

Sedbergh & District **LOOKAROUND**

March 2015

Issue 330

Donation £1

Wow!!! Another bumper issue of 104 pages, the biggest ever March issue. What can we say apart from a big thank you to everyone for their continued support.

A Happy Birthday to Lookaround

which is 29 years old this month. We are still considering celebrating 30 years next year so any suggestions (or help) would be appreciated and acknowledged.

Dennis & Jacky Whicker



THE MEDITATION CENTRE
be still • be inspired • be free

PROGRAMME FOR MARCH 2015

Fri 6th MINDFUL YOGA & MEDITATION DAY

Sat 7th LEARN TO MEDITATE DAY

Sun 8th MONTHLY MEDITATION 11-1pm

Sat 14th/Sun 15th
LEARN MINDFULNESS MEDITATION

Sat 21st SPRING EQUINOX CELEBRATION
with the Celtic Harp 2-5pm

Sat 28th/Sun 29th
LIVE YOUR MEANINGFUL LIFE
Weekend Intensive: WORK

To book; email meditationcentrteam@gmail.com
Telephone 07582 017396

The Meditation Centre, Dent, Cumbria LA10 5QR

HAZARDOUS HILDA RIDES AGAIN

Get On Down T'Panto

Brought to you by Sandra Gold-Wood

Starring:
Lou Hinson as Hazardous Hilda
Kev Kendal as Noisy Yates
&
Rosemary Lewes as Slightly

People's Hall 12th, 13th & 14th March

7.30pm Evening - 2.30pm Saturday Matinee

Adults £5 - Children £3.00

The one social event
in Sedbergh you can't
afford to miss!

Tickets on sale at the TIC, Main Street

A Rose Theatre Production

CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th
S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

Table of Contents

Advertising Rates	100
Bed & Breakfast	97
Bus Time Table	98
Cartoon	99
Crossword	94
Diary of Events	102
Groups	4
Personals	8
Places of Interest	6
Religious Services	100
Regular Meetings	6
Sudoku	7
Age Uk Computing+ Logo	69
Age UK+ Logo	89
Aglow International	67
Air Ambulance	65
Art Society	44
Artisan Markets	17
British School Trust	90
Christian Aid+ Logo	34
Church Open Meeting (18)	35
Churches Together	35
Citizens Advice Bureau + Logo	48
Community Officer Report	92
Councillor Corner	18
Councillors Corner	20
Craftworkshop	67
Cumbria Wildlife Trust	60
Dentdale Christian Fellowship	90
Dentdale Memorial Hall	91
Dentdale Run	73
Editorial	
Family Musings	60
First Responders	66
Gardening	90
Gym & Fitness Centre	70
Healthwatch	63
HS Crime & Punishment	46
Impressions of Scotland	62
Information & Book Centre	10
Inner Fire	48
James Merchant	42
Ladies NFU	50
Main Street Closure	93
Main Street Parking	49
Mansergh Community Hall	67
Medical Centre	45
Meditation Centre Dent	47
National Park Notes	85
neighbourhoodalert Puppies	68
neighbourhoodalert Scams	89
Parish Council Garsdale	12
Parish Council Sedbergh	14
Patient Transport Service	90
Peoples Hall+ Logo	61
Rose Community Theatre+ Logo	62
Royal British Legion+ Logo	64
Sedbergh School	30
Settlebeck Proud Parent	24
Settlebeck Concert	25
Settlebeck Junior Chef	26
Settlebeck L A Clifford	27
Settlebeck Sport	28
Settlebeck Tables	29
Sight Advice South Lakeland	40
Singing Slovenia	80
Tim Farron MP	84
Town Band+ Logo	11
Traffic in Main Street	23
Walking & Cycling Group	74
Wanderers FC Seniors	75
Weather	68
WI Dentdale	56
WI Howgill	58
WI Killington	51
WI Sedbergh	53

Table of Adverts

Able Memorials	39
Andrew Allan Video Transfer	67
April - Easter Sale	71
Art Society	20
Austin Brown Computing	38
Beetle Drive	20
Bonney Brides Photography	56
Brian Goad Funeral Services	53
British Legion	32
Build on the Rock	11
Byrums Furnishers	74
Capstick Insurance Agent	36
Chris Whelan Estate Agent	24
Churches Open Meeting	18
Clare Hill Shiatsu	31
Clare Mingins Hypnotherapy	73
Cobble Country Estate Agent	70
Coffee Morning	11
Concert Freda Trott	9
Concert Sedbergh Orchestra	26
Concert Sedbergh Singers	21
Craftworkshop	17
Cross Keys Hotel	80
Cumbria Stoves	60
Daphne Jackson Osteopath	44
David Jackson Walling	45
Dawsons Coal Yard	15
Dent Pre School Event	10
Dentdale Designs	64
Derek Hayes Gardener	86
Domino Drive	9
Duncan Law Plumber	40
Edwin Middleton Carpenter	83
Ellison Wood Supplier	23
Fairbank Society	32
Farfield Mill	12
First Responders	10
Fish Express Fish & Chips	19
G J Baines & Son Builders	22
Garsdale Design	85
Gary Allan Metalworker	75
Gavin Charlesworth Wood Supplier	57
Graham Bradley Builder	92
Graham Moffat Builder	67
H&M Craftsmen	81
Haddock Paddock Fish & Chips	19
Hayton & Winkley Solicitors	78
Hazardous Hilda	1
History Society	18
Holme Farm	27
House Clearances	93
Howgill Upholstery	83
Ian Higginbatham	83
Inner Fire	25
Jennie Davies Counsellor	62
John Hawley Gardener	68
Josephine Lade Orthopaedic	91
June Parker Acupuncture	82
Kay Whittle Chiropodist	87
Kentdale Property & Garden Services	55
Killington Marquees	19
Killington Upholstery and Textiles Services	58
Lakes Scaffolding	33
Lawnmower & Chainsaw repairs	51
Malcolm Sedgwick Carpenter	77
Mark Barker Gardener	47
May - Cyclosportive	35
MB Designs	42
Medical Centre	19
Medical Centre	79
Meditation Centre Events	1
MK Conversions Builders	37
Morphets Garage Opening	14
Nicky Ross Plumber	43
No 6	13
Oliver Higginbotham Gardener	16
Oliver Higginbotham Logs	41
Oliver Higginbotham Trees	90
Parkin & Jackson - Kevin Bateman	53
Paul Hoggarth Builder	84
People's Hall	48
Peter Woof Electrician	28
Philip Horner Fencer	88
Rawthey Rhythm	99
Robert Powell Web Design	44
Rosemary Lewes	76
Ryan Simpson Septic Tanks & Skips	86
Sam Knowles Decorator	72
Sam Konczynski Carpets	69
Sedbergh School	59
Sheila Shuttleworth Dressmaker	38
Smart Office	50
Stefan Kliszat Decorator	30
Stephenson & Wilson Builders	29
Steve Hopps Handyman	63
Stobars Hall Care Home	82
Stramongate Printers	65
Tilk Wilkinson Builder	68
Tooby Electricals	52
Treadwell Carpets	81
Trevor Gardner Plumber	54
Westmorland Veterinary Group	84
Wilf Capstick	9
Windermere Windows	34
Yvonne Cervetti Massage	88

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	01/09	Mrs Whitton	015242	72004
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Queen's Gardens	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	12/08	Mrs Pease	Sed:	21575
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Dent	01/09	Mr Hyde	Dent:	25503
Cricket Club - Sedbergh *	02/15	Mr Hoggarth	01539	583793
Cub Scouts	02/14	Mr Hubbard	Sed:	20028
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh *	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907

Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	01/09	SmartOffice	Sed:	20788
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	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	06/14	Mrs Foott	015395	30163
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	01/09	Mrs Storey	Sed:	21593
Sight Advice South Lakeland	12/10	Mrs Levitt	Dent:	25162
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club *	02/15	Miss Bainbridge	07975	647566
Young Kidz	01/09	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	08/12	Ms Gardner	Sed:	20570

* = Latest Amendments

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

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

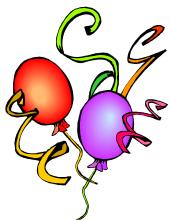
MARCH BIRTHDAYS

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

The recipients this month are:-
 Grace Capstick who is 11 years old on 11th March and
 Sam Labatte who is 11 years old on 13th March.

Happy Birthday and please collect your vouchers from

SmartOffice
 13 Kings Yard, Sedbergh
 which can be used in any shop in
Sedbergh & Dent.



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

Day	Name	Age
3	Luke HUMPHREYS	7
3	Finlay LAPPIN	10
4	Beatrice DEIGHTON	10
5	Willow ASHWORTH	8
10	Aaron KELLY	2
10	Leo KELLY	2
11	Grace CAPSTICK	11
10	Alana WILLIAMSON	10
12	Evie STANLEY	7
12	Edward DEIGHTON	8
13	Isabel JOHNSON	5
13	Emily BAINES	10
13	Sam LABBATE	11
17	Freya GARDNER	6
17	Fiona HOGGARTH	7
18	Danny HUNTER	10
20	Holly HAMLETT	8
27	Sophie WHITE	5
27	Zoe COWIN	9
27	Jack GARNETT	9
29	Zara GORNALL	6
29	Ellie-Ann STAINTON	6
30	Daisy ALLAN	4
	Nonagenarian & Over	

PERSONAL & SMALL ADS £1

MARY COWPERTHWAITE

Colin, Angela, Marl and families would like to thank all those who attended Mum's funeral service on 28th January. Thanks to everyone for your kind words and support following her death, also for all the cards and letters we received. Many thanks to all who generously donated more than £1000, which is to be shared between the Motor Neurone Disease Association and the Great North Air Ambulance Service. We also thank Rev Harold Stutely for a fitting service, a celebration of her long life; to Brian Goad and his team for their professional help and support, and to Dorothy and her helpers for the delicious refreshments. Thanks to all who knew and cared for Mary, her old friends in Garsdale, those who befriended her during her 15 years in Sedbergh, and to the staff at Christian Head in Kirkby Stephen for looking after her so well during her final months.

BETTY HARPER

Sue & Martin would like to thank everyone for their kindness and help during Betty's last illness but especially all the staff at Sedbergh Medical Centre for their thoughtful and caring help at this difficult time. Also, many thanks to all who attended Betty's funeral and who donated so generously to Sight Advice South Lakes and Cancer Research UK. Thank you all.

LAURA GARNETT

Happy 50th Birthday Laura on 1st March. Lots of love from Georgina, Nigel, Ann-Marie, Bed, Jenny & Dawn.

=====

LEO & AARON KELLY

Happy Second Birthday on 10th March Leo & Aaron. Lots of love from Mummy & Daddy XXX

=====

LEO & AARON KELLY

Happy Second Birthday on 10th March Leo & Aaron. Lots of love from Nanny, Grampy & Emma XXX

=====

PAULINE - SCOUT LEADER

Thank you to everyone in Sedbergh for selling the marmalade. We bought one new tent and some more equipment.

=====

THANK YOU

Claire & Jim thank the Emergency Services and all those kind people who helped them, including of course, those spent time trying to catch Lucy!

=====

FOR SALE

Three piece suite, three seater settee and two comfy armchairs. Pretty floral mainly pink loose covers and extra set in dark green. £100. Buyer collects. Please ring 015396 20693

=====

FOR SALE

26" JVC HD Ready Black TV. In perfect working order, selling because of upgrade. £50 Phone 015396 20964

PERSONAL & SMALL ADS £1

GOOD HOME REQUIRED

Is anyone interested in back copies of the Sedbergh & District Lookaround ? I have almost a full set dating from 2002 to the present, also an almost complete set from 2005 to 2014. If interested, Tel 015396 20659 or 07961 925003.

=====

WANTED

180,000 word Oxford Concise Dictionary circa 1950's or earlier. Old fashioned cassette tape recorder/ player. Slide Projector with its magazines. Plus "Feathers" eiderdown. Any type of wool blanket - white domestic or grey army. Old fashioned top loading washing machine. Old Style curtain track with crossover features - 4' or longer. Tel: 01539 720974.

SEDBERGH PRIMARY SCHOOL PTFA

**DOMINO
DRIVE**



7:30pm

Friday 6th March

Sedbergh Primary School

Lots of Good Prizes

Everyone Welcome

Sedbergh Methodist Church
Guild Anniversary Service

10:30am

Sunday 8th March

With Speaker

Wilf Capstick

of Newbiggin-on-Lune

Followed by a Jacob's Joint Lunch.
A Warm Welcome awaits you

A Second Celebratory Concert

presented by the trustees of the Trott Musical Foundation
will be held in the Thornely Studio, Station Road
Sunday 1st March at 2:30 pm

A wide selection of Music will be played by grant recipients.

Admission is free; retiring collection will be made to help with
Trott Musical Foundation Funds.
Light Refreshments

The venue is by kindly provided by Sedbergh School

*The Trott Musical Foundation is a
Registered Charity number 1129182*



INFORMATION & BOOK CENTRE

Hello from 72 Main Street, and we hope 2015 is starting well for you.

As spring approaches, the urge to get out on the hills gets stronger; we have all the maps and walk books you could need and, what is more, very well informed and experienced volunteers to talk you through where to go and what routes might be a good match for your stamina and experience.

We have a great team of volunteers who commit their time to helping us serve residents and visitors, but we are always looking for more. We have a range of roles available – work is going well on the revised sedbergh.org.uk website, and soon we will



become part of the

Sedbergh First Responders



WE NEED YOU

For more information contact Andy Cobb - 22541 or Marion Wood - 21385

**First
Aider**

DENT PRE-SCHOOL FUNDRAISER

Sunday 8th March

Dent Primary School

The Family Portrait People

are giving your family the opportunity to have a modern and affordable professional portrait taken for only £15 (rrp £60).

You will be given a 10 minute sitting and a 10 x 12 inch portrait in a quality glass frame.

Our pre-school will receive £10 from every booking.

Please contact Natalie Hailey on 07875 668137

need people to help us contact organisations about what they have on there and update the contents if necessary. Drop in any time and chat about volunteering if you're interested, or email Janey our manager – tic@sedbergh.org.uk is the address.

Sedbergh Wednesday market carries on; all the stall holders are back from their various winter breaks – they didn't get those tans on Joss Lane! The greengrocers will have bedding plants by the end of March and we are looking forward to one or two seasonal stalls as well. As always, there is pressure on parking space at Joss Lane when the market is on, so if you're driving and you can possibly park at Loftus Hill car park and walk over that would be a great help.

Take care, and we hope to see you soon.
Andi Chapple

The Sedbergh and District Christian Aid Committee

Coffee Morning

Wednesday 11th March
10am – 12 noon

URC rooms Sedbergh

**Coffee, biscuits
homebaking & stalls**

christian aid

All welcome

Kirkby Lonsdale Brass Band Competition – Sun 21st June
St. Oswalds Church – Thornton in Lonsdale – Wed 26th Sept 7.30pm
Concert of Remembrance – URC - Sun 8th Nov 7.30pm
Christmas Concert – St Andrews Church – Tues 1st Dec 7.30
Coffee Mornings
Wed 6th May
Wed 16th September
Wed 16th December

SEDBERGH TOWN BAND

Events for 2015

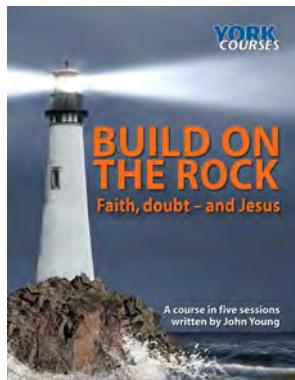
The Band will be busy again this year with the following events taking place. Your support is always most welcome.

St. Margaret's Church – Hawes Wed 11th March 7.30pm
Spring Show – People's Hall – Sat 18th April 1pm
Spring Concert Rehearsal – Mon 4th May 7.30pm
Spring Concert – St. Andrews Church Tues 5th May 7.30pm
Grange Bandstand – Sun 7th June 1pm
Middleton Church – Wed 17th June 7.30pm



On Saturday 13th December, by kind permission of South Lakeland District Council, the Band played Carols in the Westmorland Centre in Kendal. A total of £162.89 was collected from members of the public who appreciated the performance.

Hilary Hodge



BUILD ON THE ROCK

The Lent Group
Methodist School Room, Dent, 6.15pm.
22nd February
and each Sunday evening
for five weeks up to 22nd March.

This is an easy course for everyone who is interested in finding out about what Christianity means today.

The group will be of all faiths and none,
so come along and join us.

BLOODY DAGGERS AND PHANTOM WALNUTS

An English Civil War re-enactment perhaps? No, just another Garsdale Parish Council meeting.

There were 3 combatants, war masks on and daggers drawn, fighting tooth and nail to fill the 2 vacant places on the Council. Emerging victorious were Neville Woodfine and David Metcalfe, the defeated but unbowed Matt Gibson was driven away to lick his wounds, preparing to fight another day. So Garsdale now has a full board of 7 Councillors and a Clerk, something that hasn't happened in a good many years.

The serious issues discussed were:

1. The imposition of risk assessment fees on private water supplies. South Lakeland Council has subserviently implemented an EU directive to assess water supplies to private homes that share a source and any commercial property. Assessors are turning up unannounced to carry out surveys which will cost parishioners up to £500 each. Council deemed these charges excessive and unnecessary. This was the proverbial sledge hammer to crack a phantom walnut! It was proposed that a volunteer will be funded to attend the required course, and carry out these assessments, allowing for

NEW EXHIBITIONS from 21 MARCH

Blue Tarn - Through a Window

-exhibition of drawings, oil and watercolour, photography, mixed media, printing, felting, tufted textiles and ceramics.



Gillian Cooper- Unsung Muses

-textile exhibition inspired by ancient goddesses.

Metaphor- Make Do and Mend

- Exciting textile exhibition of local artist who meet at the Mill

WORKSHOPS

Learn to Weave Krokbragd with Jan Beadle - 12th March - £50

Willow Basket Weaving with expert basket weaver Helen Elvin -14th March - £35

Become a weaver (2 day course) -15-16 April -£100

Weavers Café open 10.30 - 4, daily. Full English breakfast until 2.30pm
homemade soups, specials, lunches & afternoon tea.

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Sunday 15th March is Mothers Day

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Sunday 5th April Easter

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- much lower and sensible charges. The advice given to parishioners is that unless previously agreed and authorised, turn away anyone pertaining to be from South Lakeland Council and consult Garsdale PC preferably via the website (www.garsdaleparishcouncil.com).
2. After much wrangling, a new lease for the Village Hall has been signed. That was the good news. The bad news is that after 5 years of drawn out and frankly, unjustified, to-ing and fro-ing with solicitors, a bill for legal services of £2400 has landed on the door mat. This has wiped out the

- majority of Council funds and will mean that a substantial increase in local council tax will have to be implemented in the coming years.
3. The water supply to the Village Hall continues to concern, due to a high sulphur content. Restoring the supply to adequate standards will cost in the region of £2000, which, after item 2, is no longer viable. New Councillor David Metcalfe has offered his services free, with the aid of any volunteers, to lead a work party at the hall, undergoing the manual work necessary before reconnecting by qualified engineers. Hopefully, there will

- be sufficient funds left to allow this.
4. The condition of the A684 through Garsdale is deteriorating especially the retaining walls though "The Street" due to self-seeded trees growing through the wall. Concern is that another slippage, similar to the one at Dandra Garth last year, may occur, endangering pedestrians, cyclists and motorists. Strong representations are being made to Highways.

Other concerns that Council are monitoring are the "balmy" and illegal decision by South Lakeland to remove post-16 transport, the possibility of lumber trucks rumbling through the Dale and standing water on the roads leaving dangerous patches of black ice in the winter.

On a lighter note, it was reported that Garsdale Red Squirrel Group is gaining strength, FibreGarden will very shortly start digging in cable for the super-fast broadband and are looking for local contractors with mini diggers, and Sedbergh Medical Centre now has a free to use blood

pressure monitor in the waiting area.

Finally, Garsdale Parish Council wishes to invite you all to a **PARISH MEETING** on **THURSDAY 21ST MAY** in the **Village Hall** at **7.30pm** to hear your views, gripes and suggestions. All details available on the website, www.garsdaleparishcouncil.com or email the Clerk ps.johns@btinternet.com or ring 015396 22170.

SEDBERGH PARISH COUNCIL

This report covers items from the Parish Council meetings held on 12th February 2015. The next meeting will be our Monthly Meeting on Thursday 12 March 2015 at 7.30 pm in the Meeting Room at Number 72 Main Street.

SETTLEBECK SCHOOL

A presentation was made by Dr Judith Greene, Headteacher. Settlebeck has recently reported record results, with an excellent record in progress being made by individual students. Dr Greene was thanked for attending the meeting and congratulated for the excellent results being seen at Settlebeck School.



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POST 16 TRANSPORT

Sedbergh PC continues to seek solutions and it was recommended that a further letter should be sent to Tim Farron expressing the Council's disappointment at the lack of progress currently being made. Dr Greene, Settlebeck School, was also able to update members following her recent joint visit to the Minister for Schools The Rt Hon David Laws MP. It was further noted, that Post 16 Transport Provision is an Agenda item for the Sedbergh and Kirkby Lonsdale LAP Meeting being held later this month.

BANK CLOSURES

Sedbergh PC's request to register

both Barclays Bank and NatWest Buildings on the Community Asset Register are ongoing.

PLANNING

The Planning Committee Report detailed several applications, full details can be found on the Parish Council Website. It was further noted, that residents should feel able to come to Sedbergh PC or the Information Centre if they ever have any concerns over planning applications but felt unable to voice their feelings personally to the Yorkshire Dales National Park Authority.

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A meeting will be held on the 5th March 2015 by the Project Board. Cllr Atkins recently met with Highways Officers from Cumbria County Council to discuss a number of ongoing issues in the town, including defective footways and road markings. Also discussed was the ongoing issues relating to the recent footway widening Main Street, close to Pippin Cottage/Number 10. The reflagging along Main Street, due to commence on the 2nd March, was also discussed and it was hoped that the new cycle stands for Main Street would be installed at the same time.

AMENITIES

A report was received from the Committee. It was also agreed that, following the recent damage seen at the shelter on the Playing Fields, costs for repairing/improving the shelter would now be sought.

POLICY & RESOURCE

COMMITTEE

The Committee gave a report on the income and expenditure for the Car Parks for the Financial Year 13/14. It was noted that income from both car parks was £31419. After consideration to the operating costs and the running of the toilets on Main Street, net income was £12258. This sum contributed towards projects in Sedbergh, with monies also being reserved for resurfacing work on the Joss Lane car park at some time in the future.

Please note that members of the public are invited to our Meetings where, as always, they are able to comment at 8.30 pm. Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office.

*Janey Hassam
Clerk*

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61 Main Street Sedbergh

SEDBERGH ARTISAN MARKETS

The Artisan markets will be held again this year on five summer Saturdays – **May 23, June 27, July 25, August 22 and September 26** (the fourth Saturday of each month). Stalls will be open from 9am until 2pm each time selling locally-produced food, craft and art.

Once again this is an opportunity to promote your business at five busy markets. If you would like a stall then please contact Andi at office@sedbergh.org.uk or on 015396 20504 or 07891 908025 and he will send you an application form.

Costs will be the same as last year:

1. One 3m x 3m gazebo with up to two tables (but no chairs): £18 (gazebos will have at least two covered sides in case of inclement weather)
2. For two events booked at the same time: £15 per event.
3. For three or more events booked at the same time: £12 per event.
4. If you have your own stall (no larger than 3m x 3m) the cost per event will be £10 and you are responsible for erecting and dismantling it safely.

We would also like to hear from bands or musicians who would like to play, sing or dance on Main Street to entertain the crowds – let us know if you'd like a slot – you can put down a hat and support your local charity or earn a little extra J

We look forward to enjoying the fun with you, whether you're on your stall or shopping on Main Street.

Andi Chapple

COUNCILLOR CORNER

We are coming to the time when local authorities set their budgets. The decision by Eric Pickles not to cap local authority spending in 2010 provided there was a ballot for any increase over 2% receives little comment nowadays but I remember the bravura performances up to 2010 that such and such an increase was justified and was supported by the electorate. Not a single authority in the whole of England has chosen to test that assertion since 2010 – funny that!

South Lakeland budgets have been frozen for about six years and thank goodness for that but the surrounding climate is much more rational than it was ten years ago when we in the rainbow coalition had the task of balancing the SLDC budget. The then Labour government deliberately directed council tax support away

Open Meeting in the URC Hall
Wednesday 18th March 7.30pm

**The Methodist & URC churches
in Sedbergh**

warmly invite you to an

OPEN MEETING

to discuss the future of the church buildings, and how they might best be used for the benefit of the community in the 21st century.

There will be opportunity to ask questions and take part in discussion.

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 4th March

Westfield War Memorial Village

Peter Donelly

Wednesday 18th March

King Richard III

Dr Sandra Pendlington

Saturday 21st March

Annual General Meeting

7pm for 7.30pm

All meetings in Settlebeck School,
start at 7:30pm unless stated.

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Members £1 ~ Non-Members £2

www.sedberghhistory.org

Chairman: Richard Cann 20771

Secretary: Karen Bruce-Lockhart 20224

Treasurer : Chris Elphick 20605

Membership Secretary: Chris Elphick 20605

from rural areas into its own voter heartlands under the pretence that they were addressing a greater need. It has become one of the more tedious elements of recent budget meetings that the present Leader compares the present freeze with the 5 and 10% increases that were necessary when I was the finance portfolio ten years ago. Also, he always forgets that 4 of the 9 cabinet members were Lib Dems.

Sedbergh is now a town without any banks: clearly the decisions that closure would happen were made by both Barclays and Nat West long before any customers were notified. It is hard to think of anything positive

SEDBERGH MEDICAL CENTRE

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

Thursday 19th March
Thursday 16th April
Wednesday 13th May
Thursday 18th June
Wednesday 8th July



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Every Wednesday - Jumbo Sausage £2

Sunday Night Chippy

1st March ~ 5 - 7pm

to say about this and I'm sure I am not alone in worrying about the effect their disappearance will have on the shops, cafés and other small businesses. It is strange to think that only twenty years ago the complaint was that every other shop which opened in Kendal and other High Streets was a Building Society. If there isn't enough custom now for a couple of banks in Sedbergh, what did they all do ?

For the parish council the failure of a great length of the western wall of Queen's Gardens is a burden which we could have done very well without. The wall must have been re-built not that long ago as it is full of red-sand

concrete – sadly there are no foundations at all and the stone wouldn't be considered fit to use as fillings here on the good side of the Dent Fault. It is inevitable that we will have another major expense before we have done anything positive with the Gardens.

Transport to and from school for 16 to 18 year olds from Garsdale remains a real worry and now some of the most convoluted, unrealistic and expensive work-arounds are being suggested, all because the current county administration doesn't have the guts to admit it made a mistake in the first place.

For the first time for three years my

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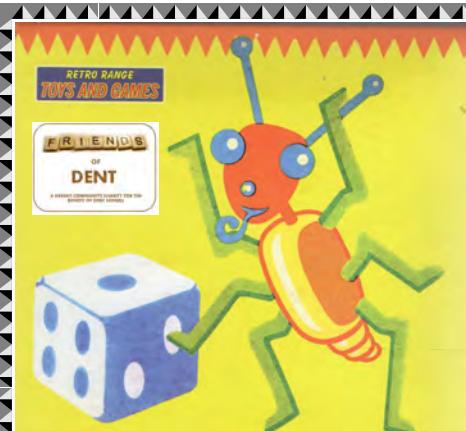
name will not be on any ballot paper at the forthcoming elections, therefore I will be able to continue with my monthly contributions through the election period.

District Councillor Kevin J. Lancaster, your voice on South Lakeland. Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS Telephone 07980 844 695; email Kevin@Sarthwaite.com

COUNCILLORS CORNER

Cllr Evelyn:

The end of an era. Sedbergh is now bankless. Despite all our efforts Barclays closed on Friday, 13th February leaving its customers to trail into Kendal or Kirkby Lonsdale if they



BEETLE DRIVE

6PM

MEMORIAL HALL, DENT
FRIDAY 20TH MARCH

£2.50 per game sheet

Chocolate prizes,

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want over-the-counter banking. Derek French, the director of the Campaign for Community Banking Services, who has been negotiating on our behalf with the Government and Barclays emailed me: "You and the Sedbergh team certainly did everything you could and no-one could ask for more. Now the community has to try and keep the NatWest mobile bank." Thank you everyone for all your efforts. We will keep trying to persuade another bank to come and set up an operation in Sedbergh.

On a happier note Garsdale First Responders are now operational. The initial four volunteers have completed the rigorous training and can now

Sedbergh Art Society Saturday 21st March

In the United Reform Church
downstairs room
10am - 4pm

A Mixed - Media Workshop with

Bob Henfrey:

Towards Abstraction in
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Open to non-members
Cost £25

Booking: Gillian Impey:

Tel: - 01539 726640

(also answer phone)

Email: - gillimpey@hotmail.co.uk

provide a much needed service of fast paramedic response in an area where ambulance response times can be life threateningly slow. I am delighted that I was able to help them buy equipment with a grant from my South Lakeland District Council locality fund. A You Tube clip of an interview I recorded Sue Ryall, one of the founders of the group, can be viewed at <http://youtu.be/Z7EmqHjFzUE>

. Sedbergh is setting up its own a First Responders group. Anyone interested should contact Andy Cobb on 015396 22541 or Marion Wood on 015396 21385.

The town's business hub is now under new management and will be

manned three days a week. It is available for bookings on the closed days when key access can be arranged.

Cllr Nick

We are in the middle of the litter picking season, clearing rubbish from the road verges. In my mind the 'season' runs from January to the end of March when all the vegetation has died back, before it starts to grow again in April and when it is clear to see what people have chucked out of vehicles onto the verges. How do I know it is from vehicles? There is a very direct correlation between the number of vehicles using a road and the amount of litter to be found in the verges and hedgerows. The busier

SEDBERGH OCCASIONAL SINGERS

IN CONCERT
St Andrew's Church
7:30pm Saturday 21st March

Organ Recital & Choral Works

Beethoven Mass in C
Elgar "For the Fallen"
Handel "Zadoc the Priest"

Conductor: Owen Davies
Organist : Peter Noke

Retiring Collection

the road, the more litter there is.

It's fairly straightforward to get out and do the work with just four pieces of equipment - a 'grabber', some gloves, a hi-viz jacket and a supply of black bin bags. If anyone has identified a particularly bad area for litter and would like to borrow some equipment please feel free to contact me (details at the bottom of the article).

So what do people throw out of car windows? Fizzy drink cans and bottles, crisp packets, sweet wrappers, cigarette packets, takeaway food wrapping and cardboard cups of tea and coffee with their plastic lids, cans of beer and cider, the occasional wine bottle and then the odd stuff: a towel, a shoe, a T-shirt, a can of pet food. All swallowed up into the black bags and collected together for SLDC to take them away.

It is very gratifying to drive, walk or cycle along a road that you have cleared of litter and by contrast, very annoying to see litter creeping back onto a road that you have recently cleaned.

Does it really matter? I think it does and so do the people I meet when out picking up litter. It is obvious that there are others who get out and clear areas in their own parishes.

That does leave the thorny issue of what can be done about the busy, narrow roads where it is just too dangerous for volunteers to work such as the A683 from Sedbergh to Kirkby Lonsdale and A684 towards Kendal or towards Garsdale.

Realistically these could only be done by using traffic lights and coning off areas to create a safe working space for the litterpickers. Discussions are ongoing.

As always please feel free to contact us as follows:

Evelyn Westwood Tel 015396 20148
email evelyn@markwestwood.co.uk
Nick Cotton tel 015242 71477 email
red.pedal@virgin.net

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The logo for GJBaines & Son building contractors features a stylized yellow and black swoosh graphic. The company name 'GJBaines' is written in a bold, sans-serif font, with '& Son' in smaller letters below it. Below the name, the words 'building contractors' are written in a smaller, bold, sans-serif font. At the bottom of the logo, the services offered are listed: 'plant hire • ground works • plant sales'.

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TRAFFIC IN MAIN STREET

In his letter, headed 'Main Street Rat Run' in the February issue of *Lookaround*, Roger Bush argues that traffic should be discouraged from using Main Street. I strongly disagree. Main Street is **not** a 'rat run'. As its name indicates Main Street is, and should be, the **main** street in the town - and certainly it should be the most important shopping thoroughfare in Sedbergh.

At a time when the high streets in so many small towns in our country are struggling to survive or have already died, Roger Bush should pause for a moment to marvel at the fact that Main Street in Sedbergh is *still* full of shops and commercial enterprises. It is no accident and is something of a miracle.

Sedbergh Main Street survives for three reasons. First because our small shopkeepers and proprietors work very hard and are imaginative; second because our customers enjoy the convenience of shops on their doorstep and remain loyal; and third because the shops are accessible to both pedestrians *and* motorists. It is a very delicate balance. It must be understood that Sedbergh Main Street is a fragile commercial structure. It, too, could die like so many other main streets if any one of the above factors is taken away.

Our customers come in various shapes and forms. Some are pedestrians, others want to spend a long time in the town, but very many of our most regular, loyal and important customers are 'passing

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motorists'. They are busy and have very little time to spare. They want to stop, make a quick purchase and move on as quickly as possible. They do not want to spend time walking to and from distant car parks. The same is true of our many elderly and frail customers who need to be able to park near our shops. We simply cannot afford to lose their custom and they want to be able to rely on us at all times and in all weathers.

I agree with Roger Bush on one point. We **must** reduce traffic speeds to safe levels. Some vehicles drive far too quickly through Sedbergh. *Twenty is plenty* would seem to be a very good slogan for our town

However we must get away from the entirely erroneous ideas that Main Street is a rat-run and that it will survive come what may. It is vital that Main Street continues to be a convenient, attractive and safe place to shop - and a place where *both* pedestrians *and* 'passing motorists' feel equally welcome. No more talk of 'rat runs' please! Angela Brooks

Premier Sedbergh Mini Market
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SETTLEBECK ACADEMY TRUST

A School to be Proud of.

Who would not want to send their child to an outstanding school with highly experienced, committed, enthusiastic teachers, small class sizes and a friendly 'home from home' atmosphere? A school where each pupil is known on an individual basis by all staff and where everyone has the opportunity to participate in all school clubs, class trips, school performances and other activities. This is what we are fortunate to have on our doorstep in Sedbergh and having just returned from a Settlebeck School parents evening I'd like to give some praise where I feel more praise is due.

My child left primary school with no more than average target grades, low self-confidence and little academic ambition. With all the encouragement and support received at Settlebeck the teachers now predict GCSE grades at C or above with the hope that A's will be achieved in many subjects. I have always found the staff at Settlebeck welcoming and happy to help. This attitude was reinforced at the parents evening where I felt my child was fully understood and their best interests put first. It was very pleasing to be able to discuss progress openly and informally, with teachers I have come to know well, and I came away feeling very lucky that my children can attend

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such a school.

With all that said, I am always left feeling slightly bemused and somewhat frustrated that so many parents living locally choose to send their children elsewhere. I realise that there are several very good schools in the area and that all parents want to help their children choose a school that is right for them. However, there are obvious benefits of being able to walk to and from school and advantages in choosing a different school or college at A level.

In 2014 Settlebeck achieved an outstanding set of GCSE results and student progress was measured as the highest in the county in English and Maths. Despite this, however, the belief in the playground at Sedbergh Primary seemed to be that Settlebeck was somehow the lesser choice. Such was the peer pressure that my children took a great deal of convincing that Settlebeck was just as good, if not better, than other local schools. I can only think that this belief is a reflection of what parents are thinking and saying at home. I was astounded to hear the

explanation that Settlebeck only had such high results because it took easier GCSE's!! This, of course, is not the case, but does show how ingrained the belief is that other schools are better.

The fact is that Settlebeck is an outstanding local school with outstanding teachers and outstanding results. Let's recognise it as such and give it the support and praise it deserves and make it a school where we would all be proud to send our children.

SETTLEBECK SCHOOL ACADEMY TRUST

Senior Citizens Concert

We hosted our annual Senior Citizens Concert on Tuesday 10th February. Almost 100 guests from our local community came to Settlebeck and were treated to a fabulous three-course meal, prepared and served by our students.

Starter was cauliflower soup followed by puy lentil and garlic stuffed chicken breast with tarragon mash, chantenay carrots and a herb gravy. Dessert was a delicious stick

toffee roulade which had been created by Schools Junior Chef of the Year Annabelle Brewer.

As well as wonderful dining, guests were also treated to a performance by some of our talented musicians and the newly formed School Band.

It was a great evening for all involved, students and guest alike. One of our guests commented, "It was lovely, it just gets better and better every year." We look forward to seeing everyone again next year.

**SETTLEBECK SCHOOL
ACADEMY TRUST**
*Schools Junior Chef Competition
2015*

A large number of students from all the secondary schools in Cumbria and North Lancashire were given the opportunity to enter this competition. The first stage was to submit a menu; the outline of the menu was to use local produce and the dessert had to be sticky toffee themed.

Only two students from all the schools in Cumbria and North Lancashire would go to the next stage, which was to cook their menu at Kendal College in front of the judges, Stephen Doherty, Graham Gelder and Gillian Cowburn.

Jenny Lomax and I were the two students whose menus were selected from Settlebeck to go to the next stage - Tuesday 20th January 2015. We had 2½ hours to cook our menu. My menu was:

- Tomato Tarte Tatin on a bed of rocket and Wensleydale cheese salad with a honey and mustard

vinaigrette

- Italian baked rabbit with chantenay carrots
 - Lemon Sticky Toffee Roulade
- I was nervous. It was challenging. The judges watched and watched. But great support was given from the Kendal College staff, which was brilliant. The 2½ hours soon went. Time to plate up. Time to show my dish. I don't know how I felt, I'd done my best but the competition was tough.

There were awards for the best starter, best main and best dessert and then the overall winner. I waited. The results were announced and the best starter was awarded, best main was awarded and then best dessert



to 'Annabelle Brewer'. That's me! Everything was a little blurry at first but I was so pleased my sticky toffee roulade had won over the judges. Next it was the overall winner to be announced. The judges looked around the room, everyone was nervous. He announced 'Annabelle Brewer'.

"Me?" I didn't know whether to smile or cry, it was so overwhelming. I was so shocked, pleased and excited. It was unreal. A moment I will never forget.

Annabelle Brewer

**SETTLEBECK SCHOOL
ACADEMY TRUST**

On 5th February some actors from Kendal Community Theatre

performed a play for our Year 7 and 8 students. The play told the story of Lady Anne Clifford who was born in 1590 and whose father owned land in Westmorland and Skipton as well as Broughton, Skipton and Pendragon castles. Because she was a woman, she was unable to inherit her father's land and it went to her uncle and cousins. She defied King James I and society's conventions and fought to get her land back.

After the play students were taught 'Danse Cheval', a very popular dance in Tudor England. They then worked in groups to generate questions on the theme of fairness that arose from the play. Questions the students came up with included: why were

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women considered second class? Why were kings and queens more powerful back then? Was it fair that rich people owned all the land and the poor had nothing?

It was a very thought provoking event and there was some excellent discussion amongst the student groups.

SETTLEBECK SCHOOL ACADEMY TRUST

Settlebeck Sport.

The first part of the spring term for sports at Settlebeck proved to be a very successful one. It started with Maisie Gough, in year 7, competing for the South Lakes District Cross Country team at the County Cross

Country Trials at Kirkby Stephen Grammar School. The field was a very strong one, with the top 12 runners from each district of Cumbria competing together. Maisie ran a fantastic race, coming 27th overall and 7th fastest South Lakes girl. A fantastic achievement!

Staying with running, we are pleased to announce a partnership link has been made with Settlebeck School, Sedbergh Primary School and Howgill Harriers. As the Settlebeck Running Club, which trains on a Friday, was proving to be very popular I decided to invite pupils from the Primary School to join in as well. Friday 30th Jan saw 27 students and 5 adults pounding the streets of Sedbergh. As a result of its success we have formed a link with Howgill Harriers who have very kindly donated funds for us to purchase two ipads, which will enable us to analyse the students' running techniques, keep track of times and training logs, to name but a few things. Thank you very much Howgill Harriers.

Away from the normal sporting activities you'd expect at school, girls rugby is coming on in leaps and bounds at Settlebeck. It is no longer thought of a "boys sport", especially after the England Ladies Rugby Union team became World Champions last year. We have been fortunate enough to have help from Garry Holmes, our local Rugby Development Officer, who has been coming in to lead some of the training sessions and lunchtime clubs. 19 girls gave up their "social time" last week

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to come training, and 6 girls have started going to Kirkby Lonsdale Rugby Club to attend their training sessions on a Sunday. This is fantastic. I believe there is a sport out there for everyone, it's just about finding the key and unlocking that passion for it, be it rugby, running or tiddlywinks! At Settlebeck we offer a varied sporting curriculum to try and find that key.

Lynsey Goodyear

SETTLEBECK SCHOOL ACADEMY TRUST

Understanding school league tables

It's the time of year when school league tables for last summer's GCSEs are published, and you can see how your child's school is doing compared to others locally. Sometimes however, the figures don't always give the full picture and it isn't always easy to read between the lines. Here are some of the measures quoted, and some explanation, which will hopefully make it all a bit clearer.

5+ A*-C including English and Maths

The percentage of the year group who left last summer, who got at least 5 GCSEs at grade C or higher, including their Maths and English GCSEs. Always quoted as the measure of a school's success.

Pros: Easy to understand.

Cons: Doesn't compare like with like.

Each child nationally is given a target for their GCSEs, based on their results leaving primary school.

Suppose School A has an academically able intake, and for the sake of simplicity half their students have targets of A and half have

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targets of B. In fact, all their children get Cs in all their GCCEs.

So 5+ A*-C incl Eng and Ma = 100% but % of children meeting their targets = 0%

Now consider School B. Their students are much less academically able, and half have targets of Cs and half have targets of D. In fact, every child meets their target, so 50% get Cs and 50% get Ds.

So 5+ A*-C incl Eng and Ma = 50% but % of children meeting their targets = 100%

*Which school has the 'better' results?
Who has done best by the students they had?*

Another downside of this measure is that it can lead to a school focusing more on the academic children, who can achieve grades of C and above, and the other children 'counting' less.

Expected progress levels in English and in Maths

Expected progress is the percentage of the year group who made at least 3 levels of progress from leaving primary school to leaving secondary school. Each child's targets are that they make 3 or more



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levels of progress (the targets mentioned in the section above).

Nationally in fact about 70% of children manage to make this much progress in English and 65% in Maths.

*Cons: Not as instantly easy to grasp
Pros: It compares 'like with like', so is fairer*

Every single child's progress counts towards this measure. It is measuring how well a school moves children on from their individual starting points. A school that gets a high number in this measure is good at teaching all its children, the academically able, those that struggle, and all those in between.

Settlebeck - How did we measure up?

We were the top school in Cumbria, by a long way, in progress in Maths, and were just pipped to second place in Cumbria in English.

We were the 4th comprehensive school in Cumbria in terms of 5+ A*-C.

We're a small school which is still able to offer a great range of courses and opportunities to our students, and as the latest league tables show, we are succeeding on all measures too!

SEDBERGH SCHOOL

What's happening?

So, what *is* happening? Members of the Yorkshire Dales Executive and the Sedbergh Parish Council were invited recently to come and find out. They were given a tour of the School, and learnt about the School's plans for the next five years. They seem to have found it informative and interesting.

What else is going on? This term is the running term. On 31st January the Morgan Run took place, which is Staff v School v Old Sedberghians.

The whole school take part, and this year there were some legendary guest runners: Roger Ingham MBE (who started the race) and Roger Gibson. The winner was John Campbell from School House, but perhaps the star performance was from Sally Bennett who was the first girl in and is only in year 10. She also came in ahead of the Staff female leader, Emma Wood. The run goes from Busk Holme out onto Frostrow and back, and is approximately 4.6 miles long. Many people may have seen them running on the road from Hawes. Because it is much shorter it is a faster run than the Wilson run and many find it difficult for that reason. The Wilson

run will take place on 24th March and will start at 2.30 pm. The Kendal Winter League fell running will take place at 12 noon on Sunday, 22nd February at Sedbergh, and the School's Three Peaks run will be on Tuesday 3rd March at 4.30 pm

Martin Smith, who had to take over the project management of the work after the builders collapsed, is much relieved to say that the new Brackensghyll social space and Dining hall for the Carus House girls should be ready for occupation shortly after half term. An official opening will take place in the Summer.

Sedberghians have been upholding the School's sporting tradition in other

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sports, and not only in team games (five boys were selected from the 1st XV to train with their national squads last term). Molly Davis (aged 15) has been selected for the Under 18 Cumbria Gold Cup squad for golf, and hopes to train for the English team. Katherine Fleck (a local girl, one of the Headmaster's daughters) and George Bentley are to attend a selection in March at Bisley for the UK Cadet rifle team to tour Jersey in August. There will be Sevens tournaments at Sedbergh for the Under 16s on 28th February and the Under 14s on 4th March.

The Scholarship assessments will take place from 22nd -27th February,

and scholarships will be awarded to candidates who display excellence in any of the following: academic, music, art, design and technology, drama, sport, or all rounder. Candidates who succeed in winning a scholarship can also obtain assistance with fees where required.

The School has launched what it calls its 9 Star programme for the most able students to encourage debate, enquiry, controversy and curiosity by replacing some lessons with group tutorials – to create a more interesting workload, not to add to their workload. Academic scholars are likely to be included in this Michael Raw is writing a new history

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of the School. Does anyone have any tales of the School as seen from the Town rather than from within the School? Katie de la Riviere, the archivist, would love to hear any: kdlr@sedberghschool.org

Katie herself (formerly Katie Iliffe) has just returned from a long holiday in Indo China including Vietnam and Cambodia with her new husband. Howard and Vicky Pimblett have had a baby boy, Thomas Henry.

The music in the school continues to flourish – a very successful Jazz and Swing evening was held on 8th February, and was attended and enjoyed by many people from the locality.

At Casterton, the Preparatory

School for Sedbergh, as the successor to Sedbergh Junior School is now known, there has been considerable success in running too. Mel Sproul (who lives in Sedbergh) won the Under 13s in the Catterall Shield Cross Country easily, and success followed all the way down the age groups for both boys and girls. Mel repeated this success in the Rawthey Run a week later (her brother from Sedbergh Primary School smashed the course record), and again there was success all the way down the age groups. Earlier in the term the Under 11s won both the boys' and girls' team races at the South Lakes Cross Country

Karen Bruce Lockhart

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CHRISTIAN AID

Christian Aid news in Sedbergh and District

As we head for Spring we are looking forward to the start of our fund raising year for Christian Aid in Sedbergh and District which is our coffee morning on the 11th March in the URC rooms, Sedbergh.

We look forward to seeing all our regular supporters and hopefully new ones as well.

We've had our first committee meeting of the year with Christine Wood in the chair and with Valerie Finch as minutes secretary. This year we are revising our activities particularly during Christian Aid Week as after many years it was considered

that it was time to call a halt to the Christian Aid Week 'Shop' in the URC rooms running through the week and to have a variant of it taking place mainly on the Wednesday. More about our plans for the week, taking place from the 10 - 16th May, will be in articles in the April and May issues of the Lookaround meanwhile we'd like to pay tribute to those who were so faithful, industrious and inventive in the running of the 'Shop' over the years, particularly Kath Hannon who was the main driving force and lynchpin of the whole operation.

Other events such as the door to door collections will continue as previously. Extra collectors are always valued as we don't have

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sufficient at present to cover the whole of the town and district. If you'd like to know what it involves why not have a chat with Rosemary Handley who co-ordinates it or one of the other committee members, perhaps at the coffee morning.

*Rev Anne Pitt
On behalf of the Committee*

CHURCH OPEN MEETING

It is now generally known that the Sedbergh Methodist and URC churches are currently in discussion about the future of the two church buildings in town.

We are anxious to involve the community in the debate, and are therefore extending a warm welcome

to everyone to come along to an Open Meeting in the URC hall on Wednesday 18th March, 7.30pm.

We wish the community to have opportunity for input into our discussions, and would particularly value views on how the buildings might best be used to benefit town and community in the 21st century. Please join us if possible.

Sandy Roy

CHURCHES TOGETHER

News from the Pews



How lucky we are to be able to hop onto aeroplanes and visit family and friends on the other side of the world; indeed the world and all its wonders are very accessible to those who want to venture away from home. For me personally I am always curious to see how other communities get along together, what their habits are as well as what they eat and how they dress...plus how they drive! I also love to explore churches and cathedrals in fact all places of worship from the most humble little church perched on a hillside in Gozo (St Anne's Chapel), to that of the biggest most elaborate and the most expensive mosque in the world which happens to be in Abu Dhabi.

Coming home and catching the first glimpse of the Howgills is, and I think I speak for all of us in Sedbergh and its environs, magical...it means we

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are nearly home. No matter where you have been on your travels and what sights you have seen "our" Howgills hold that special place in our hearts and likewise when we once again enter our chosen place of worship here in and around Sedbergh with those we know and live amongst how can we not give thanks for what we hold dear?

Worshipping with maybe 40 other people, each one known by name I cannot imagine what it would be like in the Sheikh Zayed Grand Mosque with 40,000 others. Here we have the best of so much. Perhaps we take for granted being able to pop into our parish church as and when we feel like it the doors being open from early

morning to evening time. How many times do we walk along the street and easily find someone to chat to..... someone to share and someone to care? Perhaps this too is something we take for granted; that there is always someone to help us when we need it. Long may it be so, that Sedbergh and its folk have a big and generous heart.

St Andrew's Lent Lunches will be in full swing when you read this. Raising money for St John's Hospice and the Ebola Crisis we need your support to help those who care for the sick and dying. Enjoying homemade soup shared with good company between 12noon and 1pm in a nice warm room full of familiar faces each

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Wednesday throughout Lent is a pretty good way to help both these causes. On two of the Wednesdays (4th and 18th) two friends, Jean and Maureen will share their talents with a short piano concert at 1pm for approximately 30 minutes each time.

There is always a welcome for all who enter the church door, those who are passing through and want a peek inside, those who pop in for shelter from the weather those who come to join us for worship and those who join our social occasions. We never know how far their impressions will be carried ... maybe to the other side of the world from here.

*Susan Sharrocks
Tony Reed Screen*

**Churchwardens
News from St Andrew's Church,
Dent and St John's Church**



March provides a refreshing time of growth, reflection and renewal in the life of the churches in our area. As we travel through the season of Lent (guided by our Ecumenical Lent Course), Churches Together meet for prayer on Thursday 5th March at 10.30am at St Andrew's Dent (everyone welcome), as we continue to reflect and pray about what it will mean to become a community of



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churches dedicated to mission. I heard one very concise and helpful definition of what it will mean whilst on a clergy conference at Rydal Hall recently, "Mission Communities will enable ordinary church members to engage effectively in the mission of the Church," i.e. ordinary church members will work with church leaders in mission which will grow an entirely new generation of churchgoers.

On March 16th, the Church Council will meet to look at plans to develop and renovate the churches at Dent and Cowgill and appeals to help this work, including the conversion of the old Bier House in Dent into a disabled loo and kitchen and much needed

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renovation of the interior of Cowgill Church. If we are going to grow congregations, the buildings have to be welcoming and practical!
Church Services in March
St Andrew's, Dent welcomes everyone to the 10.30am Holy Communion every Sunday in March, including a Family Communion for Mothering Sunday on March 15th.
St John's Church, Cowgill



March 2nd 9am Holy Communion
March 15th 2.30pm Family Service for Mothering Sunday

March 29th 2.30pm Evening Prayer Service for Palm Sunday

St Mark's Church, Cautley

If you think you would enjoy prayers, interspersed with tranquil chants and short periods of silence, then come along and experience a Taizé service on Sunday 22nd March at 2.30pm.

As a special treat we will be holding a Choral evensong at St Mark's, on Palm Sunday (29th March) at 6pm. We are delighted that the choir of St

Andrew's, Sedbergh will be singing the service for us, and we hope that lots of people will attend. It is many years since there has been a choral evensong at Cautley. There will be refreshments served afterwards.

The Ecumenical Lent Course in Dent Dale 2015

This year we are meeting again in the Methodist Church Room for five Sundays during Lent at 6pm. The first session begins on February 22nd and the course will run each Sunday until 22nd March 2015.

We are taking part in the York Course titled 'Build on the Rock'; this course discusses faith, doubt – and Jesus. The first session concerns 'believing and doubting;' the second

session looks at 'Jesus – our teacher,' the third at 'Jesus – our saviour,' the forth 'Jesus – conqueror of death' and we conclude with 'Jesus – Lord and brother.' The course raises questions such as; is it wrong – or is it okay – for a Christian to have doubts?

These sessions are open to everyone interested in having their questions discussed and possible answers being provided. Come along and be part of this wide and interesting discussion. No previous knowledge is necessary because personal experiences, good or bad, will all contribute to the group. We look forward to meeting many different opinions and beliefs.

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There was so much busied garrulity at the February Meeting that I have to apologise to any-one and for everything that I have missed out in this report.

Dennis welcomed Jenny D, Margaret, Joan, Jean, Moira, Ian, Alf, Pauline, Keith, Jennifer, Doris, Jessie, May, Elizabeth and Elspeth to the Meeting. The group held a minute's silence in memory of Betty. The Group followed this with their individual tributes to and memories of Betty. Hopefully the following anonymous 'Tribute to a Lady' adequately summarises the great esteem and affectionate regard in which Betty was held by the Group - she will be missed by us all.

Tribute to a Lady.

She has achieved success who has lived well, Laughed often and loved much;

Who has gained the respect of intelligent men and women
And the love of little children;
Who has filled her niche and accomplished her task
And left the world better than she found it.

(Anon)

Now 'In heavenly love abiding', thank you Betty for all you were and

all you did. As Dennis said after he was 'unanimously elected' to be our next Chairman, you will be a hard act to follow.

The main part of the afternoon was taken up with one of the Group's favourite and most enjoyable 'activities', recalling an eclectic miscellany of memories from the past. Today we went volcano hopping in Italy and Iceland, paper knife rattling in Crete, truncheon bashing in Workington, got wet through in Tenerife, re-wired Sedbergh School, tilted at Don Quixote's windmills in Spain, strolled down Weaver's Yard and round Beckfoot, went to work on an egg-cup, glimpsed a delightful picture of Buckinghamshire, consulted with heart specialists, bobbin-ed in to Stott Park and much, much more.

Another thing I can well remember is moving from Sedbergh to Kendal all those years ago, and our very best wishes for the future go with Joan and Alf as they move to their new home in Bridgnorth.

So engrossed and misty-eyed was I with all of this that I completely failed

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to make any notes when Jennifer was outlining 'plans' for future Meetings, so that I haven't a clue what is in the pipe-line! No doubt I will find out and will enjoy what-ever it is when-ever it happens. (The next Meeting will see the attendance of Laura Rosenzweig who will give a talk about her Weaving. The April Meeting will consist of a Quiz - hopefully not a singing one as George likes to excell in this field!!! *Ed/Chair*)

SASL not only provides a wide range of services for a wide range of people with a wide range of sight problems, e.g., aids and equipment and computer adaptations, it is also closely involved with other agencies e.g. The Hospital Trust and through The Consortium of Cumbrian Blind Societies the County Council, to try and ensure that the services they provide are easily accessible to and meet the needs of all with sight problems. One of the great dilemmas I have when doing this report for Lookaround is deciding how much to say about what we did at the Meeting and how much and what to say about SASL and its Services 'in general'. It

is a balancing act I probably get wrong more than I get right. One of the most impressive things about SASL is the way it encourages feedback on its services, so could you please tell me what you would like me to include in my monthly 'reports'. For example, do you want to know more about SASL, aids and equipment, technology, fund-raising, volunteering, be-friending, and other support groups for example? Or do you prefer me to write just about the activity at the Sedbergh Support Group? Maybe you are happy with things the way they are? You don't have to be a member of SASL or come to the Sedbergh Group Meetings, indeed you may be someone with a sight problem who doesn't come to the Meetings and would like to tell me why. You can contact me by either writing to me at 16, Gallowbarrow, Kendal, Cumbria, LA9 7RU, or by phoning me on 01539 721109. I look forward to hearing from you.

For more information about the Sedbergh Support Group, please ring Jennifer on 015396 25162. For more information about SASL and the Services it provides, please ring Head Office at Stricklandgate House, Kendal on 01539 742633.

George Watson

Editors Note: I have a very good electronic magnifier which is available as a free loan for anyone that can make good use of it. I can deliver and give instructions if required. Please contact me if interested.

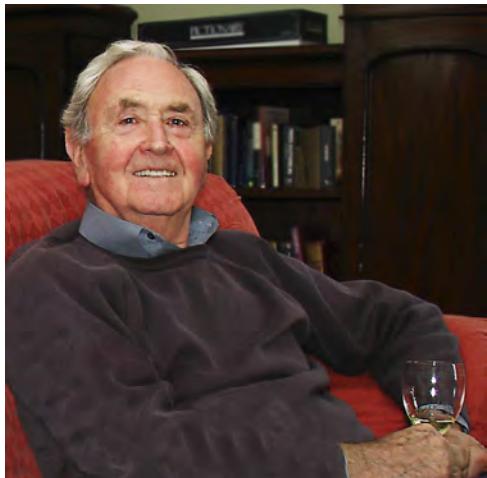
Dennis J Whicker

JAMES MERCHANT

Following the sudden and unexpected death of James Merchant - Jim - on 8th February his partner Anne would like to take this opportunity to thank all his many friends in Sedbergh for their support at this very difficult time. And to the Funeral Director, Brian Goad, the Rev. A. McMullon and all others who contributed to such a moving and uplifting service at St Andrew's Parish Church, which was a true celebration of Jim's life.

James Merchant – Jim – was born in Higher Odcombe, a village near Yeovil in Somerset, in 1932. After leaving school, he started work as an apprentice iron-monger in Yeovil, eventually moving to Oxford. His first link with Cumbria came when he attended an annual convention of ironmongers - organised by the President, Arthur Mayo of Middleton's in Kendal and held at the Storrs Hall Hotel on Lake Windermere. This was an experience which was to change his life.

Another delegate with whom he travelled was looking for someone to



sell advertising for a publication in London and Jim jumped at the opportunity. From this chance encounter he rose through the ranks, becoming Advertising Manager of a number of agricultural magazines, notably Big Farm Management and from this launching a sister paper, Big Farm Weekly. This started with only 20,000 subscribers but by the end of its first year, 1977, had become spectacularly successful with a gross income of 1.3 million and twice winning the trophy for best performance of all Thomson publications at that time. He moved from Advertising Manager to become Publisher, before meeting Anne in 1983, who became his partner. As his job meant he had to live and work in London, for the next 11 years he commuted to Cumbria at weekends. This suited them both and when Jim took early retirement in 1994 to live in Sedbergh it was not an easy transition. Neither Anne nor Jim

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had lived permanently with anyone before and were set in their - very different – ways! Anne was still working at the Brewery Arts Centre, which meant long days and many evenings in Kendal. From a busy, highly successful professional and social life in London, enjoying the camaraderie of friends and colleagues both during and after work Jim found himself stranded in a small rural town, knowing few people, on his own during the day and, because of the nature of Anne's work, on many evenings.

But Sedbergh is no ordinary country town. Quietly, and without fuss, Jim was welcomed and gradually absorbed into its life. It helped immeasurably that his immediate neighbours were Dorcas and Richard Thomas and Joan and Peter Snow, with whom he forged life-long friendships. But there were many others too, both in the town and Farfield Mill too numerous to mention and he valued these enormously. When Anne became involved with Farfield which was in danger of closing Jim did what he had always done during their life together – supported her selflessly to fulfil her projects and ambitions. He became a Trustee and threw himself into helping in a variety of ways from using his experience of advertising and circulation, to taking a prominent role in *Sheepfest* - to washing up in the kitchen in emergencies, of which there were many.

Above all, he discovered the countryside. He loved living in

Sedbergh, the hills, his garden, his pond, and all wild life, particular the birds.

In the last few days Anne has received over a hundred cards and letters about Jim which have brought her great comfort. A modest man, Jim would have been astonished by these and the affection with which he was and is held. The sentiments they express can perhaps be summed up best in an extract from one of these letters by Alan Forsyth '*What makes matters so much harder to bear is the quality of Jim. He was one of those very rare beings, a 'loveable' man of such warmth, generosity of spirit and in its best and positive sense simplicity that he will leave an unfillable gap in all his friends' lives. I feel as if one of the most likeable people of my lifetime has gone before there was even a chance to say goodbye*'.

Anne Pierson

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SEDBERGH & DISTRICT ART SOCIETY

We saw January out with an excellent workshop on the 31st. run by Catherine MacDiarmid. The day was certainly true to its title, which promised a fresh approach to drawing and observation, using Still Life as source material.

The introductory exercise was to create a detailed drawing of an object placed on the seat behind us without knowing what it was, concentrating on texture and feel.

We all brought, as requested, objects with interesting shapes and textures, and added them to Catherine's mini-mountain of vases, pots, flowers, cloths – you name it. The idea was to create a simplified drawing of it. The catch was, we were to do this without looking at our paper and keeping the pencil continually on the page. This was good fun as well as very instructive. We followed this by developing these drawings, using charcoal to add tone and interest. There were other unusual exercises too, including scribble drawing.

This was an enriching and

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motivating experience and highly enjoyable.

The next meeting features Jo McGrath: Animal Portraiture.

On Friday afternoon, 13th March from 1.30 – 3.30 p.m. in the URC downstairs room, Jo will give a demonstration of how she approaches her work. There will be an opportunity for us to try out sketches. Larger sheets of paper will be available for purchase at a nominal fee if you need them. Also we have charcoal and pastels. You are welcome to bring your own sketch book and materials if you prefer. You are invited to bring images of your pets or other pictures of domestic animals.

As well as working on commissions, Jo is currently producing a collection of paintings, colour illustrations and black and white work for exhibition and sale. She studied Graphic Design at West Surrey College of Art and Design and then went on to specialise in Natural History Illustration at Bournemouth College of Art in 1990. The National Trust,

Cumbria Wildlife Trust and North West Water are amongst the many customers, business and private, who've commissioned Jo's work.

Workshop on Saturday 21st March

This workshop will be run by someone many of us are familiar with, Bob Henfrey. Bob's theme will be: 'Towards Abstraction in Still Life' and we will work in MEDIA OF OUR CHOICE. Cost is £25.

Bob Henfrey has extensive experience as a painting tutor, notably in Cumbria and The Lake District. He likes to work outdoors in pen, pencil, watercolours and oils on a wide range of subjects, including urban and rural landscape. He is also keen on portraiture. Bob likes to work from sketches made on location and his sketchbooks (and yours!) can make marvellous mementos of holidays and painting trips. Bob has had several one man shows. He has a gentle, realist style and a calm, relaxed approach to teaching. Bob describes our day as follows:

'We will be working in an experimental way with a wide range of materials so anyone wanting to mix up their media will be quite at home. (Except oils, which won't dry in time!)

We will want to have a selection of artefacts, plain rather than fancy and not too reflective (e.g. earthenware).

I envisage that we will start by working together as a group to explore subjects and their treatment as shapes (working in common); thereafter I see each painter branching out into his or her own

creation. I would expect to work on camera at least for the first session so everyone can see clearly and follow practical work'.

I can't wait!

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MEDICAL CENTRE

The Training Dates for the next 12 months are listed below for your Diary.

We close at 1pm on these dates and re-open the following working day at 8.15am. Patients are advised to ring Cumbria Health on Call (CHOC) during these periods on 03000 247 247 or ring 999 if it is a medical emergency.

Thursday 19th March

Thursday 16th April

Wednesday 13th May

Thursday 18th June

Wednesday 8th July

Thursday 17th September

Wednesday 21st October

Thursday 19th November

2016

Thursday 21st January

Wednesday 24th February

Thursday 17th March

Tracy Thornton

<p>SEDBERGH & DISTRICT HISTORY SOCIETY</p> <p><i>Crime and Punishment in Nineteenth Century Westmorland and Cumberland</i></p> <p>Dr Julie Leigh, a member of Sedbergh and District History Society, attained her PhD for her research into early policing in Westmorland and Cumberland. Her recent talk to the Society was based on information collected during that research.</p> <p>Crime rates were higher in industrial areas, while Westmorland and Cumberland were mainly rural. Improvements in transport brought change, but slowly. Policing lagged behind the rise in crime. The first county police forces were formed in 1839 but Cumberland & Westmorland did not have a force until this became compulsory in 1856. Earlier, there were some police appointed privately by men of property. Dr Leigh had found a document probably dating from the 1830s, signed by worthies of the Sedbergh area, calling for the arrest and prosecution of perpetrators of crimes. In 1850, there was a request for a policeman and lock-up for Sedbergh.</p> <p>There were not many murders in the region. Most were family affairs but the most notorious was that following the Netherby jewellery theft. Three men entered Netherby Hall, near Carlisle, and stole jewellery. A lone policeman attempted to accost the thieves and was shot dead. All three were hanged for murder. Later murderers were increasingly reprieved. There were many more</p>	<p>cases of infanticide. 53 cases were recorded in the region in the 1850s but there were probably many more concealed cases. Although infanticide was technically murder in the C19th century, the courts increasingly showed awareness of special circumstances and treated offenders more leniently.</p> <p>Other crimes related to cultural events and circumstances, e.g. violence at protestant marches, between Irish and English navvies, and at Brough Hill Fair. Cumberland & Westmorland wrestling and prize-fighting both attracted gambling. The police eventually cracked down on prize-fighting, on-street gambling, bull-baiting and cock-fighting.</p> <p>Vagrancy was a major problem. The authorities transported people across the county to avoid trouble but some knew the byways into the county and had regular calling places where they begged food. The penalty for vagrancy was one month's imprisonment with hard labour. Often the offence was combined with begging and drunkenness. In the 1860s and '70s vagrants were also charged with other crimes, such as theft, arson, using threatening language, and even murder. The main prisons were at Carlisle and Appleby, where archaeologists have uncovered remains of a treadmill. Other forms of prison labour were oakum picking and stone-breaking.</p> <p>Police were not needed here in huge numbers: In 1856 there were 25 policemen in Westmorland and 32 in Cumberland. By 1893, there were 33</p>
---	---

in Westmorland and 186 in Cumberland. The type of policing also changed, with the introduction of preventative measures and extra responsibilities e.g. dealing with truancy, helping people in distress and inspecting weights and measures. Attitudes towards the police changed from suspicion to acceptance. Some people believed that there was a criminal class pre-ordained to trouble but research showed that most offenders were simply ordinary people struggling to survive in difficult circumstances.



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MEDITATION CENTRE

If you enjoy yoga, want to learn Mindfulness, like to listen to beautiful music or want to improve your life at work then you may want to visit The Meditation Centre this month.

We have got a wide variety of exciting courses happening every weekend through March with top teachers from Dentdale and beyond!

Want to relax and unwind? Then Yoga Teacher Lisa Milnor can offer the perfect solution – A Mindful Yoga and Meditation Day on Friday March

6 - 10am to 4pm. The day will focus on cultivating mindful awareness through the body and breath.

The following day, the Centre is offering a Learn To Meditate course followed by our monthly Group Meditation on Sunday March 8. This is a two-hour drop-in session for anyone who would like to spend some quality time with like-minded people enjoying meditation and some light refreshments in a beautiful space. Our group meets at 11am for two hours.

The following week you can learn Mindfulness Meditation at the Centre on a special weekend course and then to celebrate the Spring Equinox on March 21, Julie Darling returns with her Spiritual Harp.

The Equinox and Solstice celebrations at the Centre are always very special and well attended so please make sure you book in advance to be sure of your place.

We finally leave March with a new and exciting course called Live YOUR Meaningful Life Weekend Intensive: WORK.

Discover what you love to do and how to get paid for it alongside learning keys to attract more wealth and abundance into your life during this weekend course facilitated by a teacher from Leeds, Elouise Di Luce.

For more details of all our courses, times, costs etc please visit our website – www.meditationcentre.co.uk

Spring is certainly springing at The Meditation Centre – we hope you can join us.
Annette Brooke

CITIZENS ADVICE BUREAU

Settled and safe: a renter's right

Citizens Advice has launched a new campaign calling for improvements in the private rental sector. Last year, more than 80,000 people came to us experiencing a problem with a privately rented home. That's 230 people every day, hit by issues including illegal eviction, harassment, lost deposits and struggles to secure the most basic repairs. Our experience tells us the problems are getting worse. We are campaigning for better protections for private renters including:

- an end to extortionate fees levied on renters by letting agents.
- all local authorities in England to set up a register of landlords that tackles the specific problems in their area.
- tenants to be entitled to rent refunds where the property they're living in is dangerous or not fit to live in.

Do you rent your home? Please tell us about your experience in our online short survey <https://www.surveymonkey.com/s/LQM7TDL>

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

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

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INNER FIRE

Are you ready to try something different?

Life throws all sorts at us and sometimes it's hard to know how to support ourselves in a proactive way. Thanks to a grant from Sedbergh and District Community Fund the Inner Fire Foundation (a charity committed to making mind, body and breath techniques accessible to all) is able to offer 3 sessions free of charge that will teach you simple skills to help when you are feeling low, weary or not coping well with everyday, or long-term challenges.

So, if you are having problems with drug or alcohol use; are homeless or moving from sofa to sofa; caring for a family member, friend or neighbour; recently been the victim of a crime or domestic abuse; are struggling with loneliness and isolation, or other anxiety issues – this could be of

interest to you as mind, body and breath techniques CAN help!

We will have 3 sessions in which to explore some gentle physical opening and releasing exercises – ones that can be done either standing or sitting so they are accessible to all. You don't have to be fit and there won't be any pressure to do anything you aren't comfortable with. We'll be stretching muscles and opening joints to help release tension, stiffness and allow energy to move more freely around the body. You will learn how to relax easily and become aware of your breath to help calm anxiety and improve your ability to deal with stressful situations. Also we'll do some creative work with pictures or words (you don't need to be a Picasso or Wordsworth!) as a fun way of creating a reminder for ourselves about things we enjoy or something we are working towards. There will also be space to chat to each other and to find out about or develop support networks to move forwards when the course has finished.

The course is about helping you to help yourself cope when times are tough. Sometimes we can't change our external situation, but we can have a sense of control as to how we deal with it and how we support ourselves. Developing internal coping mechanisms can even shift our perspective so that external circumstances look and feel different. The sessions may not be a panacea to solve all life's challenges unfortunately but we will try and have

a giggle or two along the way, enjoy some social time and answer any questions you may have.

Once learned (and you will have sheets to take away and remind you) you can do them anytime, anywhere, for one minute, five minutes or however long you have free. The techniques work better if you practice regularly but even 2 minutes a day, or one movement a day can often make all the difference

The course will run at the URC rooms on Joss Lane between 1.30 and 3p.m. on Wednesday 11th March, Wednesday 18th March and Wednesday 25th March. Ideally come to all 3 but if you can only make 1 or 2, that will be okay. Please book through our facilitator Deyna Hirst by telephone 01539 738766 or email deyna@innerfire.org.uk

If you know of someone who would benefit from the course or want further details, please feel free to contact Deyna.

MAIN STREET PARKING

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LADIES NFU

On the evening of 20th January 26 Members attended our Annual Dinner at the Red Lion. Carol and Jonathon produced a super meal for us, much enjoyed by all present, they never let us down!!

Marlene, having already thanked members on their arrival for all their support in 20T4 passed the reins over to Barbara Gorst our President for 2015.

Barbara mentioned a few things we needed to think about before our next meeting. The remainder of the evening was spent carrying on enjoying ourselves!!

The February Meeting was held on the 17th with 23 Members attending.

Our President Barbara Gorst introduced our Speaker for the evening Mrs Christine Knipe, Chief Executive of Westmorland County Agricultural Society.

The Society Base is Lane Farm which is a hive of industry organising the very many things that take place at Crooklands. We saw photographs of various activities including the County Show which has taken place since 1799 this years will be the 216th - Phenominal!! The Show is in the top 5 of One Day Shows, and last year attracted 37,227 Visitors a record for the Show, and also the best weather for quite a number of years! The Show had almost 1000 entries in the Sheep section alone



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and a record 800 Equine entries. Show Jumping etc. etc. Our Secretary Carolyn Sandys-Clarke attended with the childrens favorite the Ghyllas Alpacas!!

Trade stands and many packed Marquees including the famous W.I. Marquee, all in all making a healthy net surplus of £96,710 - the best ever. This year, a first for Crooklands Showground is Elton John in Concert!! Mrs Knipe was thanked for a superb presentation, and also for answering our many questions.

A short tea break followed. The lucky Raffle Winner was Helen Woof. Our next meeting will be held on the 17th March, Spring Flowers with Heather Askew. Do come and join us, a warm welcome awaits you!

Marlene Mason

KILLINGTON W I THE AFTERNOON WI FOR THE ENTIRE DISTRICT

Instructions had been issued – DO NOT EAT LUNCH – so by the time our meeting started at 2-00pm the obedient ones amongst us were somewhat hungry. This was the day

for our eagerly anticipated “Taste ‘n’ Try” meeting. Nine members had been commissioned to slave over their hot stoves to produce a favourite dish to be tasted by all the members. (I suppose, to be in vogue, we should call these their “signature dishes”!) However, before we could eat we had to attend to the business matters. We are nothing if not self-controlled at Killington WI. All persons were welcomed, (especially Melanie Missenden joining us as a prospective member) multitudes of birthday greetings dispensed,

minutes quickly but carefully read and approved, and our financial situation assessed. The money for the defibrillator is there and soon to be spent. Well done everyone! We planned who will go where and when, in future months. Members were encouraged to keep busy with their entries for the Spring Show on Saturday April 18th. And then, wonder of wonders, it was time to eat.

The tables had been tastefully set and decorated (*dressed*, I believe is the modern term) – one long table down the centre of the room, with

ample space on each side for the serving wenches. The starters on offer were Broccoli & Stilton Soup, Black Bean & Avocado Dip, and Smoked Mackerel Paté, all accompanied with lots of the appropriate crunchy things. The idea was that only a small taster should be served but each person actually ended up with as much as they could eat of everything! Appetisers having appetised us, we moved on to the main courses – Sausage Plait, Spicy Pork and Apricots with Rice, and Lentil and Bean Casserole, all washed down with Elderflower Cordial. It can't be bad! Then it was onto desserts. (No, not deserts of the Sahara kind. Teacher's tip – desserts

are **So Sweet – double S**). A luscious, loaded platter of Profiteroles and Raspberries appeared, but they soon disappeared. A crystal bowl full of terribly, tempting trifle was soon consumed, leaving only the crunchy, Cranberry and Apple Crumble to follow them down "little red lane", (or lots of little red lanes). A cup of tea finished the feast. Our thanks to Avril for organising it, to all the Jamie Olivers, to all the backroom girls and to all of you for being there and making it such a fun afternoon.

Perhaps our next meeting should be 'How to Lose Weight', but it isn't. Our next meeting will be on Tuesday 10th March at 2-00pm. **NB – in The URC ROOM, JOSS LANE**. Do not turn up

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at the People's Hall. Kevin Lancaster will talk to us about "Thatched Sedbergh". Competition – an item beginning with 'I'.

Wendy Fraser-Urquhart

SEDBERGH WI

The Committee Room at the People's Hall was buzzing with chatter when we met on February 11th. Some people had come expecting a rather different talk, though, we found out later. The subject was 'My Life as a Registrar'. But there are different kinds of registrar, aren't there? And this was not a hospital registrar, as some had thought, but Susan Oliver, the Registrar from Kendal Registry Office, who was about to give us a very entertaining evening. We had to do some work first, though. We found questionnaires on our seats and had to fill them in before she started: a Myths and Truths Quiz. Fortunately

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the questions were multiple-choice so we could guess an answer rather than leave an ignominious blank. When did the Registration Service (for Births, Marriages and Deaths) start in England and Wales? 1st July 1837. If you are born in England are you automatically a UK citizen? No, one of your parents must have British citizenship (new legislation 1983). Is it true that you can marry in a hot air balloon? In Scotland, yes. In England and Wales, no, it has to be in a designated building licensed for weddings. Ten questions in all, but the maximum number of points gained was 6: not a very good score so we had to listen very carefully to what came next.

Susan was very patient as we fired questions at her during her talk. The registration service started in 1837 in England and Wales to enable accurate statistics to be kept of, for example, the incidence of death from diseases like cholera. Susan gave up-to-date examples of statistics she has been gathering: the number of deaths in this area in January 2015 has been about double the number in

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January 2014, probably partly due to the flu vaccine given in the autumn not having all the right components to fight the new strain of the virus. On the births front, there has been a baby boom since September 2014: information vital to education planners who will have to take this into account in assessing the need for nursery and primary education in the next 5 years and beyond. So the registration service is still very relevant today.

Civil Marriages can take place any day except Christmas Day and New Year's Day, with the registrar and her team members often having to travel around the area to any of 130 licensed venues. The average price

of a hotel wedding these days is around £22,500 but Susan had heard of one that cost £55,000! Half of all weddings in the Lakes area involve a bride and groom living outside the county, bringing a lot of revenue to our local Registry Office, which has to be self-sufficient. You can get married at the Registry Office for just £55-50. Small weddings, in the Kendal room which seats just 12 people, are increasingly popular; as is the wedding they offer where only the bride and groom are present. But woe betide anyone planning a sham marriage! Susan has a nose for such things, so the culprits are likely to be pursued by unmarked police cars, arrested and charged with a serious

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offence!

It was all so fascinating that time ran away with us (partly because we had made so many interruptions!) and we had to call a halt. Dorothy thanked Susan for her lively and very interesting presentation which we had all enjoyed enormously. We were then ready for the delicious cakes that June, Jean and Eileen then served with our cups of tea before we said goodbye to Susan Oliver and got down to the business for the evening, including welcoming our new member, Sandra Kemp, and Margaret, our guest for the evening, whom we hope to see again.

The main point to note is that our next meeting, at 7.30pm on March 11th, will be at the Methodist Hall, when Maurice Steele will be giving one of his excellent slide presentations, entitled 'A Cumbrian Ramble in Search of Orchids'. Visitors can be sure of a warm

welcome.

We have an afternoon visit planned to Tulchan at Cowan Bridge on March 18th when we will be given a demonstration entitled 'Layer up the Look', using the Spring-Summer collection, and having a go at putting together outfits ourselves. Arrangements for this will be finalised at our next meeting.

The book club met on 12th February at Pat's house to discuss 'From Pakistan to Preston' by AT Boyle. I was expecting some opposition to the book because I'd met about 4 people prior to the meeting who told me so, but this turned out to be the least popular book we've ever had! The 'author' is in fact a writing team of daughter (Alison) and father (Terry) Boyle, writing about a fictional Preston factory which made artificial silk (viscose), based on the former Courtaulds factory where Terry and his wife had met and worked for



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decades: into this background is woven a romance involving a Preston boy who falls in love with a Pakistani girl. A lot of the book is about the factory itself and the actual techniques used, which did not even hold the interest of two of our members with Preston connections. The love story also failed to capture our interest. We were expecting to be involved in a cross-cultural conflict which never materialised. Overall we were very disappointed in this book which failed to hold our interest: the marks we gave varied between five points and a half-point out of ten, averaging about three, with no one likely to recommend the book to a friend!

We hope the walking group will have a better day for their walk from Staveley on February 18th: January's walk was postponed because of poor weather.

Finally, please remember the change of venue for our March meeting, which will be at 7.30pm on March 11th in the Methodist Hall. Visitors will be most welcome.

Moira Folks

DENTDALE WI

We have settled into the New Year with enthusiasm having a good attendance at the February meeting. There was a lot of literature to look at regarding forthcoming events. The produce table caught the eye with very attractive home-made cards for sale.

Kate Cairns read a letter of thanks from St John's Hospice after she and

Lyndsey McGonnell had been to the Hospice and presented our fund raising cheque for £300 to them. They had their photos taken and should appear on the Hospice Face Book page. Apparently, the Hospice relies heavily on donations for a large proportion of the running costs. The staff are looking forward to seeing members of Dentdale WI when we appear on the television programme 'Dickinson's Real Deal' chatting to David Dickinson at the Auction Mart about our fund raising.

The dining club is proving very popular, and the next outing was to No 17 in Milnthorpe on 25th February.

A reminder was given and lists were out for help with baking cakes and

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preparing refreshments for the Dentdale Run on Saturday 14th March. Joining with others buttering scones, filling rolls and watching the mountain of refreshment bags grow to around the five hundred mark, is a very enjoyable way of doing something for the Dent School. During AOB, Freda Meakin asked if members are getting rid of any old garments in either lambs wool or Shetland, she would welcome them for her rag ruggging project that earns money for the school at the Promise Auction in the autumn.

Our speaker for the evening was Brenda Austin who had kindly stepped into the breech at the last minute. Still very much on a

gardening theme, she talked about plants that had stood the test of time from centuries ago which filled many a Cumbrian border. Considering it was mid February, Brenda arrived with quite a few specimens to show us, one or two of the early spring plants in bloom especially of course, the snowdrop. Also the Yellow Wallflower, which still grows in the walls of Jervaulx Abbey and would have kept the bees busy in order to produce the all important honey for the monks.

Brenda also brought a selection of books - not the modern glossy colour volumes, but books written through the ages and her first reference was from John Evelyn 1602 –1706. John

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had a great knowledge of trees and realised the importance of growing oak for the building of war ships. Brenda introduced each plant, for example, Honesty, perpetual flowering Nasturtium, Celandine etc. with interesting snippets of information and with the odd question thrown in to keep us on our toes! Did we know who enjoyed the Primrose? Queen Victoria and her beloved Prince Albert it appears! Prime Minister Disraeli also shared the passion and Victoria sent him a wreath of Primroses when he died. It was a very stimulating talk. Gardening can become an all consuming passion she said but the talk made many of us look forward to getting going in the garden and maybe introducing some of the age old plants to our borders!

Next month our speaker will be Rosemary Holmes talking about Mexicans, Mayans and Textiles.

New members and visitors are always welcome to join us. Meetings are advertised locally and on the Dentdale website.

Pat Allen

HOWGILL WI

Our February meeting was well attended with only three members unable to be with us. Bridget gave a warm welcome to a prospective new member Anne Kendal.

Anita Carey reported on the recent walk in the Witherslack area. Liz Moore will be leading the next walk on March 13th in the Appleby and Corby area. Bridget and Audrey are to attend the half yearly Council Meeting on March 30th at Kendal Town Hall.

In order to provide necessary information on allergens we are to display the additives check list when offering home made food for people to purchase. Five members are to

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attend and join Barbon W.I. To hear Francis Bentons talk "Pearls of Wisdom" on March 3rd. Bridget confirmed our Summer Outing will be "A Day at the Races" on June 26th.

We were delighted to welcome our speaker Chrestine Knipe, Chief Executive of the Westmorland Agricultural Society founded in 1799 and based at Lane Farm, Crooklands. Together with her staff she manages the day to day running of all the Society's activities including the County Show and County Fest. The highlight of 2015 is the Elton John Concert taking place in June as part of his European Tour. Christene states they couldn't be more excited. A true privilege for the Society and

their charity. We wish them success in all their forthcoming events.

Anita Carey thanked Christene for giving us an insight into the facilities on offer at Lane Farm. A most interesting talk enjoyed by all.

The competition for something made from wool was won by Vera Hodgson. The raffle winner was Lyn Marsden. Social Time to name the famous faces was won by the 'A' Team. The evening was brought to a close with a Jacobs Join.

The March meeting will be held at Howgill Village Hall on March 5th at 7.30pm when member Tanya and husband Edmumnd will be telling us about our disappearing swifts. Do join us to hear their story. A.H.



SEDBERGH SCHOOL



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

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

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

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

We look forward to hearing from you.

CUMBRIA WILDLIFE TRUST

Dippers

No bird is more at home on our local rivers than the dipper.

If you walk by the riverside at this time of year you are likely to see a small brown bird with a prominent white bib flying low over the surface or perching on a rock near the water. This most characteristic bird, the dipper, can be seen all the year round apart from a rather secretive time at the summer moult. Just now the birds are busy building nests. They usually choose holes in the river bank or in artificial features such as culverts. Several platforms have been built on or under bridges to help the birds where there is no suitable natural site.

The male birds travel only a short distance from their place of birth, though the females will travel tens of miles in search of a mate. Each of our 30 or 40 local pairs covers a territory of half a mile or so. Some birds choose to nest on the smaller becks, often quite high up. Dippers will fly or walk under water in search of the insect larvae which are their food. A

successful pair will raise 4 or 5 young in March or April, often breeding twice in a season.

Peter Mawby has been studying the local dipper population for over 50 years. In his talk to the local Cumbria Wildlife Trust support group last month he shared some of the result of his research. With recent advances in ringing techniques it is possible to study the fortunes of individual birds. Numbers have dropped over the period of study, but there is still a healthy local population. Reasons for the decline are uncertain, though water quality may be a factor in breeding success. Floods may be more frequent and predation is perhaps an increasing problem.

Roger Moore

FAMILY MUSINGS

Musing sort of makes you think we have time to ponder on our family and we do, the family of the past and the present and sometimes into the future, what will the little ones grow up and do? The main attraction at our house was the toy garage but is now the wooden bio train set which brings memories of our children playing with one and we had tracks from one room to another and all manner of activity from getting up to going to bed. Mitts, our cat, is much loved and told all sorts of secrets, cuddled and patted gently and her water bowl gets all sorts of attention, she hasn't quite grasped bubbles yet although enjoys watching them float about and probably wonders where they go. When I was ill recently I must have

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had a high temperature as the cat spoke to me in an audible voice .. and no, I couldn't remember what was said as I hurried away to cool myself down.

Caring for a relative is nothing new to me I have done so before, but each person and situation is very unique as any carer would tell you and when the person being cared for is desperate to get back to her home it adds a certain complication to the situation especially when they are oblivious to the fact that managing as they did in the past is no longer possible. Black is white at times and they will argue the toss on that (I wonder where that expression came from?) and it is very wearing. All that apart, my elderly relative from the East cannot help being ill and it is not her fault I am ill at the same time which meant I did not sleep very well and that in turn affected my ability to cope. We do have our lighter moments, our fun, and giggles, we discuss TV programmes and love watching escape to the Country and antique road trips, my escape is being planned .. to Cornwall, but not yet awhile, hers will be east to Hull as health allows. Meantime I am so glad God is with me in my caring role, it would be much worse without Him and those who support me through their love of Him.

Spring cleaning has begun, certainly not an annual event in certain areas and a few spiders have been made homeless in the making of this new activity but also interesting things come to light and I am getting things

more organised and yes, throwing things out or passing them on. Writing is going apace, short stories sent to magazines, work progressing on the history of the Memorial Hall here in the village and am back on the course again concentrating on non-fiction at the moment which is confusing as I love writing fiction, all good practice.

Enjoy Spring. It is peeping up and galloping in the fields, or soon will be, hubby has his first lambs, a set of twins, result of a randy tup . Life really is a tapestry. Now, where is the train set I can hear a little voice saying "choo choo granny".

Sarah

PEOPLE'S HALL NEWS

Thank you Sedbergh



We wrote in the February 2015 Lookaround that we had a shortfall in funding of over £5,000 on the refurbishment of the new entrance to the People's Hall and made an appeal for donations. Well we are now (as this is written) to be halfway there. Thank you. More news next month.

Dates for your diaries:
Coffee Morning: 8 July in URC rooms
Old Time Dance: 20 June
Old Time Dance: 24 October

Dr Gina Barney, Hon Secretary/20790

ROSE COMMUNITY THEATRE

It's March, and you know what that means! The Rose Community Theatre is about to take to the stage at the People's Hall with this year's production 'Hazardous Hilda Rides Again'. Sandy Roy will be swinging his piano as he plays his way through the eclectic mix of songs, ably assisted by RCT's chairman Gordon 'The Bass' Hosker. There are songs for all tastes, a cast of dozens, a large number of youngsters, a whole heap of Cowboys and Injuns, and even guest appearance by Roy Rogers lesser known brother 'Ron'. So the show is bound to go with a bang!

At this year's evening performances a bar will be available thanks to Fenella and John Davis who have kindly taken on this task. The Charities chosen to benefit are, Manna House, (young peoples' Homeless unit Thursday evening), Comic Relief (Red Nose Day Friday evening), Mary's Meals (African children's Charity Saturday Matinee), Mind-South Lakeland (Saturday evening) with each charity receiving an equal amount from the performance funds after expenses. At each performance there will also be a raffle so if you have an unwanted gift you could donate we would be delighted to receive it. Just call 015396 21808.

RCT is extremely grateful for all the support from local business, this helps so much with the inevitable costs of an inclusive community

production such as ours and allows us to support a wide variety of charities. Tickets are on sale at the Sleepy Elephant and the Information Centre, still only £5 for adults and a mere £3 for youngsters under 14.

Sandra Gold-Wood

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IMPRESSIONS OF SCOTLAND

'Impressions of Scotland' is the title of the next Sedbergh Orchestra concert, to be held at 8.00pm at St Andrew's Church Sedbergh on Thursday March 26th. Scottish works matching the membership of the orchestra were not easy to find and in fact none of the three finally chosen fully fits the bill. However, as is often the case, several friends have kindly agreed to come along 'for fun' to plug the noticeable gaps.

Of the composers featuring in the programme, Hamish MacCunn stands out as the only true Scot. His concert overture 'The Land of the Mountain and the Flood' will be familiar to anyone who watched 'Sullivan's Law' in the 1970s or has subsequently seen the Scottish Tourist Board's adverts on television.

Mendelssohn's overture 'Fingal's Cave' would have been the first item in the concert had it not been programmed by the Westmorland Orchestra for Saturday, March 14th at Lakes Leisure in Kendal. William Alwyn was English, born in Northampton. He was clearly captivated by Scottish music, choosing to arrange for orchestra the set of 'Scottish Dances' that we shall play. The work has very clear Scottish roots since he found the themes published as the "most fashionable dances as danced at Edinburgh in 1787 and 1788".

Mendelssohn's Scottish Symphony occupies the whole of the second half of the programme. The German composer's visit to Scotland in 1829 provided the inspiration for the work and his first sketches for it were produced during that time. Although no direct quotation of Scottish music has ever been identified, the rhythms and glorious melodies are undoubtedly Scottish in style.

The orchestra has been rehearsing weekly since mid-January with our regular conductor, Peter Crompton. We are also grateful to Roland Fudge, conductor of the Westmorland Youth Orchestra, who took a session when Peter was not available, giving us a complementary perspective on the programme. Rehearsing these pieces has been very enjoyable, so do join us for the concert, maybe wearing something Scottish to add to the atmosphere of the evening.

We suggest that you to obtain your

tickets in advance at the lower price of £6 - tickets on the door now cost £7. There is no charge for those 18 & under and programmes are also free. The advert elsewhere in this March edition tells you how to get your tickets. Orchestra members also have tickets to sell.

Shirley Smith

(with grateful thanks to Bob Wells - violinist / writer of the programme notes)

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HEALTHWATCH

The Healthwatch team will be at a number of Community Engagements in March, where service users and members of the public will have an opportunity to come along and tell Healthwatch about their experiences, good or bad, of Health & Social Care Services across Cumbria.

Everyone is welcome and all comments are valued.

Thursday 5th March Westmorland General Hospital, Kendal. (main entrance). 10am - 2pm

Tuesday 17th March Morrisons Supermarket main entrance, Kendal. 10am - 2pm

Sue Hannah

ROYAL BRITISH LEGION

Thanks to the dedication of local and district collectors/helpers and committee members Sedbergh has once again reached the astonishing total of £8500 for the annual poppy collection. Donations are still coming in and will be added to the fund. Last year over £9000 was achieved. Many door to door collectors have been faithfully rattling their tins for the Legion for 10 or more years. The branch would like to hear from all collectors who have been collecting for more than five years even if there has been a break in between; please Email jd@jdifa.co.uk or call 015396 21808. An event is being organised to honour these long serving collectors so don't miss out, get in touch.

The Legion is always happy to welcome new collectors, members and committee members. The committee meets once a month on a Thursday and it would be good to have some new faces to help with organising fund raising, such as coffee mornings, and assisting at the Gala as well as helping with distribution of poppy collections tins during 'poppy time' October and November are of course the busiest time for the branch and help with counting and banking is always needed.

There are many other ways in which you could help the continuing work of the Legion which assists service



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personnel and veterans and their families with financial, medical and psychological difficulties. The Legion has been doing this work since the end of World War 1. If you know of any ex-service personnel who is in need of BL support please pass on this number 0800 802 8080.

Sedbergh School who have always been active supporters of the local BL branch have organised a 5 year pilgrimage project to visit all the graves of the fallen Sedbergh schoolboys who were killed during WW1.

Membership of the British Legion is a mere £16 a year and does not spend heavily on advertising. It requires strong public support in order to continue such good works. Please consider becoming a member, you do not have to have been in the services. Call or Email as above. Many thanks to all the BL supporters.

On Friday April 10 the Branch is holding its annual dinner at Farfield Mill any members wishing to attend please call as above. Places are limited to 30 so please let us know early. *Sandra Gold-Wood.*

GREAT NORTH AIR AMBULANCE
Air Ambulance Lasagne Night
Fundraiser

In September 2014, our boy Joe had the GNAA helicopter at his disposal, in 9 minutes from Penrith to Dent the crew were there for us. Amazing. The collision he had involved a bike, a kerb and luckily a bike helmet. The anxiety was because he was bleeding from his ear. The Doctor on board quickly ascertained that his freaking out reaction to the thought of going in the helicopter meant he was well enough for the road ambulance. (A long trip eventually to Alder Hey). He was of course ok, concussed and had blown his eardrum out, but no lasting damage!

I then read an article in Cumbria Life on the Air Ambulance and the fact it cost in the region of £2,500.00 for a call out. This set us thinking we had to give a bit back.

Coffee morning?... No
Soup and Sandwich Lunch?... No
Catherine and Joe's Lasagne
Night?... Yes!

Thank you to the 106 people who came along and to those who donated money and raffle prizes. A massive thank you to all the people who helped before, during and after, it could not have been done without you. Also We would like to thank Dent FC for kindly paying the hire of the hall, Dent Primary for the use of the kitchen and Thomas Hardy Brewery for generously donating drinks.

The total raised for GNAA is £2,411.50. Amazing. Thank you.

Catherine Hartley and Family.



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FIRST RESPONDERS

An update

We have five people who have been accepted by the North West Ambulance for training, several who are grappling with the application process, and a good number more who have expressed an interest in either becoming First Responders or offering us some support.

You may know from the previous Lookaround, from posters in Sedbergh or from us contacting local organisations and businesses that we have our inaugural Annual General Meeting on 3rd March at 7.00 pm at People's Hall – depending on when you read this, we may have had it!! That will mean that we will be a formally constituted organisation and we can set up a bank account.

It is becoming clear that we are just about the only area locally that doesn't already have a First Responders team – but we're putting that right!

With North West Ambulance and other local groups we are researching the right 'kit' to purchase and finding out how we can raise money from grant funding organisations. We'd like to get an initial three 'pagers' similar to those used by the police and ambulance services. These operate even in areas where there is no mobile phone signal – important in the Dales. But we are informed that Pagers currently cost £18.00 each month to rent. Perhaps a local organisation or business would be prepared to sponsor one by giving us a regular monthly donation?

Killington WI have raised funds for a defibrillator for People's Hall and we are hoping to get another to be located centrally in Sedbergh, perhaps at number 72 Main Street. These will be available for use by anyone (they have instructions) but can be used by First Responders in the town.

Finally – we are coming up against some interesting myths and rumours! To be a First Responder you do NOT have to be available all day and all night 24/7: you are asked to be available when you can and, even if contacted in an emergency (when the ambulance is already on its' way), there is no expectation that you will necessarily go. Neither are you replicating the work of paramedics or enabling them to reduce their expected response time: you would be supporting the patient, where necessary undertaking life-saving treatment for instance with oxygen and using a defibrillator, until the professionals arrive. In addition –we don't only need people to train and be First Responders: we need administrative and financial support too.

To find out more about how you might help us do contact Andy Cobb on 22541 or Marion Wood on 21385.

AGLOW INTERNATIONAL

The 2015 Meetings for Aglow International will be held at Kirkby Lonsdale Institute at 7pm on Tuesday 3rd March; 7th April & 5th May.

For more information and to book, contact Margaret on 015242 71062.

CRAFTWORKSHOP

We're about to hold our second AGM. That means it's now three years since a not-for profit craft co-operative was an idea shared in The Lookaround.

Our organisation has evolved since that time. We now have around a dozen people who regularly volunteer on the shop - they're the co-operative members, and a further twenty-five suppliers, all of us living within a fifteen mile radius of Sedbergh. We are first and foremost a place to 'meet, make, share and sell'. We all pay a small commission on our sales to the co-operative to pay for things like paper bags and electricity.

We do try to 'add value' to the community in Sedbergh and its' surrounding area. We change one of our windows each week to give you all something interesting to look at. We are members of the Chamber of Trade and we contribute to Hidden Howgills, Sedbergh Gateway and Sedbergh websites as well as being on Facebook, YouTube, Twitter and TripAdvisor. This year we have given contributions to the Sedbergh Community Gym and the British Legion. We enjoy being part of events such as Late Night Opening and Sheepfest. As well as offering unique, local, hand-made gifts we often take commissions to provide 'bespoke' items.

Feel free to join us at our AGM on Friday, 13th March at 6.00 pm at The Bull Hotel.

Helen Wilberforce

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MANSERGH COMMUNITY HALL

The old School at Mansergh has been adapted as a Community Hall and attempts are being made for Grants to assist with refurbishment and updates. Events and fundraising is taking place and your support of them would be most appreciated.

Their next event will be a talk on how to make a Spanish Guitar which will be at 7:30pm on Friday 20th March which promises to be interesting.

If you would like more information about the Hall, please contact Charlotte Southard on 015242 76210.

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neighbourhood alert

Cumbria Trading Standards would like to warn anyone in Cumbria who is looking to buy a new pet to be wary of unscrupulous puppy dealers.

Puppies are often transported by a sophisticated network of dealers, and are sold on the Internet by people who have no knowledge of the animal's history, and in many cases breed. Many are passed off by willing accomplices in family homes as their own 'home grown' litters but are actually working on commission. Sadly, these are puppies which are usually raised in terrible conditions on puppy farms and often don't live to be more than a few weeks or months old because they are infected and diseased. If they do make it to adulthood they sometimes end up costing their carers vast amounts of money in vet's bills.

Dealers often use persuasive or aggressive tactics to get people to agree to buy the animals making lots of promises about breeding, veterinary treatment, kennel club registration and promises of refunds if the customer is unhappy. Many of

these assurances fail to materialise, and much of the paperwork provided with the animals can be false.

Cumbria Trading Standards' advice is simple; DON'T buy pets off the internet. For all your goods and services it is better to deal with reputable traders operating out of fixed premises who you know and trust.

Like many other purchases consumers have rights under various legislation including the 'Sale of Goods Act'.

If you or someone you know has purchased a puppy in this way and would like advice on your rights, please contact the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org.uk

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JANUARY WEATHER

A rather mixed month from a weather point of view, we had a bit of everything. Temperatures varied from a high of 52.3F (11.5C) to a low 24.6F (-5C). The third week was the coldest. On only one night during the month, 5th, did the wind chill not drop below freezing. As to be expected the breeziest period was during the low

pressure period during the 2nd week. A maximum gust of 24.9 mph was recorded. We had a total precipitation of 7.48 inches but a good deal of this fell as snow.

The feeding station has had a limited number of visitors again. These have been usually house sparrows, blue tits, great tits, the odd coal tit, collared dove, one or two goldfinch and chaffinch, our resident robin, a few cock blackbirds and one hen, a rare goldcrest and wren. Away from the feeding station we have droves of assorted crows. They are a nuisance at feeding time in the chicken run and when feeding the sheep. On the milder days we still have had "squadrions" of midges drifting up and down along the drive. I often wonder where they hide up during the bad weather. The owls are calling round and about. We have one that starts during the afternoon. I haven't heard a fox recently but they could be getting near to cubbing. I recently read Dr Ernest Neal's New Naturalist Monogram on the badger. Although written sometime ago it is still perhaps the most comprehensive study on the badger. I wish the pro-badger group would read it especially the chapter on food. The stomach contents that Dr Neal found were interesting to say the least. Yes there were some worms and insects but also rabbits, birds and hedgehogs. One specimen had eaten 4 adult hedgehogs!! You have only to look at the dentition and skull of a badger, to see it can eat anything it can get its jaws around. With its massive claws,

yes it can dig for worms, but it can easily dig out a rabbits nest. They are far more powerful than my dogs and I know that they can bite.

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session on the last Wednesday of the
Month starting on the 25th March
from 1.30 - 3.30.



You might want to do internet shopping, check the weather, look for recipes , email your family, learn how to use facebook etc. etc. -if you have any questions or limited experience bring it along and we'll do our best to help you.

For more information and to book your place please call the CDC on 015396 21031

*Linda Greensmith
Village Agent*

PEOPLE'S GYM & FITNESS CENTRE

It is three months since the last update and in that time we have only had one fund-raising event and of course Christmas. **BUT** the really big news is the progress that has been made on our lovely new building. It is up to roof level. If you have not seen it make a special trip and you will be amazed.

Burns Night

We had a really successful evening and a good time was had by all who attended. The evening kicked off with the Selkirk Grace read by Keith Wood followed by some excellent haggis which was provided by Johnny from the Red Lion, who also was a great

help in the preparations. He really got into the event by carrying the haggis while it was piped into the hall ready for the Address and Toast to the Haggis performed by Martin Lewes. After-dinner entertainment was provided by Keith Wood who gave the Toast to the Lassies and Sandra Gold-Wood who gave the Reply on their behalf (!), and there were musical renditions of Robbie Burns' poems together with a very amusing anecdote. This was all followed by an evening of Scottish dancing which was enjoyed by experts and novices alike, interspersed with a Burns' related quiz (provided by Johnny!), a raffle and an auction of a coffee maker kindly provided Mark and

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Evelyn Westwood and expertly conducted by Kev Kendal (who else?!).

We made a surplus of £400 for our funds which is a really good result.

Of course we still need more funds. There is a short-fall in the basic building cost to be able to complete the building, and then there is the inevitable overrun to cover unforeseen costs. On top of this we need funds to be able to open and run the operation, such as the security system on the door to allow members secure access, a CCTV system, space heating system, and gym equipment. Our own equipment is in storage and we can bring it back into use, but we need a rowing machine, as the machine we had before belonged to Balliol. And there are other things such as mirrors which we could not get off the walls, and exercise balls etc.

So fundraising is still an extremely important part of our activities at the moment.

Quiz night

We are having another of our very popular quiz nights with quizmaster

Woody. It is on Friday 3 April 2015 at 7.30 pm in the People's Hall.

Live Music event

We are staging an afternoon of live music on Sunday 24 May 2015 in the URC. Brendan Lewes will be performing his own material and will be supported by guest artists. Tickets will be £10 per person. All proceeds will go to the gym funds. More details will follow.

Masked Ball

A Masked Ball is planned for St Andrew's Day in November.

Keep fit activities

Folk dancing continues in the URC rooms on a Friday evening from 7.30 pm to 9 pm. At the moment they are Scottish country dances but English country dances will be being introduced soon. This is a great way to keep fit and have fun, and to learn some traditional dances. The sessions are for experts and novices alike.

AGM

Our Annual General Meeting is on Thursday 9 April 2015 at 7 pm in the People's Hall Committee Room. We need as many people as possible to

come to the AGM for the following reasons:

- Our gym building is nearly complete and we need your views on what you want to see in the building and how you would like it to be run.
- We need more committee members. Sandra and I have kept the gym association going since the building closed in 2012 but we need new ideas and more people to share the decision making process. We know that you are all very busy people and we are so lucky that so many things happen in Sedbergh that it is difficult sometimes to choose what to spend our precious free time on,

but Sandra and I will need support as the gym gets going once again. We are also busy people.

- The events that we have put on to date – the quizzes, the live music GymAid, the Burns' Night – have all been really successful and have raised funds for the gym. But they have been poorly supported by people who were previous members of the gym when it was at Baliol and who want this gym now. Come along to the AGM and let us know what sort of fund-raising events would interest you and which you would support and help to run.

Things will really start to happen in

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- help in dealing with chronic pain (needs a GP referral)
- helping with grief
- tinnitus (a condition in which I have a special interest)
- mild skin problems
- eating healthily
- improving sleep
- replacing unhelpful habits

2015. Come along and have your say!

I have retained the list from the last newsletter of details of how you can help to support PGFC:

- Make a donation – you can make a donation at any time by giving cash or a cheque to Sandra Gold-Wood or Rosemary Lewes (contact details below).
- Take out a standing order for £10 (or more!) per month now, in return for free membership when the gym opens for the same length of time that you have been paying in advance. Please contact us on the details below for the gym's bank details.
- If you know someone who is not getting this newsletter but who would like to be included on the mailing list please get them to send us their email address.
- Currently most of this work is being done by three people in conjunction with Gina Barney. We therefore need new members onto our committee, particularly if you have fundraising ideas or just ideas for activities that we can run

to promote health and fitness.

COME TO THE AGM!

- Anything else that you can think of to help, such as finding sources of grant funding.

Visit the gym's Facebook page where you can keep up with the latest ideas and developments. Or contact us on: Sandra Gold-Wood (Chair) sangold.kwood@virgin.net Tel: 21808 Rosemary Lewes (Treasurer) rosel@rlewes.freeserve.co.uk Tel: 20088

DENTDALE RUN

One of Dent C of E School's largest fundraising events, the annual Dentdale Run will take place on Saturday the 14th of March. This year's race is the 31st running of the event and we are hoping to make it bigger and better than ever. Last year we raised an amazing £5500 for the school and we hope to get near this figure again. The run is supported by two new sponsors this year, DiscoverDentdale.com and ITS Technology Group and receives the huge support of other local businesses as well as a number of

local people and organisations who provide catering and marshalling. Commencing at 1pm, the run is just over fourteen miles and takes place around the lanes of Dentdale. Entries are invited from affiliated and non-affiliated runners. For affiliated runners the cost of entry is £11 in advance or £13 on the day with non-affiliated runners paying £2 more. Free car parking, showers and plenty of refreshments will be available to runners. Trophies and prizes will be presented, immediately after the race in the memorial hall, to the top runners in several categories including, ladies, teams and veterans categories. On this day, the village itself and the surrounding roads will

be very busy especially between 12pm and 3.30pm with around 500 runners setting off from the village at 1pm. I would like to ask that if anyone is moving livestock or expecting large deliveries on this day could they please try to avoid these times. Spectators are very welcome on the day or if you wish to enter then you can obtain an entry form from www.dentdalerun.com. If you require any further information then please call 25185.

*Scott Thornley
Chair, Dentdale Run Committee*

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Malcolm Petty will be giving a talk at the People's Hall, Sedbergh about a trip he made to the Falkland Islands with Martin Dodds. The idea was to celebrate their turning seventy by climbing the seven highest hills on the islands. They also explored places that had featured in the war of 1982, as well as seeing how the locals still made much of their income from wool. This is the second in a series of talks being organised by the Sedbergh Area Walking and Cycling Group: further details about these talks can be found on the group's website at www.sedberghgateway.org.uk/events.

Robert Powell

SEDBERGH WANDERERS (SENIORS)

Its been awhile since i updated you on our progress, We would like to thank everyone who attended the disco at the Peoples Hall on boxing day, and also all the lads who worked on the evening to make it possible. Fundraising like this has allowed the club to subsidise the new tracksuits and training gear you will no doubt of seen the lads around town in! Also

the match board, with fixture information and club sponsors is nearing completion and will soon be in situ at the Peoples Hall. Finally plans are well under way between our committee and the gala committee for the evening event to take place after the gala on Saturday 16th May in the large tent on Back Lane Gala field, where we will have a live band, disco and bar. Hopefully the weather will be kind to us and that we see you all there!

On the football side of things the only pre Christmas fixture we played since my last update was against an unbeaten Appleby side at home on the 6th December. In what turned out to be our most disappointing result and performance of the season we lost 4-1 despite taking an early lead through a Rob Close header. Sedbergh had both centre halves sent off within a minute of each other before half-time, captain Aaron Siemaszko was harshly given 2 yellow cards and Paul Farrell followed for momentarily thinking he was Ricky Hatton! The remaining 9 men battled hard for almost an hour and despite



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us having 2 men less we continued to hold our own with Jack Leddy, Matt Parkin and Dean Raw particularly impressive. With the score at 2-1 to Appleby, Sedbergh won a penalty, with a chance to make the scores level at 2-2 the penalty was missed and Appleby eventually ran in a couple of late goals as our 9 men tired. An opportunity missed as with 11 a side there was not much between the teams.

2015 saw Sedbergh start with a home game against Kendal United, Sedbergh had to utilise there full squad as a few regular players were missing through suspension and injury. Manager Simon Parkin and

midfielder Craig Gardner made there 2nd and 1st starts of the season, Despite the reshuffle Sedbergh soon found their stride after some early Kendal pressure. Alex Fearn opened the scoring with a well timed header and Oli Wales doubled the scoreline with a deflected shot just before halftime. The second half continued with Sedbergh pressure and Oli Wales sealed the 3-0 win with a lovely run and finish! Brad Dalzell had a great game on the right wing for Sedbergh and at the back Joe Clare and Xav Baines, back from university, also excelled. This was Sedbergh's 3rd clean sheet of the season earning Goalkeeper Luke Cragg a free pint

from Jonny Hailey at the Red Lion for each one!!

Saturday 10th January saw Sedbergh make the longest trip of the league season up to league leaders Kirkoswald. In dire conditions of below freezing temperatures, sleet, snow and strong wind Sedbergh went down 4-1, with a makeshift defence owing to injuries, suspension and lads going back to university. Respite being 2-0 down early on Sedbergh rallied through an Alex Fearn goal and should of drawn level when a goal wasn't given despite the ball clearly crossing the line. With the score remaining 2-1 to Kirkoswald and Sedbergh pushing for an equaliser Kirkoswald twice picked us off on the break as the clock ticked down. Thanks must go to Shaun Gardner, Matt Parkin and Ben Close who organised the team in manager Simon Parkin's absence.

Penrith Reserves hosted Sedbergh on Saturday 17th January, conditions were again very cold with several snow showers during the course of the game. Penrith were last season's league winners and despite a strong

start this season have faltered over the last few weeks. Despite their poor form Penrith were quick off the mark and tooth lead mid way through the first half and the score remained 1-0 until halftime. Sedbergh came out flying in the second half after strong words at half time, and were soon level through the outstanding Elliot Oxley. His touch, turn and finish from 18 yards capping a great move. Sedbergh kept pressing forward and won a penalty with 20 minutes to go. Up stepped the usually reliable long time penalty taker Aaron Siemaszko, his penalty sailing high and wide much like Chris Waddle's in Italia 90! Sedbergh kept going and got in front with 10 minutes left through a Dean Raw free-kick. With the game seemingly won Sedbergh kept the ball, until a slack pass let in Penrith for an equaliser with 3 minutes remaining. Sedbergh weren't happy with a draw and once again poured forward looking for a winner. Just as it seemed it wasn't to be our day, having hit the woodwork 4 or 5 times and the Penrith keeper having a stormer, Brad Dalzell sealed the win



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with over 90 minutes played with a fine far post volley. A well deserved victory for a fine second half performance.

Sedbergh continued their travels the following week, making the short trip to Kirkby Stephen to play Carvetti. Sedbergh's 4th game in January!! We normally don't manage to play 4 games between November and February!!! With the reverse fixture in October being a 1-0 win for Sedbergh a tight game was expected. Sedbergh didn't play particularly well at any point during the game but still secured a 1 -0 win thanks to captain Aaron Siemaszko's penalty midway through the second half, won by Chris

Milburn. Pressure was on Aaron from the spot after he missed the previous weekend but he delivered the decisive goal with a low hard shot into the bottom right hand corner. The win owed a lot to centre halves Siemaszko and Matt Parkin and the outstanding Luke Cragg in goal, keeping out everything Carvetti threw at them. Another free pint for Cragg!!

The 1st Saturday in February Sedbergh were drawn away against Division 2 table toppers Unison from Carlisle, a complete unknown quantity having never played them before, in the Benevolent Cup Quarter Final. After the long journey up the M6, Sedbergh soon rushed

into a 2-0 lead through two Rob Close goals, however complacency set in and Unison had pegged us back by the hour mark through two goals from high balls into our box. After a tactical reshuffle from manager and assistant, pushing Matt Parkin into midfield Sedbergh retook the lead instantly, a run and shot from Parkin bringing a corner which was blasted home by Dean Raw on the half volley. Sedbergh had further chances to make the scoreline more emphatic but Alistair Bainbridge was unlucky with two efforts clipping either post. Never the less Sedbergh saw the game out to win 3-2 and face a Semi Final tie at home to Keswick on Sat 28th February.

There was no love lost in the Valentines Day fixture against Lunesdale (Tebay) at home, with tensions high between both clubs and both sets of players eager to get a win it was Lunesdale who started well and soon took the lead with an unstoppable drive from long range, Sedbergh gradually got into the game and were unlucky to concede again just before half time, this time a

scruffy close range effort. Strong words at half time seemed to of had little effect as Sedbergh still struggled to get back into the game despite good chances coming and going. It wasn't until the introduction of subs Elliot Oxley and Alex Fearn that Sedbergh finally got a foothold in the match. Alex Fearn scoring a terrific 30 yard curler into the top corner with his left foot. Sedbergh gained confidence and Lunesdale were rattled as Sedbergh kept attacking. More good chances were missed, and just when it appeared the visitors would take home all 3 points to Tebay, Sedbergh won a penalty, when their right back handled a Dalzell cross. Up stepped captain Aaron Siemaszko whose penalty crept inside the right hand post to give Sedbergh a point with the last kick of the game. Full marks to all the lads for never giving up in what was an excellent game of football.

At the time of writing this piece Sedbergh Wanderers sit comfortably in 3rd position in the Westmorland League top division and are still involved in the Benevolent, High Sheriffs and Morrison Cups.



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SINGING SLOVENIA 10TH ANNIVERSARY

At the beginning of February our local singing group Lep Pozdrav iz Sedbergha, who sing a large number of Slovenian songs including the national anthem Zdravljica, travelled down to London where we were special guests of the British Slovene Society.

Our group was providing musical entertainment, and leading the singing of some well known Slovenian songs, at the Preseren Vecer dinner event hosted by the British Slovene Society which fosters relationships between Slovenian and British people throughout both countries. As well as the national

anthem which everyone stood for and joined in with, our songs included Lipa, about the seasons of the Linden tree - the national tree of Slovenia - and how it can be seen as a metaphor for our lives, sad love songs such as Nocoj pa o nocoj, and Tece mi tece, and drinking songs such as Majolka and Kolkor kaplic tolkor let.

France Preseren is Slovenia's national poet - his best known work is Zdravljica (the toast) - the seventh verse of which is used as the national anthem and translates roughly as: "Long life to all countries who long and pray for that bright moment when over earth's habitation no war no strife shall hold its sway - who long to

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see that all people free no more shall foes but neighbours be." The evening was a celebration of his work and all things Slovene, in a similar way to the Burns Night celebrations on January 25 in Scotland.

We received many compliments for our singing and language skills from our hosts and other guests - which included several former British Ambassadors - as well as the current one Her Excellency Sophie Honey, and also the Slovenian Ambassador His Excellency Tadej Rupel and his wife Valentina. We had a very interesting conversation together about the town twinning which he had heard about from his predecessor Iztok Jarc. I invited him to the Lep

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Pozdrav iz Sedbergh concert on Tuesday June 30 in the Sedbergh People's Hall - it was the only date he has free in his diary for several months!

I have also invited singers from Zrece - and I am hoping that many other Sedbergh music groups will join us in this concert (and poetry and drama groups too) - please let us know if your group would like to be included. Zrece school children are visiting Sedbergh during that week and we have asked if they can perform at the concert too.

The Ambassador was very interested to see that in Sedbergh people don't just speak Slovenian but also sing many of His country's songs - I believe our group is the only ensemble of English singers in the UK exclusively singing Slovenian songs. I gave him some gifts from Sedbergh which included the

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Some of our singers - including Emma Watton who lives in Cautley, and Penny Legat who has taught violin in Sedbergh for many years - came with our Howgill Harmony tour of Slovenia 10 years ago - many of the guests we met were interested in their impressions of Slovenia.

Out of about 150 guests, over half of them were Slovenians - many of them married to British people, working in the UK or studying at Universities in Oxford, Cambridge and London. They all said how very pleased they were that people in Sedbergh take such an interest in the Slovenian culture and language, and expressed an interest to visit our town. As well as the singing, our group told the story of the twinning - in both languages.

Our visit to London comes as we

celebrate 10 years of these singing exchanges between Sedbergh and Zrece - and other parts of each country with tours centring on both our towns - with many hundreds of singers meeting to join each other in song, to learn new songs from both country, to perform in concerts and informally over meals and drinks - cultural exchanges which have often meant staying in each other's homes and finding out not just our differences, but what connects us. As well as our singers, there have also been visits by hundreds of Sedbergh families travelling independently, walking groups, school children, sightseers, football teams - an astonishing percentage of our town

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and district.

This year our singers celebrate this anniversary with two tours of Slovenia - one in May where we will be singing at the Bohinj alpine wild flower festival, in the church on the island of Bled, in Ljubljana alongside many of the choirs who have visited Sedbergh, and of course in Zrece where musicians from both countries will be celebrating the renewing of the vows of friendship between our two towns.

The other tour later in August is an singing ascent of Triglav, Slovenia's highest mountain, where we will be singing alongside local choirs as we all stay in the somewhat luxurious mountain refuges on our way to the summit - with 4 days to do a journey which extremely fit young climbers could conceivably do in one day - so posing no problems for the averagely fit Sedbergh hillwalker. Singers from Zrece have also been invited to join us in concert on the summit which has an almost mystical status among the Slovene people, many of whom will tell you that only those who have climbed Triglav can be considered to

be a true Slovene. I am very pleased to report that I have been to the summit twice now!

Our tours have become famous not just for the exemplary comfort and delicious food we have enjoyed, but for the creation of harmony between each country as we lift our voices in song - and of course we have also always tried to make the visit as affordable as possible. We also now have vacancies in our local singing group which will perform for the ambassador and guests - please get in touch if you would like to join us - enthusiasm is always far more welcome than experience!

David Burbidge, Sedbergh 21166

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TIM FARRON MP

I have been pressing as hard as I can to get both Natwest and Barclays to change their minds about closing their branches in Sedbergh. Clearly many people feel very strongly about this as I was able to present your petition of over 1000 signatures in Parliament. If everyone who signed the petition lived in Sedbergh that means well over a third of you felt that closing the branches is the wrong thing for the banks to do.

Presenting a petition to Parliament is a formal process that means it will be forwarded to the Department for Business, Innovation and Skills (the department that is responsible for this area of activity) and the



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Parliamentary committee responsible for watching this department. They both have to formally respond to the petition. In the case of the Department it will probably mean that they will write to the Chief Executives of both banks and ask them what action they plan to take as a result of the petition. The hopeful thing is that the Minister in charge of that department is Vince Cable and he has said that he feels that no bank should be able to close the last branch in any town. If he acted upon this belief that would mean that Barclays would not be able to close their branch. The situation in Sedbergh will I hope prompt his to action on this issue so we see something happen soon before it gets too late. It is not just in Sedbergh that we are seeing the banks behave like this, branches are closing across the

area, currently in Ambleside and Milnthorpe but I suspect that this will not be the end of the matter. I will keep pressing Vince to act quickly.

It has been a bit of a month for Sedbergh in Parliament. Not only did your petition get presented but, along with Dr Greene of Settlebeck School, I had a meeting with the Schools Minister, David Laws MP to discuss transport for students. This is a particular issue for pupils at schools like Settlebeck that don't have a sixth form. The Government has made it compulsory for students to stay in education or training until they are 18 but has done nothing to pay for the extra transport costs that this causes. With the result that when students get

to 16 they suddenly have to travel much further and there is no money to pay for them to do this. All the responsibility falls on Cumbria County Council to sort this out and they have no spare money so it is passed on to the families involved. I suggested to the Minister that he should introduce a "Rural Pupil Premium" to match the "Pupil Premium" that they have already introduced to support children in need. Ideally I don't think any children should have to pay to travel to school but a bigger subsidy than the one currently provided (that is nothing at all) is essential for students in places like Sedbergh.

As ever, if I can help with these or any other issues then please do get in touch. You can email me at tim@timfarron.co.uk or call on 01539 723 403

Thanks for your support

Tim Farron MP

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NATIONAL PARK NOTES

Readers may recall that in the last issue of Lookaround I wrote at some length about the possible establishment of Parish Forums by the Yorkshire Dales National Park Authority. Since then Sedbergh Parish Council has formally indicated its support for such a proposal. In addition to the establishment of these Forums the Park Authority also wishes to keep Parish Councils and residents fully informed of current issues affecting the work of the Authority and will from time to time be issuing a bulletin regarding those

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issues. I append below the latest bulletin. This is designed to let people know the lead officer in respect of these issues as well as, in some cases, providing a direct internet link. Please do not hesitate to contact any of these officers direct if you want further clarification or information of the matters within their area of responsibility or, of course, you would be welcome to contact me personally on 015396 20648 or at ianmcpherson24@hotmail.com. The National Park may be contacted by telephone on 0300 456 0030 or through its website at www.yorkshiredales.org.uk.

1. Authority finance [Richard

Burnett]
Authority is still being severely affected by Central Government funding cuts. Further cuts announced last December will mean budget will have been reduced by almost 40% in real terms (2011-2016). We will continue to provide a high quality service in priority areas (Development Management; Rights of Way; Land Management; and, Volunteers) but other areas of work may be no better than adequate in the future.

2. National Park Management Plan 2013-18 [Gary Smith]
The National Park Management Plan sets out an ambitious 'Vision' for the future of the Park, with local communities at its heart. It contains a series of specific objectives that many local organisations and local people are working together to achieve over the next 5 -10 years. It's only 20 pages long – so please have a look on the National Park Management

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Plan website www.yorkshiredalesmanagementplan.org.uk. Issues that the Plan tries to tackle include:

- Holding on to important local services, like primary schools and GP surgeries;
- Supporting farmers and landowners to deliver a wide range of environmental benefits, and making upland livestock farming more economically viable;
- Improving access to broadband and mobile phone coverage;
- Reversing the decline in the number of young people and people of working age;
- Providing more affordable housing for local people.

3. Housing [Peter Stockton]

The targets for new housing set in the National Park Management Plan are not being met. To try to speed up delivery of the type of housing needed in the Park, the Authority is undertaking a selective review of its policies on local occupancy, site viability, and house size. A consultation paper will be sent to all parishes in February. The paper will also deal with the recent changes imposed by Government, which have reduced the opportunities to require developers to build affordable housing. The Chairman wrote to all parishes explaining the impact of the changes in January.

4. Local Plan [Peter Stockton]

Work is also continuing on a new Local Plan for the National Park. This will steer planning applications and other development decisions between

2016 and 2030. It's vital that the Plan encourages the sort of development that will help achieve the objectives in the National Park Management Plan (see above). Some of the big issues are:

- finding sites to encourage new economic development;
- widening the range of visitor accommodation and visitor facilities;
- encouraging re-use of more redundant farm buildings, including allowing some roadside barns to be converted for local housing;
- deciding whether to allow any further extensions for quarrying.

We have already consulted widely

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on these issues, and are taking account of the responses. The final draft Local Plan will be published for consultation in July.

5. Parish engagement [Gary Smith]

The Authority is currently looking at how best to engage with Parish Councils given that our resources continue to be cut. We would like to establish two joint Authority/Parish 'Forums' – one for the north of the Park and one for the south. The forums would be an opportunity for discussion and liaison between the Authority and parish councils on any and all National Park issues. The Chairman of the Authority has written to all Parishes seeking their views on how this could best work – and we would really welcome their suggestions.

FUNDING OPPORTUNITIES FROM THE AUTHORITY

1. Sustainable Development Fund

A fund of £160,000 is available for

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2014/15 for local projects that would have economic, social and environmental benefits. Full details are on the website. www.yorkshiredales.org.uk/livinghere/sdf. [Andrea Burden]

2. Conservation Areas

We still have a small fund (£3,000) for projects that help preserve or enhance Conservation Areas. [Gaby Rose]

3. Parish Wildlife Project

Funding (£15,000) and support available for local groups who want to carry out nature conservation work on local sites. www.natureinthedales.org.uk/projects/parish-wildlife-project [Mark Hewitt]

4. Woodlands

Significant money (c£50,000) available to farmers and land-owners for creating new woodlands or for improving woodland management. [Geoff Garrett] Ian McPherson

<p>neighbourhood alert</p> <p>Action Fraud has seen an increase in the amount of victims signing up for free trials for unapproved or misleading pharmaceuticals or supplements.</p> <p>The scam usually involves a 'pop up' on your computer or a text message advertising a free 14-day trial. In signing up to this trial you are asked for your credit or debit card details and after the 14 days have elapsed, recurring payments are taken.</p> <p>Recurring payments or continuous payment authorities are similar to a direct debit, but can be much harder to cancel or identify who is debiting your account. In most cases victims are finding it extremely difficult to cancel the subscription and the products are either not delivered or are inferior.</p> <p>Common pharmaceuticals or supplements being advertised are teeth whitening products, food supplements and slimming tablets.</p> <p>Protect Yourself</p> <ul style="list-style-type: none"> • If you desire such products speak to your GP or a local pharmacist. • Be vigilant of free trials and always read the Terms and Conditions. • Conduct basic online research of the company before registering your details and financial information. <p>It is important to remember that in most free-trial cases because you have paid for a product and received it, this cannot be recorded as a fraud. If you have already entered your card</p>	<p>details on one of these websites, call up your bank immediately to stop these payments and give us a call on 0300 123 2040 for advice.</p> <hr/> <p>AGE UK</p> <p>Age UK is continuing with the popular walking group and the following routes have been planned for the year ahead, weather permitting of course. Just turn up at the Peoples Hall at 10.30 am with the correct walking gear, a packed lunch and some change to pay for the bus:</p> <p>March 31st - Walking back to Sedbergh from Dent</p> <p>April 28th - Smardale walk - Kirkby Stephen - to see the spring flowers</p> <p>May 26th - Tarn Howe</p> <p>June 30th - Walking back to Sedbergh from Cross Keys</p> <p>July 30th - Barbon</p> <p>August 25th - Holme Fell</p> <p>September 29th - Frostrow Fell</p> <p>October 27th - Casterton</p> <p>November 24th - Farfield Mill for coffee and cake</p> <p>Pictured is a recent outing to Grange-Over-Sands</p> <p><i>Linda Greensmith</i></p> 
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DENTDALE CHRISTIAN FELLOWSHIP

Our Sunday evening gatherings are relaxed informal times of worship and testimony, an oasis in the challenges we face in daily life. The evening finishes with a buffet supper with whatever is brought to the table.

The FFWF, food and Fellowship on a Friday once a month is when we sit down to a meal which includes bread and wine and prayers for our local community. We have been known to play games after the meal ie names for God, a little like the game "the parsons cat is a .." but probably more respectful, and I Spy.

Fellowship comes in many forms, some like theirs very formal. Others prefer to be more informal, if you are among the latter do come and join us.

*John and Sarah Woof
"Rhumes" Dent. Tel; 25212.*

SEDBERGH BRITISH SCHOOL TRUST

The Trustees will meet on Wednesday 11th March 2015 to consider GRANT APPLICATIONS

Oliver Higginbotham
FARM & GARDEN CONTRACTOR

TREE SERVICES

*All aspects of tree surgery
Tree felling and advice*

07904 698 794

015396 21073

treeservices.fgc@gmail.com

from suitably qualified persons who have attended local authority schools in SEDBERGH and DENT, and who seek FINANCIAL ASSISTANCE to further their education or for vocational training.

APPLICATIONS should be in writing and addressed to:
The Honorary Secretary of the Trust
6, GULDREY FOLD SEDBERGH
CUMBRIA LA10 5DY and should be made without delay.

Mrs Jean Cope Hon. Secretary

PATIENT TRANSPORT SERVICE

You may be aware of the Patient Transport Service which enables people who have transport difficulties to get to a hospital or doctors appointment. If you have used it or perhaps tried to, the organisations running the service are looking for feedback. It would be really helpful if you could take a few minutes to complete a short survey.

ACTion with communities in Cumbria is collecting evidence to help the redesign of the service. If you do not want to complete the survey but would be happy to either email, telephone or write with some views we should be pleased to hear from you.

Email: Lorrainnes@cumbriaaction.org.uk Telephone: 01228 817224

MARCH GARDENING

This month I shall resurrect the *pelargonium* plants which have been living in an old washing up bowl on

Orthopaedic Massage
Orthotics
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 remedial massage orthopaedic massage

015396 24871
 Josephine Lade LCSP (Phys)

the spare bedroom window sill since I took them indoors in November. March is an excellent month for potting up most things. Stems and roots are in active growth, and when put into new compost and given a bit more space they will soon grow to fill the gap. Potting at this time of the year avoids the winter danger of death by suffocation – when dormant roots sit for weeks in soggy compost. Houseplants dying from over watering usually exhibit the same symptoms as those suffering from lack of water. Foliage and flowers become limp and droopy and the first response is to reach for the watering can and give the poor thing a drink. As the plant is actually suffering from water stress because most of its roots have drowned, more water will not help. Plants in this state can sometimes be saved if they have most of the old, dead root ball removed and the rest re-potted into fresh new airy compost, but generally it is far better to underwater rather than over water. You should treat plant roots as you

would your own feet : A gentle shower or wash down in fresh water at sporadic intervals and a good airing in between is far more beneficial than sitting with your feet in a bowl of water for weeks on end.

When potting up, most house plants should be potted into pots just one size larger than their existing ones – about $\frac{1}{2}$ inch (1cm) deeper and wider all round. Try to use similar compost to the original material otherwise water and nutrients and roots will not pass so easily from old to new areas. Ericaceous compost is required for azaleas, gritty compost for Cactus and Lithops (Living Stones) and very open compost for orchids.

Elaine Horne

DENTDALE MEMORIAL HALL

Two recent fund raising events have both boosted the funds and given two opportunities for people of all ages to get together. First, the valentines day coffee morning with themed raffle prizes of chocs sweets wine and other interesting goodies, drinks and home made cakes which raised £101.40. Then the Soft Play

Experience very kindly provided by Hardy Soft Play which proved very popular with the little ones and parents, again tea and coffee and home made cakes (of course)and raised

£73.70. Very many thanks to all who joined in and supported these events. Our main fundraiser is Dent Gala on Aug BH Monday and it is never too early to be thinking about it.

Sarah E Woof

COMMUNITY OFFICER REPORT	
17/1 – Theft of 50 – 100 litres of diesel stolen from a vehicle at Ingmore Hall.	10/2 – An RTC was reported outside Dawsons, no injury, damage only.
17/1 – Caller reported sliding on ice and damaging a wall at Middleton Bridge, highways were informed and the gap barricaded.	11/2 – A chainsaw and petrol strimmer was stolen out of a vehicle on Bainbridge Rd.
18/1 – Theft of 40 litres of diesel from a tractor and 15 litres of oil stolen from a bob cat in the Firbank area.	12/2 – A Domestic Incident was reported on Castlegarth.
20/1 – A shed on Howgill Lane in woodland was damaged someone had tried to gain access, nothing taken.	13/2 – RTC, damage only reported at Killington.
21/1 – A young male was reported missing with learning difficulties in the early hours, he was located after a search of Sedbergh, he was found at the Spar.	13/2 – Caller reported sheep worried by dogs.
26/1 – 4 Limousin cows were stolen in calf with 2 at foot from the Dent area.	14/2 – RTC with minor injury on the A684
2/2 – Caller reported a vehicle parked on the pavement at the end of Main St, caller spoken to.	16/2 – Suspicious circumstances were reported in the early hours on Black Horse Hill, caller heard knocking on their windows. Nothing seen when both caller and officers checked.
2/2 - A fail to stop RTC reported on Haveras.	Criminal damage has been caused to the shelter on the play area at the Peoples Hall on the 21/02/15, someone has caused fire damage to the table. There is also a lot of Graffiti, this has been photographed and we are working with the school to ID the offenders. I believe that children from the area raised money towards the play area. We continue to
8/2 – An attempt break in was reported on Loftus Hill, offenders had tried to use a jemmy bar to gain access but unsuccessful, enquiries still ongoing with CSI. (crime scene investigators)	 GRAHAM BRADLEY BUILDING & JOINERY
10/2 – A premises was broken into on Station Rd with items taken, enquiries still ongoing with CSI.	Condor Barn, Dent, Cumbria LA10 5QT Mob: 07778 874855 g_h_bradley@yahoo.co.uk

monitor the area and will take action when children are to be seen using the area inappropriately.

Please keep to the footpaths that cross farmers fields, we are coming to the time of year that sheep are in lamb, throwing the ball for your dog caused unnecessary alarm to the pregnant ewes. There has been complaints in not only your area but the surrounding hamlets.

Each Saturday in the month of April there will be the chance to see what we do within the different departments of Cumbria Police, I am working with Adam Roberts and colleagues from different departments will be showing off their skills. ie, Dog handlers, Crime Scene Investigators, CID, to school children and parents if you come along!

Dates are to follow but we are looking at Saturday mornings split between the peoples hall and Settlebeck School. If you would like anymore information then please call in to the community office or catch Adam when he is out and about.

CSO Mandy Coleman 5244

HOUSE CLEARANCES



Full or Part ~ Free Quotes
015396 22156 or 0793 252 1901

Houses ~ Garages ~ Sheds ~ Gardens

Also: Courier Service taking items
to Auction on your behalf

MAIN STREET CLOSURE

Works are due to commence on Monday 2nd March and are programmed to take 4 weeks to complete.

In order to facilitate the works in line with current Health and Safety legislation and to minimise disruption, a road closure has been organised and will be in operation for the first two weeks of the programme.

The closure will be effective during normal working hours (08:30am to 16:00), Saturdays and Sundays inclusive with the exception of Wednesdays when the closure will be temporarily suspended to allow market trade to go ahead as normal.

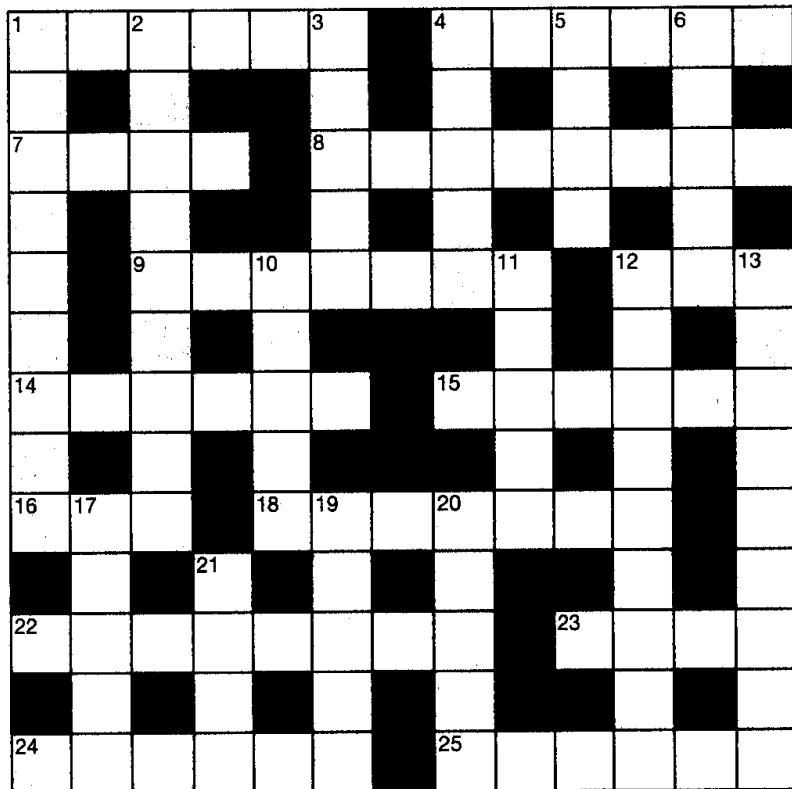
Whilst we can not guarantee access through the works, provisions will be made to allow businesses restricted access for deliveries when possible.

All reasonable efforts will be made to ensure that the road is re-opened to traffic during the evenings.

We would ask for your patience and co-operation whilst the works are in progress and assure you that every effort will be made to keep the disruption to a minimum. However, if you have any special circumstances about which we should know – such as access for deliveries or the disabled– please do not hesitate to contact Cumbria Highways on 01539 713040

Please note the works are weather susceptible and as a result the programme may be subject to change at short notice. We will endeavour to keep you informed should any such changes occur.

Ryan Beatty
Highway Network Technician



ACROSS

- 1 Mind your manners (6)
- 4 Connect (6)
- 7 Sketched (4)
- 8 Grotesque imitation (8)
- 9 Embarrassed (7)
- 12 Severe discomfort (3)
- 14 Recess in wall (6)
- 15 Reward (6)
- 16 Free of moisture (3)
- 18 Give up (7)
- 22 Legitimate target (4, 4)
- 23 Sea-rescue group (inits) (4)
- 24 Odourless gas (6)
- 25 Jam ingredient (6)

DOWN

- 1 Minder (9)
- 2 Social ranking (9)
- 3 Crowd actor (5)
- 4 Die down (5)
- 5 Rain heavily (4)
- 6 Ship, - - - Sark (5)
- 10 Destruction, damage (5)
- 11 Low dull sound (5)
- 12 Crisp biscuit (6, 3)
- 13 Medical practitioner (9)
- 17 Respond (5)
- 19 Speak at length (5)
- 20 Crawl, tread (5)
- 21 Melodic song (4)

A B C D E F G H I J K L M

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

N O P Q R S T U V W X Y Z

REFERENCE GRID

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

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

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

R	M	S		D	S	S
A	L	A	S	K	L	I
P	L	I	T	E	I	O
P	R	A	I	E	H	I
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R	A	I	L	S	T	A
T	A	P	M	D	H	I
				P	O	L
C	A	L	T	C	G	T
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O	Z	G	H	W	A	N
S	L	A	L	O	H	R
E	C	N		D	D	S

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



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Self-Catering Sleeps 6-8	20360
Borrett Barn Caravan, Marthwaite, Sedbergh (2015/02)	Sleeps 4 people; D; T; CH; L; P; NS	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2015/02)	Sleeps 4 people; D; T; CH; L; P; NS	21175
Mrs Tallentire	Ingmire Hall, Sedbergh (2013/02)..... D & PB Flat; £395 pcm; References & Deposit required	07944 859456
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	Sleeps 2; D; CH; TVL; P; NS; DW	01969 667356

KEY

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

BUS SERVICES									
Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	564A	WDB
0820 (L)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (L)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (L)	Sat	564A	WDB
1340 (L)	1415	Sat	564A	WDB	1615	1650 (L)	Sat	564A	WDB
1530 (L)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: December 2014				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1040	1732	1920						



Rawthey Rhythm

Book us for a great evening of live musical entertainment at your party, dinner, reception or family / corporate event.

Smooth cocktail music, foot-tapping melodies & harmonies, entertaining songs and up-beat dance music to suit the occasion.

Contact us on 07778 022979 or rawthey.rhythm@gmail.com

Google "Rawthey Rhythm" on YouTube to see us in action.

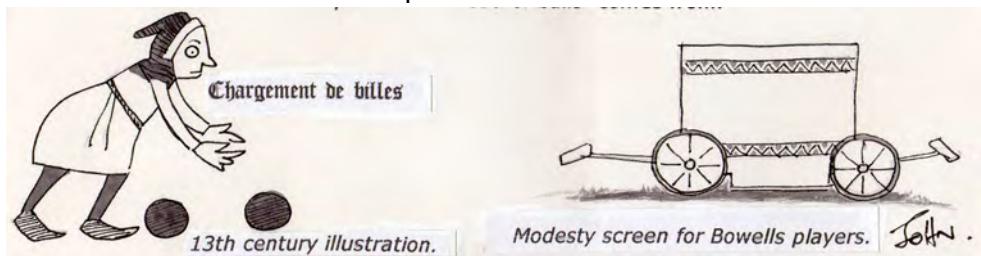
Bowls in Sedbergh - a link with the past.

Did you know that ?

... Sedbergh Bowling Club was established in 1911 on the site of the old Prune Works but the game itself has its roots in antiquity. Historian, Geoffrey Thrips, believes that the sport developed directly from the 15th century pastime of "Bowells", so called because of the doubled-up stance of the players - the result of gastro-intestinal attacks brought about by poor diet and an ignorance of basic hygiene.

Originally, in the 13th century, the heavy balls were thrown in a contest of strength and skill called Chargement de Billes, * the player remaining upright after the run-up, but a contestant could not be penalised if, caught by a sudden discomfort, shouted "Bowels!" In severe cases screens could be rushed to the unfortunate bowler. The increasing frequency of bowel attacks ultimately meant that a half-run, half-crouch became a necessity, and hence the name of the sport also evolved. Hard to imagine that today's game and its rather more dignified bowling action could have had such an ignominious origin!

* This is where our modern expression "A load of balls" comes from



MARCH CHURCH SERVICES					
St. Andrew's	1st	8th	15th	22nd	29th
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
10.30 am	HC	HC	HC	Family Service	BCP
6.30 pm	EP	EP	EP	EP	EP
Wednesday	4th	11th	18th	25th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
St. Mark's	1st	8th	15th	22nd	
9.30 am	HC	MP NC	HC Extn		6pm Choral Evensong
2.30 pm				Taize	
St. John's	1st	8th	15th	22nd	
9.30 am	HC Extn	MP	HC	MP	Ecumenical
LUNE PARISH SERVICES					
	1st	8th	15th	22nd	29th
Holy Trinity Howgill	Church Closed January to March				
St John's Firbank	10.30 am Joint MP Killington	2.00 pm Joint HC Firbank	2.00 pm Joint HC Killington	2.00 pm Joint HC Firbank	
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	1st	8th	15th	22nd	29th
St. Andrew's	10.30 am HC	10.30 am HC *	10.30 am HC	10.30 am HC	
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	1st				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			P&M = Prayer & Meditation		
PC = Parish Communion			Taize = Modern Chants & Choral		
MP NC = MP with Northumbrian Community			NSV = New Sedbergh Version		

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullan Tel: 20018

Church Wardens:

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

ROMAN CATHOLIC

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

Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30

Rev. H. Stuteley Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. C. Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

CHRISTIAN FELLOWSHIP

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. A. McMullan Tel: 20018

Church Wardens:

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

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

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

Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am 1st Sunday each month

Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Wednesday 19.30

Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

Single Column x 1"	= £7.50
Single Column x 2"	= £10.00
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Single Column x 4"	= £15.00
Double Column x 2"	= £15.00
Double Column x 3"	= £20.00
Double Column x 4"	= £25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00
Postal per month	= £2.00
Postal Overseas	= £4.00

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

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

Articles etc. by 19th of every month

Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 17th March 2016

MARCH				
1	St David's Day	17	St Patrick's Day	
1 1100	Daily Exhibitions (12)	FM	17 1000 Healthwatch (63)	Kendal
1 1430	Celebratory Concert (9)	SSTS	18 1000 Coffee Morning - TBA	URCR
1 1500	NWA Concert (*)	Appleby PH	18 WIS - Afternoon Fashion Show	Cowan Bridge
1 1815	Build on the Rock (11)	DMC	18 1200 Lent Lunches	SIAS
3 1930	First Responders AGM	PH	18 1330 Inner Fire (25)	URCR
4 1000	Coffee Morning - Rose Theatre	URCR	18 1930 HS -King Richard III (18)	SSAT
4 1200	Lent Lunches	StAS	18 1930 Churches Open Meeting (18)	URC
4 1930	HS -Westfield War Memorial Village (18)	SSAT	19 1300 Medical Centre Closed for Training (19)	MC
5 1000	Healthwatch (63)	Kendal Hosp	19 2000 Tennis Club AGM	Bull Hotel
5 1930	WIH - Disappearing Swifts	HVH	20 1800 Beetle Drive (20)	DMH
6	Yoga & Meditation Day (1)	MCD	20 1930 How to make Spanish Guitars	MCH
6 1330	Age UK - Mary's Meals	DMH	21 1000 DMC Coffee Morning	DMC
6 1930	SPS PTFDA Domino Drive (9)	SPS	21 1000 Art Society (20)	URCR
7	Learn to Meditate Day (1)	MCD	21 1400 Spring Equinox Celebration (1)	MCD
7 1000	StAD Coffee Morning	DMH	21 1930 HS -AGM (18)	SSAT
7 1900	Flicks in the Fells	PH	21 1930 Occasional Singers (21)	SIAS
7	Guest Chef Taster Evening (*)	Cross Keys	22 1815 Build on the Rock (11)	DMC
8	Dent Pre-School Portraits (10)	DMH	23 1930 Walking in the Falklands	PH
8 1030	Wilf Capstick + Jacob's John (9)	SMC	24 SS Wilson Run	Back Lane
8 1100	Monthly Meditation (1)	MCD	25 1000 Coffee Morning - Utd Reformed Church	URCR
8 1815	Build on the Rock (11)	DMC	25 1200 Lent Lunches	SIAS
10 1400	WIK - Thatched Sedbergh	URC	25 1330 Inner Fire (25)	URCR
10 1930	Domino Drive	FCH	25 1930 Celestial Mountains	PH
11 1000	Coffee Morning - Christian Aid (11)	URCR	25 1930 DMH AGM (*)	DMH
11 1200	Lent Lunches	StAS	26 2000 Scottish Music (26)	SIAS
11 1330	Inner Fire (25)	URCR	27 SS Term Ends	
11 1915	WID - Mexicans, Mayans & Textiles	DMH	27 SS Term Ends	
11 1930	WIS - Cumbrian Ramble for Orchids	SMC	28 Live your meaningful life (1)	MCD
11 1930	Town Band Concert (11)	Hawes	29 Live your meaningful life (1)	MCD
12 1200	Lunch Club	Red Lion	29 1930 NWA Concert (*)	Appleby PH
12 1915	Royal British Legion	WHC	31 Age UK Walk (89)	Dent
12 1930	Hazardous Hilda Rides Again (1)	PH	APRIL	
12 1930	Bus Service 106 (87)	OMH	1 1000 Coffee Morning - TBA	URCR
13	Red Nose Day (13)	No. 6	1 1200 Lent Lunches	SIAS
13 1330	Art Society Demonstration	URCR	2 1930 WIH - History of Bees	HVH
13 1930	Hazardous Hilda Rides Again (1)	PH	3 Good Friday	
13 1800	Craftworkshop AGM (67)	Bull Hotel	3 1330 Age UK - No Session	DMH
14	Learn Mindless Meditation (1)	MCD	3 1930 Gym & Fitness Centre Quiz Night (70)	PH
14	Dentdale Run (73)	Dentdale	4 1900 Flicks in the Fells	PH
14 1400	Morphet's Open Day (14)	Station Road	6 Easter Monday	
14 1430	Hazardous Hilda Rides Again (1)	PH	6 1000 Easter Monday Sale (71)	DMH
14 1930	Hazardous Hilda Rides Again (1)	PH	8 1000 Coffee Morning - Ladies NFU	URCR
15	Mothers Day	MCD	8 1915 WID - Encoustic Art	DMH
15	Learn Mindless Meditation (1)	DMC	8 1930 WIS - Baroness of Belfield	PH
15 1815	Build on the Rock (11)	DMC	9 1200 Lunch Club	Red Lion
			9 1900 Gym & Fitness Centre AGM (70)	PH

*The S & D Lookaround is edited, published & distributed monthly by
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The content of The Lookaround does not reflect the views of the Editors.

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

*Copies are available from
SmartOffice, Premier, Post Office, Spar, Dent Stores & Barbon Inn & Stores.*

COVER PICTURE
Lupton Field
by Stuart Manger

9 1915 Royal British Legion	WHC	11 1200 Lunch Club	Red Lion
10 1900 Royal British Legion Annual Dinner	FM	11 1915 Royal British Legion	WHC
13 SSAT Term Starts		13 1900 Flicks in the Fells	PH
14 1400 WIK - Those Who Left The Dales	PH	17 1000 Coffee Morning - WIH -	URCR
15 1000 Coffee Morning - St Andrew's Mission	URCR	17 1930 Town Band Concert (11)	Middleton Church
16 1300 Medical Centre Closed for Training (19)	MC	18 1300 Medical Centre Closed for Training (19)	MC
18 1000 DMC Coffee Morning	DMC	20 2000 Old Time Dance	PH
18 1200 Sedbergh Spring Show (*)	PH	21 Town Band Competition (11)	K Lonsdale
19 SS Term begins		24 1000 Coffee Morning - WIK -	URCR
22 1000 Coffee Morning - Garsdale Village Hall	URCR	27 0800 Artisan Market (17)	Sedbergh
28 Age UK Walk (89)	K Stephen	27 1000 DMC Coffee Morning	DMC
29 1000 Coffee Morning - North West Cancer	URCR	30 Age UK Walk (89)	Cross Keys
MAY			
1 1330 Age UK - Charles Dickens	DMH	JULY	
2 1000 StAD Coffee Morning	DMH	1 1000 Coffee Morning - Utd Reformed Church	URCR
2 1900 Flicks in the Fells	PH	1 SS Term Ends	
4 May Bank Holiday		2 1930 WIH - Iceland	HVH
5 1930 Town Band Concert (11)	StAS	3 1330 Age UK - Trip Out	DMH
6 1000 Coffee Morning - Town Band	URCR	4 1000 StAD Coffee Morning	DMH
7 1930 WIH - Folklore & Customs	HVH	4 1900 Flicks in the Fells	PH
9 1930 Summer Concert (*)	SMKL	8 1000 Coffee Morning - People's Hall	URCR
12 1400 WIK - Resolutions & Surprise! Surprise!	PH		
13 1000 Coffee Morning - Christian Aid	URCR		
13 1300 Medical Centre Closed for Training (19)	MC		
13 1915 WID - Resolutions & Morecambe Coastgd	DMH		
13 1930 WIS - Resolutions, Games & Jacobs Join	PH		
14 1200 Lunch Club	Red Lion		
14 1915 Royal British Legion	WHC		
16 1200 Sedbergh Gala	Sedbergh		
17 0900 Cyclosportive (35)	Sedbergh		
17 Epic Events Fell Race	PH		
18 1930 WI Lune Valley Meeting, Magic & More	PH		
20 1000 Coffee Morning - Dent & Sed Oral Society	URCR		
21 1930 Parish Council—Garsdale	GVH		
22 SSAT Half Term			
23 0800 Artisan Market (17)	Sedbergh		
23 SS Half Term begins			
24 Live Music Event (70)	URC		
25 Spring Bank Holiday			
26 Age UK Walk (89)	Tarn Howe		
27 1000 Coffee Morning - WIS -	URCR		
30 1000 DMC Coffee Morning	DMC		
31 SS Half Tem ends			
JUNE			
1 SSAT End of Half Term			
3 1000 Coffee Morning - Firbank Church	URCR		
4 1930 WIH - Diabetes	FCH		
5 1330 Age UK - Touring Tasmania	DMH		
6 1000 StAD Coffee Morning	DMH		
7 1300 Town Band Concert (11)	Grange over Sands		
9 1400 WIK - The River Lune	PH		
10 1000 Coffee Morning - Garsdale Church	URCR		
10 1915 WID - Singing my Travels	DMH		
10 1930 WIS - Story Telling	PH		

DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTIS	= Churches Together in Sedbergh
CWS	= Craftworkshop 61 Main Street
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Chapel
FCH	= Firbank Church Hall
FM	= Farfield Mill
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MCH	= Mansergh Community Hall
OMH	= Orton Market Hall
PH	= People's Hall
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
SMKL	= St Mary's Church, Kirkby Lonsdale
STAS/D	= St Andrew's Church, Sedbergh/Dent
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
SSTS	= Sedbergh School Thronley Studio
SSAT	= Settlebeck School Academy Trust
URC(R)	= United Reformed Church (Rooms)
WID	= Women's Institute, Dentdale
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

01539 718191 (Option 1) 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery by appointment only - Monday

Practice Nurses Clinics

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

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

Blood clinic

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

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

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

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

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

DENTAL SURGERY

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

SEDBERGH LIBRARY Main Street 20186

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

DENT LIBRARY Main Street 01539 713520

Tuesday	0900 - 1900
Saturday	0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information
72 Main Street, Sedbergh
Open Monday to Saturday 1000 - 1600
Sunday 1200 to 1600
e-mail: tic@sedbergh.org.uk
Tel: 015396 20125/20504
www.sedbergh.org.uk

SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464
www.cumbriaruralcab.org.uk

PENSION SERVICE SURGERY

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

Age UK SL @ Community Office

1st Wednesday every month
10 am to 12 noon
01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031
www.sedberghcdc.org.uk

POLICE

101 or 999

PUBLIC TOILETS

Main Street, Sedbergh
Main Street, Dent

VETERINARY SURGERY

14 Long Lane
015396 20335 (including emergencies)
Mr N. Preston & Mr J. Bramley
Dispensary Monday to Friday 0900 - 1300
1400 - 1700
Consultations Monday to Friday 0900 - 1000 *
1400 - 1500 *
Other times by appointment only *

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY