District.

Rosemary Lewes PG&FC's treasurer presented Sandra Gold-Wood with a bouquet for her long service to the gym idea. A number of potential members came along to look round and speak to the PG&FC professional gym instructor Stuart Wetherell. The PG&FC has more than 110 members so why not join and get in trim for summer. Pick up your gym pack at No 6 or check out the PG&FC Facebook page.

Our big event for April is the AGM, to be held at The People's Hall on Thursday 28th at 7:30pm. As the gym and fitness centre is a community resource, we hope to see as many current and prospective members as possible. This is your opportunity to help shape an even better facility for the Sedbergh area. For anybody new

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who is interested in joining the gym there will be a short guided tour of the facilities after the AGM

To give better support to our members in meeting their health and fitness goals, we have taken on our first employee. This part-time role, which starts in April, has been filled by Stuart Wetherell – who is a qualified fitness professional.

Stuart commented, “As well as managing the membership process and inductions, I want to spend time on the gym floor to give confidence to those new members who are unsure where to begin and guidance and support to those who are already on their fitness journey.”

For information on the Peoples Gym

& Fitness Centre, e-mail membership@sedberghgym.club or contact Sandra Gold-Wood Tel: 21808 or collect a membership pack from No6 Finkle Street.

Sandra Gold-Wood

DENTDALE RUN 2016

It was a smaller field that set out for this years Dentdale Run on Saturday 12 March, many runners presumably put off by the incredibly wet weather over the last few months!

Just over 300 runners took to the 14.2 mile circuit around the lanes of Dentdale in aid of Dent CE Primary School.

Chip timing was on trial this year for the first time, so the army of people

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with stopwatches round their necks were nowhere to be seen! Each runner had an electronic tag fastened to their shoe, which told the sensors on the start and finish line who they were and what time they had recorded.

Once again, the weather was extremely kind this year, with bright blue skies and sunshine; stark contrast to the position just a few weeks ago which saw parts of the course under water.

The runners started to come home after just over an hour, and it was Shaun Livesey (Blackburn Harriers) who led them over the line, the overall winner in 1.23.58. He was followed by Richard Pattinson

(Horsforth Harriers) in 1.25.26 and third went to Mark Livesey in 1.25.46.

First lady home was Jayne Taylor (Wigan & District Harriers) in 1.38.52, followed by Penny Browell (Elvet Striders) in 1.39.15, and third was Caroline Livesey in 1.40.14, making it a fantastic day for the Livesey family! Full results (including all veterans categories can be found at www.dentdalerun.com.

First local man was Tom Stafford in 1.53.59 and first local lady was Rosie Mason in 1.59.10, Royton Road Runners won the men's team race and Stainland Lions the ladies team race.

Post race everyone gathered in the memorial hall for sandwiches and

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cakes which were as always prepared that morning by a 30 strong team from the WI and local community.

The committee would like to express its thanks to everyone who helped, supported, donated, sponsored, organised, ran and generally made this year a great day. The list is far too long to print but you all know who you are and we appreciate everything you do for the race.

All in all it was a fantastic day and once again we expect to make a large donation to the school in the near future.

*Scott Thornley
Chair, Dentdale Run Committee*

SKATEBOARDING PARK

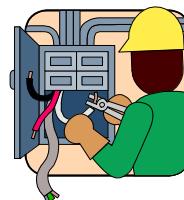
All of us in the community who have taken an interest in developments relating to the proposed skateboarding park will have welcomed the recent updating statement by the Chair of the Community Trust in March's *Lookaround* of the case being made by this organisation. It states that the Trust is intending to submit a planning application to the National Park Authority for a site on the recreation ground. This is despite the fact that in November the Parish Council, after lengthy and careful consideration of all the factors involved, turned down the Trust's request to lease its land there. Since this planning application will presumably be made available in due course for community consultation and comment, I am writing – as a Highfield Road resident who has followed Parish Council dealings and

read external reports on this matter – to raise a number of issues with regard to the Trust's proposed location.

While the surveys carried out amongst young people in Sedbergh would perhaps not pass muster as objective data gathering (and no figures have been provided to show whether the proposal has equal appeal to girls and boys), and while the Community Trust's proposal that the young people should be responsible for maintaining the park may be somewhat idealistic, we could probably be persuaded as a community that a skateboarding park would be popular and may bring visitors to the town. The question is whether the recreation ground is the

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right place for it.

It is a controversial choice. The south side proposal met with strong objections from what would have been severely affected residential and B&B properties. In fact, it is questionable whether the NPA would have supported this side of the field if they had been made aware of the generally negative reaction at the public meeting. This was not just from affected residents; we also, for example, heard a voice of experience from the People's Hall gym, warning about access and drainage problems, with proof of the latter being provided during the rains of December, when the proposed location became a fast-flowing river.

The north side location is almost

bound to be problematical as well, not least for the NPA, whose pre-application advice report states that placing the skateboarding park there '*would be likely to prevent views across the site of the recreation area, reducing the open feel of this part of Sedbergh and impacting negatively on the character and appearance of the designated open space.*' The advisory report of the SLDC Environmental Health Officer mentioned in the article as favouring the north side location does so against a background of querying whether a skateboarding park is actually appropriate for Sedbergh at all; it also suggests that because of noise levels, it may be necessary to impose a curfew on use. Residents adjacent to Howgill Lane may also have something to say.

A very important fact is that the recreation ground is not the only potential location. It has been suggested to the Trust that it may be possible to locate a skateboarding park within the playing fields of Settlebeck School. The Trust is against this location, but for reasons that we may wish to query. In a personal communication, I am told by the Trust that parents regard this area as too 'remote'. But that must surely depend on which end of town they live at. They also worry that it might not be popular with young people; the view is, as the article states, that the park should be 'in the heart of the community'. However, does what is bound to be an obtrusive, noisy, concrete structure really belong in the heart of the community, when what this means is Sedbergh's highly

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visible green space? Or is skateboarding the type of activity that participants might reasonably be expected to undertake in a less sensitive location (even if this requires a degree of parental supervision of younger children)? In the example of Kirkby Lonsdale, while the skateboarding park is fairly central, it is largely invisible to all except those determined to seek it out. Presumably the proposal to locate it at the bottom of Ruskin's view was over-ruled . . .

If a skateboarding park is indeed the most sought-after facility by young people in Sedbergh, I am sure that the community will wish to support them (although the article's strange

and emotive contention that a skateboarding park is a 'right' may alienate some). My own view is that support is more likely to be wholehearted for a location that does not interfere with the current nature of one of Sedbergh's most attractive features (and the lives of people who live beside it). Obviously, this will be for the community to decide. In the event that permission to build is not granted for the recreation ground, I would hope that skateboarders are sufficiently committed to their sport to withstand a possibly less central location and that the Community Trust would support them and their parents in making it work.

Helen Johnson

SEDBERGH SCHOOL NEWS

Events

Apart from a coat of paint, which will be done in better weather, the Pepperpot restoration is complete. The official opening will be done by Tim Farron, MP, Leader of the Liberal Democrats, on 14th May.

The Thornely building's floor has now been restored after suffering two floods.

The Prep School held a wine tasting for parents at the end of February, which included wines from the Loire, Burgundy and Bordeaux. They also had a new telephone system installed due to a major failure with the previous exchange. A few teething problems had to be sorted including a rather alien sharp American attendant

voice and answering machine. A pupil, Lydia, was one of 28 finalists between 11 and 18 in the National Final of the Prayer Book Society Cranmer Awards (which includes declaiming their chosen passages from the Book of Common Prayer) and was Highly Commended.

A competition for the title of Sedbergh School Masterchef 2016 took place. At the end of an 18 course tasting dinner, Connor Scrivens and Ewan Page from Sedgwick House took the title with their combination of cockle and mussel popcorn and Iberian tender pig cheek and chorizo followed by burnt cream Seville citrus peel scented with brandy and raspberries

The German pupils from Bayreuth (coming in exchange with the Sedbergh pupils who went there last year) arrived on 9th February and had a busy week including the Wilson Run.

The last week of term was very busy with the Mozart Requiem, the Wilson Run, the Wilson Run concert, the inter house cross country for years 9,10 and 11, the Rosslyn Park Sevens, U15 NatWest Final at Twickenham, the House singing competition, Duke of Edinburgh Gold Award practice expeditions, the Equestrian Competition at Northallerton, and the Army Tens.
Roger Lupton Scholarships

Winder House have raised over £100,000 towards the Roger Lupton Scholarships as part of their Centenary celebrations. These scholarships give a free place to boys or girls who come from the most disadvantaged social groups with a



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joint family income of less than £15,000. Such pupils are sought by The Springboard Bursary Foundation along with their partner charities, local authorities and state day schools. Other Houses have also used the opportunity of Anniversary celebrations to raise money for these Scholarships, nine of which have been awarded since 2011.

Music

On Sunday 13th March the combined town and School choir sang Mozart's Requiem in Powell Hall to a packed audience. Mollie Richmond gave an outstanding performance singing in the Recordare. On the previous Friday the Prep School held an informal concert in the Church at Casterton, which was an opportunity for those who had not quite made the formal concert on Thursday 17th March to perform before an audience. The formal concert for parents and Friends of the School was a great success. The post Wilson Run concert, after which the runners are clapped onto the stage, was also a success.

Much of the end of term not occupied by Mock exams and the Wilson Run was spent on the House Unison competition. This used to be known as the House Shout so one assumes the standard nowadays is somewhat higher! It was won by Carus who also won the part song competition.

Rugby

On 6th March the U16 Fifteen beat Millfield 13-10 taking them into the final of the NatWest Schools Rugby against Wellington College at

Twickenham on 16th March. A large party left Sedbergh at about 4.30 am to get to Twickenham in time to watch, and had an exciting game to see. At half time the score was 24-7 and Wellington began to catch up in the second half, but victory was achieved with the final score 24-17.

The Prep School won the U11 Plate competition at the Terrington Hall Sevens competition. Winder House won the Senior School House Rugby competition

First Fifteen scrum half Charlie Gowling represented the Scotland U18 v England Rugby on 6th March, Alex Moon in the U20 team for England, and Maxwell Davies played for England U18 against France on 27th February

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The Sedbergh Army Tens will have taken place after this article is sent to press, but will have taken place on 20th and 21 March.

Running

The event of the term was, of course, the Wilson Run on 15th March. It was a sunny day with a strong wind blowing from the north east, and the course was drying out after being very muddy. Last year's winner, Johnny Campbell (Head of School), led from the start, and just managed to beat the record by 2 seconds in a time of 1:08:02. His brother Archie won in 2014. Phoebe Whattoff came in 14th overall to win the girls' race only a minute behind the record set by Melanie Hyder five years ago, and 7 minutes ahead of

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last year's winner who came second. A total of 167 pupils took part in the race, the highest number ever to compete.

At the beginning of March the Prep School sent six teams (48 runners) to Mowden Hall to compete against six other schools predominately from the North East. They achieved 5 team wins, 5 individual wins and 3 course records. The U13 girls held the first 6 places in their race.

Equestrian

The Equestrian team came second in the 70m Eventing Class and have qualified for the Nationals with one girl winning her class and qualifying for the individual Nationals. They will have performed at Northallerton on 19th March.

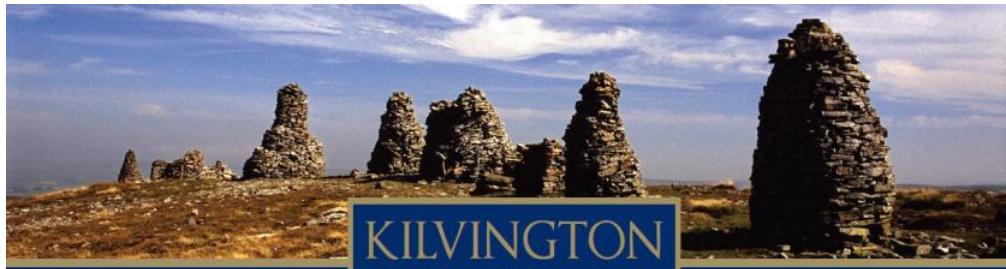
Coming Events

The summer term starts on 10th April

The first home cricket match will be against Myerscough on 13th April, followed by George Watson's on 16th April, Shrewsbury on 23rd April, the Old Sedberghians on 24th April and on 27th April the National T20 Rounds 1 and 2.

The School chapel choir will sing Evensong at Durham Cathedral on 14th April.

Karen BL



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TOWN TWINNING

Our visit to Slovenia 2016

February half term and 18 of us (young people from Sedbergh) set off for Slovenia with 4 adults, Dave Smith, Miles Ripley, Susan Garnett, Janet Dodds and Janet Oughton. Slovenia turned out to be like Cumbria, hills and valleys but perhaps a bit grander and with not just a sprinkling of snow on them but a proper blanket of it, thick enough to ski on, which we did; a first for some of us. It was one of our favourite activities even if we did look like aliens in our gear. Our first morning was spent at the Zreče school. It was good to renew many of the friendships we had made when 30

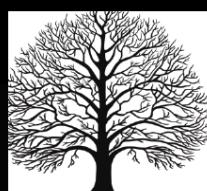
Zreče students visited Sedbergh for our 10th anniversary. Many of us had kept in touch through social media. We joined the students for lessons in various subjects. Their recent history has been so different from ours with Nazi occupation and incorporation into the Communist state of Yugoslavia making them even more determined to preserve their own language and culture. The ski slopes were conveniently near to the hostel where we were staying. The ski instructors were cool, patient and understanding when we made mistakes. We did downhill skiing which if you risked getting up some speed was a real adrenalin rush, as was the toboggan ride we went on

which some of us opted out of skiing to do. This was actually on rails through the snow not gliding over it. It took your breath away as it got up to quite a fast speed. There was another breath-taking activity; going down underground into the immense caves of Postojna: about 80 metres down. The stalagmites and stalactites were huge and one cave was particularly impressive, cathedral like. They even sometimes hold concerts in there. Our voices echoed round it hauntingly. Our friends from Zreče joined us for most of our activities.

The food was a challenge for some of us and it would have been difficult being a vegetarian as a lot of the meals are meat or fish based. Then on the night we had something which



was familiar, burgers, but we had actually found a mobile burger bar a few hours before and consumed some rather large ones for the incredible price of 3 Euros (just over £2). We struggled to eat a second lot. Sorry Mr. Smith. Another thing we really liked was free time at the hostel as the facilities there were really good including a huge sports hall with space to kick a ball around and a climbing wall and in another part of the hostel a ping pong table and a walnut room (not made of walnut but one displaying lots of them ; we never found out why). The spa pool in the nearest town, Zreče, was great too. We had heard that you could go outside even when it was snowing as the water is hot but you had to experience it to really understand what it was like. There was actually ice on the outside pool but it was fantastic, the contrast between hot and cold. It even snowed on us when we were out there. Ljubljana, the capital city, was another good day out. Although it's a city, it's much smaller than places like London or Paris. It has a waterway running through it and, as in Paris, one bridge displayed locks like washing drying on a line, symbolic of couples'



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declarations of love for each other. On our last day we visited the Francololova museum near Zreče where 100 partisans were brutally executed in retaliation for the assassination of a local German officer in 1945. It was a moving experience. The realities of occupation with the horrors of an imposed language and suppression of liberty were unfamiliar concepts and a deeper comprehension of the pride which the Slovenians have in their young country was more easily understood as a result.

Of course one of the other great things about travelling somewhere new is making friends. We exchanged contact details with many

more Slovenian students who we met at the school in Zreče. Students change schools after year 9 in Slovenia and some of our older 2015 visitors came back to see us especially. We were delighted that they had made the effort.

None of this would have been possible without the generosity of our funders: Sedbergh Parish Council, Sedbergh Community Trust Fund, Sedbergh United Charities, Sedbergh School Local Young People's Fund and the Holehird Trust. We are also very grateful to the support of the Sedbergh Town Twinning Club members whose subscriptions help to underwrite Twinning projects.

Susan Garnett

THE MEDITATION CENTRE, DENT

Two brand new weekly courses on relaxation and yoga will be starting at The Meditation Centre this month and everyone is very welcome to come along and join in.

Drop in and Relax Sessions will be held Tuesday mornings from 19th April. The time will be 9.30 am to 11.00 am – £7.50 per session - and the focus will be on making space to stop, relax and reconnect through breath, mindfulness, meditation and movement.

These classes will be run by Kendal teacher Helen Towers and are suitable for anyone of any age, experience or ability.

Helen is currently running Relaxation and Mindfulness coaching workshops throughout the South Lakes for Cumbria Adult Education and is also sharing Relaxation, Meditation, Mindfulness and Movement sessions with local charities and organisations such as

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Helen is an accredited trainer for Breathworks, a practicing member of the Mindfulness Association and a member of the British Wheel of Yoga.

The teacher of our other new weekly sessions – **Yoga for All** - is also qualified with the British Wheel of Yoga.

Lesley Hennedy will be taking Yoga for All sessions in the Meditation Centre every Wednesday evening from 6 - 7.30pm starting on April 13th. Again, the sessions are ideal for women and men of any age and level of experience.

A typical class will include gentle joint mobilisation and warming of the

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muscles, Yoga postures, and relaxation. Classes cost £7.50 'drop in' or £40 for a block of 6.

Please telephone Lesley to enquire and book on 07816779238 or email: lahmc@btinternet.com

And finally, starting April 29th the Centre will be offering a monthly **Mindfulness for Health and Wellbeing Course** run by Hellifield teacher Lisa Milnor.

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The practices, which include mindfulness of the body and breath and mindful movement are all interwoven with group activities and discussions to help you find your own personal pathway to health and wellbeing.

You will explore how to bring mindfulness into your daily life, work and communication with others and how mindfulness can help with stress and anxiety. An initial no obligation telephone chat is required to answer any questions you may have and to discuss whether the course is right for you at this time so do get in touch if you are interested – see the Centre website for more details: www.meditationcentre.co.uk

And as well as these new regular courses, we will also be holding our regular **monthly group meditation** in April and a special **Relax, Refresh and Renew retreat day**.

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We have two Westies, Archie and Daisie, who enjoy the open air, although Archie's not too keen on the motor bikes and Daisie's unsure about the deer that comes into the garden to eat our plants but now that

we had a bit more time on our hands, we started making our own food for them. We hate the smell of the tinned mass produced stuff, heaven only knows what in it, so we started trialling different combinations of meats, vegetables, pasta, rice etc. until we were happy with a very simple formula of cubed meat, peas, carrots and pasta cooked in beef stock. The food goes down very well and has a pleasing effect on rear emissions, virtually odour free!

It was suggested to us that we should sell some locally, so we asked the butcher, William Peat in Sedbergh, if they had any offcuts we could buy at a reasonable price. They were delighted! They are asked frequently if they sold dog food but apart from a few treats, they just didn't have the time to produce any. How about we produce it and sell it in the shop?

We then had a word with Jim, at Farmgate Vets in Sedbergh, who thought it a brilliant idea. Dogs often find it difficult to digest highly processed food which can contain salt and preservatives. He advised us on the portions of protein to

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carbohydrates; dogs must have at least 30% carbohydrate, but they also suffer on a purely vegetarian diet.

Jim was none too keen on raw meat either due to all the unmentionables that the animals eat when out in the field along with sometimes high levels of medication. He also thought that our food will be useful for dogs that need special diets, we could tailor it to their specific requirements.

So there you have it, we are proud producers of healthy, natural dog food which you can buy directly from us or from William Peat. We can also make bird tables, nesting boxes or squirrel feeders to our own design or to yours. If you would like any of our products for your garden, or if you have something in mind, let's make it for you. Look at our website; garsdalepetandwildlife.co.uk or give us a call, Phil or Liv, on 015396 22170 and see your garden burst into life.

AGE UK

Age UK Update

Unfortunately, Age UK South Lakeland were unsuccessfully in securing funding for the continuation of the Village Agent project which has been running across South Lakeland for over six year. I will therefore find myself redundant on the 31st March 2016.

I would like to say a huge thank you to the residents of Sedbergh and Dent who have supported me over the last 5 1/2 years. I have truly enjoyed working as a Village Agent and helping people in the local community. I have helped people get Benefits such as Attendance Allowance, Personal Independent Payment and Pension credit. I have helped people find a gardener/cleaner, given people information on a whole range of topics such as getting a panic alarm, installing smoke detectors and applying for a Blue Badge. It has been a very rewarding role and I will miss meeting and helping people.

I have also set up and supported groups in the community, walking, swimming, cream tea, lunch club, signing, Dentdale, where people enjoy meeting others, getting out of the house for a few hours, partaking in some gentle exercise. This too has been enjoyable and rewarding and it is great that all the Age UK groups will continue with the help of volunteers.

I look forward to seeing you all around town but now I must get my job hunting hat on and update my C.V
Many Thanks

Linda Greensmith

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mild skin problems
eating healthily
improving sleep
replacing unhelpful habits

SEDBERGH COMMUNITY SWIFTS

Only one month to go before our swifts come back, usually in the first week of May! By the time you read this, swifts will be arriving in southern Europe, and in Israel (where they arrive in February) the chicks will already have hatched.

Swallows and house martins return to this country before the swifts, and sand martins even earlier, in March.

A reminder on “*What’s the difference?*”

Firstly, nesting habits: swallows nest in outhouses and barns, on ledges and beams. House martins make cup -shaped mud nests on the outside of buildings under the eaves. So both these birds can be seen on the nest. Swifts however are *never* seen on the nest, as they are hidden from view within the eaves, or in crevices in walls. And, unlike swallows and martins, swifts are not messy!

Secondly, swallows and martins have white patches, whereas swifts are all dark, have longer scythe-shaped wings and often form characteristic screaming parties. And finally swifts, because of their tiny legs, cannot perch – a bird on a wire

is never a swift.

It is amazing that swifts, after 9 months wintering in central and south east Africa and after a journey of 7,000 miles, return to the exact same nest site year after year. A breeding pair migrate separately but are reunited in the same nest to breed. They will raise on average two chicks, and after 3 months at the beginning of August they leave us and the cycle is repeated.

Virtually all swifts in our part of the world nest in buildings. Finding their nests can require patient watching as they dart, quick as a flash, into their nest sites in the eaves. Blink and you miss them! So you may find it easier, initially, to spot them in places where several pairs are nesting - such as the eaves on the south side of Sedbergh School library (overlooking Loftus Hill car park) or at the front of Farfield Clothing (the Old School) on Joss Lane. The birds are easier to notice when they are feeding young (from mid June to the end of July) as their foraging flights are more frequent. Also a good time is half an hour before dusk.

So as to know how our swifts are

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faring we are appealing for some help with swift watching! We need to keep an eye on the new places where we have boxes/bricks, such as the People's Hall gym, and we also need to monitor the existing nest places. And also we would like to discover additional places anywhere in the area where they might be nesting. It doesn't need to be a big commitment, some people like to go out just whenever suits them, while some prefer to arrange a time with others. You don't have to be a swift expert either, as we could go out looking for swifts together. Do please get in touch with us if you would like to help.

We will have a stall at Sedbergh Artisan market on Saturday morning April 23rd, do come along and have a chat.

We have been out and about a lot during the last month advising people on places to put up swift boxes, and a big thank you to everyone who has been in touch. It doesn't actually have to be done before the swifts come back – any time is better than none, so if you are planning building work, especially with scaffolding, you can



still go ahead. Contact us to discuss possibilities.

If you want to hear lots more about swifts, why not come to a talk we are giving at Sedbergh Walking and Cycling Group on Monday April 25th, 7.30pm, People's Hall committee room. The group welcomes visitors.

We are pleased to say that there are some exciting swift projects in progress in Sedbergh which we will report on next month. Watch this space.

Finally, Sedbergh Community Swifts now has a page on the Sedbergh website, with our aims and basic information about swifts, on the local groups and societies section (although at the time of writing our pictures had not been added to the website). The links are:

www.sedbergh.org.uk/community/local-groups-clubs/sedbergh-community-swifts/

or the shorter version:

<http://bit.ly/1Um73iS>

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

Tanya Hoare

FAMILY MUSINGS

It is not so much musings but gurgling and introducing ourselves to the newest member of the family, a gorgeous little boy who was born on Valentines day, a distant relative also gave birth that day, to a lovely little girl. Whenever I get together with our grandchildren I always say, I am Granny, or it's Grannie, just to be sure they know who I am. When one part of the family turn up the drive the little ones get so excited and soon it is "C'um on Grannie!" to all manner of adventures. Looking for cats or bears is a good distraction for an upset child, or ducks or hens or whatever might be around. One grandson gave me a little shovel when we were in the "tree house" (Actually our Willow Dome) and was talking about spiders, I thought he was going to dig them up and just glanced down ..YIKES..there was a HUGE SPIDER, I threw trowel and spider outside to discover later it was dead and had been for some while I think. Guess what I should do is cuddle it and suggest we stroke it just so the little ones (children, not spiders) grow up loving them .. mm .. I am not likely to do that!

On recent visit to Auntie, she had a fall and banged her head on the

radiator causing some blood loss, the builder she fell in front of went deathly pale and had to sit with his head between his knees to sort himself out, I meantime was sat back on my heels supporting auntie and when we propped her up with cushions I was the one in need of help, to uncurl and get up. As we stopped the bleeding and she was conscious we had to await an ambulance and it came 2 1/2 hours later! General feeling is that at 97 and frail she should have been seen sooner but she was well cared for.

Our village Hall looked amazing for the Flood Fund meal, people had shown style and imagination to deck it out, fab what can be done and the ambience helped too. We are blessed to have so many people willing to do stuff, whatever it might be, well done all ye who sit on committees and deliberate, all washer-ups and all other "staff", "people who attend the various events and those who partake of the happenings

Spring is in the air and little ones love playing outside , I love it too, watching the Lambs at play, foot loose and fancy free, roll on summer.

Sarah

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PEOPLE'S HALL

The Annual General Meeting will take place on Monday 4 April in the Committee Room Commencing 7:30pm

AGENDA

- Welcome
- Apologies
- Minutes of meeting 6 April 2015
- Matters arising
- Chairman's Report
- Treasurer's Report
- Management Committee Election
- Close

Nominations to serve as a Trustee or Representative Trustee of a User Group should be sent to People's Hall, PO Box 7, Sedbergh, LA10 5GE
A meeting of the newly elected Management Committee will follow

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the AGM.

OLD TIME DANCE

An Old Time Dance will be held at the People's Hall on 16 April. Doors open at 7.30pm, dancing from 8pm. Jacob's Jive. Admission £4.00. Bar & Raffle.

BELSHAZZAR'S FEAST

The Touring Highlights programme in Cumbria, Northumberland and Durham continues with a visit of Belshazzar's Feast on 13 May 2016 at the People's Hall. Doors open 7.30pm. Performance 8pm. More next month.

Highlights works with a network of 80 village halls and community venues to bring great shows from national companies into the heart of local communities. We work together to offer a 'great night out on your doorstep'. The scheme operates across Cumbria and County Durham & Northumberland.

DATES FOR YOUR DIARY

13 May 2016	Belshazzar's Feast
18 June 2016	Old Time Dance
20 July 2016	Coffee Morning
22 October 2016	Old Time Dance
16 November 2016	Coffee Morning

Dr Gina Barney/20790

ROSE COMMUNITY THEATRE

This year's show 'The Tantrum of the Soap Opera' was a full on community event. If you were at the show then you will know that many youngsters from Sedbergh Primary school and Settlebeck School took part. Their acting and singing skills were a pure delight and we look forward to them coming back to join us again next year.

A big thank you goes to everyone involved with the show of course and I know many of you went far beyond the call of duty. Check Facebook and see the 'Sew must go on'. The lighting and sound was I'm sure you'll agree expertly managed by Steve Longlands, Ian Hutt and Gordon Hosker and thanks go to Chris Chambers for the fabulous bagpipes, to Mike Packham for the wonderful Gondola and Phil Satchell for the stage posters. Thanks is also extended to the local business community especially Sedbergh Soap Company, Smart Office, 1818 Auctioneers, Hanley's Caravan Parks, (Pinfold and Ingmire), Martin

Powell and Sedbergh Mini Market. The RCT is also grateful to all its other long term sponsors, The Lookaround, Sleepy Elephants, No 6, Patch and Fettle, Woof's Taxi's, Dawsons Fuel and Haddock Paddock, plus many more who take a programme Ad each year. My personal thanks go to all the cast and crew who I know had a wonderful time even if us more mature members are in need of a week to recover.

The feedback has been inspiring, you have said how much you enjoyed the songs and costumes and this year you even understood the plot. Having been thus encouraged I will set about writing an equally ridiculous piece of pure amusement for 2017.

The RCT are extremely thankful for all the help it receives from the splendid community of Sedbergh and District.

The RCT will be back in November with a short play entitled the 'Wipers Times' proceeds of which will be for the British Legion Poppy appeal.

Sandra Gold-Wood.



SEDBERGH & DISTRICT HISTORY SOCIETY

Photos of Old Dent

The last talk of the season attracted a sizeable gathering to hear Dr Mike Winstanley give an illustrated talk on the Highland Clearances. However after having reported in sick earlier in the day, our versatile chairman Graham Dalton introduced himself instead and a very interesting evening was spent looking at some splendid old photos of Dent and its surroundings, many over 100 years old. These prompted many an exchange with those present along the lines of; '*Does anyone know where this is, or can you recognise anyone?*'

The first, taken in 1904 with brilliant clarity, was an outstanding one showing a group of youths looking over the valley. This a huge contrast to one showing the valley totally under water in 1928. Then a view looking over Dent to the old workhouse in Hallbank. This one, pre 1950, showed the demarcation of buildings between Dent, Dent Town and Flintergill before other developments encroached.

In studying the interior of St Andrew's Church, with its box pews as it was before its restoration in 1890, Graham bemoaned the dismantling of the three-decker pulpit. He added that the Trinity College archive is full of correspondence for and against its removal.

Farming in the dale featured on a number of pictures; 1891 hay time using scythes with handles longer than the handler and 1896 hay time at Condor Hall.

On the cobbled street by the Sedgwick Fountain a group cleaning it before the dates were added in 1888, another of Eastertime young egg pacers and one of three cows drinking even before its installation. A Band of Hope parade taken in 1905 showed a huge crowd passing by. A very interesting photo of members of the Sedbergh History Society posing before the Society folded in 1930 only to be re-launched much later.

Further up the valley an early picture of Dent Head Wesleyan Chapel with an excellent show of Harvest Festival produce. Then a view of Stonehouse, Arten Gill and part of the old marble works near Stonehouse bridge, the latter a listed building and remarkably still standing despite the efforts of errant drivers over the years to knock it down.

In Cowgill photos of the magnificent gardens at a house on Weavers Terrace and of the Mill on the Dee, was it for flax? The Sportsman's Inn appeared with a pre-1908 car parked outside by the petrol pump, now no longer there. Up at Dent Station a cattle wagon was waiting for its load in the siding. And then there was a fully loaded Burrow's bus and a picture of the last Ribble bus to leave the valley crossing Millthrop bridge.

Further photos showed the Gate Manor Treat leaving Dent, volunteers on the way to Dent in 1895 and a huge over 60's gathering in 1958.

Graham mentioned in passing that the population of Dent was once over 2,000, exceeding that of Sedbergh. So there has been a population clearance of sorts over the years but not on the Highlands scale!

Tony Hannam

DENT & SEDBERGH ORAL HISTORY SOCIETY

This Pace Egging song was given to me by the late Marjorie Middleton of Dent, born in 1913. Pace Egging was a popular tradition in Lancashire and the north of England in which eggs were decorated, often by boiling them in onion skins, and then rolled down a hill. The word pace comes from pasch meaning Easter and eggs were symbols of new life and resurrection. It was an ancient custom, the accounts of Edward 1 (1272 – 1307)



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show he paid 'one shilling and sixpence for the decoration and distribution of 450 pace eggs'. This Dent song refers to Lord Nelson, who died at the Battle of Trafalgar in 1805. It accompanied a mummer's play, to be included in a later edition of Lookaround.

Here's two or three jolly boys all in one mind

And we've come a pace egging for pace egging time

And we hope you'll prove kind with your eggs and your money

For we'll come no more night you until the next year be

For the diddle day. For the day. For the diddle die for the day.

The next that comes on is Lord Nelson you see

He's a bunch of blue ribbon tied down to his knee

He's a star on his breast like diamonds do shine

And he's come a pace egging for it's pace egging time

For the diddle day etc.

For the next that comes on is a jolly Jack tar

He fought with Lord Nelson during our last war

He's arrived from the sea Old England to view

And he's come a pace egging with this jolly crew

For the diddle day etc.

The next that comes on is old Tosspot you see

He's a valiant old fellow in every degree

He's a hump on his back and he

wears a pig tail
And all his delight is in drinking more ale
For the diddle day etc.

The next that comes on is old Molly Brown bags
For the sake of her money she wears her old rags
She's gold and she's silver, she's copper in store
And she's come a pace eggling in hopes to get more
For the diddle day etc.

So ladies and gents that sit by the fire
Put your hands in your pockets that's all we desire
Put your hands in your pockets and pull out your purse
And give us a trifle you'll find it no worse
For the diddle day etc.

Anthea Boulton

QUEEN'S GARDENS
As part of their Duke of Edinburgh Gold award Tom & George Hinson, Will & Alex Inman, Robbie Sproul and Eddie Lomax have been working in Queens Garden. Generally fighting back the brambles and weeding out

the self seeded hollies.

To celebrate spring and the end of hibernation, for us all! They have put a number of Red Squirrels in the garden, hoping to encourage some real ones and YOU to see how many you can spot!. They'll be in place(s) from April 2nd, high and low. Hope you enjoy the garden and seeing how many you can find. The actual number will be revealed in May Lookaround.

Mike Hinson

SEDBERGH LITTLE PEOPLE



Sedbergh Little People would like to say a big thank you to the Sedbergh and District Community Trust Fund for their very generous grant, and to the Clutterbooks Charity Shops for making this possible.

Part of this grant was used to provide a Christmas Party which was attended by nearly 30 children and their parents and carers. The rest of the grant will be used to buy some new toys for the group, including a wooden train set and a painting easel, and to contribute towards the cost of a baby changing unit.

Gemma Suttle

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APRIL GARDENING

The first warm days of early spring have brought several plants into early growth and flower. I always make a point of going down to the end of the garden where a rather scruffy collection of shrubs and small trees create a sort of copse, under which shade tolerant plants thrive. Early

bulbs – Snowdrops, Winter Aconites and Bluebells, are the first things to show, but these are rapidly followed by low growing herbaceous perennials, of which the early flowering violas are particular favourites.

Sweet Violet (*Viola odorata*) is the first into bloom. This easy going, hardy, British Native has rich purple or bright white flowers born amongst rather glossy, heart shaped leaves. Both forms are strongly scented with that rich, “Palma Violet” fragrance. *V. odorata* forms low groundcover and is tolerant of any soil so long as it holds a little moisture through the summer. Once every few years I rejuvenate established plants by transplanting some of the newest rooted sections into a new patch of ground, and by mulching over the older plants with a thin layer of leaf mould or garden compost.

Sweet Violets are followed by another woodland species. *Viola riviniana* (Common Dog Violet or Wood Violet) comes in three forms. Some bear pale violet flowers, some pink, and some have dark purplish green leaves (cultivar ‘Purpurea’). All tolerate shade or thrive in sunshine –

though they will be swamped if surrounded by tall lush herbaceous perennials. They will seed themselves around into areas of bare soil, gravel or cracks between paving stones.

Violas of the “Heartsease” type flower in late spring and early summer. I find these to be short lived perennials, but they do make up for their transience by producing flowers in a great range of colours. The wild type (*V. tricolor*) generally has petals of three different shades or colours in a range of purples and blues, with the bottom petal being splotched with yellow. *V. tricolor* has several cultivars. ‘Bowles Black’ has velvety, almost black flowers, and ‘Prince John’ bears bright yellow flowers. Hybrids from *V. tricolor* have also given us ‘Jackanapes’ – rich brown upper petals and bright yellow lower petals, ‘Maggie Mott’ – dusky pink and lemon flowers and ‘Rebecca’ – white with purple splashed edges. Interbreeding with other viola species has also resulted in the ever popular Pansies in their wonderful range of colours.

The last group to flower in my garden are those in the *Viola cornuta*

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(Horned violet) group. These form wonderful, long flowering, ground covering mounds of light green foliage which bear flowers of pale violet blue. I also have a white flowered form. They are trouble free and thrive in light shade in a well drained but moist soil. *V. cornuta* also has several cultivars including 'Dawn' which is a beautiful pale yellow, and 'Boughton Blue' with sky blue flowers.

Elaine Horne

FEBRUARY WEATHER

Although it wasn't quite a February "fill dyke" we did get enough precipitation to keep the mud ankle deep and we did get some "black" and a little "white". We actually had 7 dry days during the second week!! We ended the month with 5 ½ inches (139.5mm). Temperature wise it wasn't as cold as we would normally expect in February but we did have some cold nights with 11 dropping below freezing with a low of 23.5F (-5C) When you add the wind chill all bar one night dropped below freezing. We had 2 days when the maxima reached 50+F (10C) with a high of 50.5F (10C). The coldest day was a maximum of 36.9F (3C). Atmospheric pressure was fairly low with the second week very low though this wasn't reflected in particularly strong winds though it was breezy most of the month. A maximum gust of 29.5 was recorded on the 1st of the month. Once again on only two days was the maximum gust not from the north west.

What a super show of snowdrops again. They seem to do particularly well around here and multiply very

successfully. Our crocuses have struggled once again in spite of planting lots last year. Other folk seem to be more successful with them. Daffodils are making good growth and many are colouring up. The early hawthorn is bursting green. Where I tidied up some branches of sycamore the cut ends have exuded sugary sap showing that they are coming out of their winter "sleep". Birds are still few in numbers though a neighbour tells me she is filling up her feeding station twice daily! Some sparrows have returned and are investigating their nesting sites. As the mornings get lighter the song thrush and blackbird are singing to display their territory. Tawny owls are calling regularly. So far it looks as though I have got one colony of bees through the winter. As there are few sources of nectar around I have replaced the candy with syrup to try and give them a boost!

SEDBERGH INFORMATION & BOOK CENTRE

By the time you read this, the first Saturday market of the year will have taken place (on Easter Saturday) and as I write the weather forecast is ... well, let's say 50-50. The next market will be on Saturday 23 April, the same day as the Spring Show, and the one after that will be a bit of a departure as it will be on Gala Day, 21 May, and the stalls will be on the Gala field. As always, do come to Main Street on 23 April between 9.30am and 3pm to see what's on offer, and if you have a retail idea you would like to try out or a cause you would like to publicise then please consider taking a stall.

While you're on Main Street please drop in to the Information and Book Centre, we have expanded our range of information on arts events in the area, so you will be able to pick up information on theatres, museums, galleries and concerts in Kendal, Lancaster, Carlisle ... and as usual we have details of everything going on in Sedbergh and round about. We also have some interesting and unusual new Sedbergh-themed stock in the shop – mugs and trays with maps (taken from Ordnance Survey maps) of the town, and also ones showing Sedbergh as part of the Dales Way – with more new stock on the way.

All the best, Andi Chapple

FRANKIE COWIN DARTS KNOCKOUT

Diane Cowin and family would like to say a big thank you to Dean, Kate & Diane for all their hard work in organising the Frankie Cowin

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Competition in The Club on Saturday 19th March.

Thank you also to all the people who took part in the matches. The turn out was brilliant. Also to Tom Thexton who won it again. Well done Tom!!! Will it be a Hat Trick next year??

The £272 collected will be split between:-

Air Ambulance	£100
Alzheimers Society	£86
Lung Cancer	£86

Thank you all again and see you next year.

AGE UK WALKS

The Age UK walking group will still continue and the walks planned for the rest of 2016 are as follows:-

- 26 April: Smardale to see spring flowers including orchids
 - 31 May: Orton circular walk near Orton stone circle – possibility of seeing boxing hares
 - 28 June: Circular walk around Semerwater
 - 26 July: Circular walk from Arnside to Silverdale and back
 - 30 August: Walk around Hawes – route to be decided
 - 27 September: Middleton Hall to Barbon
 - 25 October: Dent – route to be decided
 - 29 November: Sedbergh to Farfield Mill for coffee and mince pies
- Remember - just turn up at the Peoples hall at 10.30, bring a pic-nic, some change to pay the bus driver and the correct walking gear. I hope the weather will be kind to you and you will all enjoy.....

Many thanks

Linda Greensmith

FIRE TECH CAMP

As research shows that video games may improve children's intellectual and social skills, parents can give their kids a real boost at tech camps this year.

As scientists found the association between high video game use and better social skills and school performance, parents are in luck as Fire Tech Camp, the UK's leading provider of holiday tech camps for children and teens, is coming to Sedbergh School this April with a residential kids camp designed to capture and develop youngsters' interest in tech.

The research, by Columbia University's Mailman School of Public Health, revealed that children who played a lot of video games were found to be 1.75 times more likely to have 'high overall school competence'.

However, at Fire Tech Camp, kids are offered far more than just video games. The camps enable kids to have fun bringing together creativity and innovation while getting to grips with the latest technologies, such as building apps, video gaming, exploring coding or pushing their

creative limits with Minecraft.

"Today, many of our kids love to consume games, apps and websites but don't know how they can develop this interest further" said Jill Hodges, who founded Fire Tech Camp in 2012. "School lessons cover the basics but simply can't get under the skin of these technologies in the way that a dedicated camp can. At Fire Tech Camp we immerse kids in their favourite technologies, build their knowledge and inspire and support them to create something they are really proud of and, for some, develop a lifelong fascination with technology."

And don't worry if your youngsters aren't already tech-savvy - there's no need for any prior experience with coding, our camp instructors will work to each child's ability and experience.

Fire Tech Camp takes place 4-7 April at Sedbergh School.

For further information and to book, please visit: www.firetechcamp.com.

PEPPERPOT

Over the last 9 months residents have watched the refurbishment of Pepperpot near the Dales Way path. This century old landmark has been rebuilt with generous support from the

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Stalls from 8.30 am. Contents may vary! But currently greengrocery, cakes, fish, farm fresh meat and eggs, artisan bread, bric-à-brac and Greek food.

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

Heritage Lottery Fund and the Yorkshire Dales National Park Sustainability Fund. The building is available for use by local community groups as a small meeting space. The building has no heating, plumbing or artificial lighting but is an atmospheric venue for music rehearsals, discussion groups and nature lovers. The first floor has panoramic views and has been kitted out with seating, binoculars and information sheets about the flora and fauna of the local area.

Outside the building are information boards with details about Pepperpot and the Akay site and about the ecology of the area. Nick Brown and Malcolm Priestley generously gave their time and knowledge during the research for these boards and the creation of the information sheets for the first floor.

The building will be officially opened on May 14th by M.P. Tim Farron. The opening ceremony beginning at 1pm will include a musical performance, sparkling wine reception and a chance to view the building. If you wish to attend the ceremony or would like to discuss using the building for your community group please contact Katy de la Riviere on 015396 22275 or on kdlr@sedberghschool.org.

DENTDALE MEMORIAL HALL

We have held our AGM and are already planning this years Saturday Market and the August BH Monday GALA, Any offers of help will be much appreciated, please let me know. We now meet every month which means things don't get forgotten! It is hoped that we can hold

some afternoon event to commemorate the Sedgwick Room refurbishment.

Sarah Woof

COMMUNITY OFFICER REPORT

Logs of note for the Sedbergh area are

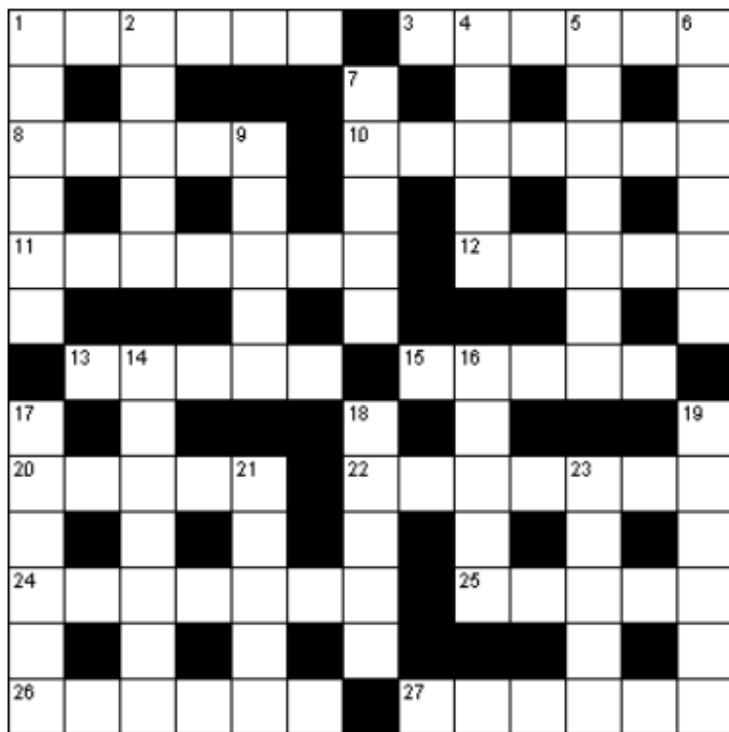
- 14/2 – ASB reported on Howgill Lane.
- 16/2 – Criminal Damage caused to a vehicle overnight in Sedbergh, nothing stolen.
- 19/2 – Domestic fuel stolen from a tank in Dent.
- 26/2 – A Ford Focus was stolen from Cowgill.
- 26/2 – Wellies and waterproofs were stolen from Cowgill.
- 28/2 – A window at the 3 Hares café was damaged on Main St.
- 7/3 – 4 Sheep hurdles were stolen from a property in Sedbergh.
- 11/3 – A suspicious vehicle was reported in Dent, registration given and checked out.
- 14/3 – Theft of a Red Honda 420 Quad bike was stolen from Howgill.

Can we remind residents to make sure all farm vehicles are locked or secured away if able, if you can always park a large vehicle in front of the doors making it harder for criminals to target your property.

Lambing season is here, make sure your dogs are on leads when using footpaths across open land with lambs/sheep in them.

Has anyone lost a set of keys in a brown leather case? If so please get in touch with myself on the below email.

*CSO 5244 Mandy Coleman
Amanda.coleman@cumbria.police.uk*

**Across**

1. Bicycle for two (6)
3. Legal (6)
8. Metal bar (5)
10. Voter (7)
11. Choices (7)
12. Stingless male bee (5)
13. Ire (5)
15. Accumulate (5)
20. Entice (5)
22. Recess (7)
24. Let go (7)
25. Automaton (5)
26. Riding seat (6)
27. Repented (6)

Down

1. Sartor (6)
2. Evening (5)
4. Make better (5)
5. Asinine (7)
6. Food store (6)
7. Laconic (5)
9. Fish (5)
14. Wandered (7)
16. Type of musical scale (5)
17. Begins (6)
18. Bet (5)
19. Combined (6)
21. Path (5)
23. Relating to a city (5)

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Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
1000	Every Sunday	Free Entry to Locals	FM	Bowling Green, Queens Gardens
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch Nature Area, Busk Lane
1330	Every Monday	Knit 'N' Natter	DHC	Cautley Spout, A683 towards Kirkby Stephen
1400	1st Monday	Bridging the Gap	MC	Community Office, 72 Main Street
1930	1st Monday	Dent Parish Council	DMH	Cumbria Wildlife Trust, Community Office
1930	1st Monday	People's Hall	PH	Dent Heritage Centre, Laning, Dent *
1900	3rd Monday	Chamber of Trade	PH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
0930	Every Tuesday	Drop-in & Relax (6)	MCD	Friends Quaker Meeting House, Brigflatts.
1300	Every Tuesday	Howgill Toddlers	HVH	George Fox's Quaker Pulpit, Firbank
1300	Every Tuesday	Knit & Natter	FM	Golf Club, Catholes, Sedbergh *
1830	Every Tuesday	Cub Scouts	SHQ	Information Centre, 72 Main Street
1930	Every Tuesday	Bridge Club	WHC	History Society, Community Office
1930	Every Tuesday	T'ai Chi	URCR	Holme Working Farm, Middleton *
1330	1st Tuesday	Age UK Games	GH	Holy Trinity Church, Howgill
1400	2nd Tuesday	Killington WI	PH	Jubilee Wood Nature Area, Castlehaw Lane
1400	3rd Tuesday	Sight Advice Group	PH	Langstone Fell, A684 Garsdale Foot
1930	3rd Tuesday	Ladies NFU	PH	Methodist Church, New Street
1000	Every Wednesday	Coffee Morning	URCR	Motte & Bailey Castle, Castlehaw Lane
1315	Every Wednesday	Art Society	PH	Pepperpot Folly, Busk Lane
1315	Every Wednesday	Zebras	SMCR	Picnic Site, Ghyllas, Cautley Road
1730	Every Wednesday	Sedbergh Juniors	PH	Picnic Site, Settlebeck New Bridge
1730	Every Wednesday #	Brownies	SMCR	Play Ground, Dent Village
1730	Every Wednesday #	Beaver Scouts	SHQ	Play Ground, People's Hall
1800	Every Wednesday	Yoga for All (5)	MCD	Play Ground, Maryfell
1900	Every Wednesday	Sedbergh Town Band	SSBR	Queen's Gardens, Station Road
1930	Every Wednesday	Sedbergh Seniors	PH	St. Andrew's Church, Dent
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT	St. Andrew's Church, Main Street, Sedbergh
1915	2nd Wednesday	Dentdale WI	DMH	St. Gregory's Church, Vale of Lune
1930	2nd Wednesday	Sedbergh WI	PH	St. John's Church, Cowgill
1400	3rd Wednesday	Age UK South Lakes	Library	St. John's Church, Firbank
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	St. John's Church, Garsdale
1930	1st Thursday	Howgill WI	FCH	St. Mark's Church, Cautley
1200	2nd Thursday	Lunch Club	Red Lion	Sedbergh Embroidery, StAS
1915	2nd Thursday	Royal British Legion	WHC	Tennis Courts, Guldrey Lane
1930	2nd Thursday	Sed. Parish Council	PH	United Reformed Church, Main Street
1100	Every Friday	Mindfulness Course	MCD	Winder Fell, above Sedbergh
1700	Every Friday #	Barrel of Fun	StAS	# = School Term Time Only See Group Page for contact details & Diary Page for Keys
1800	Every Friday	Cub Scouts	SHQ	* = Entry Fee Applicable
1930	Every Friday	Scouts & Explorers	SHQ	
1330	1st Friday	Age UK Dentdale Club	DMH	

PERSONAL & SMALL ADS £1

JOHN FOX

John would have been really surprised at the number of friends, neighbours and fellow dog-walkers who came to make the Thanksgiving Service at St Andrew's on the 22nd February such a moving occasion. As a second world war navigator, he would have appreciated that it was led by an ex-RAF chaplain, and the family's thanks go to Andy McMullon for conducting a service that so well reflected John's interests and long career. A special thankyou is due to Brian Goad for the kind and unflappable attention to every detail with which he made all the necessary arrangements, including those for John's interment alongside his beloved wife, Kathleen, at All Saints, Long Ashton, Somerset. And, of course, to Dot for that tea. We would also like to thank the staff at the Sedbergh Medical Practice for the warm and on-going care given to John since he moved here from Long Ashton in 2003, which enabled him to retain to the end his cherished independence. We are so grateful for all the support that he received from such a caring local community, and for the donations made in his memory to the Woodland Trust and to the North West Air Ambulance. Judy & Bill Lake and Simon & Linda Fox.

=====

MITCHELL

Happy **60th Birthday** Paul for the 6th April. We know you didn't want a fuss so this is our way of wishing you a Happy Birthday and to say how much

we all love you. We would like to say Thank You for everything you do for us all. Love Mel, Jodie, Zoe, Darren, Stacey and the boys!! Xxx

=====

EILEEN PYMAN

Kate, John, Sophie and Natalie Waller would like to thank all relatives, friends and neighbours for the many cards, flowers, food and messages they have received following the sad loss of mum and grandma, Eileen Pyman. Your support has been much appreciated.

=====

DENNIS & JACKY WHICKER

We would like to thank all our family and friends for the wonderful cards, gifts, flowers and greetings received on the occasion of our Ruby Wedding Anniversary.

=====

FREE

Two black plastic Compost Bins. Medium size. Free if collected. Central Sedbergh. Tel: 015396 20768

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WANTED

Garden Shed. Tel. 015396 21117.

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FOR SALE

Rosemary Conley branded Juicer/Blender, 3 speed - 2 separate functions/equipment for juicing fruit and blending soups, smoothies, etc. Selling only as a result of down-sizing! £15. Tel: 015396 25449.

=====

FOR SALE

2 matching, folding outdoor chairs; metal frames and weave-effect seat

and back of waterproof material, as new, height: approx. 90cm.
Plus 2 removable and washable seat cushions (ties for attaching), not waterproof £30. Tel: 015396 25449.

=====

FOR SALE

Pond Pump, filter and spares. £35.
Please telephone 015396-22184.

=====

FOR SALE

Plastic, multi-striped windbreak with 4 wooden poles, some minor damage £5. Tel: 015396 25449.

=====

FOR SALE

Safety/disability block step. Used only in the bathroom and now no longer needed. Non slip feet, sturdy, washable, blue/white. Size: 14" x 9" and 4" in depth. £10. Tel: 015396 25449.

=====

FOR SALE

Electric Hedge Clippers. Tel. 015396 21117.

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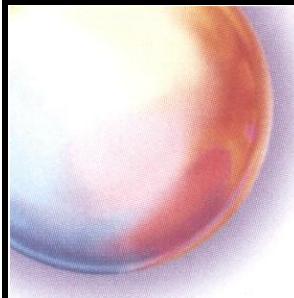
FOR SALE

100% cotton matching bath & pedestal mats. New, never used but unpacked, colour - lovat green sizes: bath mat - 29" x 20.5" and pedestal mat - 21" x 18.5" £8. Tel: 015396 25449.

=====

FOR SALE

Table cloth/mat 'bundle'. Used but in sound condition - collection for the table: 4 x heatproof place mats = 8.5" x 8", country cottage image, 10 x coasters - 4.25" square, flower images, 2 x linen napkins, approx. 14" square, 2 x linen napkins, approx. 21" x 19", 1 x tablecloth - approx. 5' x 4', £10 ono. Tel: 015396 25449.



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printers

printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448
fax 01539 730253
e-mail info@strampress.co.uk
website www.strampress.co.uk

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Dent	01/09	Mr Hyde	Dent:	25503
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	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
Dent Primary School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent *	04/16	Mrs Woof	Dent:	25212
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907

Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Labour Supporters Group	10/15	Mr Cross	01539	634139
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	08/15	Sleepy Elephant	Sed:	21770
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
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	09/15	Mrs Palmer	07584	285923
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
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
Settlebeck High School P.T.F.A.	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com	
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	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 supply details to the Lookaround Office.

EDITORS COMMENTS

My error for last month was putting in that the Clocks went Backwards instead of forwards. Lets hope you did the right thing and was not two hours out!!! (thank you to my Proof reader).

Another error was on Page 65 where the Web Site for the Walking & Cycling Group went into 'overflow' on the page. You will find it this month on Page 59.

Another two new Advertisers with us this month are Garsdale Pet & Wildlife and Wickerwalks (No relation!!). Please give them your support and mention Lookaround with any enquiries.

For many years, the Lookaround has been supported by Chris Whelan who ran his Estate Agent business on Main Street. Owing to Chris having a couple of heart attacks, he has decided to hang up his keys and retire. We wish him and Liz a long, happy but more importantly, a healthy retirement.

Another person who has supported Lookaround but more importantly our community, is Linda Greensmith who has sadly been made redundant from Age UK due to finances (see page 75) We wish Linda well in any new pursuit.

LOOKAROUND INFORMATION

The Sedbergh & District Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker & is printed by Stramongate Press. The content of The Lookaround does not reflect the views of the Editors.

Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions.

Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire).

All items for Lookaround must be sent to the Sedbergh Information Centre at

72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to

editor@sedberghlookaround.org.uk

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 is 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 or as a PDF. 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 new Adverts is 15th of every month. Renewed adverts & articles are 19th of every month.

Advertising rates have been updated: December 1991, December 1995,

March 1997 & August 1999. (over 16 years ago.)

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

words for free.

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

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

Payments by BACS can also be made.

Account: Lookaround

Account Number: 30940267

Code: 20-45-28

Reference: Invoice Number or your name or reference.

Any receipts issued for Adverts will be left in the Lookaround Tray in the Information Centre for collection.

CHILDREN'S BIRTHDAYS

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

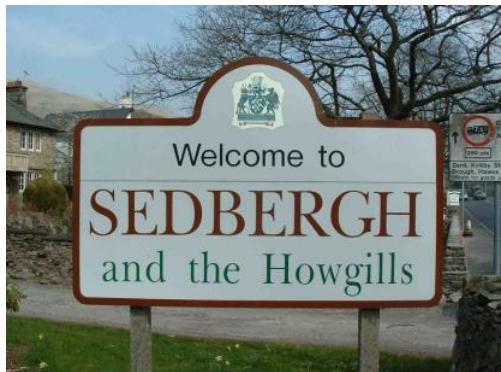
Every month, a randomly selected child will receive a £10 Gift Voucher to be used in Sedbergh or Dent from Lookaround who will receive it by post. For this reason, we require the postal address of each child. If we have no address, they are unable to receive it. If anyone or any business would like to Sponsor the Birthday Gift, please contact us. Full credit will be given.

DJW

Last Month's Wordsearch

answers

	GUINNEAPIG
CAT	HARE
COW	LION
DOG	MOLE
ELEPHANT	RABBIT
FOX	SHEEP
GOAT	TIGER
GOLDFISH	TORTOISE



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	01969 667356	
	Sleeps 2; D; CH; TVL; P; NS; DW	
Mrs Whitfield	Old Station Cottage. Station Road, Sedbergh LA10 5HP (2016/12)	20799
	Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage www.oldstationcottage.co.uk	
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11)	20360
	Self-Catering Sleeps 6-8	

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking; DA =
 Disabled Access; NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); DW = Dogs
 Welcome

DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; EM = Evening
 Meal

CW = Children Welcome; TL = Table Licence; DFB = Dairy Free Breakfast

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	564A	WDB
0815 (M)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (M)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (M)	Sat	564A	WDB
1338 (M)	1415	Sat	564A	WDB	1615	1652 (M)	Sat	564A	WDB
1528 (M)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (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 Station to Dent				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: March 2016				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1038	1732	1920						

L = Library : M = Maryfell

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

*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)

APRIL CHURCH SERVICES					
St. Andrew's Sedbergh	3rd	10th	17th	24th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC CW	HC CW SS	HC CW	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	6th	13th	20th	27th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
	3rd	10th	17th	24th	
St. Mark's Cautley	2.30pm HC	9.30am MP	9.30am HC by Extension	9.30am HC by Extension	
St. John's Garsdale	9.30am MP	9.30am MP	9.30am HC	9.30am MP	
LUNE PARISH SERVICES					
	3rd	10th	17th	24th	
Holy Trinity Howgill			2pm Joint HC		
St John's Firbank	10.30 am Joint MP			2pm Joint HC	
All Saints Killington		2pm Joint HC			
DENT & COWGILL PARISH SERVICES					
	3rd	10th	17th	24th	
St. Andrew's	10.30 am Joint Communion	10.00 am Holy Communion	10.30 am Holy Communion	10.30 am Holy Communion & Holy Baptism	
St. John's	10.30am Joint Communion @ Dent Methodist Church		2.30 pm Evening Prayer		
worship@peopleshall					
	3rd				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			Taize = Modern Chants & Choral		
MP NC = MP with Northumbrian Community			NSV = New Sedbergh Version		

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

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

Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30

Rev. H. Stuteley Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. C. Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS
Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. A. McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Mary Stainton 20426
& Dorothy Parker 20493

Killington: Jennifer Thornley 20444
& John Mather 015242 76333

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrow

Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am 1st Sunday each month
Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

Single Column 2.56" x 1"	= £7.50
Single Column 2.56" x 2"	= £10.00
Single Column 2.56" x 3"	= £12.50
Single Column 2.56" x 4"	= £15.00
Double Column 5.2" x 2"	= £15.00
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Double Column 5.2" x 4"	= £25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00
Postal per month to Britain	= £2.00
Postal per month Overseas	= £4.00

All information to
72 Main Street, Sedbergh LA10 5AD
New Adverts by 15th of every month.

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

All else by 19th of every month

Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 22nd March 2017

APRIL			
1 1700 Barrel of Fun Starts (8)	StAS	11 1915 WID Resolutions Meeting	DMH
2 1000 Spring Coffee Morning (Mar)	StJCC	11 1930 WIS Resolutions & Jacobs Join	PH
2 1900 Flicks in the Fells (5)	PH	12 Food & Drink Festival (52 & 53)	Sedbergh
4 - 6 Fire Tech Camp (87)	SS	12 1030 4 Shaft Honeycomb (11)	FM
4 1930 PH AGM (16 & 79)	PH	12 1200 Lunch Club	Red Lion
6 1000 Coffee Morning - Ladies NFU	URCR	12 1900 Garsdale PC Annual Meeting (21)	GVH
6 1030 Weaving Workshop (11)	FM	12 1915 Royal British Legion (8)	WHC
6 1700 Sheepfest '16 (text)	The Hub	13 1930 Belshazzar's Feast (16 & 79)	PH
6 1930 Friends of StAS Meeting & AGM (6)	StAS	14 0900 Open Day (Feb)	KLGC
7 1930 WIH Jewellery Workshop	FCH	14 1300 Official opening (66 & 88)	Pepperpot
8 1230 Labour Group (27)	Red Lion	14 1900 Flicks in the Fells (5)	PH
8 1700 Sheepfest '16 (19)	The Hub	14-20 Christian Aid Week (7)	Sedbergh
8 1930 British Legion Annual Dinner (8)	FM	16 1930 WIH Group Meeting	HVH
9 1500 Teddy Bears Picnic (8)	StAS	17 1400 Sight Advice South Lakes	PH
11 SS Term Starts	PH	18 1000 Coffee Morning - Christian Aid	URCR
11 1030 John Marher Photographs (11)	FM	19 1300 Medical Centre Closed for Training (20)	MC
12 1400 WIK Why Can't you play golf?	PH	21 1000 DMC Coffee Morning	DMC
13 1000 Coffee Morning - StAS Mission	URCR	21 1200 Sedbergh Gala	Sedbergh
13 1800 Yoga starts (19 & 72)	MCD	23 1300 History Society - Kendal Museum	LHCP
13 1915 WID Greenland, Ice Cap & Icebergs	DMH	23 1930 Duck Race & Coffee Evening	HVH
13 1930 WIS Craft Miscellany	PH	24 1030 Flowers in Watercolour (11)	FM
14 1200 Lunch Club	Red Lion	25 1000 Coffee Morning - Firbank Church	URCR
14 1915 Royal British Legion (8)	WHC	27 SS Half Term Begins	
14 1930 Sedbergh Parish Council (24)	PH	27 1800 Annual Summer BBQ	FCH
15 1900 Annual Vestry & Church Meeting & Supper	PH	29 Sedbergh Music Festival Starts	Sedbergh
16 Wickerwalk (16)	Sedbergh	30 Spring Bank Holiday	
16 1930 Old Time Dance (16)	PH	30 1000 Family Fun Day & Car Boot Sale	Dent
17 Wickerwalk Workshop (16)	Sedbergh	30 1900 Howgill Duck Race	HVH
17 1600 Messy Church (17)	SMH	31 1030 Age UK Walk - Orton (86)	PH
JUNE			
19 0930 Meditation Centre Drop In starts (19 & 72)	MCD	1 1000 Coffee Morning - Middleton Church	URCR
19 1400 Sight Advice South Lakes (5)	PH	2 1030 Shadow Weaving (11)	FM
20 1000 Coffee Morning - North West Cancer	URCR	2 1930 WIH Members Evening	FCH
20 1030 Silk Collage (11)	FM	4 1000 STAD Coffee Morning	DMH
20 1300 Medical Centre Closed for Training (20)	MC	4 1900 Flicks in the Fells (5)	PH
23 St George's Day	DMC	4 2000 Dentdale Choir (51)	SIAS
23 1000 DMC Coffee Morning	SSPS	5 SS Half Term Ends	
23 1200 Spring Concert (55)	PH	5 1230 Choral Workshop & Post Concert (55)	HTCC
23 1300 Spring Show (1)	STAD	8 WIS Summer Outing	TBA
23 1930 Dentdale Choir Concert (23 & 51)	PH	8 1000 Coffee Morning - Garsdale Church	URCR
25 1930 Searching for Swifts (25 & 76)	PH	8 1030 History Society - Little Salkeld	LHCP
26 1030 Age UK Walk - Smardale (86)	PH	8 1915 WID RSPB Leighton Moss	DMH
27 1000 Coffee Morning - Garsdale Village Hall	URCR	9 1200 Lunch Club	Red Lion
28 1930 Gym & Fitness Centre AGM (60)	PH	9 1915 Royal British Legion (8)	WHC
29 1000 Mindfulness starts (19 & 72)	MCD	11 1100 Sing Joyfully (55)	Kirkby Lonsdale Church
30 1100 Drop In Meditation (19 & 72)	MCD	12 Sedbergh Music Festival Ends	Sedbergh
30 1400 Danceathon (30)	BVH	14 1400 WIK How to Drop a Brick	PH
MAY			
2 May Day	PH	15 1000 Coffee Morning - WIH	URCR
2 1800 Northern Harmony Concert (42 & 54)	URCR	15 1900 Town Band Concert	CHI
4 1000 Coffee Morning - Headway (44)	URCR	18 Sedbergh Cycling Festival (58)	Sedbergh
5 0700 Local Elections	HTCC	18 1930 Old Time Dance (16 & 79)	PH
5 1930 WIH Genealogy	HTCC	19 Fathers Day	
5 1930 KL Choral Society Concert (55)	HTCC	19 Sedbergh Cycling Festival (58)	Sedbergh
6 1900 SPS PTFA Auction (46)	SPS	21 1200 Sight Advice South Lakes Lunch (5)	TBA
7 1000 STAD Coffee Morning	DMH	21 1230 History Society - Constable Burton	LHCP
7 1030 Toothbrush Rag Rug Workshop (11)	FM	22 1000 Coffee Morning - Town Band	URCR
10 1400 WIK Resolutions & Hedgehogs	PH	22 1300 Medical Centre Closed for Training (20)	MC
10 1930 Sedbergh Parish Annual Meeting (24)	PH	23 European Referendum Vote	
11 1000 Coffee Morning - Oral History Society	URCR	25 1000 DMC Coffee Morning	DMC
		28 1030 Age UK Walk - Semerwater (86)	PH

COVER PICTURE
Fell End overlooking
Cautley & The Howgills
Julie Tunstall

29	1000	Coffee Moring - WIK	URCR
30		WIH Summer Outing	
JULY			
1	0930	The Big Sing (55)	SSPS
2	1000	StAD Coffee Morning	DMH
2	1900	Flicks in the Fells (5)	PH
4	1030	American Braided Rugs (11)	FM
6		SS End of School Year	
6	1000	Coffee Morning - URC	URCR
7	1930	WIH Tai Chi	HVH
12	1300	History Society - Dalemain	LHCP
13	1000	Coffee Morning - British Legion (8)	URCR
13	TBA	WID Summer Outing	TBA
13	1930	WIS Is It True Miss?	PH
14	1200	Lunch Club	Red Lion
14	1400	WIK TBC	PH
14	1915	Royal British Legion (8)	WHC
20	1000	Coffee Morning - People's Hall	URCR
20	1300	Medical Centre Closed for Training (20)	MC
22	1030	Quiet Day (Feb) (Date Changed)	StMC
23	1000	DMC Coffee Morning	DMC
25-29		Holiday Club (Text Feb)	PH
26	1030	Age UK Walk - Arnside (86)	PH
27	1000	Coffee Morning - Garsdale Village Hall	URCR
AUGUST			
3	1000	Coffee Morning - Vacant	URCR
4	1930	WIH Quilling Demonstration	FCH
6	1000	StAD Coffee Morning	DMH
9	1030	Become a Weaver (11)	FM
9	1930	Domino Drive	FCH
10	1000	Coffee Morning - Howgill Church	URCR
10	1030	Become a Weaver (11)	FM
10	1915	WID How to Drop a Brick	DMH
10	1930	WIS Balancing a Pulse of Life	PH
11	1200	Lunch Club	Red Lion
11	1915	Royal British Legion (8)	WHC
17	1000	Coffee Morning - StAS Mission	URCR
20	1000	DMC Coffee Morning	DMC

The Happy Dog Walking Co.

-  Morning and afternoon walks available
-  Pick up and drop off at your home
-  Discount available for daily walks or two dogs from the same home
-  Fully insured

For further details,

please contact Gemma on 07810 833 478

DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CHI	= Country Harvest Ingleton
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Church
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HTCC	= Holy Trinity Church Casterton
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLGC	= Kirkby Lonsdale Golf Club
KLL	= Kirkby Lonsdale Library
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MCH	= Mansergh Community Hall
PH	= People's Hall
QG	= Queens Gardens
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJCC	= St Johns Church Cowgill
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
SSAT	= Settlebeck School Academy Trust
SSPS	= Sedbergh School Prep School Casterton
URC(R)	= United Reformed Church (Rooms)
WID	= Women's Institute, Dentdale
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery by appointment only - Monday

Practice Nurses Clinics

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

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

Blood clinic

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

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

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

When we are closed please ring 111 or 999 if appropriate

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Evan Hurst,
Katie McKay & Sarah Boom (Hygienist)
Monday to Friday 0900 - 1700
Saturday * 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900
Wednesday 1000 - 1230 1400 - 1700
Friday 1400 - 1700
Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900
Saturday 0900 - 1400

SEDBERGH & 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

SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

www.cumbriaruralcab.org.uk

PENSION SERVICE SURGERY

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

Age UK SL @ Sedbergh Library

3rd Wednesday every month

2 pm to 3 pm

01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

101 or 999

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)
Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *
1400 - 1500 *

Other times by appointment only *

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY