

Sedbergh & District **LOOKAROUND**

May 2018

Issue 365

Donation £1

Welcome to another bumper issue of your dedicated Newsletter.

The new Lookaround Team is gathering momentum and trying to understand all the quirky things I do to get each issue into print.

As my last 7 issues are put together, the new Team will start to integrate so when 2019 comes, you will not see the join. They have my full support so thank you.

Dennis & Jacky Whicker

Sedbergh Parish Council would like to invite you to the

Annual Parish Meeting



To be held at the
People's Hall, Sedbergh
Tuesday 15th May at 7.30pm

This is **YOUR** meeting and an opportunity to come along and discuss what has been done during the last year and have your say on what you would like to see happening in the future.

We aim to finish by 9.30pm. Refreshments will be provided.

CLOSING DATE: 15th of every month for everything

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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2	Oliver WOOF	11
5	Max TOWNLEY	8
7	Charley DEAN	7
8	William DAWSON	10
11	Harry DOBSON	6
13	Solomon JAMES	10
14	Ella LEWIS	10
15	Elsie WOOF	8
19	Rex GARDNER #	4
20	Avie CLEMENT #	9
23	James MOFFAT	10
27	Jack DAWSON	10
29	Olivia DAVIES #	7
31	Maggie HOSKER	9

Weekly Coffee Morning		
Cornerstone Community Church		
Main Street, Sedbergh		
10 am to 12 noon		
May		
2nd	Holiday Club	
9th	Firbank Church	
16th	Christian Aid	
23rd	Ladies NFU	
30th	COGS	

USEFUL TELEPHONE NUMBERS		
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01539 728180		
Electricity in any area		
105		
Medical in any area		
111		
Pension Service Surgery		
Stricklandgate House every Tuesday 1400 - 1600		
01539 795000 or 0845 6060265		
Police in any area		
101		
Sight Advice South Lakes		
01539 769055		
South Lakes Citizens Advice Bureau		
03444 111 444		
South Lakeland District Council		
01539 733 333		
Yorkshire Dale National Park		
0300 456 0030		
<i>If you would like to see any numbers listed here, please let us know.</i>		

TOUR DE YORKSHIRE STAGE 3 RICHMOND TO SCARBOROUGH – SATURDAY 5 MAY 2018

Philip Smith

On Saturday 5 May, Stage 3 of the Tour de Yorkshire runs from Richmond to Scarborough and passes through Leyburn, Bedale and Northallerton. Huge crowds are expected, as there were for the Tour de France when held in this region. A prime viewing place will be in Leyburn which, if the Tour de France day is anything to go by, will be extremely busy! The race will come through Leyburn at about 1.30pm.

For people coming from the Upper Dales – Hawes, Askrigg, Reeth, Sedbergh, etc – the Wensleydale Railway will be offering a FREE park and train ride from Redmire to Leyburn, with shuttle trains operating from 10am until 4.30pm (journey time about 15 minutes).

There is no need for passengers to book – just turn up on the day at Redmire Station (a little way to the East of the village – for Sat Nav DL8 4ES) to catch one of the 10.00, 1045, 11.30 or 12.15 trains to Leyburn Station, which is right on the course of the race in an excellent viewing position. Or you can walk up into the town, where there will be plenty of action!

There is room for a few cycles on each train; if you want to be sure of a place for a cycle, you MUST pre-book by telephoning or emailing the Wensleydale Railway office and a special free ticket will be sent to you.
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Email:



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admin@wensleydalerrailway.com
Refreshments will be available at Leyburn Station.

Return trains are at 15.00, 15.30, 16.00 and 16.30

This service is provided by Richmondshire District Council and the Wensleydale Railway Association (Trust) Ltd.

There will be no charge for parking or for travelling on the trains, though we will be asking for donations, which are entirely voluntary. Please note that the normal Wensleydale Railway service will not be operating that day, due to the race crossing the line at two of the level crossings.



Loss Grief & Care of the Bereaved

*A one day training course to provide
a basic understanding of loss and the process of grief,
and to look at ways in which bereavement support might be offered
to those who have lost a loved one.*

Saturday 5th May

Cornerstone Community Church, New Street

9.45 – 3pm

Open to anyone, but booking required for catering and providing handouts.

To register or for further information please contact Janice Rusling 20229

INVADERS FROM MARS OR DISNEYLAND?

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

The Official Bit: There wasn't a meeting of Garsdale Parish Council in April, but I am pleased to be able to congratulate all the current councillors on their uncontested re-election for another 4 year term, details are on the website and the noticeboard. Council would also like to thank Highways for finding a bit of loose change down the back of the sofa and facilitating some desperately needed emergency repairs to The Old Road and Grisedale Road.

Although much more needs to be done, these roads are now reasonably passable.

The 2 sets of temporary traffic lights are still in residence which council have now decided that they are not an inconvenience after all, as they do slow down the errant bikers who are now invading the dale, following the improvement in the weather.

Our next meeting is a marathon on May 17th in the village hall, starting at 7.00pm. This is the Parish Meeting where Garsdale residents can air their views and catch up on events that have occurred over the past year, followed by the AGM and ends with an ordinary council meeting.

The unofficial bit: I had to rub my



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eyes a couple of weeks ago as there appeared to be an invasion of little green men in Garsdale! My conspiracy theory, 2 months ago, that a mother spaceship was teleporting council workers, reconfiguring them into sloths and returning them to Earth, seemed to be coming true. My excitement was palpable, were these really invaders from Mars? That got me thinking, if a planet can be named after a confectionary bar, along with The Milky Way and Galaxy, why couldn't Mars or Cadbury's be approached for sponsorship deals and rename all the planets after their products? The moon could be called "Cadbury's Cream Egg", especially as they've introduced a white chocolate version. The myth could be that the moon isn't made of cheese, just chocolate. That would get the kids and chocoholics excited! Perhaps "The International Space Station" could be called "Wall's Ice Cream Station" and visiting Apollo spacecraft could be renamed as a series of "Magnums"? I'm sure Disney would also be interested, after all they already have a planet named after one of their characters: Pluto, and it would be a relief to rename Uranus into something less salacious, such as "Goofy", which would still be memorable, but also stop spotty schoolboys sniggering in their astronomy books whenever Uranus was mentioned. Imagine, next time there was a successful moon landing, visiting astronauts, descending from their spacecraft, could be greeted by a large banner, welcoming them to the "Land of the Cream Egg: Sponsored by Cadbury's", directing

them to the hospitality marquee, where complimentary products would be on show! The possibilities are endless and just think of the amount of money that could be gleaned from such deals that could be ploughed into our NHS or local councils, which brings me back to the invasion of little green men in Garsdale. Heart pounding with excitement, I rushed over to welcome our visitors from Mars, only for it to end with bitter disappointment as I realized that they were just council 'workers' sporting shiny, brand new, Hi-Vis jackets. At least we now know how our 5% increase in council tax is being spent! Ah well, I think I'll pop into Spar, I hope they have Magnums on offer, all this ruminating has awakened a craving!



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TIM FARRON MP

Well we are in the final run up to the elections for South Lakeland District Council on May 3rd.

It is often said that you only see politicians around election time but, as I hope most of you have realised, you can rely on seeing me many more times than just around elections. Mind you given that everywhere in South Lakeland now has multi-member wards with at least one member up for election every year we are more or less in a continual election period. Something that has been the case for you in Sedbergh and Dent for quite some time now. With the result that there is no time when you can feel safe from the prospect of me knocking on your

door to ask you what issues you would like us to be working on over the coming months. Actually I do rather think that this is how it should be. You should feel that you can easily access the people who represent you as your MP or your councillors on SLDC or Cumbria County Council. Even on Sedbergh Parish council.

This past month I have been knocking on minister's as well as your doors. In a Parliamentary question session at the beginning of March I asked the Business Minister Andrew Griffiths if he would meet with me to discuss what the Government could do to support small businesses in this area. In particular what they could do to improve our broadband speeds,



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our roads and our rail services. The figures I see from Government suggest that our economy is doing better than many but people tell me that this is despite Government investment and support, not because of it. I had quite a constructive meeting with the Minister but I am hoping for a bit more than fine words. Let's see what happens.

I might sound a bit sceptical about Government figures, that is because I had a meeting with representatives from organisations involved in poverty across the whole of the constituency the other day. I was shocked to learn to that nearly 2,200 children in this area are now living below the poverty line. That is one in seven of our children. In an average primary school class that is about 4 children. The numbers of people using the food bank in Kendal has risen by over a third over the past 12 months. And



this is before the Government rolls out Universal Credit to our part of the world. Something which has almost always resulted even more problems for families who need this support.

I heard some of the heart breaking stories and as a result have put together a 5 point action plan. We are calling for things like bus passes for the under 25's and the end to the

sanctioning of people for missing appointments, something which leaves them with no money for food that week. We have to make progress on this as I just cannot live with the idea that as many children as that are living in poverty around here.

As ever if there is anything I can do to help please do get in touch either email tim@timfarron.co.uk or call us on 01539 723 403.

And whoever you vote for, please remember to vote on May 3rd. Thanks for your support.



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SIGHT ADVICE SOUTH LAKES

Sue Harper

At our meeting on the 20th March, several members were absent due to ill health or the cold weather. We wish them all well and hopefully by the time of our next meeting the weather will be more springlike!

Dennis welcomed Tim Ward and Julie Halford who were visiting us from the Kendal office. Julie spoke first - her job is to support the volunteers in the various groups. Amazingly, there are 145 volunteers in this area. Julie is responsible for carrying out DSB checks and running workshops. Finding new volunteers is still a challenge. Even just a few minutes away can be a big help.

Tim is in charge of Assistive

Technology-technology which can help sight impaired people with tasks they would otherwise find difficult. High Street technology can be easy to use and not particularly expensive. He demonstrated the use of the Alexa gadget, which can read books, play music, relate bus timetables, tell the time and many other useful functions.

Some of us had bought a variety of objects of interest. These included knitting sticks as used by the "terrible" knitters of Dent, "Scotch Hands" used in butter making, a London Underground train key, a genuine "tickling stick" awarded to Jenny by the late Sir Ken Dodd and a beautiful, hand crafted wooden bowl from Bahrain.

Zander transported us back to the

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London Blitz and the blackout with a blast from an ARP Warden's whistle.

At our meeting in April, we began by observing a minutes silence in memory of May Pruce who sadly died recently. May was one of the founder members of Sight Advice at Sedbergh and rarely missed a meeting. Unfailingly cheerful and optimistic, she will be very much missed.

Dennis kindly agreed to enlighten us on the subject of the Freemasons, of whom he is a member of 23 Lodges in and around the Province of Cumberland & Westmorland. Formerly a rather secretive organisation, it is now much more open.

The movement began in London as long ago as 1717, when Masons met

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at the "Goose and Gridiron" public house with the aim of helping out members who had fallen upon hard times during those harsh pre-welfare state days. Nowadays, the aim is to teach morals and principles and raise money for charity. For example, the Scouts, Community Office and the Town Band have received charitable help as well a Donation to Sight Advice.



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The Masonic Lodge in Sedbergh is called Winder Lodge and was formed in 1919. One of the Founder Members was Mr Gladstone, who was Chairman of the Sedbergh Parish Council at the time, The present Grand Master is the Duke of Kent.

We were shown some of the colourful and impressive regalia involved.

Many thanks to Dennis for opening up what was previously very much of a 'closed book' where some of us at least were concerned! A fascinating afternoon.



FRIENDS OF QUEENS GARDENS

Ann Parratt

Have you visited Queens Gardens recently?

Why not come on Saturday 12th May from 3pm onwards to listen to the Town Band play and enjoy a cup of tea and a cake kindly baked by the Friends of Queens Gardens? Bring your family and friends, everyone is welcome. This is a free event, but donations will be gratefully received.

We would love to show you the progress that is being made to bring this historic garden back in part, to its former glory, with the excellent help of the Parish Council. There are great plans ahead, and a lot of hard work, but the result will be a relaxing and peaceful place for us all to enjoy. ☼

SEDBERGH & DISTRICT CHRISTIAN AID

Anne Pitt

On behalf of Sedbergh and District Christian Aid committee.

This month has our major fund raising effort of the year with Christian Aid Week taking place from the 13th to 19th May. This year the charity is focussing on its work in Haiti with local *Haitian* partner *Koral* (Konbit

pou ranföse aksyon lokal, or Gathering for the strengthening of local actions) as an example of the kind of projects it is able to facilitate through the money it raises. A major target is to build more disaster-proof homes to protect Haitians from the damage of hurricanes. Following the terrible earthquake of 2010 Christian Aid built 700 houses and of these just one needed to be repaired after Hurricane Matthew struck in 2016. You'll find the stories of the impact of the earthquake and hurricanes on some of the local people affected by them online and in the other publicity materials during Christian Aid Week. However these are a few snippets of background of three of the people involved.

Vilia lost her mum and her home when the earthquake struck Port-au-Prince in 2010. Bereaved and homeless, she went back to her home town with her husband and children. But life was a struggle, and they had nowhere safe to live. Christian Aid partner KORAL built her a new home that was strong enough to stand up to natural disasters.

On the terrifying night when Hurricane Matthew hit, Vilia's

THE FRIENDS OF QUEENS GARDENS

invite you to TEA & MUSIC in the Gardens

Saturday 12th May

starting at 3pm

There is no charge but donations to both the Town Band and The Friends of Queens Gardens will be gratefully received

Everyone Welcome!

For further information call 015396 20964





CHRISTIAN AID WEEK

13 - 19th May 2018

In Sedbergh and District.

Coffee Morning

Wednesday 16th May
from 10am

CCC Rooms, Main St.

with bric-a-brac, home-baking, etc.

Also door to door collection in the district throughout the week

neighbours fled to shelter with her. As the storm raged, she shared her home with more than 50 of her neighbours for several days. Despite the ferocity of the hurricane, which swept away surrounding homes, her house was barely damaged.

Vilia allowed her home to become an emergency shelter when Hurricane Matthew struck Haiti. She is incredibly grateful for the help she's received but worries about those without a secure home.

Jocelyne lost everything when Hurricane Matthew tore through Haiti, her home, animals and safety. She was forced to live 'in mud', with only a tarpaulin between her and the elements. When the tarpaulin shook

in the wind, it sounded like another hurricane.

Even now, her new home – made of sheet metal, wood and tarpaulin – is not secure. Once, she says, a man told her that if he wanted to hurt her, he could just rip through the tarpaulin wall. It's hard not to feel threatened.

Jocelyne has shown incredible resilience, but her makeshift home would offer no protection in the event of another hurricane.

With hurricane season set to arrive in June, Jocelyne and thousands of other displaced people are in grave danger.

Marcelin lost his home and livelihood when Hurricane Matthew hit Haiti in September 2016. 'I lost

ROYAL BRITISH LEGION

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

Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.

You do not need to have served in the Armed Forces to be a member.

Membership costs £17.00 - call 20536 or 20964 or email: jd@jdifa.co.uk or dmparratt@gmail.com for a form.

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



pigs, goats, everything in the house. I have nothing left,' he says.

He now lives in an old concrete shower block, a tiny space he shares with his teenage daughters. There are no windows or doors, and the only furniture is a single bed that the girls sleep on.

Every day he gets up at dawn to work the land but he's struggling to support his family. The changing weather frequently destroys the food he grows and his family often go hungry.

He can no longer afford to send all his children to school and is unable to save any money for a new home.

Will you #StandTogether with your global neighbours like Jocelyne and Marcellin and [give a donation](#) to help build a disaster-proof home in Haiti?

Here in Sedbergh we're hoping to continue in our local tradition of generosity and care for others through our support of Christian Aid's projects so during Christian Aid Week

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there will be volunteers going out on the door to door street collections. If you are able to lend a hand please get in touch with one of the committee members – each church in the district has a representative so we are easy to find. The job just involves dropping off an envelope at each house or flat in a street, usually one in which you live or close by so it's easy to get round and then calling back a day or two later to pick it up. If a couple of friends or family work together it is soon done.

There will also be a coffee morning in the CCC rooms, Main Street, Sedbergh on Wed 16th May with bric-a-brac and cake stalls and contributions to these will be most welcome.

Looking forward to your help and support.

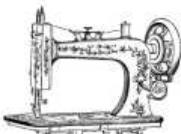


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Barbon & Middleton Branch
North West Cancer Research

7pm

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Barbon Village Hall

tickets £10 *including* Tea/coffee and light refreshments

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Contact Sue Thornber 015242 76343

email lindleythornber14@gmail.com

SEDBERGH & DISTRICT HISTORY SOCIETY

Phil West

History of Holme Mill
On Wednesday 7th February an enthusiastic audience gathered in Settlebeck School Hall to hear Geoff Pegg deliver a highly interesting illustrated talk on the history of Holme Mill, from its first use as flax mill in the early 1800s through to its eventual closure in 1975.

It is generally believed that there had been a corn mill on or near to the site of Holme Mill for many centuries before, probably operated in association with the nearby Jolly's Farm. Then the site was purchased by Waithman & Co. who were a wealthy Quaker family from Yealand. Early plans for the proposed Mill show that the Waithman's had significant influence by arranging for the re-routing of the Lancaster Canal to pass by adjacent to the Mill site.

Waithman & Co. commenced operations as a flax mill in 1819 and were the first mill in the UK to introduce mechanised yarn spinning machinery.

In addition to building the mill the Waithmans also built houses for their workforce to live in, thus establishing Holme Mills as a centre of population in itself, albeit connected to Holme by road.

In the ensuing years the workforce steadily increased, with a large number of Irish immigrants swelling the numbers, and eventually in 1859 the flax mill was sold to an Irish businessman for the grand sum of £775.

However, in 1862 a fire started at 2 separate locations within the mill complex, coincidentally at almost the exact same time, and despite the best efforts of the local firefighters of the day and the mill workers the mill was destroyed. Whilst it was strongly

suspected that the fire had been deliberately started by an employee at the behest of the owner, and indeed a hearing was convened to investigate said employee's behaviour in the period leading up to the fire, insufficient evidence was provided to convict anybody of wrongdoing and consequently the mill owner received an insurance settlement of £19,000, quite a profit on his original investment less than 3 years earlier!

At this time the mill went out of business and remained empty for around 2 years, at which point it was then bought by Edward Shepherd & Sons.

Edward Shepherd had retired as prison governor at Wakefield Gaol

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**Wednesday 16th May
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will be closed for Training Purposes at 1pm on the following afternoons:-

Wednesday 16th May
Thursday 14th June
Wednesday 11th July
Wednesday 12th September



earlier in 1864 and purchased the mill for his son Francis to run on his behalf. Interestingly, a total of nine of Edward's relations were also prison governors in Yorkshire at some point, although the Shepherd family also had other interests including a mill situated in Dundee.

Edward & Francis converted the flax mill to one which made coir or coconut matting and there is a suggestion, albeit non-proven, that some of their workers were ex-prisoners brought from Yorkshire as they had made coconut matting whilst in prison. However, there is evidence to show that there was a significant influx of skilled weavers from Yorkshire (Heckmondwyke, Liversedge, and Gomersal) in the 1890s although these may well have been carpet weavers as Shepherd & Sons did start a limited amount of carpet weaving around this time.

In 1916 William Goodacre Ltd, who had their headquarters at Victoria Dock in London, purchased the mill. Goodacres were at that time the biggest importers of coir matting in Europe, and possibly the world. Upon taking over the running of the mill

they retained the same workforce, including the managers at the time, whilst they kept a watching brief over the operations from their London HQ. The mill suffered another major fire during the 1960s which gutted the main building, but this was renovated and production was restarted.

The mill continued to produce matting right up until its final closure in 1975, although it had also moved into the manufacture of plastic matting by that time. When it closed down the mill was only employing about 30 people, compared to several hundred when it was a flax mill and between 200 and 300 at the height of coir matting production.

Upon closure the site was purchased by local garage owners

Eric and Dennis Towers, and it is currently a site containing a number of small businesses.

An interesting and entertaining evening had been enjoyed by all present, due in no small way to Geoff's knowledge and passion for all things to do with Holme. ☺

LENT LUNCHES

Anne Reed Screen

A very big thank you to all who helped with Lent Lunches, whether it was making soup, helping or enjoying the soup and a natter.

£640 was raised which will be divided between St John's Hospice and Manna House. Once again thank you to everyone who participated. ☺



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Tickets and catalogues are available from Sedbergh Primary School, the Information & Book Centre and Sedbergh Mini Market. If you are unable to come to the auction, please see the catalogue for details of how to place an absentee bid.

CITIZENS ADVICE

Karen Evans

I am over 25 and entitled to the National Living Wage, but I suspect I am being underpaid. How can I find out if I'm being paid the right amount, and claim what I am owed from my employer?

If you think you've been underpaid, act quickly, as it's harder to get your money back after three months.

Check your payslip and ask your employer to explain anything you don't understand. Tell them why you think you have been underpaid. If there was a genuine mistake, you should be repaid immediately.

If your employer refuses to pay, you can formally raise a grievance, either

by writing a letter or following your company's grievance procedure.

If this still doesn't work, contact the Advisory, Conciliation and Arbitration Service (Acas), who will see if your employer will agree to a conciliation process, rather than go to court. Otherwise you can take your employer to a tribunal, but think carefully because a tribunal claim can be expensive and stressful.

If you need any advice or guidance through this process, contact your nearest Citizens Advice. Please note that from 1 April 2018 the opening hours at Windermere will be reduced, but contact details remain the same.

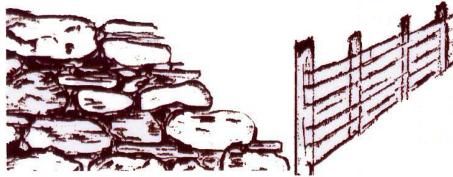
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CITIZEN'S ADVICE

I have a long-term health condition but I recently had my Personal Independence Payment (PIP) reduced after a re-assessment. I want to challenge the decision - where do I start?

The first stage is known as mandatory reconsideration. Write to the Department for Work and

Pensions (DWP) within a month to take a second look at your assessment decision.

List all the reasons why you don't think your PIP award should be reduced, with evidence such as practical examples, medical records and supporting letters from specialists who are treating you. You can submit evidence separately later if necessary.

You'll receive a Mandatory Reconsideration Notice which says if your request has been successful. If it is, your original award will be reinstated and your payment backdated.

If you're unsuccessful, you could choose to progress to the second challenge stage, where you take your case to appeal tribunal. For help filling in the tribunal form and preparing for your hearing, contact your nearest Citizens Advice or visit the website. Please note that from 1 April 2018 the opening hours at Windermere will be reduced, but contact details remain the same.

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HOWGILL AND FIRBANK WI

Audrey Hoggarth

The April meeting was held at Firbank church hall. As the March meeting was cancelled due to the adverse weather conditions, it was catch up time with the usual mix of business, discussion, future events and fun. President Bridget Postlethwaite welcomed members and our visitors, Colin and Mary Kendall.

Colin had come along to speak about the job he does as a voluntary blood biker. Since the age of 14 he had an interest in motorbikes so he was more than keen to join the band of volunteer riders to courier urgent medical supplies to hospitals.

Bikes are a perfect form of transport

as they can progress through traffic in busy times. Volunteers work out of hours including bank holidays and Christmas day, day and night, saving hospitals substantial sums of money and saving lives. This success is down to a combination of teamwork carried out by the North West Lancashire and Lakes blood bikes. Not forgetting the controllers you have an important role handling phone calls and instructing bikers. Dilys thanked Colin for a most interesting talk, filling us in on what's involved in this vital service.

The competition for a Spring Photograph was won by Audrey with Christine second. Three members won the social by spotting the Signs of Spring from the anagrams. We

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couldn't give Colin all the credit could we. As most of you know, come rain or shine, Mary can be found on her stall on Wednesdays Sedbergh Market. Over the past seven years she has raised an amazing £41,000 for MacMillan and The Christie Hospital.

We meet again on 3rd May at Howgill Village Hall at 7.30pm when Laura Harker will be demonstrating Quilling. Visitors and new members will be given a warm welcome.



SEDBERGH WI

Moira Folks

On 22nd March the weather was kind again to our walking group, allowing them to complete a walk from the Junction 36 Auction Mart, along the



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canal to Crooklands, then past Preston Patrick to Endmoor; finally they went over the top and down the canal back to the Auction Mart. Lunch at the Hideaway Café followed with a planning session for their upcoming 4-day walking holiday in Pickering, North Yorkshire, where they are looking forward to sharing the company of 4 former members of Sedbergh WI.

The Sedbergh Spring Show on March 24th brought success in individual classes to some of our members, including a cup to Dorothy Gerrard, but special congratulations go to Killington WI who won the WI Cup again! Killington also put on splendid refreshments in the committee room with contributions and some help from our WI members. Thanks and congratulations also go to all members of the Spring Show Committee who work so hard to provide a showcase for the very

talented members of the Sedbergh and district community.

"Your Bladder and You!" was the rather surprising title of our monthly meeting on April 11th. We were honoured to welcome as our speaker a world authority on the female lower genito-urinary tract (which consists of the bladder and the urethra), who also happens to be a much-valued member of various organisations in Sedbergh. After a brief review of his career - the last 33 years being a consultant clinical surgeon at St Mary's Hospital, Manchester, in the uro-gynaecological unit - Gordon Hosker kept us enthralled with his illustrated, down-to-earth talk about how the bladder works, why things may go wrong, and how they can

often be put right. Perhaps the most significant piece of advice he gave us was that if we experience 'leakage' from the bladder we should not just accept it merely as a consequence of aging, diabetes, MS or dementia and reach immediately for the incontinence pads (as the advertisers would have us do!): we should instead seek medical advice because the bladder can be retrained and exercises can be taught to strengthen the pelvic floor muscles, for example, to alleviate the condition. Certain drugs and surgery can also help. Many thanks go to Gordon for his fascinating, lively and often humorous talk.

Although the reviews on the cover of our book club choice for the month

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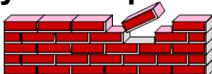
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promised some humour, Karen Joy Fowler's novel "We Are All Completely Beside Ourselves" was not considered as amusing as predicted by some in the book group. To say anything about the plot would be to give the story away: suffice it to say that the scores given for the book varied from 4 to 8, averaging 6/10. If you enjoy psychological novels with an ethical component, this could be for you. If you are annoyed by American novels, it probably isn't!

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What we all agreed on though, is the superb quality of Valerie's luscious fruit cake made with puréed apricots that followed our discussion: thank you for hosting our meeting, Valerie!

At our next meeting, on May 9th at 7.30pm in the People's Hall committee room, Jackie Hooley will be talking to us about the important work of the First Responders . Visitors and new members can be sure of a warm welcome. (Our

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business meeting following refreshments will be voting on the annual WI Resolution, this time concerning mental health issues, which will be put forward for discussion at the National Annual Meeting in Cardiff in June 2018, so members are requested to refresh their memories of this by rereading the article on page 19 of the April 'WI Life' magazine.)



DENTDALE WI

Pat Allen

Travelling into Dent from Sedbergh for the meeting, was a delight with all the roadside daffodils out in full flower, heralding Spring.

The meeting started as usual with

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singing of Jerusalem. Rita Corpe was in fine form on the piano and the members in quite good voice too!

The hosting by Dentdale of the Lune Valley Group meeting on Monday 21st May was uppermost on the Committee's mind. It promises to be a good evening with entertainment provided by the Ukulele Band and with refreshments. Dentdale members were urged to volunteer baking and a list was out on the information table. It is a chance we have once a year to get together with other WI members in the group.

The summer outing in June is still under discussion and at the moment, starting with a coffee at Fell Foot Park. The exact venue will be revealed at the next meeting!

Ideas for Fund raising were talked about and Air Ambulance came out again as a worthy recipient. In a thank you letter for last year's donation, Air Ambulance mentioned a few facts in that it cost £5.1 million per year to finance and 1,042 missions had been completed. They are always grateful for any donation and even little amounts add up.

Thelma and Catherine gave a resume of the Federation Council meeting in March. The most significant fact however, was that Dentdale was awarded certificates celebrating 75 year's of WI life in the Dale from both National and Cumbria Westmorland Federations.

Craft meetings are still happening on alternate Mondays naturally



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excluding Bank Holidays. Everyone welcome as even without a craft Sue Owen has ideas for making items that could be made up for sale at the July mini market.

Then over to our Speaker Philip Caine who since retirement, has turned to writing and his books were displayed and also for sale. His life story was truly fascinating! Philip was born in Barrow and from School, was expected to join the ship building firm along with most of his contemporaries, however, he chose to train as a chef and started his working life in hotel catering. From here he moved into the world of offshore oil rigs in the north sea. He described cooking for a mixed nationality crew with overcooked

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roast lamb for the English, but keeping it pink for the French! Through his working life he has always had an eye for detail. Philip's career spanning thirty years has seen him operating projects across three continents where his expertise in planning took him to many remote and hazardous locations such as Algeria, West Africa, Kazakhstan and Russia. The end of the Iraq war in 2003 took Philip to Baghdad delivering full support for over 30.000 troops on nine separate locations throughout Baghdad and Northern Iraq where he ended up working the project for almost seven years.

His fast flowing delivery about the twists and turns in his career, were always interesting and very enjoyable.

The meeting ended with the usual tea and a delectable selection of biscuits made by Margery Haygarth. Philip Caine chose Sue Owen's entry

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for the competition as overall winner and Sheila Richards won the raffle prize.

The meeting next month is on the 9th May in Dent Memorial Hall. A warm welcome awaits newcomers and friends who would like to join us. ☺

KILLINGTON WI

Valerie Cann

Susan Sharrocks, President, welcomed everyone on yet another dreary day. After singing our welcome song, Susan announced one of our members who was with us this afternoon, was celebrating a birthday today, so we launched into "Happy Birthday" in honour of Maggie l'Anson. Another member, Eileen

Wilkinson, also celebrates her birthday this month.

The Record of last month's meeting was approved, followed by Matters Arising. Susan thanked the members of both Killington and Sedbergh' WI's for their assistance at the Spring Show – in the kitchen and assisting the Judges. One of our members, Margaret Fearnhead, won the Art Cup and shared the "Most Points won" Shield. Thanks to Margaret's efforts and that of other members, Killington retained the WI Cup.

We are looking forward in May to going to Dent WI who are hosting "The Lune Valley Group WI Meeting". Some members have been working on our competition entry. The WI Newsletter was read through and several items pointed out to the members. Marion Wood is our area representative at the Annual Federation Meeting in Cardiff.

Then it was time for Susan Sharrocks to introduce our guest speaker, Nicky Smith, who told us about a Community Project she has been involved with called "Joining the Dots" She has encouraged communities in towns and villages in

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the area to come together and visited Sedbergh last year when she spoke to "Tea and Company". Since then things just snowballed. She worked with Sedbergh Primary School and Mr Towe, the Headmaster was very encouraging of what she got the children doing. She showed us a banner which the children had done. She produced paints and the children were very tentative until she told them to use a finger to paint with, then when she told them to use a hand to paint with, there was no holding them back. They drew or painted their favourite buildings in Sedbergh and "The Green Door sweet shop, closely followed by the Fish & Chip Shop were the most popular. It is hoped to have this banner on display at next year's Spring Show. She ended her talk with a video produced by a young man who has lived in Sedbergh all his life. He offered to fly a drone, with a camera attached, to some of the places people had mentioned as being their favourites. This was most interesting as we don't usually see these views from above. The video ended with a view of Junction 37 of the M6 and this was his way of remembering he will soon leave Sedbergh for pastures new when he goes to Art School. Sarah Woof gave the vote of thanks.

During tea, the raffle was drawn and Sarah Woof won some pretty paper napkins and a bag of small Easter eggs. The competition – a Childhood photo of Self – was won by Lorraine Millington. The photos ranged from small snapshots to properly framed portraits. We were a bonny bunch then.



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DEMENTIA UPDATE

Dr Myles Ripley

How to reduce your risk of dementia – (and your risk of many other diseases!)

Ageing is the biggest risk factor for dementia and can't be changed.

There are however lots of things you can do to reduce your risk. It's up to you.

It's never too late to develop good habits, but mid-life (age about 40-64) is a good time to start making healthy choices if you're not already doing so. Many people use changes in their lives – children moving out, a health scare, divorce or starting the menopause – as a prompt to start living more healthily. You'll find it easier to adopt a healthier lifestyle if

you can build it into your normal daily routine. Get your friends and family to support you – or better yet, join you.

Based on the latest research, here are our top tips to reduce your risk of dementia.

1. Keep physically active – for at least 30 minutes, five times a week. You'll need to be active enough to raise your heart rate and get a bit out of breath. You could walk, cycle, swim or join an exercise or dance group. Regular physical exercise in middle-aged or older adults reduces the risk of developing dementia. It's also good for your heart and mental wellbeing. Exercise like this brings health benefits even if you're not losing weight.

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Please leave any contributions at Riverview, Holme Hill, Cowgill Church. Fresh produce on the day.

2. Don't smoke – if you already do smoke, try to stop. By smoking you are at a greater risk of developing dementia and harming your lungs, heart and circulation.

3. Eat a healthy balanced diet - A healthy diet has a high proportion of oily fish, fruit, vegetables, unrefined cereals and olive oil, and low levels of red meat and sugar. Such a diet will help reduce your risk of dementia and heart disease, stroke and type 2 diabetes. Try to cut down on

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saturated fat (eg cakes, biscuits, most cheeses) and limit sugary treats. Keep an eye on your salt intake too, because salt raises your blood pressure and risk of stroke.

4. Keep your alcohol within recommended limits – They are now a maximum of 14 units each week for men and women, spread over 3 or more days. This is the same as four or five large glasses of wine, or seven pints of beer or lager



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Regularly exceeding these weekly limits increases your dementia risk.

5. Take control of your health – If you're invited for a regular mid-life health check at the doctor's, be sure to go. It's like an 'MOT' for your body and will include a check of your blood pressure, weight and maybe cholesterol level. These are linked to dementia and conditions that are strong risk factors for dementia (heart disease, stroke and diabetes). If you're already living with one of these long-term conditions, follow professional advice about medicines and lifestyle.

6. Keep to a healthy weight – this will reduce your risk of type 2

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diabetes, stroke and heart disease – and hence probably of dementia. A good place to start is to follow the advice on exercise and diet.

7. Give your brain a daily workout

– This could be reading, doing puzzles, word searches or crosswords, playing cards or learning something new – maybe another language. If you can keep your mind active you are likely to reduce your risk of dementia.

Risk factors you can't change

Ageing

Age is the strongest known risk factor for dementia. Whilst it is possible to develop the condition earlier - the chances of developing dementia rise significantly as we get

older. Above the age of 65, a person's risk of developing Alzheimer's disease or vascular dementia doubles roughly every 5 years.

This may be due to factors associated with ageing, such as:

- higher blood pressure
- increased risk of cardiovascular diseases (eg heart disease and stroke)
- changes to nerve cells, DNA and cell structure
- loss of sex hormones after mid-life changes
- the weakening of the body's natural repair systems
- changes in the immune system.

Gender

Women are more likely to develop Alzheimer's disease than men. It has been suggested that Alzheimer's disease in women is linked to a lack of the hormone oestrogen after the menopause. However, controlled trials of hormone replacement therapy (HRT, which replaces female hormones) have not been shown to reduce the risk of developing Alzheimer's.

For most dementias other than Alzheimer's disease, men and women have much the same risk. For vascular dementia, men are actually at slightly higher risk than women. This is because men are more prone to stroke and heart disease, which can cause vascular and mixed dementia.

Ethnicity

There is some evidence that people from certain ethnic communities are at higher risk of dementia than others. For example, South Asian people (from countries such as India and Pakistan) seem to develop dementia - particularly vascular dementia - more often than white Europeans. South Asians are well known to be at a higher risk of stroke, heart disease and diabetes,

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and this is thought to explain the higher dementia risk.

Similarly, people of African or African-Caribbean origin seem to develop dementia more often. They are known to be more prone to diabetes and stroke. All of these effects are probably down to a mix of differences in diet, smoking, exercise and genes.

Genetics

Scientists have known for some time that the genes we inherit from

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our parents can affect whether or not we will develop certain diseases.

More than 20 genes have been found that do not directly cause dementia but affect a person's risk of developing it. Having a close relative (parent or sibling) with Alzheimer's disease increases your own chances of developing the disease very slightly compared to someone with no family history. However, it does not mean that dementia is inevitable for you.

Take action and help improve the lives of people with dementia.

This year, Dementia Awareness Week is changing to **Dementia Action Week (21 to 27 May)**. Raising awareness and offering support will always be important, but

it's time we all act to make change happen for people affected by dementia.

In the UK, one person develops dementia every three minutes, yet too many people feel excluded and face the disease alone.

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NEWS FROM THE PEWS



Your Parish Church

Susan Sharrocks

Tony Reed Screen

Churchwardens

From Palm Sunday all through Holy Week church services were held daily sometimes during the day, sometimes in the evening, not only in St Andrew's but also at St Mark's Cautley and St John's church in Garsdale. Carrying the wooden cross from the church through the town on Good Friday with stops along the way to sing hymns before returning to St Andrew's joined all ages and churches together in the procession. Thankfully the weather was dry although rather chilly. We were treated to a Hot Cross bun as we left the churchyard.

Easter Sunday, a full church of people surrounded on all sides by bright and beautiful spring flower arrangements singing "Alleluias" with heart and voice was such a contrast to all the other services of the week before. Our treat on leaving this time was an Easter egg!

Halving the money made by the six Lent Lunches held in the church room has given Kendal's Manna House and Lancaster's St John's Hospice £325 each. The Missions Committee is planning two coffee mornings and with luck and good weather a market stall to raise money for the four main groups both here and abroad that we

as a congregation help throughout the year.

With the promise of better weather we look forward to welcoming visitors from other parts of the country and around the world to our town. The church is always a magnet for people to pop in and have a look around. Now we have a neat frontage at the lychgate with space for two cars to park (one for disabled drivers) and bicycles to be left plus a lovely footpath leading to the gate ... something for everyone. It would be so helpful to keep the footpath clear of cars as it is really meant to give access in and out of the churchyard and is therefore, particularly useful for those with prams, pushchairs, wheelchairs, mobility scooters and walking sticks who need the extra space to negotiate their way through to the gates and beyond. It could be (and has been) very disappointing for people to get so far and not be able to get down the path and through to the gates because of a car left in the wrong place. We prefer not to display a notice but hope that courtesy will prevail and the footpath section be kept clear to be used as it was intended. Thank you.



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NATURAL BURIALS

Danielle Owen-Jones

Raising awareness of environmentally friendly burials
A LOCAL estate owner is aiming to educate people about the environmental impact of cremations and why natural burials are a more sustainable option.

Francis Mason-Hornby, owner of the Dalton Hall Estate, introduced the woodland burial ground seven years ago in a bid to offer a greener

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alternative to cremations. The 30 acre site is based in woodland at the foot of Dalton Crags, Burton-in-Kendal.

Francis said: "Over the years, we've found that people often aren't aware of the environmental impact of cremations. Personally, I found out about natural burial as a sustainable option through an article in a newspaper, it came as a surprise because I hadn't heard of it before. After reading the piece, the idea

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stayed with me for a while. I did some research through the Natural Death Centre and looked at introducing it to the estate.

"The main reason why people might not be aware of natural burial as an option is probably because talking about death and letting your loved ones know your own funeral wishes is typically a taboo subject. If you go back 150 years, death was a constant companion. When a loved one died, the coffin would be there in the front room for three or four days. Death was simply accepted as a natural part of life and all the funeral arrangements would have been organised within family and you would have been buried locally."

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Statistics reveal that nowadays at least 70% of the UK population opt for cremation. However, it has been estimated that a typical cremation releases about 320kg of carbon dioxide equivalent into the atmosphere.

Francis is keen to spread awareness of natural burials as a greener, more environmentally friendly option.

He said: "Attitudes are changing and the word is spreading. It's the combination of people taking green issues much more seriously, coupled with the fact that more and more people are beginning to talk about



death generally, such as on the radio, on TV and the recent rise of the Death Café movement. The common misconception of a natural burial is that it's a much more 'hippy' alternative than it actually is."

Francis added: "Aside from the environmental aspect, we feel a natural burial can give families a more positive experience than a cremation. A cremation is a very industrial process; when the curtain closes you don't know what happens and you don't really want to think about what happens."

"At a natural burial, mourners will often tell me how it was the perfect

option for them and their loved one. We've found that people want more control over their funerals and the way they say goodbye to their loved ones – they're planning ahead and making their wishes known.

"Natural burial is certainly not for everyone but if you love the countryside and care for the environment it offers a real choice to do something positive at the end of a life. We're all going to die, it's all part of life's rich tapestry. Death is a part of life, we couldn't have life without death."



DENTDALE, HEAD TO FOOT

Mike Steele

Following the postponement of our March meeting due to the inclement weather from the so called "Beast from the East", when David Wright was to have given his talk on Icons (which he will now give at our September meeting), we had a most interesting talk from Jeff Clegg on the various types of mining that have occurred locally in the fairly recent past.

Jeff, who I first met when we arrived some seven years ago, I quickly realised was a colleague of one of my old work colleagues at the Hargreaves Group and they were not only both potholers but also interested in mining research in the Dales area. Indeed, Jeff is a member of two local mining research groups and it is mostly from these that his talk was constructed.

Naturally, the majority of the mining explored by the mining research groups was concerned with lead mining in the Dales and the

reconstruction of the Sir Francis Level entrance, complete with a new keystone after the first had been misappropriated, showed the complexity and original skill of those early miners. In particular the quality of the underground stonework was of superb workmanship, which was incredible as every stone was laid using only candlelight.

They have come across some strange things left underground, particularly personal items such as boots and tools and many of these have been recently on view at their mining museum, which unfortunately has had to close due to staffing problems. However, many of these items are to be put on display this summer in the YDNP's Countryside

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Museum in Hawes so they will be preserved for posterity. Strangely, one find many years ago was "Buckden Bill" who had for whatever reason met his end in the upper levels of the mine and was discovered by my work colleague, who is commonly known as "The Oracle" due to his vast knowledge of Dales mining. Suffice it to say he was eventually given a fitting end at Skipton crematorium and I remember a lunch time conversation at Hargreaves Group where "The Oracle" was recounting his find and one of the diners who was a particularly refined accountant type, turned a most peculiar shade of green and left the dining room!

The other types of mining in this area were coal and stone, coal mostly for personal use so the mines were small and often produced poor quality coal, but at least it did not have to be bought. Stone mining was specifically for flat, flag type stones and again was mostly for local consumption for roofing and flooring.

As in many other cases changes in technology and world economics caused the demise of these fascinating industries in the early part of the 20th century, but we were very fortunate to hear how a group of committed enthusiasts have continued to preserve this history for future generations.

Our next meeting is on May 4th, where we are having a rest from our series of talks and having an "At Home" to review the year to date and start to lay plans for 2019 and 2020! (plus probably start to plan for our Annual Christmas Over 60's lunch in



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early December, always a good start to the festive season).

On June 1st we will be having our annual outing, this time to Barnard Castle, so if you like "Barney" do come along and on July 6th the traditional yearly Prosecco, Exotic Fruits and Chocolate meeting will take place.

For further information please contact Mike Steele on 015396-25054, 07813-806209 or mds@pesdent.co.uk.



DENT MEDITATION CENTRE

Lisa Milnor

Many of us seek the benefits that Mindful Yoga and Meditation offer – a greater sense of calm and ease amidst the busyness of life, the clarity to step back and respond more skilfully to the physical, emotional and mental challenges that life offers us and the cultivation of kindness towards ourselves and others that manifests as global happiness and wellbeing. Through these practices we learn how to support our own physical, emotional and mental wellbeing by mindfully connecting to the body, breath, emotions and the world we inhabit. Join us and take time out for to explore how Mindful Yoga and Meditation can benefit your

overall health and wellbeing. Suitable for all, each of these days will include some gentle and restorative yoga asana postures/movement, simple breathing practices and meditation bound together with teachings from the ancient practices of yoga and mindfulness.

Each day is themed inviting us to explore an aspect of our being more deeply:

4th May – Mindful Living

An invitation to explore how we might live and breathe the ancient teachings of yoga and mindfulness not just through our practice on the mat but into everyday life in a way that is conducive to both personal and collective wellbeing.

8th June – Mindfulness, Meditation

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24th August – Communication & Connection

Using mindful yoga and meditation practices to explore how we might deal with difficult situations in a more skilful way. Understanding our own needs and feelings and finding ways to express these authentically. Learning to listen and cultivating empathy for others and in doing so fostering connection and love.



12th October – Release, Rebalance, Renew with TRE®

A day of self-care as we mindfully explore how TRE® supported by yoga and meditation can help release stress and invite a sense of inner calm and peace. TRE® (Tension, Stress & Trauma Release Exercise) is a series of exercises practiced mindfully to assist the body in releasing deep muscular patterns of stress, tension and trauma. TRE® is a self-help tool that once learned can be used as needed to support your own physical, emotional and mental health and wellbeing. This session will be suitable for most people subject to the completion of a health questionnaire.



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PEOPLE'S HALL GALA EVENING

*Sandra Gold-Wood
on behalf of the People's Hall.*

The People's Hall benefits greatly from local support and by way of thanks, a 'Gala Evening' is planned for Friday July 13th.

There will be a Finger Buffet, an Auction and some good old Rock and Roll supplied by the ever popular Strawberry Fields.

During the evening the PH committee plans to hand out some Community Awards. This is your opportunity to nominate someone who you feel works for the community at large, or goes that extra mile for friends and neighbours and generally goes unnoticed. You can nominate

PEOPLE'S HALL GALA EVENING Friday 13th July **NOMINATION FORM**

I would like to Nominate the following persons for a *People's Hall Community Award*

1st _____

2nd _____

3rd _____

Nominator

Post Code

Please only complete one form per nominator

one, two or three people. Just write your choice on the slip here in the Lookaround and post it in the post box marked Community Awards in the Information Centre.

Those that are nominated first will be attributed 3 points, second will get two and third will get one. After all the nominations are submitted, the points will be added and Awards will be presented accordingly.

Please complete one Nomination Sheet per voter only. Additional Forms will be available from the Information Centre.



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ROSEMERE CANCER FOUNDATION

Joanne Kitchen

On behalf of the Rosemere Cancer Foundation and in Memory of Robert Haygarth, Joanne would like to thank all those who generously donated prizes and cash, and all those who attended, making it a very successful evening and raising over £1400.



Thanks to Sue and Joanne for all of their hard work.



ROSE COMMUNITY THEATRE

Sandra Gold-Wood

Here are the answers to the 'Wars of the Noses' Quiz sheet.

Q1. At which battle did Richard III die?

A. Battle of Bosworth Field.

Q2 What is the bit of flesh between the nostrils called?

A. Septum

Q3 Where is Richard III buried?

A. Leister Cathedral

Q4 Who was Henry VI's father?

A. Henry V

Q5 Who was Henry VII's mother?.....

A. Margaret Beafort

Q6. In which building did Henry VI meet his end?.

A. Tower of London

Q7 King's College Cambridge was founded by which King?. A. Henry VI

Q8 Who was the first Plantagenet King?

A. Henry II

Q9 Which building on Main Street has a touch of 'Tudor style'?

A. Duo

Q10 in which London park was the notorious 'Nosey Parker' based.

A. Hyde Park

Q11 Who is the current Duke of Lancaster.

A. Queen Elizabeth II

Q 12. Who is the current Duke of York?.

A. Prince Andrew

Q13. How old was Edward IV when he died.?

A. 40

Q14. What was the name of Richard III's wife.?

A. Anne Neville

Q 15. Who did Henry VII marry to unite York and Lancaster

A. Elizabeth of York

Q16 In which year was the first

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'Comic Relief' programme?

A. 1985

Q17.The song ' A Kiss Form a Rose' was sung by?

A. Seal

Q18. In which building is Edward IV buried?

A. Westminster Abbey

Q19.In the WW1 song, where are roses blooming?

A. Picardy

Q20 In the song what colour is the 'Rose of Texas'?

A. Yellow

The winner was Janice Rustling, the runner up was Mike Clark.

The RCT thanks you for all your support over the years and looks forward to putting smiles on people's faces next year.



SEDBERGH ARTISAN MARKET

Andi Chapple

By the time you read this, the year's first market should have taken place – I hope it was good weather, lots of people came and those who made a journey to get there learnt a bit more about what Sedbergh has to offer every week of the year.

The next market is on Saturday 26 May and will run all along Main Street, from the churchyard to the Information and Book Centre, from 9.30am to 3 pm. Keep your eye out for posters and leaflets with more information; you can also follow Sedbergh Market Town (@visitsedbergh) on Facebook and Twitter for lists of the traders.

The exact composition of the

markets will change but at the moment we are expecting Bill Lowis's photographs, Fell and Dale's books and cards, Gordon from Lamb Paddock Farm's eggs, Kath from Farfield's weaving and spinning, Nicole from Craftworkshop's fused glass and Noolek's Thai food as the local contingent; other hot food should include hot dogs and pancakes; on the craft side, we have beeswax candles and polish, yarn, felt, crochet and plenty of sewn items, perfume, jewellery, lots of wood craft, twig pens, soap and sheepskins. We should have hand-crafted gin, sparkling French wine and coffee with a kick, along with Greek deli food, chocolate, fudge, fresh and cured meat, vegan bread and meals ... and



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pies. There will also be info stalls from the Sedbergh Swifts, Cumbria Wildlife and Sedbergh Dementia Action Alliance.

We are in the process of arranging a full supporting programme, as they say, of activities for children and music to make this an event for all. Do come and have a look if you are around over the Bank Holiday weekend!

Once again, grateful thanks to those who live, work and park on Main Street for your patience and understanding and I hope you feel the market is worth the small inconvenience.

Best wishes.



COGS

Community Orchard Group -
Sedbergh

Ann Parratt

Isn't it wonderful that at long last the weather is improving? Hopefully that is the last of the snow and low

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temperatures. Because of the inclement conditions we had to postpone two working parties during February and rescheduled them in March and April, luckily the weather was kind and we were able to undertake essential maintenance at the orchard.

South Lakeland Orchard Group (SLOG) kindly donated eleven Yorkshire apple trees , ten of which were planted using the cordon system. The trees are pruned to a single stem and grow at a 45 degree angle on a strong wire and metal support, this means you can grow trees in a smaller area and they still produce plenty of fruit to enjoy, in addition to this, the other 20 apple

trees and 6 damson trees were fed, pruned and weeded all ready for a great growing season. Our thanks goes to all our members for their help and ongoing support.

The next step to be taken is the filling of the raised beds with topsoil, we are waiting for the land to dry out a bit first though, as the loader may well sink at the time of writing! Once this has happened we can plant strawberries, raspberries, blueberries and rhubarb as well as a good selection of herbs and flowers for the bees and butterflies.

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If you would like to support the Community Orchard, you are warmly invited to join COGS with the following benefits:

- Meet other orchard enthusiasts
- Quarterly newsletter
- Attend free pruning and grafting workshops run by SLOG { South Lakeland Orchard Group)
- 5% discount at Beetham Garden Centre
- 10% discount at Rogers of Pickering, suppliers of trees and other garden items Membership: £5 / Individual, £7 / Family

Further information from Ann Parratt
015396 20964, Jacqueline Smith
015396 20760



MARCH WEATHER

March "many weathers" for certain. Did it come in like a lion? I think it was more like a Siberian tiger!! The snow fall during the night of the first

followed by the wind we went from a white out back to green fields as all the snow was blown into the gateways and road. These drifts cut off many country roads around the area. Even the snowplough got stuck up Mallerstang apparently!

Temperatures varied from a low of 18.5F (-7.5C) to a high of 68.4F (20.22C). On only one night did the wind chill stay above freezing. On some of the bitterly cold east winds the chill went down to single figure F (-10C) Now that is cold! During the colder early part of the month we had a large depression and strong winds. The maximum gust I recorded was 27.1mph (43.6kph). I often feel these figures are rather low judging by the way things are blown about so

perhaps my anemometer can't deal with it or is sheltered by trees in certain directions. Precipitation was certainly varied in type and colour but a total of 2.7 inches (67.8mm). So it was not the wettest month by a long way but enough to keep the mud going.

After the super display of snowdrops last month it was a dazzling display of daffodils this month. Later in the month some early crocuses made an appearance. It is a mystery around our garden as to where our crocus corms go. We have planted hundreds as an early source of pollen, should we get any decent days, for the bees but most have disappeared. The yellow ones have their flowers pulled off by the sparrows. Perhaps small

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rodents eat the corms. Forsythia and cornus mas also put on an early show of yellow and many shrubs started to show green buds and hazel catkins have lengthened. The blackthorn was starting to show early signs of its white blossom. I gather the early snow was costly to hill sheep farmers where sheep had taken shelter under walls only to be buried in the drifts. I had to dig my way into the field and use a child's plastic sledge to tow food and water to the sheep.



MAY GARDENING

Elaine Horne

If you have a small garden, which receives some sunshine, why not grow a big range of small plants – rockery plants or Alpines – in pots or

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troughs.

The month of May is the time when many of these are in bloom, so a trip to a garden with a good rockery or Alpine area (Holehird near Windermere and Harlow Carr near Harrogate are good examples) and a search through a nursery or garden centre (Larch Cottage near Penrith has a good "rockery" section) will provide plenty of inspiration.

I grow most of my "Alpines" in concrete troughs and clay pots. They like a very free draining compost, so I mix John Innes no.2 with equal quantities of sharp grit, and make sure that the drainage holes at the base of the containers are kept open by the addition of some crocks or stones or a layer of large gravel.

In this medium you can grow a variety of things, from the early flowering, *Corydalis solida 'George Baker'* which has striking, coral/red flowers and the strange green

flowered *Haquetia epipactis*, to the vibrant blue Gentians – *G. acaulis* and *G. cruciata* with large trumpet shaped blooms and *G. verna*, the native Spring Gentian, whose upturned flowers are smaller, but no less attractive.

I also grow a variety of "Pinks" (*Dianthus*) in the same conditions. The tiny cushions of blue/grey leaves of *D. 'La Bourbrille'* and *D. 'Inshriach Dazzler'* – both with bright pink flowers, and white flowered *D. 'Arctic Snow'* look well with the ferny foliage of "Storksbill" – *Erodium 'Country Park'* (pink flowers) and *E. guttatum* (white flowers with a dark red blotch).

For a contrast, grow one of the rosette forming, grey leaved

Saxifrages. *Saxifraga 'Tumbling Waters'* or *Saxifraga 'Doctor Ramsey'*, Both bear impressive flower spikes of little white flowers which can reach 10 to 12 inches in height. They may be short lived – unless plants have managed to produce side rosettes they die after flowering, but they do make a wonderful and unusual display in the early summer.

NEW BRIDGE ON THE LUNE New Bridge on the Lune

Robert Powell

Fisherman's Bridge on the upper Lune was destroyed in December 2015 during Storm Desmond, along with Birks Bridge on the Rawthey and a section of footpath, also on the Rawthey, near Brigflatts. As a result,

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This Team Leaves It Clean



Photo: Andy Kay YDNP

three footpaths needed diverting, including sections of the recently established Sedbergh Quaker Trail. However, as of the beginning of this year, the path network around Sedbergh is entire again.

On Friday the 23rd of February a small crowd watched as Cumbria County Councillor and Yorkshire Dales National Park Authority Member Nick Cotton cut the tape to officially open the new bridge. He said:-

"Fisherman's Bridge on the Lune near Goodies had stood for 60 years. A county surveyor's note stamped 16 July 1957 recorded that it cost £363 7s 10d (£363.39).

After Storm Desmond, only the stumps of the four piers on the riverbed remained of the old

Daphne Jackson

DO, MsC (Ost)
Registered Osteopath

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structure.

The new bridge cost £110,000, with individuals and local groups donating £12,500 to the project – including WMB Trust, FoLD, Yorkshire Dales Society in memory of John Willson, John Hatt, Ramblers Lake District Area, Kendal Group and Lancaster Group, The Dales Way Association, Sedbergh Parish Council, Sedbergh Anglers, Sedbergh Walking and Cycling Group, and Richard & Dorcas Thomas.

The 35 metre long bridge was a year in the planning and took eight weeks to construct. The new bridge was designed with only one pier, to create less obstruction to flow during flood events. A total of 22 steel

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beams, each weighing 130kg, were bolted together to span the river and support a wooden walkway.

Cumbria County Council Contractors constructed the stone clad piers and wooden steps. The Yorkshire Dales National Park Authority constructed the bridge itself.

The bridge was almost lost during a period of heavy rainfall on 22nd November last year when the river level rose in excess of 4 metres. This force of water pressed against the scaffold which was swept away, and bent the bridge sideways and downwards on the longest of the two spans (23m length). Fortunately this remained attached and the scaffold was salvaged. Luckily the project had

been insured by the YDNPA.

I should like to pay a special tribute to David Clare who craned the damaged bridge off the piers, repaired it in the adjoining field and then craned it back on to the piers, all within two weeks of the damage being done.

The bridge recreates the link between Firbank (part of the new extension to the YDNP) and Howgill. It is an important link as it is the only footbridge across the River Lune for miles in each direction, the nearest crossings being road bridges at Lincoln's Inn on the A684 and the Crook of Lune Bridge to the north along Howgill Lane. In fact it is the only publicly accessible footbridge

over the River Lune between Kirkby Lonsdale and Tebay, a distance of over 30km.

Finally, I'd like to thank the Capstick family of Hole House Farm for their support and co-operation in allowing access for our machinery over their land and for allowing us to park our cars and meet up here today."

The new bridge is on the route of the "Sedbergh Quaker Trail", which was devised by Dave Smith of the Sedbergh Area Walking and Cycling Group and supported by the Sustainable Development Fund. The trail is described in booklet available at the Sedbergh Information Centre on Main Street.



SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

By the first week or so in May our swifts should be back- it's often their calls that first alert us to look up and welcome them once again: the poet Ted Hughes best expressed the elation he felt when the swifts return:
*They've made it again
Which means the globe's still
working, the Creation's
Still waking refreshed. Our summer's
Still all to come*

The first swifts to arrive are the breeding birds, going straight back to the exact same site that they occupied for previous years, along with the swifts that were roosting in pairs for the first time last year (ie. just spending the night in their newly established sites). A few weeks later the non-breeders return, the birds that are not yet mature enough to breed. These are the swifts that we hope to attract to new nesting places.

Last summer, in the nest bricks we installed in the gable end of People's Hall Gym, the two lower nest bricks both had breeding swifts. The two upper nest bricks had roosting pairs so we are fervently hoping that they return safely to breed this year - it would be marvellous if it became a full house this year.

Swifts only have time to raise one brood in the 3 months they are here. Two, or sometimes three, eggs are generally laid by the 3rd or 4th week of May, with both swifts taking turns at incubation. Compare this with swallows and house martins, which have at least two broods with around 5 chicks in each. This low rate of reproduction shows how vulnerable swifts are. The eggs usually hatch

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about mid-June, which means that then the parents will be more actively going in and out feeding the chicks.

We are anxiously awaiting the safe return of the two pairs of Settlebeck School swifts, in the boxes facing Maryfell flats. Last year the pupils and staff could watch live activity on a TV screen in reception, and the webcams installed in the boxes streamed what's happening to anyone in the community who logged in. To do this, go to the school website www.settlebeckschool.org, click on the 'swifts' tab, and go to the link for the webcams. If you scroll down there are also instructions for watching via a smart phone or tablet, which we recommend as a better way

to watch because last year we had problems with the link buffering.

If you have nesting swifts – or see them at your neighbour - we would love to hear about them and also if any new nest sites are established. If you had nesting swifts last year and they have sadly failed to return, please also let us know as it all helps us to keep track of our Sedbergh swifts.

If you spot any swifts flying close to the tower of St. Andrew's church, please contact us, we are hoping that this year they may be attracted to the boxes on the west side.

Why not help us record Sedbergh's (and other villages) swifts – we could do with more swift-spotters. Strolling



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around your patch is all you need to do. Both adults always go in at night so around sunset is a good time to spot nest sites. Our details are below.

Some of you are lucky enough to also have swifts nesting in your house, and we hope you agree that they are trouble-free lodgers – make no mess, cause no damage, and are joyful to watch. We urge you to look after these special birds, preserve the nest site and don't block up the entrance hole if you have to do any repairs.

We will have a stall at Sedbergh Artisan market on Saturday May 26th do come and have a chat!

Advance notification of swift events: there will be a nationwide Swift

Awareness Week from 16th - 23rd June. Make a note of the main event that Sedbergh Community Swifts have planned: a *Swift Celebration Evening on Tuesday June 19th* in St. Andrew's church: a talk, refreshments, displays and some swift spotting. Look out for more information about other things we've planned too.

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



**UK Swift
Awareness
Week**

WOMEN'S VOTES

Brewery Arts Centre, Kendal is delighted to announce their support for *PROCESSIONS*, a mass participation artwork to mark the centenary of the Representation of the People Act, which gave the first British women the right to vote.

PROCESSIONS is produced by Artichoke, the UK's largest producer of art in the public realm, as part of 14-18 NOW, the UK's official arts programme for the First World War centenary. On Sunday June 10th women and girls from across the UK will come together on the streets of Belfast, Cardiff, Edinburgh and London to mark this historic moment in a living, moving portrait of women in the 21st century.



Brewery Arts Centre is one of 100 organisations working with women artists up and down the country in the lead-up to the event, as part of an extensive public programme of workshops to create 100 centenary banners which will form part of this vast artwork.

The banner-making workshops will focus on text and textiles, echoing the practices of the women's suffrage campaign and will be spaces to consider the power of the vote today and our shared future. The banners made will represent and celebrate the

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diverse voices of women and girls from different backgrounds.

Local artists Kate Reid, costume designer and textile artist, and Ann The Poet will be working with us to create a banner through a series of weekly workshops starting on Saturday April 21st and we are looking for 20 girls and women, and those who identify as women or non-binary, of any age and relationship; mothers and daughters, grandmothers and granddaughters, friends, neighbours or colleagues who feel passionate about the role of women in 2018. On June 10th we will join with others in this national celebration in Edinburgh. Workshops are free and travel to Edinburgh is included in the project. To book a space please contact Brewery Box Office on 01539 725133.

Workshops will take place between 1.30-3.30pm on the following dates: Saturday May 5th, 12th and 19th Saturday June 2nd

On Sunday June 10th we will travel together to Edinburgh to be part of this national event.

For more information about Artichoke please go to www.artichoke.uk.com

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THE BLACK BULL INN

James Ratcliffe

Firstly, apologies for a long overdue update on the progress of The Black Bull Inn. The last few months have been a lot of hard work, and organisation to firstly get the project off the ground, and then coordinating getting it started. As many of you will have seen work on the building is well underway, and there has been a great increase in activity over the last month or so. The refurbishment program is about half way through already, and we hopefully have an opening date in the beginning of July.

There are a lot of stories surrounding the project, so it's probably time we clarified what is

actually happening, and what we will be doing at the Black Bull. To begin myself James, and Nina, who you hopefully know from the Three Hares, will be taking over and running the whole of the hotel. We are of course recruiting a full team to support us in a variety of roles. The ability for us to do this has come about from a couple of years of behind the scenes work from ourselves with potential investors along with great support, and help from Sedbergh School Development Limited. That work concluded this year, and the real job at hand is upon us.

I know some people might be asking about the change of name from 'The Bull Hotel' to 'The Black Bull Inn'?

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This is simply because it was one of its original names going a long way back, the building is a very important part of Sedbergh, its heritage and we felt it was important to reconnect with this. I'm sure it will always be fondly known as 'The Bull' for many years to come too.

The hotel is receiving a full refurbishment not just a 'makeover' like it has so many times in the past. Being an old building, it has its problems which we will be addressing. The style of the hotel will be modern to some degree, however greatly inspired by the heritage, and fabric of the building as well as the amazing landscape and local producers we have on our doorstep.

There will be 18 bedrooms, at least to begin, with different styles and grades to appeal to a varied market. Some have had additional windows, and balconies to appreciate the wonderful views of Winder at the back. Downstairs we will have the Public Bar area serving great drinks and bar nibbles, alongside plush seating and a roaring fire. There will also be a 'Casual' dining area where people can have a pie and a pint, or the full restaurant menu with the dog. Finally, we'll open up the restaurant to serve meals, not too dissimilar to what we do at the Three Hares, focusing on Locally Sourced, Seasonal Quality produce.

We understand that the building site is a hive of activity at the moment so if anyone has any concerns please don't hesitate to drop me an email at james@theblackbullsedbergh.co.uk, or pop into the Three Hares.

Likewise as I said earlier we are still recruiting for all manner of roles in the hotel and at the Three Hares, so if anyone is interested please email us on jobs@theblackbullsedbergh.co.uk, or pop in to see us.

If anyone would like to book a table in the restaurant, or one of the rooms please email us at bookings@theblackbullsedbergh.co.uk, or ask for Laura in the Three Hares.

... and finally, if there any other enquires about anything please don't hesitate to contact us on any of the above mentioned.

You can follow our progress on Social Media as follows;
Twitter: @blkbullsedbergh
Facebook: @blkbullsedbergh
Instagram: theblackbullsedbergh



SEDBERGH SCHOOL NEWS

Karen BL

May 2018

Events

An Easter Pony Club Camp open to all comers was held between 9th and 12th April.

Prep School pupils took part in a 14k race in Siberian conditions to raise funds for the Beverley School in Middlesbrough for autistic children.

An Open Day for Year 9 entry to the upper school was held on 21st April, and Open Days for the Prep School on 26th and 27th April.

Term ended on 22nd March and the new term began on 18th April.

Academic

The Prep School had success at the Interschool Maths Challenge hosted

by Hunter Hall. Having come second last year they were determined to do better and ended by having more points available for the last round than they could gain in that round. They also held a very successful inter-House Poetry competition in which the group winners Daisy Hoskin, Oliver Simpson and Sophia Roe were stood out particularly. It was played to a full house

At the time of writing, four academic scholarships, one academic and music scholarship, one all rounder, one art, and one drama scholarship were won by the Prep School

The Prep School sent teams to the UAE during the holidays.

Fraser Sproul earned a call up to the England Cross-country team



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following his success at Leeds Temple Newman where he came in 5th.

Music

The Prep School held a House Music competition in the last week of term

Two music scholarships were won by the Prep School, one being Rosie Hattam to Cheltenham College following her father's move to the Headship of Malvern.

The post Wilson Run concert in the evening – when all those who completed the run are clapped onto the stage – consisted of music from *Gladiator* by the Orchestra, pieces by the Soul Band, the Swing Band and the CCF Band, as well as the CCF

Band and School Pipe Band.

The House Singing competition in the Upper School was won by Lupton Sport

The Wilson Run (described in a tweet as “a small jog across the fells”) took part on a lovely day squeezed in amongst several days of bad weather including snow, but the wind and sun dried out the course. Many Old Sedberghians and parents walked (or ran) the course in the morning. The boys’ race was won by Jamie MacMillan in 1.14.51 and the Girls’ by Georgina Boyd-Moss, who came in 15th overall. Maria Page who had won the previous year came in second to Georgina, having been badly injured during the year. 153 pupils completed

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the course. A video of the run is on UTube.

The Prep School held an Inter-House Charity Walk on Barbon Fell and Casterton Golf Club. All ages took part and the winning margin was only two points

The Prep School also took part in the Mowden Hall Cross Country Relays and two families of three children each all came back with gold medals. In the U11 race the girls won despite being on Year 5 as Year 6 were involved in a netball tournament

The Prep School inter-House cross country was run on a lovely day, although mud seems to have been to the fore judging by a photograph of their abandoned shoes after the race.

The Prep School also won four

sports scholarships.

The Prep School netball and rugby teams had a wonderful trip to Dubai during the Spring holiday where they had both successes (mostly) and losses.

The U16 team and the U18 both won at the Rosslyn Park HSBC National Schools Sevens Tournement. At the Sedbergh Super Tens on the weekend after term ended the School was again triumphant against 13 schools from all over the country. A magnificent end to what has been a thoroughly successful rugby season. The tournament was streamed live.

Josh Hodge kicked seven conversions as England U18 beat Scotland 64-nil

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The Old Sedberghians took part in the GFIHKFC Tens in Hong Kong – “Not the results we wanted but we can hold our heads high having compete & given our all in one of the world’s toughest tournaments”. A team of Old Sedberghians also had a rather disastrous game against the Irish Vikings, losing 0-29.

Future Events

An Open Day for Year 9 entry to the upper school will be held on 21st April from 10am to 1.30 pm, and Open Days for the Prep School on 26th and 27th April from 9.30 to 12.30 pm

By the time this is published the 1st XI matches at home against Myerscroft, St Peter's York, Kendal Cricket Club, QEGS Wakefield and the Old Sedberghians (the latter might just be after as it is on 29th April) will have taken place, but the article has had to go to press before the results can be known.

Matches for the 1st XI at home in May are against the MCC on 3rd May (start 11.30), against Manchester Grammar School on 5th May (11.30), and against the XL Club on 24th May (1.30 pm)

There will be a teatime Concert in

the Thornely Studio on Thursday 17th May at 6 pm. All are welcome and there is always a very good tea! A second teatime concert will take place on Thursday 14th June at 6 pm

As indicated last month Speech Day will not take place on the Saturday of the end of May long weekend (26th May), which will only be Sports Day this year, with half term beginning immediately afterwards. Those doing English A Level will have to sit their exams during half term on the Tuesday and Thursday. Half term ends on Sunday 3rd June at 7 pm

The Sedbergh School Musicians' Recital for the Sedbergh Music Festival is to be at 1 pm on Monday 4th June in St Andre's, and Peter Noke will give an organ recital on Monday 11th June in the School Chapel at 1 pm. The School Choir will sing Choral Matins in St Andrew's on Sunday 17th June at 10.30 am

There will be no Minor County Cricket match this year due to the County having to change its timetable.



FAMILY MUSINGS

Sarah

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what has become an annual Easter Egg hunt in our garden .. we were unable to be outside but still had loads of fun in the village Hall. A bouncy castle added to the fun, one advantage of a family member hiring out such things.

Before that two grandchildren and I located a miniature railway and took some rides on it. Getting onto the carriages was fine but getting off again was a different matter. However after hearing someone tell a chap to "help that old lady, she's stuck" and realising she meant me, I got of the next one much quicker! We could have gone riding all day and will certainly return. An attempt to visit Gibraltar Farm resulted in a seemingly endless supply of lanes to explore but we didn't get to Gibraltar. As a child my mother spent many happy hours there and at Jenny Brown's point and would take us when we were small.

Once the motor car arrived my mother's parents would organise trips to the sea side, usually Morecambe, and picnics at the afore mentioned places. No passports needed!

There is something rather special about having a family member preparing to celebrate their 100th birthday, yes the card from the Queen is organised, the cake is being baked and at least 2 parties arranged. And the birthday "girl" is in fine fettle at the moment, after a recent visit hubby was heard to comment, "a 100? She'll be here for the 110!".

This winter has for many people been a hard one, deaths and illnesses, problems of all shapes and sizes, how lovely are the sunny days, and the bright Daffodils to brighten the drabest of days. Spring is here, maybe we haven't located the spring in our step just yet. Keep on keeping on is the best advice, do what you can, when you can't "do" then rest. Hubby got double blessings the week I got everything cooked ready for him while I went East and then I didn't go East. He got a well stocked cupboard AND me ...what more could he possibly want...!



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SEDBERGH ART SOCIETY

Jennifer Alison

On Saturday 24th February, Anthony Barrow ran a well-attended workshop in the New Street Cornerstone Church Hall. We worked on flower studies using watercolour, acrylic and ink. The emphasis was on colour and free-flowing paint! The morning was spent with roses and watercolours, and the afternoon with an iris in acrylic! Anthony is very free with his paint and produces spectacular and beautiful results. This was another thoroughly enjoyable and fruitful day.

On Friday 23rd March, we watched as Ruth Clayton created an owl in flight in watercolour. Ruth has such a delicate touch, creating an ethereal effect full of movement and life. Thanks Ruth! Many thanks also to Chris Chambers, who projected Ruth's painting on screen – a great help in watercolour demonstrations as it is difficult to paint on a steep slope!

On Saturday 24th March on our Painting Day quite a few owls were appearing on paper as we painted our own interpretations of Ruth's style! It was an impressive sight at the end of the day.

At the time of writing (14th April), we are looking forward to our workshop with Alex Jacob-Whitworth, entitled 'A Creative Approach to Landscape

Painting'. A report on that day will follow in the next edition.

Further diary dates, all taking place in the Cornerstone



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On Friday May 18th Helen Shields will give us a demonstration in pastel on the theme 'Flowers and Foliage'. Following this, the next day, Saturday May 19th, we have a painting day to follow Helen's workshop. Helen will spend some time supporting us!

Owing to popular demand, an extra Painting Day has been planned for Saturday June 23rd.

If you would like any more information, or to book a place on a Workshop or Painting Day, please contact either myself, Jenifer Alison, on 01539 824666 or email: jen.alison10@gmail.com, or Gill Impey on 01539 726640 or email: gillimpey@hotmail.co.uk



SEDBERGH ECONOMIC PARTNERSHIP

Professor Andy Cobb

Background: In 2017 an economic study of Sedbergh was initiated, co-funded by South Lakes District Council (SLDC), Yorkshire Dales National Park (YDNP), Sedbergh Parish Council (SPC), Chamber of Trade and Business (Chamber), Cumbria County Council (CCC) and Sedbergh School (SS). The final report of the consultant proposed a Sedbergh Economic Partnership, to deliver an economic plan, based on an agreed Action Plan of projects, as a basis for future investment decisions in Sedbergh over the next decade.

Aims: (1) To capture and help deliver

projects to help the economy of the town. (2) To work together to remove and overcome blockages which may be preventing projects being delivered.

Membership: At a preliminary meeting in the Sedbergh School library on the 20th February, it was agreed that the Partnership would be steered by a Board and led by the private sector, with Andy Cobb (Chamber) in the Chair and Peter Marshall/ Nikki Millington (SS) as Vice-Chair. Other members will represent YDNP; County, District and Parish (SPC) Councils; the Community Interest Company (responsible for the TIC) and further representatives of the Sedbergh business community, including

Farfield Mill and the Black Bull hotel. Others may be co-opted to discuss specific projects. Supporting officers from SLDC, YDNP and the CCC will highlight any funding opportunities, as and when they become available.

Meetings: To be held in Sedbergh up to four times each year, with administrative support provided by SLDC. Notes of meetings and a regularly updated Action Plan will be published on www.Sedbergh.org.uk. Progress will be formally reviewed every two years.

The Current Action Plan: This ambitious list, not in prioritised order, gives a brief title for each project, identifies a local lead body, or person, and a target date. Reports on progress will be updated at each meeting. The list will no doubt be amended in time!!

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and maths (2020).

- 2) B4RN. To deliver a 1000 megabits per second service and so improve broadband provision in the town and district for both businesses and the community (Sedbergh Community, 2019).
- 3) Improve Public Transport (SPC, CCC, private companies and third sector operators). A sustainable service to meet the needs of employers, the community and visitors (2018).
- 4) Sedbergh as a Cycling Town (Councillor Nick Cotton, Walkers and Cyclists are Welcome). Promote Sedbergh as a cycling town and a hub for cycling business and visitors (2019/2020).
- 5) Promote Higher Value Tourism (Chamber, SLDC, CCC). Build on the Sedbergh Activity Guide. Promote Sedbergh to national and international markets, especially using social media (2019).
- 6) Refurbish Joss Lane Car Park (SPC, SLDC, CCC). Improve attractiveness and versatility of the space to visitors and locals

- (2020).
- 7) Offer Master Classes to Traders and Businesses (SLDC, Chamber). Survey business needs and establish support measures for shop owners, including business planning, merchandising, window displays, stock control, use of social media, etc (2018).
 - 8) Audit of Visitor Accommodation (Chamber, CIC, Cumbria Tourism, YDNP, Destination Dales, SLDC). Review existing provision to promote opportunities in Sedbergh and district (2018).
 - 9) Shop Local Campaign and Grow the Market Offer (Chamber, CIC, SPC). Consider a local discount scheme. Encourage existing and new markets and Artisan Markets (2019).
 - 10) Bring Redundant Buildings back into Use (SLDC, YDNP, Hotel Enterprises). Redevelopment of the Black Bull hotel, consider a community-led housing scheme at 39 Main Street, management plan and options for the yards (ongoing).
 - 11) Promote Sedbergh as a place to live, work and to be an

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entrepreneur (Chamber, SPC, SLDC, YDNP). Rejuvenate Sedbergh Book Town, Develop closer links with the local farming community and Farfield Mill (ongoing).

All comments welcome.



SPRING SHOW 2018

Wendy Fraser-Urquhart

Although the weather outside was only just Spring-like, the inside of the People's Hall was truly radiating the joy of the season. This year the Show was officially opened by John Pye, star presenter of local 'Smooth Radio' station, and himself a Sedbergh resident Eight-hundred splendid entries were on display. The judges spent the morning making hard decisions and they commented on the high standard of the exhibits. Our thanks go to them for their expertise and hard work. The happy family atmosphere of the show was greatly enhanced by the playing of the Town Band. Luscious refreshments were provided throughout the show by the members of Sedbergh and Killington WI's.

The raffle table was weighed down

with goodies and our thanks go to all those who generously donated prizes. They were:- Sedbergh Mini Market; Haddock Paddock; Powell's, Greengrocer; Boots the Chemist; Smart's Duo; William Peat, Butcher; No, 6 Finkle Street; Leighton's Hair Salon; Spar; the Dalesman; the George and Dragon, Dent; the Cross Keys Inn, Cautley; J.M. Pratt of Birks Mill; Susan Sharrocks; Jean & Amanda Sowerby; Anna Hainsworth; Maureen Lamb.

The show does not aim to make a profit so any surplus funds are donated to those who have helped to make the show a success. This year we have given £75 to the Town Band, £50 each to Sedbergh Primary School and Settlebeck School, £20

each to the pre school groups - Sedbergh Playgroup, Little People & Nicola's Toddlers.

Our schools displayed their skills with 93 entries from Settlebeck High School, ranging through poetry composition, art, and computer manufactured clocks to cake making and decorating. Sedbergh Primary school produced 260 entries showing a full range of skills from handwriting to garden sculpture. Pre-school groups were also well represented. Special thanks go to all the staff who encouraged the children with their entries.

It was most encouraging to note that there were a large number of entries (130) from new contestants. It was also pleasing that children are



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entering and winning adult classes. 9 year old Freya Houghton, winner of the cup for Special Effort came 2nd in the adult Landscape art class, and won the adult class for a Victoria Sponge against stiff competition from 9 adults, and was runner up for the Children's Cup. Another promising feature is seeing those, like Leanne Postlethwaite, who entered the show as children, now coming through and winning adult trophies. The show is in good heart for the future. Plans are already afoot for next year's show which will be held on **MARCH 30th 2019.**

The following cups and trophies were presented by John Pye.

- Margaret Fearnhead & Jane Tulloch jointly won The Shield for the Overall Show Winner
- Jane Tulloch won the Home Produce Cup.
- Margaret Fearnhead won the Art Cup
- Gill Dickinson won the Handicrafts Cup
- Dorothy Gerrard won the Garments Cup
- Wendy Fraser-Urquhart won the Flowers and Plants Cup
- Chris Wood won the Photography

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Cup

- Joshua Norwood won the Children's Cup
- Poppy Pike and Maddie Watson jointly won the W. Milburn Cup for Handwriting
- Joshua Kelly won the Junior Cup.
- Freya Houghton won the Cup for Special Effort
- Leanne Postlethwaite won the Cup for Most New Entries
- Killington WI won the WI Cup
- Lookaround Cups for his favourite item chosen by John Pye - our Show Opener
 - a) Adult - Kath Hodson, for a cross stitch picture map of the Yorkshire Dales
 - b) Child - Poppy Tuson, for a fire engine made from junk

So all that remains now is to thank you for your support for Sedbergh's splendid show and to look forward to seeing you all next year.



FACEBOOK FORUMS

Dear Editor

Facebook can be an ideal means of communication. However it can be used for evil purposes (terrorism) and to hurt people.

Recently a local Facebook group started a campaign about dog fouling. This is a good initiative. This was followed by a campaign on badly parked vehicles. Again a good initiative. However the vehicles were identifiable and not as Google street view with their registrations redacted. One particular resident was specifically attacked and the posts became discriminatory, offensive and defamatory. Extreme personal abuse and harassment. This provoked one correspondent to say "*What is happening in Sedbergh?*" And asked for these posts to be removed. Even this remark was challenged.

Where is the fault? Much must be down to the correspondents' behaviour, who should perhaps consider whether they are without sin. Would they like to be publicly pilloried in such a way?

But the prime fault lies the administrators and moderator, who state up front:

This Forum believes in free speech BUT will not tolerate posts that contain misinformation or contain foul and/or obscene language. These posts will be removed and the author blocked at the Admins discretion.

Please ensure posts remain constructive at all times. Offensive and discriminatory posts are not welcome and will be removed. Defamatory remarks regarding individuals, businesses or authorities

will be removed without warning.

Perhaps the administrators and moderators should take a look at themselves or step back.

Come on Sedbergh smarten up your act.



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DENTDALE CHRISTIAN FELLOWSHIP

J & SE Woof.

We held a Passover meal in the Sedgwick Room at the Hall in Dent as too many people booked in to fit around the one table at the house. Tony and Sue travelled over from Burton and sang at the celebration. We ate food significant to the season of Passover and celebrated the deliverance we can know in knowing Jesus. In May we will be celebrating Pentecost with a meal and a bonfire in the garden and later in the year will celebrate Tabernacles.

These events, the annual Festival on the 1st weekend in August, and our regular Friday Food with Fellowship and 4th Sunday evening events are always open to everyone.

For further information please see our website or contact us on 015396 25212.



DENT MEDITATION CENTRE

Creating FLOW with Qigong

Sue Stark

A series of three one-day workshops are offered at the Dent Meditation Centre for the second year running. The workshops are run by Tony Bennett, a teacher of over 15 years and who has a wide range of experience in the application of Tai Chi Qigong in managing a variety of health conditions and to general emotional and physical well-being. The Dent Meditation Centre is a beautiful, peaceful place in a wonderful setting within the Dales village of Dent. It holds special memories for me and I feel very privileged working there.

Qigong is Meditation in Movement.

The word Qigong means self-nurture. Meditation trains us to free our minds of unhelpful and intrusive thoughts so as to free the body of e-motion and stresses. We are aware of this through feeling calmer and being able to think more clearly. Qigong is moving in alignment, with breath, without effort. Combining meditation with movement trains us to apply ourselves to the activities and experiences that go to make up our lives, aware of breath, using only the necessary energy so that we feel that life FLOWS more easily. Sound is also an important part of Qigong: how we and other people use voice. And, how our voice can change and contribute releasing tensions and helping to create FLOW.



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The notion of FLOW clearly fascinated those people who some 5000 years ago sought to find ways of improving their health and how they felt and developed Qigong. They observed nature and how trees bent to the wind, maintaining their position and strength. They considered the continuous flow of water along a river, as it travels from its source in the sky down to the sea, only to return to the sky overcoming obstructions and hindrances along the way. This is a fine metaphor to use in how we can apply what we learn from practicing Qigong to our daily lives.

Energy medicine tells us that we have energy flowing through our bodies, but, in places, it can become stagnant, obstructed, too weak, or too strong. Balanced energy, shared by our various mind/body systems is essential for our health. Qigong helps us to rebalance our mind/body systems.

You can learn how to create more FLOW in your life by attending one or more of three one-day workshops at Dent Meditation Centre over the course of this year. Attendance will result in you having a better

theoretical understanding of why you feel the way you do and the practical means of acquiring greater balance in the way you feel, assisting your body to achieve the natural state of homeostasis with the accompanying sense of well-being – to achieve a greater sense of FLOW.

Workshops will be run by Tony Bennett from 10.00am to 4.00pm on the following dates:

- June 9th
- September 8th
- December 8th

Tony Bennett, a retired Town Planner, is a registered instructor with Tai chi Union of Great Britain and has a Diploma in Stress Management Training. He has taught Tai Chi Qigong for over 15 years. Tony's approach is to empower people, encouraging them to adopt new ways of thinking and living their lives as they put their learning into practice. ☺

neighbourhoodalert

Telephone cold calling - be aware and help spread the message

Unfortunately, Cumbria, like the rest of the country, continues to be targeted by telephone scammers. These scammers tell victims that they

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owe money – whether that be in tax, parking offences, or some other form of debt, and often give a deadline to meet for payment.

Some have told their victims that they can pay using iTunes vouchers, which can be bought from local supermarkets. There have been 21 reports of this type of incident in the last 12 months (01/03/2017 to 28/02/2017).

We are doing everything we can, working with others, in the fight against these criminals to protect the public, particularly the most vulnerable. Unfortunately, these figures will not show a true reflection of the problem because there will be many victims who are afraid to report the crime.

We'd encourage anyone who thinks

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they have been a victim of fraud to contact us and Action Fraud. Don't be intimidated by the scammers or ashamed, and let us help you. We'd also like to emphasise an appeal to friends and family to speak to others and help them be aware of the scammers who unfortunately will continue to target those they think they can easily scam. Please highlight the below points to them.

Never give your personal details

- Never give your bank details
- Do not make any payments
- Do not trust the caller display
- Do not be rushed or intimidated
- Never be afraid to hang up
- Not to be afraid to report fraud, and not to be afraid to say no to anyone suspected of being a fraudster

We have created flyers highlighting such advice, which will be disseminated by CSOs around the county. Smaller advice cards have also been developed, in the hope that vulnerable people can keep these by their phones as a reminder when the phone rings.

For further crime prevention advice on fraud visit <https://www.actionfraud.police.uk>

www.cumbria.police.uk/Advice-Centre/Crime-Prevention/Fraud.aspx
If you are a victim of fraud that is a crime in progress and you need an immediate police response dial 999.
If you think that you have been the victim of a fraud and it is a non-emergency situation report this to the Cumbria Constabulary on 101 and to Action Fraud on 0300 123 2040, or by visiting their website <http://www.actionfraud.police.uk/>



WESTERN DALES BUS

Jock Cairns

*Chair, Western Dales Bus
Summer Timetable*

At Western Dales Bus, we always try to design our bus routes so that wherever possible they connect with

rail services. So as well as providing public transport between Sedbergh, Dent, Kendal, Kirby Stephen and Hawes, this means people can connect with trains at Oxenholme and at stations on the Settle-Carlisle line. However, this year we've had a problem.

As you may know, from May 20th the Settle-Carlisle timetable will be changing considerably. More trains will be calling at local stations at quite different times from previously. This means that in order to continue to make connections with these trains, we're having to change all our timetables too.

To do this involves a lot of work behind the scenes by a team of people, and includes:

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- designing and printing timetable leaflets
- distributing the leaflets throughout Sedbergh, Dent, Kendal, Kirkby Stephen and elsewhere.

In the past, we've had enough time to do everything we need to do because new rail timetables have been published well in advance, usually by early in the New Year at the latest. Unfortunately, however, this year the summer rail timetable was not finally confirmed by Northern

Rail until April 6th, which means that we don't have the time to finalise our timetables in time to implement them when the rail timetable changes.

Instead, our summer timetable will start this year in June, not May, and our buses will continue to run on the present timetable until then. As a result, there is going to be a short period in late May and June when we will be arriving at Dent, Garsdale and Kirkby Stephen stations at times that don't connect very well with trains.

In the meantime, please visit our website www.westerndalesbus.co.uk for the most up-to-date timetable information. Both it and next month's Lookaround will have details of the new timetables when they are ready, and also when they will start.



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HOLIDAY CLUB

Sandra Gold-Wood

On Wednesday May 2 at 10 am you are invited along to a Coffee Morning in Cornerstone Community Church rooms in support of the annual Holiday Club.

The ever popular Holiday Club takes place in the first week of the school's summer holidays. This year it will be from Monday July 23 to Friday July 27 from 10 am to 12 noon. The children will enjoy activities video', crafts, Bible stories plus sports and activities each morning all free of charge.



ZREČE

David Burbidge

Dear Town Twinners and fellow Slovenophiles,

Many of you will remember with affection the Slovenian student Maja Žnidaršič who came to visit Sedbergh a few years ago. Maja stayed with Claire Mingus, and Chris and Frank Williams, worked in gardens and pubs in Sedbergh to help support herself while she was here, and thoroughly engaged in the local community which included singing in the church choir and other activities.



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Her younger sister Mihela has heard all Maja's enthusiastic stories about Sedbergh and would now like to visit herself, in part to help improve her English. She is finishing high school and has written asking if anyone could provide accommodation and work for her when she visits Sedbergh in the summer holidays.

If you can help please could you let me know.

Lep pozdrav iz Farfielda,



JACK HAMMER

'TWO SIDES OF THE SAME COIN'.

Richard French

Many thanks to Robin Davey who wrote the splendid article on Bill Long. I feel I was very lucky to have been taught French by him at Sedbergh School in the 1950's and to have kept in touch with him later in Sedbergh.

Reading about his wartime experiences reminded me about a German teacher at the school called A. E. Hammer (known of course as Jack), who taught me German and was a staffroom colleague of Bill's at that time. But Jack's wartime story was very different from Bill Long's!

Jack told us that smoking had saved his life! One night there was an RAF raid on his town area while he was out at the corner shop buying more cigarettes, and his apartment block had been destroyed. Jack now had nowhere to live and with no relatives to help, he decided to leave Germany and teach German in the UK as a 'native speaker'.

'So that, boys, is how I come to be standing here today' he told us. He was an excellent teacher and I am sure that his story inspired many others to work harder for him and do well in their exams. Many years later my son-in-law also studied German and used 'Hammer's Grammar' which Jack published after retirement and I now have a copy.



St JOHN'S HOSPICE

Sara Brown

Community Fundraiser

On Wednesday 11th April, Doris Haworth once again very kindly welcomed St John's Hospice in to the Cornerstone church rooms for our first coffee morning of 2018.

I am delighted to inform you that we raised an incredible £213.06 and I can assure you that all of the funds raised go directly to the hospice, providing specialist palliative care in your local community.

It was another lovely morning and I would like to take this opportunity to thank everyone who came along and visited, I hope you enjoyed it as much as we did. Very special thanks to Doris whose help is always valued,



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and a huge thank you to all those who brought cakes, and Myles who has become our very own doorman!

Volunteers are the cornerstone of what we are able to achieve at the hospice, and I am very grateful for all of your hard work. I am always looking out for volunteers to help on the day, if you would like to be involved please contact me at sara.brown@shospice.org.uk.

We are looking forward to coming back in September and hope to see all of you again. With very best wishes, and grateful thanks,



DENTDALE MEMORIAL HALL

*Sarah E Woof. (DMH Chairman)
015396 25212.*

At our AGM all the Trustees were sincerely thanked by the Chairman (me) and all the officers re-appointed for another year.

We dealt with various matters, looked at and commented on the accounts, and discussed the

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possibility of an Autumn Show in the Hall.

Keeping things simple we will only have a craft class for children and a "Home made" class for adults. It was also suggested holding a half day craft session during half term for accompanied children to come and make their entries or do other craft if they wanted. The Show would be held on the Sat afternoon at the end of half term. We would have a raffle and refreshments.

Please do feed back whether you would support / encourage your children to support such a venture.

Keith Moorby MAAT

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GOLF in SEDBERGH

A D Lord

We, that is Sedbergh Golf Club, may be older than we think!

SGC celebrated its Centenary back in 1996, having been founded, we believed, in 1896, by Masters of the Hostel of Sedbergh School.

BUT! it has come to light that "Sedbergh Grammar School GC" began in 1877, thanks to one Alexander Hamilton Doleman (1836-1914), an Assistant Master at Sedbergh School from 1876 to 1879,

who, having laid out a 9 hole course on The Riggs, organised the first competition for prizes, on Wednesday April 4th 1877. Ten players teed off and Thompson won with 60 strokes, followed by Toppin 64, Hinde 66 and Prescott 68.

Sedbergh School therefore probably became the first in England to introduce golf as one of the school games and the Masters, playing socially, led by Doleman, effectively formed Sedbergh Golf Club.

Doleman himself was no mean golfer, having previously won a Medal at Cambridge University GC, later becoming a member of both Royal Liverpool and Royal Musselburgh, having finished a wonderful 9 in The Open Championship in 1870 at

Prestwick! He was involved in 1886 in the founding of Lytham & St. Anne's GC, now also given Royal status.

Golf developed and was well taught at Sedbergh School, for in 1896 a former pupil by the name of H. J. (Harry) Whigham won no less a tournament than the American Amateur Championship and in that same year, another Old Sedberghian, the charismatic Freddie Tait (Evans House) won the much coveted English Amateur Championship, and repeated the feat in 1898. Both of course had played schoolboy golf on The Riggs.

The evidence of a golf club in Sedbergh in 1877 would make SGC the oldest or first golf club in Yorkshire! Further investigation is on-

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going.

I am obliged for information from Dr. Donald Cameron, Cambridge Univ. and from the late K. C. Bishop Esq., formerly of Sedbergh School.



B4RN

refreshed facebook page

D Thomson

Following the refreshment of the B4RN website for Sedbergh and the surrounding area the facebook page has also been given a new look.



Do have a look <https://www.facebook.com/b4saproject/> and find out the progress that is being made with this project.

PEOPLE'S HALL NEWS

Dr Gina Barney, Hon Secretary

AGM 5 April 2018

The Annual General Meeting of the People's Hall was held on 5 April 2018.

The following persons were elected as Trustees: Dr Gina Barney, Mr Ian Hutt, Mrs Sandra Longlands, Mr Steve Longlands, Mrs Sandra O'Neill, Mrs Kathleen Swift and Mr Chris Wood. The following persons were elected as Representative Trustees of

user organisations: Mr David Hendrickse (Christian Centre), Mr Daniel Mason (Football Club), Mrs Sandra Gold-Wood (Rose Theatre Group), Mrs Anne Petyt (Sedbergh WI), Ms Gillian Rea (Spellbound Theatre) and Mr Stuart Wetherell (People's Gym)

The accounts were agreed and indicated that the Hall needed a monthly income of £1,150 to break even. During the year the Committee Room was refurbished and the frontage remodelled, at a cost of £42,000, with the grateful support of the following donors: : Craven Trust, CCC Community Grant, Cumbria Foundation Grass Roots, Dulverton Trust, Freda Scott, Garsdale Design Ltd, Gina Barney Associates, Hadfield Trust, Harold and Alice Bridges, Sedbergh Community Fund, Sedbergh United Charities.

The Chair, Mr Steve Longlands said in his report:

Last year I reported that we were working on the entrance to the car park and remodelling the front steps, etc. to the main doors and rear entrance. This work has now been nearly completed making the area safer for all. The hall has been well



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used even with the new Health and Safety Requirements, which we had to implement in order to keep our insurance people happy. The majority of hirers adapted quickly to this and carried on without a fuss. The next improvement is the replacement of the main hall and stage curtains. This will be achieved with help from the Rose Theatre Group, who raised the funds to pay for them. Our goal this year is to reroof the main hall, which will lead to more improvements to the main hall, ie: better lighting, insulation and a modern heating system. The hall this last year had a good mix of user groups including the Town Band Jazz Night, birthday parties, orchestra's, Symonds Family slide show of their latest bike ride on a big screen, dancing groups, wakes, weddings, christenings and many others. The committee has managed to keep the Old Time dances and Rural Highlights events running despite only breaking even, which is good for the community. The bar has had a welcome addition of a "glass washer" and the main hall now has a small PA system installed for simple hirer requirements.

Following the AGM the Management Committee met and re-elected the officer team of: Chair: Steve Longlands, Vice Chair: Sandra Gold-Wood, Treasurer: Sandra O'Neill, Secretary: Gina Barney, Bookings Secretary: Chris Wood.

Cicely Robertshaw

Several members of the Committee were pleased to be part of a surprise celebration for Cicely Robertshaw joining the Octogenarians. Cicely has been a regular hirer of the Hall for her popular dog classes for decades and served for several years on the Hall Committee. Whilst Cicely was being instructed on how to operate the lighting properly, the Hall was invaded by two dog classes and food magically appeared. Very best wishes Cicely.

Health and Safety

As the Chair reported to the AGM the Hall is improving its H&S requirements under encouragement from our insurers. As the Chair said "*The majority of hirers adapted quickly to this and carried on without a fuss.*". We are currently supporting one hirer, who are struggling to make the necessary adaptions to keep the premises safe and healthy for all. ☺

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Kate Thexton BA PGCE

SarahM

Owing to circumstances I am no longer able to attend markets or shows.

I am still making a selection of frozen ready meals, also a range of cakes can be made to order.

I would like to thank all my customers for their continued support over the years. 015396 21896 ☼

COMMUNITY OFFICER REPORT

Logs of note for the area of Sedbergh
17/3 – ASB caused by youths posting pictures around Sedbergh.

20/3 – Theft of a vehicle off Fell Close. A silver ford transit.

28/3 – Attempt theft of wine from a local shop, offender challenged and wine given up.

Criminal Damage caused to various places in Sedbergh, this is being monitored and enquiries ongoing.

13/4 – Theft of tools from a van on Haveras.

Please keep all dogs on leads during this lambing season. We have had complaints in the surrounding area of dogs running loose, this is not only one of the busiest seasons for farmers but it is their livelihood at stake, and a running dog, even under control causes the sheep to herd and causes upset. Keep your dogs on a lead.

Do you know where your kids are and what they are up to when they head out the door in the evening? There has been lots of damage caused in the area, enquiries are still ongoing as evidence is being collated.



(Continued from page 82)

CHILDREN'S BIRTHDAYS

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

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

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

COVER PICTURES

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

Dennis J Whicker

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

PERSONAL & SMALL ADS £1

LILIAN CAPSTICK

Happy **90th Birthday** to the best Mum you could ever wish for. With all our love and best wishes Rob and Sylvia xx

LILIAN CAPSTICK

Happy **90th Birthday** Nana on 12th May. Looking forward to your party. With lots of love Jo and Chris xx

LILIAN CAPSTICK

Happy **90th Birthday** Nana on 12th May. Have a lovely day. With all our love Hayley and Sophie xx

LILIAN CAPSTICK

Congratulations on your **90th Birthday** Nana on 12th May. All our love Michael, Cathy, Sam, Amy and Max xx

MAY PRUCE

The family would like to thank everyone who sent cards and messages of condolence on May's recent death. Many thanks to Edward Waller and Brian Goad for all their help with the arrangements, to Rev Andy McMullon for taking the services, the team at St Andrew's Church for the Thanksgiving service, and the Caterers for a delicious spread afterwards. May's wish was to stay at home and without all the help from Sedbergh Medical Centre, Linda Greensmith and PPA carers this would not have been possible, special thanks to all of them.

NETTY SCARR

The family of Netty would like to thank everyone for all the cards & kind messages received following Netty's death, also a special thank you to Sedbergh medical practice, Brian Goad & Rev. Andy McMullon. She will be sadly missed, always in our thoughts & forever in our hearts.

OSSIE TATT

Patricia Tatt wishes to thank everyone for their kindness on the death of her husband Ossie (Oswald). I was pleasantly surprised to see so many local people attend the service on the 6th March at St Andrews Church and for the uplifting funeral service given by Father Hugh Pollock and the Funeral arrangements by Messrs Willis. Many thanks to Susan Sharrocks for the ringing of the Bells and to Dorcas Thomas for her splendid organ playing. And last but not least to the Dalesman and Fat Lamb for their accommodation and refreshments. Thank you for the dozens of sympathy cards and letters and flowers from Vikki. My splendid brothers and niece, Louise, for their invaluable support and help and Mike and Christine Stoker for their constant friendship and help. Thank you all so much. Donations for the Christie Hospital raised the magnificent sum of £1030.00

FOR SALE

4 x Steel Wheels/Tyres/Trims 215-65R-15c off of a Ford Transit Custom van. Near new condition. 6,000 miles only. £200 ono. Tel: 015396 20993.

PERSONAL & SMALL ADS £1

WANTED

Local family seeking large 3 bed or ideally 4 bed property to rent in Sedbergh or surrounding area ideally remote must be long term and will accept pets. Tel: 077684 19674

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EDITORS COMMENTS FUTURE OF LOOKAROUND

Progress is still being made with a few people coming forward to assist with the new Team. The more help given, the easier it would be and the less time an individual needs to spend time.

I am not taking any Advertising after December. New Contracts will be made from February 2019 with the new Group.

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. If there is an error with your article or advert, it is your turn this month in amongst hundreds of entries each month.

Current Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire). Back Copies are available to read at the History Society Archive at 72 Main Street.

All items for Lookaround must be sent to 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to

editor@sedberghlookaround.org.uk

ARTICLES

All articles and reports are inserted for free and photographs are included pending on space. Could text be submitted either typed out our written in BLOCK CAPITALS as sometimes, it can be difficult to established what is written.

ADVERTISING

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

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

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

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

February to November is printed black ink on white. The December/January issue 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 (preferred) or as a PDF (*although the quality is reduced when importing it*).

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

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

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999
(Over 18 years ago.)

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We

feel that the Advertising Rates are very reasonable (for the last 18 years). All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

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

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

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

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

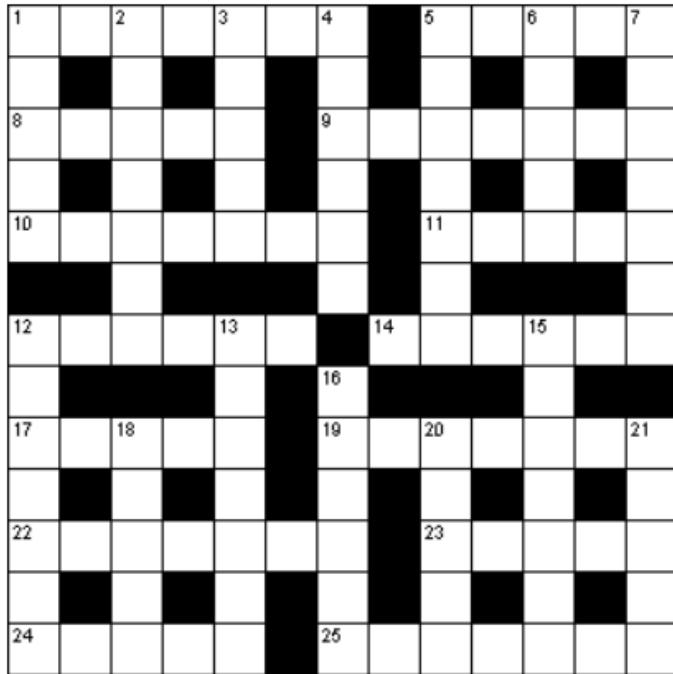
Payments by BACS can also be made.

This account is valid from June 2017.

Account: Lookaround
Account Number: 90931551
Code: 20-45-45
Reference: Invoice Number,
your name or reference.

CAN YOU PLEASE INCLUDE THE INVOICE NUMBER WHEN PAYING BY BACS?

(Continued on page 79)



Across

1. Gallantry (7)
5. Subsequently (5)
8. Extreme happiness (5)
9. Considered unlikely (7)
10. Pills (7)
11. Paragon (5)
12. Gaped (6)
14. Concurs (6)
17. Proverb (5)
19. Recite (7)
22. Feed (7)
23. Water lily (5)
24. Frock (5)
25. Use again after processing (7)

Down

1. Established custom (5)
2. Arc of refracted light (7)
3. Publish (5)
4. Humble (6)
5. Risible (7)
6. Heading (5)
7. Conundrums (7)
12. Hankered (7)
13. Foes (7)
15. Flexible (7)
16. Fix firmly (6)
18. Angle less than 90 degrees (5)
20. Something that has survived the past (5)
21. Follow (5)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs G Baines	Howgill View, 11 Bainbridge Road, Sedbergh LA10 5AU (2017/09) 2D; CH; L; NS; NP; VB; CW; DFB; Free WiFi e-mail:- gill.durie@hotmail.com	21510
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 A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) 1D; 1T; TVL; CH; DW; P; DR; VB e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) 1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW	21789
Mrs Lappin	The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05) 4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL	20200
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) 1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB; Free WiFi e-mail: sangold.kwood@virgin.net	21808

CAMPING, CARAVANNING & SELF-CATERING

Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	21175
Sleeps 4 people; D; T; CH; L; P; NS	
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	21175
Sleeps 4 people; D; T; CH; L; P; NS	
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)
Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage www.oldstationcottage.co.uk	20799
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11)
Self-Catering Sleeps 6-8	20360

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

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1600	3rd Sunday	Messy Church	CCCN
1000	Every Monday	Wild Goose Qigong	CCCC
1030	Every Monday	Sedbergh Songsters	GH
1730	Every Monday #	Brownies	CCCC
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1900	3rd Monday	Chamber of Trade	PH
1430	Last Monday	Tea & Company	CCCN
0930	Every Tuesday	Drop-in & Relax	MCD
1300	Every Tuesday	Howgill Toddlers	HVH
1830	Every Tuesday	Cub Scouts	SHQ
1830	Every Tuesday	Swimming Club	SS
1930	Every Tuesday	Bridge Club	WHC
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH
1930	3rd Tuesday	Ladies NFU	PH
0830	Every Wednesday	Sedbergh Market	JLCP
1000	Every Wednesday	Coffee Morning	CCCC
1000	Every Wednesday	Yoga for All	HVH
1145	Every Wednesday	Age UK Swimming	SS Baths
1315	Every Wednesday	Art Society	PH
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Beaver Scouts	SHQ
1900	Every Wednesday	Sedbergh Town Band	SSBR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1830	Every Thursday	Swimming Club	SS
1800	Every Wednesday	Yoga for All	SPS
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	Every 2 weeks	Cameo Club	CCCN
1430	1st Thursday	Afternoon Cream Tea	Duo
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Age UK Lunch Club	Dalesman
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1100	Every Friday	Mindfulness Course	MCD
1700	Every Friday #	Barrel of Fun	StAS
1800	Every Friday	Cub Scouts	SHQ
1930	Every Friday	Scouts & Explorers	SHQ
1330	1st Friday	Dentdale Club	DMH
1000	Every Saturday	Swimming Club	SS

= School Term Time Only
See Group Page for contact details & Diary Page for Keys

PLACES OF INTEREST TO VISIT IN THE AREA

Bowling Green, Queens Gardens
Bruce Loch Nature Area, Busk Lane
Cautley Spout, A683 towards Kirkby Stephen
Community Office, 72 Main Street
Cornerstone Community Church, Main Street
Cornerstone Community Church, New Street
Cumbria Wildlife Trust, Community Office
Dent Heritage Centre, Laning, Dent *
Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
Friends Quaker Meeting House, Brigflatts
George Fox's Quaker Pulpit, Firbank
Golf Club, Catholes, Sedbergh *
Information Centre, 72 Main Street
History Society, Community Office
Holme Working Farm, Middleton *
Holy Trinity Church, Howgill
Jubilee Wood Nature Area, Castlehaw Lane
Langstone Fell, A684 Garsdale Foot
Motte & Bailey Castle, Castlehaw Lane
Pepperpot Folly, Busk Lane
Picnic Site, Ghyllas, Cautley Road
Picnic Site, Settlebeck New Bridge
Play Ground, Dent Village
Play Ground, People's Hall
Play Ground, Maryfell
Queen's Gardens, Station Road
St. Andrew's Church, Dent
St. Andrew's Church, Main Street, Sedbergh
St. Gregory's Church, Vale of Lune
St. John's Church, Cowgill
St. John's Church, Firbank
St. John's Church, Garsdale
St. Mark's Church, Cautley
Sedbergh Embroidery, StAS
Tennis Courts, Guldrey Lane
Winder Fell, above Sedbergh

* = Entry Fee Applicable

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	09/16	Helpline	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	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cornerstone Community Church Rooms	01/09	Mrs Haworth	Sed:	20428
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	06/16	Dr Ripley mylesripley52@gmail.com		
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton admin@howgillharriers.co.uk		
Howgill 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 mylesripley52@gmail.com		
Labour Supporters Group *	12/17	Mr Cross	Sed:	22566

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	12/14	Mrs Suttle	07810	833478	
Lunch Club	03/18	Mrs I'Anson	Sed:	21757	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554	
People's 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	04/17	Mr Hopps	07870	785322	
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816	
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723	
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723	
Scouts	01/09	Mr Mawdsley	Sed:	20723	
Scouts - Explorers	11/15	Mrs Colton	07789	906421	
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613	
Sing Joyfully! (Casterton)	09/16	Mrs Micklithwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com		
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	
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	
Yoga	11/16	Mrs Hennedy	Sed:	20899	
Young Cumbria	01/09	Mrs Hartley	01524	781177	
Young Farmers Club	11/15	Miss Thompson	07590	115844	
Young Kidz	01/09	Mrs Baines	Sed:	21287	

* = Latest Amendments

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

BUS SERVICES

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

Western Dales Bus S1 Kendal Shuttle Saturdays from 7th October 2017					
Kendal Morrisons			12:45		
Kendal Blackhall Road [opp bus sta]		09:00	12:50	14:20	16:15
Kendal Asda		09:06	12:56	14:26	16:21
Westmorland Hospital		09:07	12:57	14:27	16:22
Oxenholme Station		09:10	13:00	14:30	16:25
Killington M6 Bridge		09:20	13:10	14:40	16:35
Sedbergh Dalesman		09:33	13:23	14:53	16:50 18:40 R
Sedbergh Maryfell		09:35	13:25	14:55	16:52 R -
Dent village		09:50		15:10	17:05 18:55 R
Cowgill		10:03			17:18 19:08 R
Dent Station		10:05			17:20 19:10 R
<i>Dent Station</i>					
<i>Train from Leeds</i>		10:16			19:23
<i>Train from Carlisle</i>		10:40		17:32	19:20
Dent Station		10:20 *		17:35	19:30 R
Cowgill		10:22		17:37	19:32 R
Dent village		10:35		15:15	17:50 19:45 R
Sedbergh Maryfell	08:15	10:48	13:38	15:28	18:03 -
Sedbergh Library	08:20	10:50	13:40	15:30	18:05 * 20:00 R
Killington M6 Bridge	08:30	11:00	13:50	15:40	
Oxenholme Station	08:40	11:10	14:00	15:50	
Westmorland Hospital	08:43	11:13	14:03	15:53	
Kendal Asda	08:45	11:15	14:05	15:55	
Kendal Blackhall Road Bus Station	08:55	11:25	14:15	16:05	
Kendal Morrisons		11:30			

* R = Calls on Request only.

* On reaching Sedbergh Library at 1805 the bus will only continue with the last journey to Dent Station and back by request to the driver earlier in the day.

* 1020 from Dent Station will wait up to 10min beyond the scheduled departure for a late running train from Leeds

BUS SERVICES

Western Dales Bus S3 Hawes Hopper Tuesdays only from 2nd May 2017 R = Request only					
Dent	-	09:30	-	13:40	15:40 R
Spar	-	09:44	11:20	13:54	15:54 R
Library	-	09:45	11:21	13:55	15:55 R
Maryfell	-	09:47	11:23	13:57	15:57 R
Farfield Mill (entrance)	-	09:49	11:25	13:59	-
Garsdale Street	-	09:58	11:34	14:08	-
Garsdale Station Arrive	-	10:04	11:40	14:14	-
Garsdale Station Depart	-	10:06	11:42	14:16	-
Moorcock Inn	-	10:08	11:44	14:18	-
Hawes Creamery	-	10:19	11:55	14:29	-
Hawes Market Place	-	10:21	11:57	14:31	-
Hawes Dales Centre	-	10:23	11:59	14:33	-
<i>Garsdale Station</i>					
<i>Train to Carlisle</i>		10:21	12:17	14:20	16:16
<i>Train to Leeds</i>		10:02	13:02	15:13	
Hawes Dales Centre		10:35	12:33	14:43	-
Hawes Market Place		10:40	12:35	14:45	-
Hawes Creamery		10:42	12:37	14:47	-
Moorcock Inn		10:53	12:48	14:58	-
Garsdale Station Arrive		10:55	12:50	15:00	-
Garsdale Station Depart		10:57	12:52	15:02	-
Garsdale Street		11:03	12:58	15:08	-
Farfield Mill (entrance)		11:12	13:07	15:17	-
Maryfell		11:14	13:09	15:19	-
Library	09:10	11:16	13:11	15:21	-
Opposite Morphet's Garage	09:11	11:17	13:12	15:22	-
Dent	09:25		13:26	15:36 R	-

* R = At 1522 at Sedbergh Spar the bus continues to Dent village only on request to the driver.

* Connection to Hawes from 1021 train provided by Little White Bus (tel 01969 667400).

* The bus can be boarded or alighted at any place it is safe to stop. Please give a clear indication to the driver.

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

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

BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect Fridays only from 6th October 2017 R = Request only						
Dent	-	09:30	-	-	13:40	15:45 R
Sedbergh Spar	-	09:44	-	11:29	13:54	15:59 R
Sedbergh Dalesman	-	09:45	-	11:30	13:55	16:00 R
Sedbergh Maryfell	-	09:47	-	11:32	13:57	16:02 R
Cautley Cross Keys	-	09:54	-	11:39	14:04	-
Fat Lamb	-	10:00	-	11:45	14:10	-
Ravenstonedale	-	10:05	-	-	14:15	-
Kirkby Stephen Station arr	-	10:12	-	11:52	14:22	-
Kirkby Stephen Station dep	-	10:15	10:36	11:55	14:25	-
Kirkby Stephen Town	-	10:20	10:41	12:00	14:30	-
Kirkby Stephen Co Op		10:21	10:42	12:01	14:31	
<i>Kirkby Stephen Station</i>						
<i>Train from Leeds</i>			10:34	12:30	14:32	
<i>Train from Carlisle</i>				12:49	15:00	
Kirkby Stephen Co Op		10:24	10:49	12:34	14:48	
Kirkby Stephen Town		10:25	10:50	12:35	14:49	
Kirkby Stephen Station arr		10:30	10:55	12:40	14:54	
Kirkby Stephen Station dep			10:58	12:43	15:02	
Ravenstonedale				12:50	15:09	
Fat Lamb			11:05	12:55	15:14	
Cautley Cross Keys			11:11	13:01	15:20	
Sedbergh Maryfell			11:18	13:08	15:27	
Sedbergh Library	09:10		11:20	13:10	15:29	
Opposite Morphet's Garage	09:11		11:21	13:11	15:30 *	
Dent	09:25			13:25	15:44 R	

* R= Calls on request only

* The 1530 from Sedbergh to Dent and back will only run upon request to the driver on the day.

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

H	E	R	O	I	S	M		A	F	T	E	R
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E	T	E	O		I	I						
D	R	E	S	S	R	E	C	Y	C	L	E	

BUS SERVICES

Western Dales Bus S5 Kendal Shopper
Thursdays only from 19th October 2017

Sedbergh, Dalesman	08:55		
Sedbergh, Maryfell	08:57		
Cautley, Cross Keys	09:05		
Fat Lamb	09:13		
Kirkby Stephen Station entrance	09:19		
Kirkby Stephen Town, Market Place	09:24		
Kirkby Stephen Co-op	09:29	11:39	14:19
Kirkby Stephen Town, Market Place	09:30	11:40	14:20
Kirkby Stephen Station entrance	09:35	11:45	14:25
Ravenstonedale, Nursery School	09:41	11:51	14:31
Newbiggin on Lune	09:45	11:55	14:35
Tebay Roundabout	09:54	12:04	14:44
Killington M6 bridge	10:04	12:14	14:54
Kendal Castle Green	10:13	12:23	15:03
Kendal Blackhall Road	10:18	12:28	15:08
Kendal Morrisons	10:23	12:33	15:13
Kendal Morrisons	10:33	13:13	15:23
Kendal Blackhall Road	10:40	13:20	15:30
Kendal Castle Green	10:45	13:25	15:35
Killington M6 Bridge	10:54	13:34	15:44
Tebay Roundabout	11:04	13:44	15:54
Newbiggin on Lune	11:13	13:53	16:03
Ravenstonedale, Primary School	11:17	13:57	16:07
Kirkby Stephen Station entrance	11:24	14:04	16:14
Kirkby Stephen Town, Market Place	11:30	14:10	16:20
Kirkby Stephen Co-op	11:31	14:11	16:21
Kirkby Stephen Town, Market Place			16:22
Kirkby Stephen Station entrance			16:27
Fat Lamb			16:34
Cautley, Cross keys			16:41
Sedbergh, Maryfell			16:49
Sedbergh, Library			16:51

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

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

Combined plans for Western Dales Mission Community - May 2018

	Time	6 th	13 th	20 th	27 th	
St. Andrew's, Sedbergh LA10 5BZ	8am	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP	
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United Service with Cornerstone Community Church or People's Hall	Andy McMullon SW	Gary Wemyss HC	Andy McMullon & Judith Bush HC	
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Pam Dent	David Crouchley	David Crouchley 4pm- Messy Church 6.30pm- David Crouchley	David Crouchley HS	
People's Hall Sedbergh LA10 5DQ	10.30am	NISCU				
St. Mark's, Cautley LA10 5LZ		2.30pm Judith Bush HCx	9.30am Judith Bush MP-NC	At Sedbergh	2.30pm Judith Bush Taize	
Cautley Methodist Chapel LA10 5LY	11am	Philip Nolan	June Allen	William Allen	2pm Frank Balass Chapel Anniversary	
St. John's, Garsdale LA10	10am	2pm Andy McMullon Lambing Service	At Low Smithy United Service	At Garsdale Street United Service	Gary Wemyss HC	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2pm	At St. John's United Service	At Garsdale Street United Service	2pm & 6.30pm Denis Yates Chapel Anniversary	At Cautley	
Garsdale Street Methodist Chapel LA10	6.30pm	At St. John's United Service	United Service David Crouchley HS	At Garsdale Low Smithy United Service	Philip Nolan	
All Saints, Killington LA6 2HA	2pm	At Sedbergh	At Firbank	At Howgill	Andy McMullon HC	
Holy Trinity Howgill LA10 5JD	2pm	At Sedbergh	At Firbank	Andy McMullon Lambing Service	At Killington	
St. John's Firbank LA10 5EF	2pm	At Sedbergh	Andy McMullon HC	At Howgill	At Killington	
St. Andrew's, Dent LA10 5QL	10.30am	Christine Brown HC	Gary Wemyss HC	Andy McMullon HC	Christine Brown HC	
St. John's, Cowgill LA10 5RJ		At Dent	2.30pm Christine Brown Baptism	2.00pm Christine Brown Lambing Service	At Dent	
Dentdale Methodist Chapel LA10 5QJ	6.30pm	David Crouchley HC	Brian Park	Philip Nolan	Sarah Crouchley	
Dent Foot Methodist Chapel LA10	2pm	Susan Raw	Gordon Middleton	Chris Fawcett	Philip Nolan	
	Wednesday	2nd	9th	16th	23rd	30th
St. Andrew's, Sedbergh LA10 5BZ	11.15am	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP
HC- Holy Communion (HCx- Extended Communion) SW- Service of the Word FS- Family Service HS- Healing service				Ecu- Ecumenical CM- Choral Matins (BCP) MP-NC- Morning Prayer- Northumbrian EP- Evening Prayer		

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. Peter Campbell Tel: 20918

CORNERSTONE COMMUNITY CHURCH

New Street/Main Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

SOCIETY OF FRIENDS

QUAKERS
Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. Andy McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952
& Jean Dixon 20435

Hoggill: Helen Hoggarth 20805
& Pauline Marshall 21651

Killington: Jennifer Thornely 20444
& John Mather 015242 76333

Dent & Cowgill

Rev. Andy McMullon Tel: 20018

Rev. Christine Brown Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrow

Rev. David Crouchley Tel: 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

Amanda Reynolds Tel: 07545 375721

Lookaround Advertising Rates

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

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

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

DIARY OF EVENTS

Dates are held up to 130h March 2019.

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

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

MAY		
1 1030 Art of Quilting (April)	FM	Crooklands
1 1030 An Apprentice's Journey (April)	FM	Crooklands
1 1030 Life & Tradition in the Dales	DCMH	Sedbergh Music Festival (43) StAS
1-8 Ride2Stride Festival (April)	C&SRIy	3 1930 MF 'Gloria' (43) SIAS
2 1000 Weekly CM - Holiday Club (4)	CCCM	4 1300 MF SS Young Musicians (43) STAS
3 0700 Local Elections	HVH	4 1930 MF Kentdale Wind Quintet (43) STAS
3 1930 WIH&F - Quilling Demonstration	MCD	5 1300 MF Julian Cann & David Battersby (43) STAS
4 1030 Mindful Living (5, 36 & 68)	KLRC	6 1000 Weekly CM - Garsdale Church (4) CCCC
4 1800 KL Beer Festival	CCCN	6 1930 MF Castalia String Quartet (43) SIAS
5 0945 Care of the Bereaved (6)	DMH	7 1300 MF C Steele & P Noke (43) STAS
5 1000 StAD Coffee Morning	KLRC	7 1930 WIH&F - Aunt Edna's Hats FCH
5 1200 KL Beer Festival	Leyburn	7 2000 MF T Little & M Roscoe (43) STAS
5 1330 Tou De Yorkshire (5)	KLRC	8 1300 MF Joe Davies (43) SIAS
6 1200 KL Beer Festival		8 2000 MF Fistful of Spookies (43) SIAS
7 May Bank Holiday		8 2000 Mindfulness & Meditation (5, 36 & 68) MCD
7 1030 Art of Quilting Ends (April)	FM	9 1000 FLOW with Tony Bennett (5, 36 & 68) MCD
9 1000 Weekly CM - Firbank Church (4)	CCCM	9 1100 MF Pepperpot Coffee Morning (43) STAS
9 1400 WIK - Resolutions + Joining the Dots	PH	9 1930 MF Levens Choir (43) SIAS
9 1915 WID - Resolutions	DMH	11 1300 Organ Recital (43) SS
9 1930 WIS - First Responders	PH	11 2000 MF Sterling Trio (43) STAS
10 1200 Lunch Club Age UK	Red Lion	12 1300 MF A Wightman & I Brearley (43) STAS
10 1915 Royal British Legion (13)	WHC	12 1930 MF Sedbergh Town Band (43) SIAS
10 1930 Sedbergh Parish Council Annual Meeting (1)	PH	12 TBA WIK - Outing TBA
11 1900 British Legion Annual Dinner (13)	Golf Club	13 1000 Weekly CM - H&FWI (4) CCCC
12 1500 Town Band Garden Concert (12)	QG	13 1300 MF Reflections in Poetry (43) STAS
13 Sedbergh Singing Walks Starts	Sedbergh	13 1315 HS Barbon (16) LHCP
13 Christian Aid Week (12)	Sedbergh	13 1500 Pepperpot Tea Concert
14 1930 GVH AGM	GVH	13 2000 MF Cornucopia (43) STAS
15 1400 SASL - TBA	PH	13 WID - Summer Outing TBA
15 1900 Ladies Fashion Show (15)	BVH	13 WIS - Summer Outing TBA
15 1930 Ladies NFU - About Alpacas	PH	14 1200 Lunch Club Age UK Dalesman
15 1930 Sedbergh Parish Annual Meeting (1)	PH	14 1300 MF Chetham's Hosp Young Musicians (43) STAS
16 1000 Weekly CM - Christian Aid (4, 12 & 13)	CCCM	14 1300 MC Closed for Training (16) MC
16 1200 HS Furness Abbey (16)	LHCP	14 1800 Tea Time Concert (17) SS
16 1300 MC Closed for Training (16)	MC	14 1915 Royal British Legion (13) WHC
17 1800 Tea Time Concert (17)	SS	14 2000 MF Sedbergh Orchestra (43) STAS
17 1900 Garsdale Parish Meeting (6)	GVH	15 1300 MF Harp Recital (43) SIAS
18 1330 AS Helen Shields (61)	CCCN	15 1930 MF Jamie Smith's MABON Wales (43) STAS
18 Sedbergh Singing Walks Ends	Sedbergh	16 1930 MF Sarah Beth Briggs Piano (43) STAS
19 1000 AS Autonomous Workshop (61)	CCCN	17 1030 MF SS Chapel Choir (43) SIAS
19 1000 CM - Dentdale Chapel	DCS	17 Sedbergh Music Festival Ends (43) StAS
20 1100 Try Sailing		19 1200 SASL - Summer Lunch/Outing TBA
20 1030 An Apprentice's Journey Ends (April)	FM	19 1930 Ladies NFU - Summer Outing TBA
23 1000 Weekly CM - Ladies NFU (4)	CCCM	19 1900 Swift Celebration Evening (50) STAS
26 0930 Artisan Market (26)	Sedbergh	19 1900 Allotments AGM PH
27 1100 Group Meditation (5, 36 & 68)	MCD	20 1000 Weekly CM - Allotments (4) CCCC
28 Spring Bank Holiday		21 1200 HS Browsholme Hall & Gardens (16) LHCP
28 1000 Cowgill Church Annual Fair (ad)	DMH	23 0930 Artisan Market (26) Sedbergh
28 1900 Duck Race	HVH	23 Painting Day (61) CCCN
30 1000 Weekly CM - COGS	CCCM	23 1930 Olde Time Dance PH
30 1300 Garsdale Sports	GVH	23 1000 CM - Dentdale Chapel DCS
31 1800 Killington Sports (31)	Killington	27 1000 Weekly CM - Killington WI (4) CCCC
JUNE		JULY
1 1030 Life & Tradition in the Dales	DCMH	1 1030 Life & Tradition in the Dales DCMH
2 1000 StAD Coffee Morning	DMH	3 1030 Life & Tradition in the Dales Ends DCMH
2 1400 Red Squirrel Party (March)	New Street	4 1000 Weekly CM - Dementia Group (4) CCCC
		4 Town Band AGM
		5 1930 WIH&F - Members Evening HVH
		6 1000 HS Heron Corn Mill (16) LHCP
		7 1000 StAD Coffee Morning DMH
		7 Summer Fayre GVH
		10 1400 WIK - British from the bottom up PH

COVER PHOTO
Fell Close
Dennis Whicker

11 1000 Weekly CM - Royal British Legion (13)(4) CCCM
 11 1300 MC Closed for Training (16) MC
 11 1915 WID - Weather & Climate DMH
 11 1930 WIS - 30 Years Behind the Mike PH
 12 1200 Lunch Club Age UK Red Lion
 12 1915 Royal British Legion (13) WHC
 13 1900 PH Gala Evening (40) PH
 14 1000 Summer Fair StAS
 18 1000 Weekly CM - Middleton Church (4) CCCM

21 1000 CM - Dentdale Chapel DCS
 25 1000 Weekly CM - Sedbergh WI (4) CCCM
 28 0930 Artisan Market (26) Sedbergh

AUGUST

1 1000 Weekly CM - Allotment (4) CCCM
 2 1930 WIH&F - YDNP Ranger Paul Wilkinson FCH
 4 1000 StAD Coffee Morning DMH
 8 1000 Weekly CM - North West Cancer (4) CCCM
 8 1915 WID - Blood Bikes DMH
 8 1930 WIS - Games Night & Photo Share PH
 9 1200 Lunch Club Age UK Red Lion
 14 1400 WIK - Khiraula Education in Nepal PH
 15 1000 Weekly CM - Garsdale Churches (4) CCCM
 18 1000 CM - Dentdale Chapel DC S
 22 1000 Weekly CM - Beekeepers (4) CCCM
 24 Communication & Connection (5, 36 & 68) MCD
 25 0930 Artisan Market (26) Sedbergh
 25 1400 Afternoon Tea GVH
 27 August Bank Holiday
 27 1200 Dent Gala Dent
 29 1000 Weekly CM - St Andrew's Mission (4) CCCM

SEPTEMBER

1 1000 StAD Coffee Morning DMH
 1 1930 Flicks in the Fells (TBA) PH
 5 1000 Weekly CM - Garsdale Church (4) CCCM
 6 1930 WIH&F - The Smokery Haverigg HM Prison HVH
 8 1000 FLOW with Tony Bennett (5, 36 & 68) MCD
 11 1400 WIK - Why Not Alpacas? PH
 12 1000 Weekly CM - Talking Lookaround (4) CCCM
 12 1300 MC Closed for Training (16) MC
 12 1915 WID - Open Meeting DMH
 12 1930 WIS - A Little Bit of Art PH
 13 Westmorland County Show Crooklands
 13 1200 Lunch Club Age UK Red Lion
 15 0930 Artisan Market (26) Sedbergh
 18 1400 SASL - TBA PH
 18 1930 Ladies NFU - Fell Pony Society PH
 19 1000 Weekly CM - St John's Hospice (4) CCCM
 26 1000 Weekly CM - First Responders (4) CCCM

OCTOBER

3 1000 Weekly CM - Firbank Church (4) CCCM
 4 1930 WIH&F - AGM & Advisor FCH
 6 1000 StAD Coffee Morning DMH
 6 1930 Flicks in the Fells (TBA) PH
 9 1400 WIK - Life of a Reservist RAF Padre PH
 10 1000 Weekly CM - Christian Aid (4) CCCM
 10 1300 MC Closed for Training (16) MC
 10 1915 WID - Julehygge (correctly spelt) DMH
 10 1930 WIS - Uplifting Stories PH

11 1200 Lunch Club Age UK	Red Lion
11 1915 Royal British Legion (13)	WHC
12 Release, Rebalance & Renew (5, 36 & 68)	MCD
13 1930 Olde Time Dance (ph)	PH
16 1400 SASL - TBA	PH
16 1930 Ladies NFU - Volunteering in Zambia	PH
17 1000 Weekly CM - Middleton Church (4)	CCCM
22 1930 Beetle Drive	GVH
24 1000 Weekly CM - Garsdale/Cautley Ch's (4)	CCCM
27 1000 Apple Day	PH
28 Clocks Fall Back	
31 Halloween	
31 1000 Weekly CM - Bowling Club (4)	CCCM

NOVEMBER

DIARY KEY

AS	= Art Society
BF	= Brigflatts
BVH	= Barbon Village Hall
CCCM	= Cornerstone Community Church, Main St
CCCN	= Cornerstone Community Church, New St
CM	= Coffee Morning
CTis	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
C&SRly	= Carlisle & Settle Railway
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DCS	= Dentdale Chapel Schoolroom
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Chapel
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLRC	= Kirkby Lonsdale Rugby Club
KPH	= Killington Parish Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
PH	= People's Hall
QG	= Queens Gardens
RR	= Rawthey Room, 72 Main Street
SASL	= Sight Advice South Lakeland
StAD/S	= St Andrew's Church, Dent/Sedbergh
StJCC	= St Johns Church, Cowgill
StMC	= St Mark's Church, Cautley
SIC	= Sedbergh Information Centre, 72 Main St
SPS	= Sedbergh Primary School
SS	= Sedbergh School
SSAT	= Settlebeck School Academy Trust
WID	= Women's Institute, Dentdale
WIHF	= Women's Institute, Howgill & Firbank
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.00am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Surgery by appointment only –

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

Dent Surgery

Monday by appointment only

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday afternoons

(By appointment only)

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

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

See our website

www.sedberghmp.nhs.uk

for further details

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

POLICE

101 or 999

Crimestoppers 0800 555 111

DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Ian Dawson,
Miss Katie McKay & Sarah Boom (Hygienist)

Monday to Friday 0900 - 1700

Saturday *

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

MARKET DAY

WEDNESDAY

Last Page Update:

March 2018