

Sedbergh & District **LOOKAROUND**

March 2020

Issue 385

Donation £1

The sympathies of Lookaround go out to anybody affected by the recent storms and bad weather. The associated email outage may mean that we've missed some articles or adverts. If we have then please do

send them for next month and we will publish them then.

Some of our regular advertisers have not renewed. If you are one then please do! We rely on you to continue publishing. *Ed.*

Sedbergh School Choral Society



Hirst Centre, Sedbergh School

Thursday 5th March, 7:30pm

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CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

Articles

A Child For Dorothy	20
Applying For Settled Status	51
Art Society Report	44
A View From the Fells (Cartoon)	64
B4RN For Sedbergh	55
British School Trust	20
Burns Night	50
Climate Conversations	40
Community Swifts	61
Councillor Corner	12
Dentdale Head To Foot	26
Family Musings	27
First Responder Team A.G.M.	55
Garsdale Parish Council	11
How To Use A Defibrillator	5
Iceland Volcanicity	62
January Weather	28
Local Singers / Town Twinning Hailed By Ambassador	47
Lookaround A.G.M.	53
Mystery At The Mart 2020	49
Nature Notes	56
Never The Twain . . . Again	41
New Stalls At Wednesday Market	54
News From The Pews	13
Opera Stars In Dentdale Concert	46
Poetry Challenge	24
Primary School	14
Sedbergh And Elizabeth	52
Sedbergh School News	15
Sedbergh Tennis Club A.G.M.	43
Sight Advice South Lakes	8
Spellbound Theatre Needs You Maestro!	48
Stalingrad: The Turning Point On The	38
The Churchmouse At Barbon	37
The Joy Of A Village Bus Trundle	6
The Western Dales Community Bus	25

COVER PHOTO
Silhouettes
Susannah Harpham

Tim's Column	9
V.E. Day	55
W.I. Dentdale	34
W.I. Howgill And Firbank	36
W.I. Killington	29
W.I. Sedbergh	31
We Need Insects! How To Help	59
Wilson Run	18
Zero Waste Sedbergh	39

Events

Birthdays	3
Cumbria Film Archive (1st)	7
Grief Share (3rd & 17th)	17
History Society (4th & 18th)	18
Meditation Centre Dent	27
Mystery at the Mart (30th & 31st)	49
Reflections Concert (4th Apr)	34
Sedbergh Businesses Meeting (31st)	5
Sedbergh Market (Weds)	25
Sedbergh Medical Centre	52
Sedbergh Orchestra (19th)	19
Sedbergh School Choral Society (5th)	1
Spellbound Theatre (13th & 14th)	13
Spring Show (25th Apr)	55
Step Out Sedbergh (27th)	31
Tennis Club AGM (29th)	29
Town Band (20th)	20
Weekly Coffee Morning (Weds)	64

Other Information

Advertising In Lookaround	4
Bed & Breakfast	68
Bus Time Tables	74
Car Parking Charges	64
Diary of Events	71
Editorial	65
Groups and Organisations	69
Lookaround Editorial Team	77
Lookaround Information	66
People's Hall Hire Rates	65
Personal Messages	65
Places of Interest	73
Public Information / Telephone Numbers	80
Religious Information	78
Regular Meetings	72
Train Times	75

Business Adverts

Able Memorials	43	KW Electricals	48
Black Bull	62	Lakes Scaffolding	56
Capstick Insurance	26	Laura's Loom	47
Carl Berry Window Cleaner	35	LD Taxis	15
Carole Curran	50	Little Owls	12
Churchmouse Café	36	Mathew Cook Stonemason	38
Craig Chamberlain I.T.	58	Middleton Mole Ploughing	9
Cross Keys	32	MK Conversions Ltd	57
Cumbria Stoves	11	Parkin And Jackson	45
Cumbria Woolshed	22	Pennine Outdoor Fabrics	54
Dalton Burial Ground	45	Peoples' Hall	39
David Jermy House And Gardens	33	Red Squirrel	7
Dawsons Fuels	41	Robert Powell Web Design	8
Duncan Law Plumber	37	Royal British Legion Feb	39
First 4 Home Improvement	60	Ryan Simpson Septic Tanks	23
Fritz Hrynyk	30	Sheila Shuttleworth Dressmaker	46
Garsdale Design	52	SK Decorating	61
GJ Baines	42	Smart Design and Print	51
Golf Bag For Sale	17	Spanish and French Lessons	28
H&M Craftsmen Kitchens	24	Stephenson And Wilson Builders	54
Helping Hand	14	Steve Hopps Handyman	57
Ian Higginbotham Painter	48	Stramongate Press	16
J.J. Martin Funeral Director	44	Temptations Craft Boutique	12
Jed's Gardening Services	24	The Head At Middleton	53
JHS Joinery	23	Tilk Wilkinson Builder	6
June Parker Acupuncture	14	Tooby's Electrical	10
Kay Whittle	40	Treadwell Flooring	37
Killington Marquees	21	Valerie Hinde Architect	50



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- ◊ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

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Email:

editor@sedberghlookaround.org.uk

Phone:

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Address:

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HOW TO USE A DEFIBRILLATOR

Myles Ripley – First Responders

Defibrillators are very easy to use. Although they don't all look the same they all function in broadly the same way. You don't need training to use one. The machine gives clear spoken instructions – all you have to do is follow them – and it won't shock someone unless they need it.

If you come across someone who is unconscious, unresponsive and not breathing (or breathing abnormally), they're in cardiac arrest. The most important thing is to call 999, shout for help, and start CPR to keep the blood flowing to the brain and around the body. After a cardiac arrest, every minute without CPR and defibrillation reduces someone's chances of survival by 10 per cent.

If you're on your own, don't interrupt the CPR to go and get a defibrillator unless it is very close by. If it's possible send someone else to find one (see list below). When you call 999 the operator can tell you if there is a public access defibrillator nearby and the code to get into the cabinet.

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the Sedbergh First Responders
mylesripley@btinternet.com

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1/ Turn on the defibrillator by pressing the green button and follow its instructions – (one type of defibrillator turns on by you opening the machine)

2/ Peel off the sticky pads and attach them to the patient's skin, one on each side of the chest, as shown in the picture on the defibrillator and on the pad's packaging

3/ Once the pads have been attached, stop CPR and don't touch the patient. The defibrillator will then analyse the patient's heart rhythm.

Do not touch the patient while it is analysing the patient.

4/ The defibrillator will assess whether a shock is needed and if so, will tell you to press the shock button. Do not touch the patient while they are being shocked.

5/ The defibrillator will tell you when the shock has been delivered and whether you need to continue CPR.

6/ Continue with CPR until the patient shows signs of life or the defibrillator tells you to stop so it can analyse the heart rhythm again.

LOCATIONS OF DEFIBRILLATORS

PUBLIC ACCESS 24/7

Peoples' Hall

TIC 72 Main St

Fire Station

Golf Club

WORKING HOURS TERM TIME

Settlebeck School

Sedbergh School main classroom block

Sedbergh School Hirst Centre

Sedbergh School "old" sports hall



Locations of defibrillators - Sedbergh

THE JOY OF A VILLAGE BUS TRUNDLE

Wendy 7713 – Dementia Sufferer

Last Monday I woke not wanting 'to do'....my calendar was empty and I would normally just take a trundle into town in the morning for something to do....but this quiet slow period has left me in the hands of dementia and not 'doing' that morning seemed a wonderful option.

Someone suggested yesterday it was just the January blues.....it really isn't. I know how debilitating depression is and the need to get help, not that help is easily found. I know the feeling of the black cloud hanging over you and how hard it is to lift yourself into life again and not something I would wish on anyone...it creates a different need to the one I'm feeling...

But this is a sense of getting slower....and slowerand slower... not in the body but in the brain, as dementia takes up more space due to lack of a specific kind of stimulation I need....the glue becoming thicker creating less incentive 'to do'. I didn't even follow my own routine of going downstairs, after my shower, to watch Breakfast TV; instead, I took my flask upstairs, snuggled after my shower and watched it on my iPad....really not like me....

I knew this was wrong and bad for me even though the weather outside was cold, windy and grey. I knew I had to force myself to put up a fight. The first village bus now leaves at 09.50 from the bottom of my road. Since the timetables changed it has affected many villagers' lives. They only run every 90 minutes now, so we

have a longer wait to return. It's messed up GP and hospital appointments for many and catching connecting buses. For some villagers it's their lifeline to the outside world. I've called it "The NHS on Wheels" in previous blogs. For some, it's the only time they see people, it's the only time they have conversation, it's the only time they share laughter and sadness. So, it really is more than a means to get from A to B.

Anyway, back to last Monday. I knew I needed to force myself out 'to do'..I didn't need anything from town, which made it harder, especially the thought of 90 minutes just wandering aimlessly around until the bus back, but then I saw a piccie on Facebook.

It featured Beverley Beck, a walk the other end of town, I'd done many years ago, up along the old Beck and back down the other side. So that stirred my glued-up brain into action.

I'm so glad I did, not for the trundle to the other side of town, but for the conversation that took place on the bus....

Before the bus had even arrived, I shared a chuckle at the bus stop with someone. When the bus came, we climbed on board and at the end stop

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NORTH WESTMORLAND ARTS
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in the village other usual travellers boarded too. All with cheery hellos and happy chatter.

It was then one started talking about childhood toys which they still had. Back to a time when Kapok, the material now used to stuff toys, didn't exist. Instead they chatted about grandmas making stuffed handmade toys with old stockings, and others spoke of the sawdust and straw inside theirs. They all spoke of how they keep them in a prominent position, much to the displeasure of family, who see them as tatty old relics that need binning. Their faces lit up at the memories of receiving them, of how they've always been there for a cuddle when no one else was, how

Robert Powell

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they believe, when they're dead and buried, how family will immediately discard them. But for now, they're going nowhere.

The're faces, so animated, staring with a sparkle in their eyes and reliving the past in that short trundle made their day. It made mine too as I shared mine with them. There's not much I like to remember from the past, but if someone moved Ted from my chest of drawers, it would be like taking away that chink of happiness....

I did go for my trundle down to the Beck. It was like stepping through time and ghosts of a busy port of Beverley some 800 years ago kept me company. it passed the time perfectly, and even though the weather was anything but inviting, it was a nice trundle.

PS.....The driver we had on Monday retired last year but missed the conversation and the driving of his village bus so much that he came out of retirement and is now back driving our village bus. So public transport is a necessity for all manner of reasons.

SIGHT ADVICE SOUTH LAKES

Dennis Whicker

At the January Meeting, Dennis welcomed all the members and gave an update on missing members.

Everyone was recovering after a good Christmas and New Year.

As it has become traditional, cakes and nibbles were provided and enjoyed by everyone.

A new Helper was introduced with Keith Birbeck who was looking forward to helping out each month. So much is his enthusiasm, he has volunteered to give an explanation of his life and how he got to Sedbergh at the next Meeting

After everyone had caught up with each other, Dennis introduced Diane Smillie of Dignity in Dementia who gave a potted history of the organisation which was started almost 5 years ago for the benefit of people in South Lakes but more importantly for us, in Sedbergh.

This was followed by the Sedbergh Songsters who meet every Monday morning at 10:30 in Gladstone House. The Singing was led by our very own Vera Lynn, Clare Pope, with many rounds and songs that was enjoyed by all.

At the February Meeting, the numbers were down due to Storm Dennis weather and ailments.

Our Speaker for the day was unavailable so newby Keith stepped in and gave an outline into his life before he came to Sedbergh.

Born and educated in and around Appleby, he was a member of the Air Cadets in his youth and went for a career in the Armed Forces and ultimately ended up going down under. That is under water and not Australia.

Spending 40 years as a submariner, he gave a good presentation on the development of Submarines from 1901 until the present day with some of his personal experiences in some of his vessels which kept us entertained and educated.

Keith was thanked by those in attendance and looked forward to him helping in in the Group.

The next Meeting will be on Tuesday 17th March when Emma Lverage will be giving a talk on Scams and Fraud.

April will see Sandra Gold-Wood talking about Women in the War while May will see a visit from Sight Advice SL Tim Ward with an update on equipment for the Partially Sighted.



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TIM'S COLUMN

Tim Farron MP

When I sit down to write these columns for Lookaround I think through what I have been doing over the past month and pick out the bits that I think will be particularly interesting to people living in Sedbergh and Dent and the surrounding dales.

So although over the past month I have been speaking in Parliament on a whole range of important issues, including children's mental health, flooding in Kendal, building affordable housing in our part of the world and demanding that HS2 has at least one stop in Cumbria, it is farming that I want to pick up on here this month.

I was really pleased, at the start of the month, to be asked to take on the job of the LibDem spokesperson for Environment, Food and Rural Affairs, as the old departments of agriculture and the environment have become these days. I was also a bit flattered to be elected the chair of the All Party Parliamentary Group for Hill Farming. Together these two roles are going to take up quite a bit of my energies over the coming months and years.

I started the month by asking the then Secretary of State at Defra if she could guarantee that our farmers would not face crippling tariffs on their exports to the EU from January next year. 90% of our farm exports go to the EU so tariffs of over 50% which would be applied under world trade regulation to many of the food products that we sell to that part of the world would kill much of our farming industry. Sadly she refused to give me the reassurance I was looking for.

But as I indicated, since that time that Secretary of State has been replaced by someone who at least comes from a farming background, albeit fruit farming, and grew up in a rural part of the world. As a result I am a slightly more hopeful that we will see a bit more support for our farmers in the future.

That is important as there is a lot to be done over the coming months. I was asked to lead a debate in Parliament over the future of funding of hill farming. These debates are not about legislation but to draw ministers' attention to issues. I pointed out that our departure from the EU next year will mean that many hill farmers will lose about 80% of their income and that there was no

certainty over what would replace it. Not only that, we have seen from the role out of the Universal Credit scheme that rolling things out when they are not ready can put people in awful situations. I have so many people turning up at my surgeries because of the impact of poorly administered benefits I really don't want to see farmers also waiting to see me for similar reasons.

But as I said I have been working on lots of issues in addition to farming so if you have something you would like my help with then please drop me a line at tim@timfarron.co.uk or give us a call on 01539 723 403.

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Tim

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GARSDALE PARISH COUNCIL

Peace In Our Time

Philip Johns

At the last Garsdale Parish Council meeting, it was suggested that a 75 year VE Day celebration, along with nationwide events, should be organised. Councillor Hamish, who organised a highly successful and emotive 100 Armistice remembrance evening, agreed to take the task on, but as a celebration of 75 years of peace in Europe rather than 'victory' celebration. A family event was suggested, in the form of a barn dance in a marquee in the village hall grounds. All being well, this will happen on Monday 8th May which is the new date for the May bank holiday for this year. Watch this space!

Unfortunately, following the refurbishment of the village hall, it has become evident that the roof has a few leaks. To effect repairs, along with improving wheelchair access, replacing some windows and providing more comfortable chairs, council is looking to raise around £30k which will be matched with volunteer work.

The two telephone boxes in Garsdale have been spared. BT were looking to remove the services, but council argued that, as the mobile phone signal was unreliable, they were essential for emergencies.

Private water risk assessments by SLDC were still causing angst among our residents. However, there may be a glimmer of hope for sanity. The SLDC's Overview and Assessment committee will be meeting to have a look at this thorny issue.

Nick Cotton, our photogenic County Councillor, has been assisting with a list of issues regarding our highways. The recent storms have thrown light on various problems, such as collapsed or blocked culverts, causing unnecessary flooding on the roads, along with further road repairs needed to the road leading up to Grisedale. Council have been notified of a week's closure to the A684 sometime between March 2nd and May 29th for 'rock wall remediation works'. This will mean a very large detour will be in place. Let's hope that someone in Highways uses a bit of their brain and instigate work on the two collapsed culverts, near these proposed works, whilst the road is closed. Too much to hope for? Probably.

Philip Johns, Clerk to Garsdale PC,
garsdaleparishcouncil@outlook.com
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COUNCILLOR CORNER

Suzie Pye

The World Health Organisation defines Health & Wellbeing as “a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity”.

In my role as SLDC portfolio holder for Health, Wellbeing and Financial Resilience, I am increasingly aware that almost every aspect of life is linked in some way to an individual’s Health & Wellbeing: where we live; where we work; how we travel; how we socialise; how much disposable income we have; time spent outside; our diet; our alcohol intake; how we exercise; how we relax... it all contributes.

In Sedbergh we are fortunate: we have a plethora of clubs and societies to join, a wonderfully attentive

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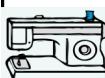
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I am in the very early stages of planning a day to celebrate and promote Health & Wellbeing in Sedbergh and the surrounding district. If you would like to be involved with the planning, or the day itself, then please do get in touch. And please look out for updates in future editions of the Lookaround.

In other news, I am very pleased to have been able to donate my locality budget to a couple of worthy causes in Dent. Firstly I have pledged £300 to Dent First Responders. This will go towards their ever increasing list of equipment needs. A second £300 donation will go towards the much needed repair of some leaky pipes in Dent Community Hall.

As always, please do get in touch with any concerns you may have:

Suzie.pye@southlakeland.gov.uk
0758 4528 462

NEWS FROM THE PEWS

Susan Sharrocks

Tony Reed Screen

Churchwardens

What do you do when the organist cannot get through the floods to the church? Some thought it would be worth a try, singing unaccompanied, others thought that would not be a good idea, so the hymn numbers were put away. Little did we know that the quick-thinking vicar, with the little time in hand, put his knowledge of modern technology to work, and recorded the hymn tunes onto a CD. We have an excellent sound system, so in went the CD and back in place went the



hymn numbers and the service began... on time too.

Storm Ciara did cause some problems, but lots of smiles for those hardy folks who managed to get through the wind and the rain for the 10.30am service on Sunday 9th

February. Timing to venture out from home was everything, some of the congregation arrived soaking wet, others not so. Timing was also a bit tricky singing to a CD as there wasn't the introduction we have when singing to the organ accompaniment, we went straight in which took us by surprise, but the choir soon got us on the right track, if you will excuse the pun!



proudly presents a selection of monologues, both old and new, based around village life and the imminent village gala event.

'Village Voices'

Written by

Helen Leslie Bromley

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

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

Bar

Adults: £7.00 U18 and over 65: £6.00

(not suitable for young children)

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

A relaxed time over coffee and tea in the church room followed, and the church door was locked as we left because Father Hugh could not make it through the storm to take the Roman Catholic Mass at 12 noon.

A reminder that Lent Lunches are on Wednesdays in the church room following on from the Coffee Mornings. With two choices of soup, a roll and piece of fruit for £3.00, proceeds will be divided equally and sent to Manna House in Kendal and St John's Hospice in Lancaster.

Food again, tempting you to come to the Parish Supper and AGM Friday 3rd April to enjoy homemade meat and potato pies (vegetarian options available) and puddings to die for. We meet at the People's Hall at 7pm to eat. The meal and meeting are open to everyone in the community.

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

As always, there is a welcome on the mat.

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SEDBERGH PRIMARY SCHOOL

Admin, Sedbergh Primary school

The staff at Sedbergh Primary School were delighted to receive a letter from the Minister of State for Schools Standards, the Rt Hon Nick Gibb MP, this week, celebrating the very high level of progress children had made in their reading, writing and mathematics in last year's Key Stage 2 assessments.

These results place Sedbergh Primary School in the top 3% of schools nationally. The school prides itself on providing a rich, broad and engaging curriculum for all the children who attend. Working in this way prepares children for Secondary School and future success so it is great to see that a rich curriculum has also secured excellent outcomes in the key skills of reading, writing and maths. The minister, in his letter, was keen to recognise that success in school is down to the 'commitment' of all staff.

SEDBERGH SCHOOL NEWS

Karen Bruce-Lockhart

On 22nd January BBC Radio Cumbria broadcast an interview with John Seymour and several choir members in the light of their reaching the final of the BBC Choir of the Year. A recording of the broadcast is available on the School twitter, and features the music composed by John Seymour which got them into the final. The final will be held in Warwick on 22 March and will be broadcast sometime in April.

The Prep School has been named by the Telegraph as the best value prep school in the North West.

On 5th February Sedgwick House was the venue for a full fire drill for the Emergency Services.

The School has taken steps to follow the advice of the Chief Medical Officers of the United Kingdom, the Foreign & Commonwealth Office, and other agencies, in regard to safeguarding the pupils in respect of the Novel Coronavirus.

Both the upper School and the Prep School took steps to be involved in Children's Mental Health week. They also celebrated International Day of Women and Girls in Science.

The whole School was treated to a lecture by Karl Hopwood on internet safety and how to avoid the dangers of social media.

Music

A great deal of practising has been taking place both for the Messiah and the BBC Choir of the Year.

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The Modern Languages Department held a Languages Soiree – an evening of music poetry, conversation all in foreign languages.

Running

A total of 540 pupils from 32 Primary Schools took part in the South Lakeland Trials on Monday 23rd January from Buskholme. The top 16 from each race qualified to go through to the Cumbria Schools event in Penrith on 12th February. Thirteen from the Prep School qualified.

Then over 20 prep schools took part in the Rawthey Run on 26th January. Daisy Fielding of Sedbergh Prep A won the U11 Girls' race. Jack Barker of Sedbergh Prep won the U13 Boys' and Elsie Barker came second in the U13 Girls'. They won the U11 Girls', and the U13 Boys' and Girls' team events and came second in the U11 Boys'.

Some 400 runners took part in the Morgan Run (7.2 km over the fells) on 2nd February – Current pupils, Old Sedberghians, Howgill Harriers, staff, parents, several from the Prep School and other assorted visitors. The conditions were awful – pouring rain and wind, and deep mud underfoot. The overall winner was Fraser Sproull by a substantial margin (the youngest ever winner). Carl Bell of Keswick AC was second, and OS Sam Fisher third. Victoria Wilkinson (Howgill Harriers) came in first for the Girls followed by Alicia Newing (Yr 11) and Alicia Duckitt (Yr13), but probably the outstanding effort was from Daisy F (year 6) from the Prep School who came in 5th Girl. John Seymour's son William in Year 5 also ran the course and came in at 171 out of 350



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finishers. School House won the Boys' House competition and Robertson the Girls'.

Five pupils have qualified for the 2020 English Schools Modern Biathlon Championships at Bath on 28/29th March

Three girls and four boys ran for the County in the Northern Schools Inter-counties Cross-Country at Lowther Castle. Fraser Sproull won the Intermediate Boys' race

Netball

The netball team won against Woodhouse Grove 51-42 to reach the quarter finals of the National Cup

Hockey

The U16 Girls have reached Tier 1 in the National finals. The U14, U15, U16 and U18 Girls are all County Champions.

Skiing

Sedbergh was the only UK School skiing in the European Schools Championship in Wengen and got a respectable 17th place in the Giant Slalom gained by Oliver Hancock.

Cricket

OS George Hill scored 93 against Zimbabwe in the U19 World Cup Plate semi-final

Future Events

The Ten Mile Relay is on 9th March beginning at 4.15 pm at Buskholme

The combined School and Town Choral Society performance of the Messiah is at 7.30 pm on Thursday 5th March (having had to be moved

because of the final of the BBC Young Choir of the Year). The last rehearsal is on 2nd March

An OS Jazz and Swing evening is on Saturday 14th March at 6 pm (also moved forward a week because of the choir being involved in the BBC Young Choir of the Year finals), and the OS Wilson Run dinner in the Black Bull at 7 pm on Monday 23rd March

The Wilson Run starts at 2.30 pm on 24th March in Back Lane

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

The Sedbergh National Super Tens are on Sunday and Monday 29th and 30th March.

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The OS Jazz and Swing evening is on Saturday 14th March at 6 pm also



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The Sedbergh National Super Tens are on Sunday and Monday 29th and 30th March.

There is to be an Open Day to the upper School on Saturday 2nd May for any child thinking of joining the School in years 9 and 10 or the Sixth form in 2020 and beyond
(openday@sedberghschool.org)

WILSON RUN MARCH 24TH

Jon Richardson

Dear Readers,

I am writing in advance of the Wilson Run which is one of the biggest events in the school calendar. The event has been raced every year since 1881; it is one of the oldest school races in the country and perhaps the hardest.

For these reasons, the race attracts a lot of support from the school, parents and Old Sedberghians. We recognise that the event is not universally popular because of the disruption it causes other members of our community and I write to apologise if you are inconvenienced in any way.

In particular, we recognise fully that we are only able to continue to run

SEDBERGH & DISTRICT HISTORY SOCIETY

WEDNESDAY 4th MARCH

**Thorns, Ribblehead:
anatomy of a deserted settlement.**

David Johnson: An illustrated talk on the excavation of Thorns hamlet in Ribblesdale, abandoned in the 1880s.
7:30 PM - ST. ANDREW'S, SEDBERGH

WEDNESDAY 18th MARCH

The many worlds of Adam Sedgwick.
Robert Fox: An illustrated talk examining the life and achievements of Professor Adam Sedgwick, born in Dent.
7:30 PM - ST. ANDREW'S, SEDBERGH

Everyone is most welcome to attend any or all of our lectures.

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For further information please contact
Richard Cann, 015396 20771.
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please phone before you set out.

the course through the goodwill of landowners whose fields we cross at a time when ewes are in lamb.

We know that both runners and spectators can cause disruption and seek to manage this as much as possible.

On race day we aim to close off Loftus Hill from the Roundabout to Danson Buildings. This will allow more freedom to the runners and supporters but also still allow access to the residential properties from Busk Lane.

The road closure has been put in place from 3pm till 5pm and residents of Sedbergh and traffic users will be diverted through town, onto Back Lane and Busk Lane. We aim to keep the Loftus Hill Car Park open for



Probably 1954-56. Some of those in the photo will probably recognise themselves. One of those on the wall is a young Michael Sayner and the wooden hut is the old tuckshop.

residents and visitors but there may be time constraints between these times. There will also be a rolling road closure that will be enforced to allow the start of the race to run smoothly from Back lane to Buckbank Lane at 2:30pm.

We know that the large number of visitors creates congestion in the town. We have sought to reduce this by offering hospitality in the school but expect that this will have only limited impact. I am sorry for this aspect of the disruption.

Above all, we hope that you may enjoy this special event. Our pupils race at the very top of their sport and the run is full of excitement, friendship and colour. We would be delighted if you are able to join us at the start along Back Lane, the finish on Loftus Hill or along the course in between.

If any aspect of this event gives you cause for concern or dissatisfaction, please don't hesitate to contact us and we will do our best to rectify the problem on lew@sedberghschool.org

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Soloist: Julian Cann



Weber : Overture to 'Peter Schmoll'

Beethoven : Romance in F

Sibelius : Pelleas et Melisande

INTERVAL

Light refreshments available

Beethoven : Romance in G

Malcolm Arnold : Little Suite for Orchestra

Johann Strauss : Im Krapfenwaldl Polka

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SEDBERGH BRITISH SCHOOL TRUST

Mrs Jean Cope

The trustees will meet on Wednesday 18th March 2020 to consider GRANT APPLICATIONS from suitably qualified persons who have attended local authority school 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, 14 Guldrey Fold, Sedbergh, Cumbria LA10 5DY

A CHILD FOR DOROTHY PART 2

Sandra Gold-Wood

Dorothy had spent a restless night her head full of sadness and regret. At length the morning came and sitting at her kitchen table she sipped her coffee. During the long night she had decided she would go into town and sign up with a temping agency. She checked her appearance and slipped into her coat pushing away all thoughts of Howard's duplicity. A few minutes later she was driving toward Lancaster.

On the High Street Dorothy pushed through the door of the first employment agency she came across presenting an outward confidence that she did not truly feel. The smartly dressed young woman behind the desk was polite but not particularly helpful explaining that because Dorothy had been away from the workplace for so long, she was unlikely to find anything suitable. An equally smartly turned out young woman at another desk called over that Dorothy should go on a back to work course for mature students.

Dorothy expressed her thanks and pretended not to be down hearted while wishing she had a friend to talk things over with. Feeling a bit at sea she sought the solace of a coffee shop. Collecting her coffee from the counter she chose a corner seat with a view of the street. She watched as life went on around her accompanied by the constant hiss of the coffee machine. At another table mothers chatted oblivious to the whining of a toddler bored with the confines of its push chair. At another table two teenage girls giggled as they eyed

the boys sitting at the next table. Strangely the everyday noises lifted her spirits and she began to seriously consider the idea of a training course.

Dorothy collected her car from the car park and headed toward the University. She thought an art course might suit her as she had always had an interest in art. Then it stuck her why not go on holiday. Italy, yes Italy that's the place, lots of art there. A couple of weeks in the Italian sunshine would be wonderful. Yes, but she would be alone. She drove on past the University and carried on toward the dual carriageway. She didn't take her usual turn off instead she carried on up the road with vague thoughts of going somewhere for

lunch even though lunch alone offered little appeal.

It began to rain so Dorothy switched on the windscreen wipers but nothing happened. The rain got harder, so she pulled in to the first layby she saw and waited for it to ease. When it did, she drove off in search of a garage. Sitting in the waiting area while her car was being fixed, she scanned the magazines. An apparently true life story caught her attention. It was about a high-lying career woman who had chosen the father of her child by assessing his IQ and genetic health. Although the thought actually made her laugh she found that she could not dismiss the idea. Feeling a little ashamed she found herself inspecting the male

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customers and staff at the garage and thinking of them as prospective fathers. No, not that one too short and no not him he looks like a pug must have done some boxing in his youth. There was a very good-looking young salesman in the show room. No, too young. At this thought she began to laugh audibly. It was such a good feeling that it was hard to control even though she was flushed with embarrassment. A voice beside her said,

'That must be a good story your reading.'

'Oh, no not really, I don't know what came over please do excuse me.'

'Nothing to apologise for.'

'Mr Logan come to the desk please.'

Mr Logan excused himself and went to the payment desk. Dorothy felt he would have said more if his name had not been called. He was quite average looking nothing to write home about. All the same she continued to watch him from under her eyelashes while flicking through her magazine. She watched as he went outside with the mechanic something was obviously wrong. Perhaps they couldn't fix his car, the discussion seemed to be rather heated.

Dorothy heard her name called and went to the desk and paid for her repair. Outside she found Mr Logan sitting on a low wall his head in his hands. She couldn't resist asking him what was wrong. He smiled and said



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that he could not pay for his car as he had lost his wallet with debit card and was waiting for the bank to issue a new one.

'Oh it doesn't matter I can probably re arrange my interview but I hardly think it will help me to get the job.'

Dorothy sympathised and asked where the interview was, thinking she might offer him a lift. Mr Logan explained that it wouldn't look good if he had to cadge a lift after the interview and he could not expect her to wait.' Dorothy could see his point. Suddenly from somewhere in the 'devil may care' side of her brain, she heard herself say;

'Why don't I pay your bill and you can settle with me over a coffee somewhere.'

'Oh really, would you really do that, it would save my bacon and no mistake, I have a good chance of getting this job you see and I, oh excuse me going on so, I tell you what why don't I buy you dinner

tonight at the Cherry Garden, it's lovely there do you know it?'

'I do, though I have never been.'

'Right that's settled then, I'll see you there round about 7pm ok.'

As she accepted the dinner invitation she knew somehow that her eyes were sparkling. The odd looks from the staff at the garage payment counter amused her too. Yes, she thought, they think me a fool but if I am so be it, it's not as if I will miss the money. Dorothy shook hands with David Logan on the forecourt and then he drove away calling his thanks and waving out of the car window.

Dorothy was aware that the garage staff were watching her as she walked toward her own car. She couldn't have cared less. She was very pleased with herself and couldn't wait to get home and look for something suitable to wear.

To be continued.....

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POETRY CHALLENGE

Carole Nelson

Over the next year Sedbergh Literary Trust is challenging YOU to 'make Sedbergh and district more poetic'.

Each month we will explain an aspect of the formal 'rules' which poets use to build their poems.

We are asking YOU to write a poem based on the 'rule' explained that month. Print it out or write it out very neatly, add your name and a contact number and/or email on the back and hand it in to Sleepy Elephant, 41 Main Street, Sedbergh (SE is the registered office of the Trust).

There will be several places around town where the poems will be

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displayed (no contact details will appear) so your work will be available to everyone to read.

We will chose a subject each month which applies loosely to Sedbergh life and hope at the end of the year to have a collection of poems that can be published.

Here is March's Subject - SPRING

Please write about Spring in the form of a HAIKU. Haiku is a form of poetry that focuses on a brief moment in time, it does not rhyme. It often has a nature subject.

The 5-7-5 Haiku form: The most commonly known aspect of a haiku is its form. 17 syllables divided into three lines of five, seven and then five syllables again.

1. first 5 syllables
2. second is 7 syllables
3. third 5 syllables

Examples:

Rain by David Fox

Rain hits my window

Angels tap-dancing softly

A heavenly sound

Spring's Way by Patricia Cisco

Winter fights to stay.

Sweet Spring always wins her way.

Flowers bloomed today!



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WESTERN DALES COMMUNITY BUS

Come and Join Us!

Liz Nuttal

It is now almost seven years since The Western Dales Community Bus first went into service. Founded to provide a much needed local bus transport in the face of reduced subsidies, and threat of time-table closures, a group of volunteers set up a community bus service based in Sedbergh. Today, thanks to charitable funding and local grants, we run four regular weekly services: S1 the Kendal Shuttle on Saturdays, S3 the Hawes Hopper on Tuesdays, S4 the Kirkby Stephen Connect on Fridays and S5 the Kirkby Stephen Shopper on Thursdays. We also provide a private bus hire facility for some local disabled and community groups. The Western Dales Bus is lucky to have a great team of dedicated and talented drivers and administrators, but we are always looking for more help!

Two surveys carried out at the end of last year to meet the requirements of our funders show, not only how much local communities value the transport links provided by the Western Dales Bus, but highlight the

enormous benefit to the volunteers, who work together to provide it. Among the remarks made by volunteers who took part in the survey were:

'Having only moved into the area three years ago, volunteering has helped me to get to know people in the community and to become known by them.'

'The satisfaction of providing a service to people who appreciate it and wouldn't otherwise get it.'

'I enjoy meeting our passengers and I love driving around the Dales.'

'A feel good factor in helping both locals and visitors alike. It is well known that volunteering is good for mental health so I guess, I benefit from that too.'

'Have had excellent training and a very positive welcome to the team. Feel able to ask for help at any time and it has been a pleasure to be involved.'

So why not think about joining us?

However much or little time you have to offer, your help as a volunteer would be warmly welcomed. We can find a role suited to your different commitments. Aspects of volunteering involve working with us

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Email nuttallliz7@gmail.com
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Further information on -
www.westerndalesbus.co.uk.

DENTDALE HEAD TO FOOT

Mike Steele

Our first meeting of the New Year was on Friday 2nd January when a small but select group welcomed Richard Gledhill who was scheduled to talk about Plane wrecks in the Yorkshire Dales. Given the absence of several regular members due the latest lurgy making its presence felt, Richard offered to screen the film Spitfire, a very factual and interesting film about the production of the aircraft and its value in the successful outcome of the 2nd world war.

We held our AGM on the 27th January on a wet and windy day and despite the Treasurers report that the group was financially stable the committee were not able to elect a full complement of officers in accordance

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with the requirements of the group Constitution. This means that the group is under threat of closure unless additional help is found.

This group has been established for many years, providing social and leisure activities for all adults living in Dentdale and to provide an Annual Christmas Luncheon for permanent residents over 60 years of age.

Two years ago Mike Steele took up the lead opening a new era with a change of title and a broad invitation to all residents in the Dale. Attendance at the Friday afternoon monthly meetings increased and outings and fund raising events have been well supported. Each year the traditional Christmas lunch has been

a successful enjoyable social event. Sadly, we find ourselves as many local groups do, threatened with closure simply because there is no one able to continue to carry out the administrative work to enable us to continue. The current committee have all worked very hard and are to be thanked for their support and hard work.

Local social activities are at the heart of rural communities and it is important to protect them for the future. We are therefore, URGENTLY seeking new volunteers to join us to save this very traditional group from extinction and consequently losing a much loved Annual Christmas Luncheon.

If you are interested in helping and would like further information, please contact either Thelma Belfield on 01539625775 or Mike Steele on 01539625054. Alternatively come along and join us at our next social event held on the 1st Friday each month at 2pm in the Sedgwick Room, Dent Memorial Hall.

FAMILY MUSINGS

Sarah Woof

Getting ready for a 'Down Memory lane' event in a few months I have been making myself aware of where my memorabilia might be and found lots of fascinating stuff.

I know my aunt at Hull had an uncle, and my mum a relative, who worked in the workhouse at Sedbergh many moons ago and in due course married the widowed manager. I also knew the gentleman held lots of "offices" around the area. During my

sorting out I came across more information about him.

John Haygarth was, over the years, and the information I found began in 1934; re-elected warden of Sedbergh Parish church, sec and Treasurer Sedbergh Bowling club, auditor of Sedbergh Nursing Assoc, life member of Sedbergh Golf club. His wife, Jane died in 1934 and in 1935 John re-elected warden of Angling Assoc, a quaint sounding "Oddfellows" re-elected John as auditor. Anyone know what they did? Methinks plenty of candidates around for such a club!

A Mr L Haygarth, of Dent, crops up on committees, if Len then my grandad. 1938 John was to be leaving the area and was presented with a gold wristwatch and a wallet, I hope it wasn't empty! He married Elsie Chorley of Morecambe and was supported by his son and daughter-in-law, Charles and Florence and settled in Hest Bank. It seems he couldn't keep away and was still Clerk to S Parish Council. John died in 1950 and was buried at Sedbergh.

We can all trace back in our families and find interesting facts and sometimes a bit of fiction as well! I have recently written a couple of articles and information in both cases been fact v fiction. There is however much to be done in the here and now, and spring is coming, garden beckons and fun times with the grandchildren will be much enjoyed.

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JANUARY WEATHER

Brian Wright

A typical wet January! With 6.3 inches (160mm) of various forms of precipitation it was quite typical for this time of year. Likewise temperatures would be expected to be on the low side. We had a maximum of 49.8F (10C) and a minimum of 27.1F (-3C). There were more frost free nights than frosty ones, which is not typical of January. Once again most maximum gusts of wind registered were from a North Westerly direction with a high of 24.2mph (38.9kph).

One could imagine that there has been some grass growing this month. Certainly fields without stock look greener! No doubt, although not very warm, it has been nearer the magic 5 degrees needed for growth. I trust you all sent in your RSPB garden bird observations at the end of the month. Mine would not be typical as I have currently got 4 hen pheasants which follow me around when feeding. They often join the cock bird when I open up the chickens and geese and then turn up later across the field when I feed the sheep! There are lots of birds feeding on the food we put out with good numbers of sparrows and blue tits. I was bought an owl nest box for my last birthday which has been duly been put up. Judging by the calling there are plenty of owls about so let's hope one takes residence! I always find it difficult to believe that the wren is our most common bird with 10000000 breeding pairs. With us it is way down the list. Blue tits out number it by at least 10 to 1 and they are only supposed to have 5 000000 breeding pairs.

KILLINGTON W.I.
The afternoon W.I. for the Entire
District
Wendy Fraser-Urquhart

Normal Service is being resumed.....It seems ages since I put pen to paper or, more truthfully, finger to keyboard! I think that I will start with "recent", and work backwards to "ages ago". You may be sad to learn that among my Christmas presents were two more, seasonally arranged, poetry books, and another tome on the origins and meanings of old rhymes. Do my family know what I like?

Our February meeting, yesterday, was another at which we had our speaker first, then tea, and finally business. This seems to work well but we have to be firm to prevent folk scarpering before the last item. Are they afraid of the dark?

Today's speakers, Ann and Paul Burrow, have been volunteers for the North West Air Ambulance for over 20 years. Their son was airlifted to hospital after what proved to be a fatal, farm accident. Ann explained that the use of helicopters to evacuate injured soldiers had originated in the Korean and Vietnam wars. By now it has greatly expanded with 30 ambulance helicopters operating in the U.K. It is funded entirely by public donations and fund raising. The three helicopters of North West Air Ambulance are located at Blackpool Airport and operate from Cheshire to Cumbria and over the Pennines. The main type of emergency varies from region to region. In Cumbria many are caused by walking and climbing accidents. In Cheshire horse riding mishaps are

numerous, and road traffic accidents are prominent everywhere. The helicopters are packed with advanced, expensive, medical equipment and manned by doctors, paramedics, and not forgetting the pilots! All involved find the service provides great 'job satisfaction'. Maggie l'Anson gave heartfelt thanks to Anne and Paul for their presentation. She had reason to be particularly appreciative, having herself been transported by helicopter during a medical emergency.

Our hostesses then served us with dee..licious refreshments – nobody went home hungry. We are looking forward to their Spring Show entries! Hint. Hint! Plans were made for future happenings Competition voting took place and somebody called Wendy won with her first aid hint. "HONEY IS A PROVEN ANTISEPTIC. Some of you may remember when Joyce Bird closed the lid of her AGA on her hand and wrist. A very nasty burn resulted which she promptly slathered with honey and wrapped up. The burn healed beautifully" Our medical member tells me that, before anything goes wrong, we should all follow her tip which we will be sure to enjoy. Here it is. "Google and watch You

**ANYONE FOR
TENNIS?**

Sedbergh Tennis Club AGM

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1:30pm on Sunday 29 March 2020

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Tube, "Vinnie Jones staying alive" – less than two minutes long -may help you save a life" So do it. The raffle was won by Barbara Kooper. 4 February born members were wished a Happy Birthday. (Does data protection prevent me from telling you who, how old, and where, they are? I need to take legal advice.) Plans were made for future happenings; our summer outing to Aukland Castle in June; the WI Literary lunch; and various planning meetings. Sally and Marion are busy organising for the Spring Show (April 25th -get busy with your entries)

Our Monday morning knitting (or not) group have enjoyed a couple of jollies lately, lunch at our local service stations Killington (wonderful views), and Tebay (excellent food shopping) You can tell from our destinations that we are really high class "Ladies who Lunch". Another trip was to Wensleydale Creamery who were offering a 2-course lunch for £9.95p.

It's fun and it doesn't break the bank. All members are welcome wherever we go. We have The Shap Chippy in our sights but will wait until they have water supply back. Seriously, our thoughts are very much with those who have suffered in the recent storms.

Now back to January. Our meeting started with our speaker Laura Clare telling us about her "40-year love affair with Yoga". She related stories of her childhood and how she first became interested in yoga. She has been practicing and teaching yoga for many years and told us how it has fitted in with healthful exercise and ways of living. She demonstrated some of her singing bowls, and had a display of books. Laura got us to try a very basic breathing exercise which most people enjoyed. Speaking as a total cynic I have to admit to finding it very relaxing and am even eager to try a little more. Our thanks were proffered by Sarah Woof.

Among our business items a few corrections were made to, and items added to, our printed annual programme. Voting for the resolutions to go forward to the National A.G.M in June was conducted. More about this later in the year. Birthday wishes went to Lorraine and Barbara Mauder. (currently we have 4 members named Barbara!) Sally Craggs opened the annual competition for our Silver Salver by winning today with her Christmas Card.

Further back still. We had a super Christmas Lunch at Sedbergh Golf Club. Our thanks to all concerned. The AGM in November went like a well-oiled machine. The committee and President were elected, with

Cynthia Thompson standing down (our thanks to her) and Joyce Cox joining our committee. Lovely Susan Sharrocks was re-elected as President. Margaret Denton won the competition, and was also a birthday girl, as were Joan Perkins and Rose Sanderson.

Now I think everything is up to date, so I can relax. I promise to give you only one report per month to read for the rest of the year! As my mother would have said, "the road to hell is paved with good intentions!" Our next meeting will be at 2-00pm on Tuesday March 10th in the People's Hall. Our own Sarah Woof will be talking to us OVER THE SHOP COUNTER. Don't miss it -you are always welcome.

## SEDBERGH W.I.

*Moira Folks*

With a musical evening in store for us on February 12th, we settled down to hear Bob the Sax from Morecambe telling us about the History and Music of the Saxophone. But first, fronted by several saxophones standing before him and a microphone and CD player at the ready to accompany his singing and sax-playing at various points during the evening, Bob told us a little about himself. He was better known to Sedbergh folk many years ago, before his more recent saxophone days, as Bob Pickersgill, who lived in Firbank and ran a signwriting business, painting some of the shop signs in Sedbergh and the inn sign at the Cross Keys at Cautley, for example.



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Elizabeth Saunders, who expressed our thanks to Bob after his talk and recital, gave this summary of the evening's entertainment: "Thanks to Bob the Sax for treating us to some tunes from – long before our time, of course – the 1920s and 1930s, as well as the fascinating history of the instrument. I for one learnt a great deal. Bob brought an impressive array of brassware, giving us an impressive array of sounds and it was lovely to hear such warm music played on such a cold night. We heard how the saxophone was invented by an accident-prone Belgian, Antoine-Joseph 'Adolphe' Sax in the 1840s and quickly taken up by individuals and bands but never really by classical orchestras, later of

course finding its heyday in the advent of Jazz. Despite their shiny looks, saxophones are actually woodwind instruments since their reed is made of wood or bamboo (or these days often plastic). Bob had brought bent ones, straight ones, silver ones, gold ones, big ones, small ones. We even had some banter from the audience! We had technical talk of semitones and keys and transposing and a veritable tour of the world of instrument-making. Bob epitomises the old music hall joke: 'How many instruments does one man need?' to which the answer is, of course, 'Just one more!'"

2020 is the Centenary Year of the Cumbria-Westmorland Federation of WIs, to which we belong. A

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Celebration Concert was held in Kendal Parish Church on January 31st to honour this, and Sandra Kemp, Anne Symons and Valerie Welti went along to represent us. They were most impressed to see the 'Centenary Cascade' made up of small sections of embroidery provided by each local WI representing the areas where they lived, our own section being embroidered by Ellen Morrison who had combined several features including a book (for Sedbergh Book Town as well as our own book group) and boots (for our walking group and fell-walking generally).

'The Things We Thought We Knew' was the subject of our book club discussion at Moira's house on February 13th. It is a first novel by Mahsuda Snaith who lived, like her main character, Ravine, in a high-rise block of flats in Leicester. Ravine has suffered from chronic pain syndrome since a mysterious event when she was 9 years old resulting in her losing touch with her best friend, since when she has been confined to bed with lots of medication. On her 18th birthday her mother gives her a fancy notebook and jewelled pen to write a 'pain diary', a practice which she believes will be therapeutic for her daughter. Ravine, however, uses it to write to her lost friend, relating all their shared experiences before they were nine but also telling her about her current life as a young adult and her relationship with her eccentric but lovable Bengali mother, who is the source of some humour in the book. Most of us found a lot of the book tedious and repetitive, probably



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because it is all written from an 18-year-old's point of view, so aspects which could have been explored in depth relating to the other characters are left unexplored. With scores varying from 3/10 to 7.5/10 you will see that some of the group did appreciate the novel but overall (out of 12 members voting) the score was only 5.1 - the worst average mark we have ever had! A highlight of the meeting, though, was that we were joined by three new members: Caroline, Jill and Grace, who have recently moved to Sedbergh and have been made very welcome in our WI.

'The Mutiny on the Bounty's Cumbrian Connection' is the subject of our next meeting, on Wednesday 11th March at 7.30pm in the People's Hall committee room, when Peter Logan will be our speaker. Visiting ladies and new members will find a warm welcome.

## DENTDALE W.I.

*Thelma Belfield*

Coming together for our regular monthly meeting in February we welcomed Chris Rowley from South Lakes Action for Climate Change. Given the vicious storm we had experience throughout most of the country a few days before, it was an opportunity to learn more and Chris certainly provided us with information.

We began our evening as always singing Jerusalem with Catherine accompanying us at the piano. Thelma was deputising for Sue and welcomed everyone and we were especially pleased to have four visitors joining us.

Business items were dealt with first starting with the Federation Spring meeting scheduled for 30th March.

## 'Reflections'

Saturday April 4th at 7.30pm  
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Naomi Lidiard (mezzo soprano)  
singing Purcell, Pergolesi, Bach,  
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This is always a good meeting and an opportunity to hear what's happening around the area and to learn about plans for events and activities through the coming year. The Dining club have organised a lunch at Bay View Garden centre on 19th February and times and travelling arrangements were finalised. Our Crafts Group is being resurrected and Sue had sent a request for ideas of items to make in preparation for both our regular monthly and annual mini markets. Our monthly mini market is doing very well currently and there were many attractive items available. I bought a very pretty pair of pink gardening gloves. Sadly once the weather improves they won't be pink very long. The next item for consideration was the Dent Run. It seems no time at all since we were looking to prepare for this annual event last year. As always we are asked to provide home baked cakes and buns towards the teas that are offered to the many hundreds of runners taking part. Rita had provided lists for the baking contributions and to ask for help with preparing, serving and clearing up after the event. The final two items to be dealt with were our Summer outing in June and the Programme Planning and New Speakers session organised by the Federation. Jackie and Karen will attend the Speakers day and options for the Summer outing include, Brantwood and a Coniston cruise, The Steamboat Museum and a Windermere cruise or Carlisle and The Tullie Museum.

Business completed it was time to hear about Climate Change. The presentation was planned to be an

interactive session with Chris giving us information followed by a general discussion and ideas sharing opportunity. Jackie and Dorte-Lis had prepared A3 sheets to aid us with our brainstorming.

Dorte-Lis then shared with us how she had attended a WI meeting elsewhere on the subject of climate change and had been stimulated into sharing her experience with us all. Having known Chris for many years and she asked him to come along and share his knowledge and experience with us. Chris then took the floor and began by explaining how he was part of the South Lakes Action for Climate Change set up 12 years ago as a registered charity leading to their current project of 'Waste into Wellbeing' and the setting up of the Kendal People's Cafe which uses fresh food from local supermarkets which would otherwise be wasted. Significantly food waste emissions are huge being the third highest level across the world.

Chris explained that global warming had been taking place over millions of years and geological patterns demonstrate significant climatic activity which caused the extinction of species over time. Historically several local famous names studied this concept. In the 18th century John Dawson who lived at Raygill Farm in Garsdale, a self educated man who developed a lifelong interest in this subject. Adam Sedgewick who in turn tutored Charles Darwin, both of whom have a well documented connection with natural history. He went on to say that science is not definite and is always

questioning but historical geological evidence shows clearly that our planet is at a critical stage and climate change is happening at a greater speed which in time will have a major effect on human life. Chris explained in detail how geological layers are laid down with our own area being significantly endowed with limestone, sandstone, coal and peat and the importance of maintaining the rain forests to protect the planet for the future. He simplified the concept of the greenhouse effect explaining how the sun ray's hit the earth as short waves but bounce back into the atmosphere as long waves, which are unable to escape and as a consequence our atmosphere is becoming warmer. The increasing temperature is melting the ice caps. White ice is reflective of sunlight and the reduction in the icecap allows a greater absorption of sunlight as our oceans increase. Decimation of the rain forests reduces rainfall affecting the growth of vegetation and the increase in the temperature of our oceans affect marine life All these changes are largely invisible but gradually together over time will reach a tipping point and have a



catastrophic effect on our planet. Chris finished his talk saying that there is a solution to the problem and it is within all our hands. He commented that political will is limited and hoped that the information he had given us helped us structure some ideas that can be used to support the climate change action group and halt the rapid progress which is slowly affecting our lives.

Needless to say the discussion groups following Chris's presentation were intense and whilst we all enjoyed a cup of tea and some of Marjorie' delicious home made biscuits our ideas sheets were filled with suggestions. Jackie and Dorte-Lis are planning to put together our joint ideas and suggestions into a workable format and later this year we will meet to discuss the next steps.

The winner of our competition was Chris Taylor with her recycling idea for cutting up old cotton clothing and re-using it as wash cloths or dusters. Raffle prizes were won by Judy (visitor) Belle and Marjorie.

A final word to those of you who have a group that are concerned about our planet and future generations, invite Chris Rowley to come and talk to you he has a fount of information and my report covers only a condensed version of his presentation there us much more and we all have a responsibility to gain a greater awareness of this issue.

As always we welcome visitors to join us at our meetings held on the second Wednesday in the month. We look forward to seeing you.

## HOWGILL AND FIRBANK WI

*Audrey Hoggarth*

We had good attendance at our February meeting. Sarah welcomed twelve members and our two visitors, Bill and Emma. The first part of the meeting was spent dealing with the resolutions, and from the five subjects discussed we voted in favour to "end modern slavery". The resolutions will be voted on at the AGM held at the Royal Albert Hall in June.

There has been a change of plan for the Cross Bay Walk on May 16th. The planned 8 mile walk will now only cover 2 miles, so more members can participate.

The federation has asked for suggestions on how we can help those caught up in the Australian bush fires. Sarah is to attend the planning meeting at Barbon, ahead of the group meeting in May. Sarah and Audrey are to attend the council meeting on March 30th. Liz, our outings organiser, gave us ideas for a summer outing.

Helen Price is leading the next walk in the Lancaster area.

Sarah introduced our speaker, Emma Littlewood, a local Primary School Teacher. She was not

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perturbed when the projector was playing up and she carried on. By supporting her chosen Charity "Africa's Gift", voluntary work took her to some interesting countries, including Lesotho and Cape Town. Their aim is to make a difference in people's lives and challenges which they face daily in the poorer communities. Pauline thanked Emma for a excellent talk and for sharing with us some amazing stories, superbly told and without the pictures.

Social time was to name the famous faces which was won by Bridget. Raffle winner was Pauline. The competition for something from Africa was won by Sheelagh with Anne second. The evening was brought to a close with refreshments and a get together. Tony Womack will be speaker at the next meeting to be held at Howgill on March 5th on Mountain Rescue.

Visitors and new members welcome.



## THE CHURCHMOUSE AT BARBON

Myles Ripley

Having just returned somewhat "stuffed" after an excellent evening meal at the Churchmouse I feel compelled to review it. They had arranged a private Saturday evening meal for a group of 15 with a fixed pre-agreed menu of Chilli, Garlic and Mango Prawns followed by Duck Breast accompanied by a cherry jus and finally for dessert a sticky toffee pudding. Just in case we had any appetite left they gave us an extensive cheese board which is, of course, their speciality. All this with a drink thrown in for £35 per head and exclusive use of the restaurant. The duck was a delight; beautifully tender having been prepared with a 4 hour cooking time in a sous vide and then

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flash grilled to finish – the sour cherry jus cut through the richness of the duck to make an excellent accompaniment.

I visit Churchmouse every month to deliver their Lookarounds and always make a point of trying a new cheese – I would particularly recommend their very own Baa-Bon cheese using local Ewes' milk. But whenever I go there are new cheeses to titillate the palate. The other thing that intrigues me is their very successful marriage of local shop, newsagent, café and cheese specialism. The café always seems busy, with both locals who may be using the wifi and visitors off their bikes or fell boots.

Every Friday they host a bistro night which is often full so suggest you book your place in advance – “with imaginative rustic dishes for you to enjoy by candlelight in our store at Barbon, our Friday Night Bistro has really taken off! Open from 6pm with last orders at 8pm. We change the menu every Friday to reflect seasonal produce and we try to accommodate all dietary requirements.”{No – I haven't been paid to write this !! All restaurant reviews outside the LA10 postcode area are very welcome for future editions}

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## STALINGRAD: THE TURNING POINT ON THE VOLGA.

*Nick Cross*

Of all the great campaigns of the Second World War whose end came bloodily and catastrophically for Germany 75 years ago in May of this year, Stalingrad is probably the most controversial.

Why? For the simple reason that up until the collapse of the Soviet Union details were largely hidden in archives held in Moscow and other Soviet cities, so much so that this titanic struggle was almost ‘airbrushed’ out of Western histories of the war. A few books were published in the West during the sixties and seventies on the Eastern Front, most notably the Conservative Cabinet Minister Alan Clarke who wrote a very readable, if flawed, history of the war in the East entitled ‘Barbarossa’ from Hitler’s codename for the invasion of the Soviet Union.

Really only since the mid-nineties and the release of Soviet archives have scholars and novelists been able to research this most dreadful of all battles. Since then there has been at least two feature films and any number of documentaries on Stalingrad, these combined with books, good, bad and indifferent, have created an industry of horror culminating in the work of the young German historian Guido Knopp, whose documentary on Stalingrad was so powerful as to bring the full horror of what their fathers and grandfathers experienced to a generation of young Germans and did much to show them that the Germans were victims of Hitler too.

## ROYAL BRITISH LEGION

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



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

Membership costs £17.00 - call 20964  
email: [dmparratt@gmail.com](mailto:dmparratt@gmail.com) for a form.

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

Wars and conflicts continue however and the plight of young ex servicemen and women bearing the mental scars of distant campaigns in Iraq and Afghanistan is a national disgrace. Over 160 homeless veterans will be sleeping rough tonight in Greater Manchester while 4,000 languish in prisons for act of violence. Families too suffer from the effects of PTSD, often in silence until a tragedy occurs.

Sedbergh Branch of the Royal British Legion is working with the 'Rawthey Project' to help some of these veterans who have offered their lives for this country. We need funds to help with this work.

The Branch Chairman Nick Cross will give an illustrated talk on Stalingrad in St Andrew's Church at 7.30 on Friday 27th March 2020, the £5 entrance includes 'half time' tea and biscuits and will go to Branch funds that enable us to offer immediate financial help in cases of real need.

YOUR SUPPORT IN THIS IS CRUCIAL.

## ZERO WASTE SEDBERGH

Suzie Pye

The amount of food we waste in the UK amounts to £12.5bn every year, or a staggering £50 per month per average family. If we could magically put an end to food waste, the benefit to our planet would be akin to taking a quarter of all cars off the roads. Food waste falls into two categories: cooked; and uncooked. Of the uncooked food waste, unsurprisingly fruit and veg are the main offenders, followed closely by bread. And as far as cooked food goes, it is simply that we over-estimate quantities so end up preparing far more than we require.

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Here are a few tips to waste less in the kitchen:

- Plan a weekly menu – if you know what you will be eating each day, you are more likely to only buy what you need.
- Buy loose fruit and veg instead of pre-packaged – not only will you be more likely to only buy what you need, you will also reduce your plastic packaging.
- Don't keep leftovers in the fridge for 4 days only to throw them away at the end of the week – far better to put them straight in the freezer. Keep a stack of small foil trays for this purpose.
- Food you might not think of freezing but absolutely can: cheese,

whole bananas, grapes, garlic, fresh herbs, bread, cakes, milk, and even eggs (crack a fresh egg into a muffin tin, freeze, then pop them out and store like you would ice cubes).

- Each time you restock your fridge, check use by dates and make sure the food with the shortest dates is incorporated into upcoming meals, and not sent again to the back.
- Make a weekly stew in the slow cooker and throw any sad looking veg in there.
- When you get the munchies in the evening, instead of grabbing a bowl of cereal or packet of biscuits, instead eat an over-ripe banana, an apple past its optimum crunch, the half-jar of beetroot in the back of the fridge, or the poor crust of bread that never usually gets a look-in. Basically – try to be less fussy!
- Finally, for the food waste we cannot avoid, try to dispose of it in a compost bin or a food digester, rather than in the general waste.

A great website with lots of information about food waste and recycling is [RecycleForCumbria.org](http://RecycleForCumbria.org)

## CLIMATE CONVERSATIONS

Tim Farron MP

South Lakeland District Council are hosting a new round of 'Climate Conversations' to allow you to have your say on issues around climate change and biodiversity loss.

These will be the third round of conversation events run by our Lib Dem-run council since 2018.

In that time they have:

- Become the first council in Cumbria to declare a climate emergency

- Adopted policies outlining how they aim to tackle climate change and passed a motion on biodiversity loss
- Drawn up an action-plan based on the ideas put forward at the climate conversations

The 'Climate Conversations' will be happening on the following dates/locations:

4 March 2020: Supper Room at Coronation Hall, Ulverston

11 March 2020: Assembly Room at Kendal Town Hall

17 March 2020: Millennium Room at Marchesi Centre, Windermere

All the events will start at 7pm and finish around 9pm.

## SEDBERGH GOLF CLUB "Never The Twain ... Again"

*Adrian Braddon*

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

Most SEGGS will be heartened by recent research in America reported in our national press which suggests that a regular round of golf can extend a person's life. A study of nearly 6,000 people found those who played at least once a month were



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much more likely to be alive a decade later. Lead author Prof Adnan Qureshi, a neurologist at the University of Missouri in Columbia, said: "Our study is perhaps the first of its kind to evaluate the long-term health benefits of golf." Apparently, out of almost 5,900 participants with an average age of 72, the mortality rate among golfers over the 10-year period dropped dramatically. Around one in seven (15 per cent) died, compared with a quarter (25 per cent)

of those who never picked up a club. It seems there are added benefits to be had from Senior's golf.

Nonetheless, the group is also well aware of the possibility of a golfer having a heart attack on the course. It has happened to one of its members and so the SEGGS were pleased to team up with the First Responders and Golf Course owning Gardner family to provide funds for a defibrillator to be sited at Sedbergh Golf Club.

Particular thanks are due to David Lord who co-ordinated the project and Myles Ripley and Jackie Hooley who presented a comprehensive training session for golfers. The best news here for many was that no SEGGS member needed to feel obliged to supply the kiss of life to another and pumping the chest was sufficient.

Although there are few more beautiful places to play golf than at Sedbergh, the SEGGS do organise days and trips away. Eight members are just returned from a week in Spain organized by Terry Bateman and, in May, Martin Cope and John Fitzpatrick have organized a two day trip to Southern Scotland. These events are not just fun but now seemingly might even prolong your life. What's not to like?

For those who want to know more about Sedbergh Golf Club telephone Steve Gardner on 015396 21551 or if you want more information on the SEGGS specifically talk to Adrian Braddon, on 0330 1138850.



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## **SEDBERGH TENNIS CLUB AGM**

*Martin Lewes*

At Sedbergh Tennis Club we are meeting to honour our past and take another step into the future on Sunday, 29 March 2020 at the Guldrey Courts, at 1:30pm, a time chosen to make sure there will be time to play tennis afterwards, weather permitting.

It's our AGM, and we will elect our committee for the coming year, present the accounts, and the other usual things. We will mark the passing of a stalwart and much-loved member by unveiling a small memorial.

We have much to celebrate: The first year with our new courts has

seen successful coaching programmes for juniors and seniors, and a set of league matches where visiting teams universally praised what we now have.

But we now have to lay the foundations to make sure that when our new courts once again need replacing, in maybe 20 years, we have a club and a membership to make sure it happens.

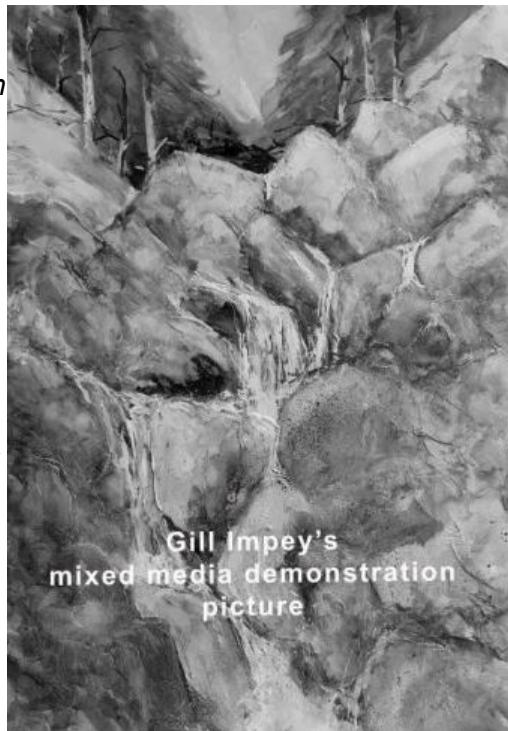
If you like playing tennis enough to want to do it regularly, maybe do it better, with people you haven't played before, and want to encourage other people to get into the game, please come along. (And if the weather's promising, bring a racket.)

## SEDBERGH ART SOCIETY REPORT

Jenifer Alison

Painting Day: November 30th 2019: the subject for this day was very well timed, as we had the opportunity to experiment with ways of producing our own greetings cards for Christmas and New Year. Friends and family of Society members will, no doubt, have received one! Our inspirational guide for the day was one of our committee members, Gill Impey. We learned how to paint quick and effective winter scenes, placing them inside Commercial 'aperture' cards. These are good to use as they look professional and come with envelopes! Many artists have previous paintings, which they think are less than successful, and leave them in a pile out of sight. We dug our rejects out of their hiding places, chose one, and passed an empty frame over it to find sections which were effective on their own. We cut these sections out and placed them behind the frame of an aperture card. Wow! They did look good. Never throw away a painting!

Working with Mixed Media: A Demonstration: January 17th, and



guided Painting Day: January 18th 2020. After a six week break, Gill was busy again, this time sharing with us all the techniques she has learned using mixed media. Gill loves experimenting and developing new ideas. She is indefatigable and very gifted! The painting Gill demonstrated was on a gesso covered board. An acrylic paste was applied to add texture for the rock formation. Watercolour and acrylic ink were used for the waterfall. and gaps

Taking and Using Photographs for Painting: a Talk by Linda Hollingshead which followed our AGM: February 7th 2020. This was a very intensive and fascinating presentation by Linda Hollingshead. Taking elements from several photos. Linda stressed the importance of

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taking several photographs of the same scene to use in creating a picture, rather than just selecting the most successful one.

One of the examples she gave was a montage by David Hockney: 'Peter in the Swimming Pool'. Hockney had used several different photos – in fact from different scenes, to make this picture his own. Peter never was in the swimming pool, apparently. 'Masking' was another technique, which Linda illustrated in detail. We can 'mask' parts of a photograph, which we consider irrelevant to the composition, by putting a sheet of acetate over the area and painting it with white acrylic. We can then draw or paint over the acetate what we would like to be there. This simplifies and enhances the essence of our representation in the final painting. Charles Scheeler's 'Escalator Girl' is an extreme form of simplification. 'Constant Movement', taking several

photos of, say, a scene from a moving car, or fast flowing water, really helps the artist to capture shapes and colours.

During her stay in Malta, Linda took several photos of spray on the rocks. She also went diving to photograph life under the surface of the water. She showed us paintings, where she had positioned beautiful shapes to make a breath-taking semi-abstract pattern of the underwater world. Photos involving movement taken from the television can also instigate fascinating pictures.

Painting Day: February 8th. 2020. A very well attended day, where we could discuss and try out, or plan to the many techniques and ideas learned the evening before.

If you would like to attend a demonstration or try a workshop to see whether it is for you, contact Jenifer Alison:

[jen.alison10@gmail.com](mailto:jen.alison10@gmail.com) ; tel. 01539 824666,

or Gill Impey: -  
[gillimpey@hotmail.co.uk](mailto:gillimpey@hotmail.co.uk) ; tel. 01539 726640

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## OPERA STARS IN DENTDALE CONCERT

Jenny Robinson

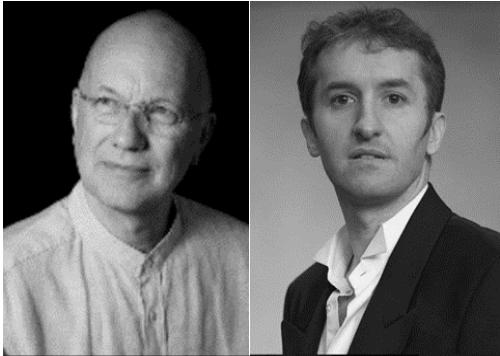
SAVE THE DATE!!! 3rd MAY 2020,  
7.30 pm

Covent garden opera stars to sing  
with the Dentdale choir

The Dentdale Choir is working on an exciting programme for its Spring Concert on Sunday 3rd May at 7.30pm in St Andrew's Church, Dent. Fresh from our regular Christmas carol services, where we supported our usual congregational carols and also performed works by Bob Chilcott and James MacMillan, we are now turning our attention to a varied programme on our theme for the year: 'Folk Song and Folk Memory'.

Under the very broad umbrella of this theme we will be delighted to perform some traditional works, but with a choral treatment, by Holst and Vaughan Williams (amongst others), as well as some more recent settings of modern folk works arranged for choir, including a beautiful setting of Kate Rusby's 'Underneath the Stars'.

The choir will also be joined by two exceptional soloists: John Cunningham (Bass Baritone) has a distinguished career performing



John Cunningham

Peter Van Hulle

opera, oratorio and recitals and is currently a guest principal at Royal Opera House, Covent Garden and Peter Van Hulle, (Tenor), who has sung at Covent Garden and with the English, Welsh and Scottish Opera companies, as well as all over Europe, including at La Scala in Milan. John and Peter will be joining the choir for some of these pieces and will also be complementing our folk-inspired programme with performances of their own.

Of course, a great programme of music is always improved by a great audience. Save the date and come and hear us sing! If you like what we do, talk to one of our members in the interval about joining us as a member for our 2020/21 season. Or get in touch now – new members are welcome at any time!

Find out more about the choir at our website [www.dentdalechoir.com](http://www.dentdalechoir.com) or look us up on facebook for more information.

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## LOCAL SINGERS AND SEDBERGH'S TOWN TWINNING HAILED BY AMBASSADOR

*David Burbidge*

Local singing group Lakeland Voices ensemble travelled to London in February, where they joined with Slovenians living in the UK to sing in celebration of Slovenia's national poet France Preseren. The choir sings over 20 of the national Slovenian folk songs, and tours Slovenia every year in May where they join with local choirs and singers.

The annual Preseren evening was hosted by the Slovenian Ambassador, His Excellency Tadej Rupel, and the British Slovene Society, and included over 150 British and Slovenians meeting together for a meal with performances by Lakeland Voices ensemble, one of the society's founders Shirley Roden, and two musicians from the group Katalena who had been invited from Slovenia.

There were also speeches by David Lloyd, former British Ambassador to Slovenia, who commented on Brexit and the UK's relationship with Slovenia.

The Ambassador Tadej Rupel movingly recited a translation of Preseren's famous poem Zdravljica,



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the seventh verse of which became the Slovenian national anthem. Preseren, like Robbie Burns, was an early internationalist and the theme is evident in this poem.

He went on to praise the work of Lakeland Voices creating harmony through song between our two countries, and for furthering knowledge of Slovenian folk songs throughout the UK for over 15 years.

He also praised the town twinning between Sedbergh and Zreče in Slovenia, and said he very much looked forward to visiting Sedbergh over the last weekend in June when he comes to our Harmonija festival where local choirs will be joining those visiting from Slovenia for a weekend of celebration.

## SPELLBOUND THEATRE NEEDS YOU MAESTRO!

*Susa Ellis*

Spellbound Theatre has been a fixture in amateur dramatics in the Sedbergh locality for over 25 years, since it was founded by the late great Kim Lyon in the Nineties. Gathering in local dramatic talent , we have since 2014, put on , among other things "Calendar Girls ", Alan Ayckbourn's "How the Other Half Loves", "A Christmas Carol in 2017, and Christmas 2018 "Wind in the Willows" - all very successful live theatre that we believe the community has enjoyed .

We are about to present in the second week of March ' Village Voices " ( see ad elsewhere in this edition of the Look around ) a humorous play on more adult themes of joy ,loss, gossip, romance , illusion and disillusion in a rural community .

At the same time, we are beginning to think about a family show for Christmas 2020. But we need a volunteer Director. The potential cast are friendly pliant and committed, and all that is needed is someone with the vision to create a performance from them and a desire to have some fun.

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All our support is from members, cast and volunteers and we all do everything. But the back up in terms of producing, staging, costumes, lighting, music etc is all there, and magically is brought together by dress rehearsal night!

If there is any chance you would enjoy to take on this job in the autumn , please contact our Chairman Heather Pakeman , Sedbergh 21279 , or write to us % of the Lookaround email address (editor @sedberghlookaround.org.uk ) . Or come and meet us after the Village Voices show, - We already have some ideas for a show, but the ultimate decision would come from what the Director wanted to do.

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## **MYSTERY AT THE MART 2020**

*Susan Garnett*

Almost exactly 20 years ago, as part of Sedbergh's Millennium celebrations, something amazing happened.

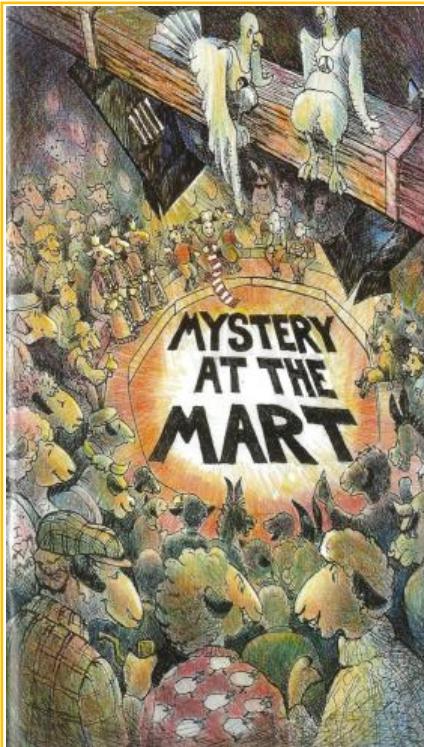
The Sedbergh Auction Mart (now the site of Spa and the Health centre) became for two memorable weeks a theatre in the round. Masterminded by the legendary John Hansford and involving much of the Sedbergh and Dent communities, a three act drama was produced. Stuart Manger brought the traditional Mystery and Miracle plays into the 20th century with a sparkling script. Everything from pathos to humour to deep heart rending tragedy was there and the

many actors, of all ages, rose to the occasion.

Act one, the Old Testament stories and predictions were performed largely by players from Dentdale. The second act, the early life of Christ, involved actors mainly from Sedbergh and the last act leading to the horror of the Crucifixion and the joy of the Resurrection saw youngsters from Settlebeck and Sedbergh schools playing very different roles with maturity beyond their years.

Now the Sedbergh Booktown and Literary Trust are showing the recordings of the entire event in St Andrews church on the 30 and 31st March.

A great deal has happened in the last twenty years. Noah's young



### **ST. ANDREWS CHURCH**

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AND TUESDAY MARCH 31<sup>ST</sup>  
AT 7.30 pm

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The Mystery is in three parts which will be shown over the 2 nights, to see the entire cycle of plays you will need to come on both nights.

Perhaps you took part in the Mystery at the Mart when you were at school?

Perhaps you were behind the scenes or a technician?

Please take this opportunity to celebrate the 20<sup>th</sup> Anniversary of the performance in the Millennium Year with all of Sedbergh.

animals (from Dent Primary School) are now adults, some with children of their own. Very sadly we have lost some of those who were involved and it is as a tribute to them and to the Sedbergh and district community that the Trust feels 2020 is the right time to show this inspired piece of community theatre again.

### BURNS NIGHT

*Sandra Gold-Wood*

To all those who did not get to the Burns Night shindig on January 25 at the People's Hall you missed 'A Right Good Do'. Tony Playfoot was our Scottish Piper, he pipped in the guests and he pipped in the Haggis 'Chieftain O' the Pudding Race.' While all those of us who had fished



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out their glad rags, ball gowns, penguin suits and kilts clapped joyfully as Nick Cross amusingly attired followed behind carrying the said Haggis. Nick read the address and a toast was drunk once the creature had been killed. A quick thank you to Gordon Sproul for the loan of his Ski'an'do. A delicious dinner was enjoyed by all and many compliments went to chef, Jonathan Hailey's protégé Will; it really was excellent.

Many thanks go to the bar staff especially Pam Dower who provided the special whiskey cream puddings. Denis Westmorland turned in an energetic performance matched only by the dancing. Woody's Scottish Quiz went down very well and it gave everyone a chance to catch their breath.

As so many of you have requested them, I am looking into arranging Scottish Dancing lessons locally asap.

The event raised almost £1000. Thank you one and all.



## APPLYING FOR SETTLED STATUS

*Karen Evans, Citizens' Advice South Lakes*

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children's application after you've made your own, you can 'link' your child's application to yours, using your own application number. If your own application is successful, your child will get the same status as you. You will need to have proof of your

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**2020**

Wednesday 22nd April  
Wednesday 20th May  
Thursday 11th June



## SEDBERGH AND ELIZABETH

*Gary Wemyss*

It is almost six years since my retirement from full time ministry and potentially nowhere to live. Little did I know then that six years on, and with Parkinson's developing and in its fifteenth year, I would have experienced the death of both of our dogs, and that of my wife, Elizabeth.'

'There is a house in Sedbergh,' I was told, 'you could rent that.'

'Where?', I asked looking at Elizabeth. Sedbergh – then I remembered the toilets on the Dales Way. In fact we had stayed in Bainbridge Road when I walked the Dales Way with Elizabeth.

We took the house on and time ticked by. As we began to know people in Sedbergh we began to feel the warmth of their welcome. People, young and old, would greet you in the street and ask how everyone was.

We were all right until January 19th this year when tests showed that Cancer was growing fast, and Elizabeth had to go to Blackburn for an operation. As the weeks went by

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there was not one free of tests, visits and operations in Blackburn, Barrow-in-Furness and Lancaster. That is not unusual you might say, but what is unusual is the genuine care and love, often shown by people I hardly know .

My thanks to the people of Sedbergh and of Dent. Thank you for being there when somebody was needed, when a lift was called upon, for over 60 cards received, All the cakes and other food.

This came, not just from the Christian Community but also from the heart of Sedbergh and of Dent.



## **LOOKAROUND**

**AGM MARCH 17TH 7PM**

*Myles Ripley*

We are pleased to invite you all to attend our AGM on March 17th at the White Hart club at 7pm upstairs in the committee room. We will present our first year's accounts, and a summary of our activities. Please come along and meet the team. New volunteers always welcome especially those with IT experience – Especially we would value a reserve "compiler" who puts all the articles and ads into the printer ready format.

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## NEW STALLS AT SEDBERGH WEDNESDAY MARKET

*Andi Chapple*

It's the nature of markets that the stall holders change over time, sad though it makes us to see anyone go. If you're a regular at the Wednesday Joss Lane market you won't have seen Fat Flour Bakers and Dalesbred Butchers since Christmas, and they have indeed stopped coming. Many thanks to them for their good products and friendly service over the years!

By the time you're reading this – if all goes according to plan – we will



have new butchers. Low Howgill Butchers are based in Appleby and, as well as their shop, they stand popular markets in Keswick and Bowness selling all kinds of meat and pies. We are continuing to try to recruit a new bread stall, one

possibility fell through I'm afraid but I hope we will have one soon.

We have also had a haberdashery stall on the market since Christmas – Kath from The Hobby

House, again a regular at the Artisan Market, brings all you will need for your sewing projects every other week (4 and 18 March we expect, but it depends on the weather so please check).

Thanks to everyone who supports the market. If that's not yet you, please know that traders are there from 8.30am (the greengrocers are there much earlier) until around 1pm. As well as those mentioned above we have farm-fresh eggs, Thai food, wet fish, cakes and bakes and Mary's famous bric-a-brac stall in aid of Christie's Hospital.  
See you there!

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## B4RN FOR SEDBERGH

*Douglas Thomson*

By the time you read this an application will have been made for Sedbergh Town to be included in the Government's Gigabit Voucher Scheme.

Should the application be successful volunteers will be working hard to implement the installation of B4RN in those areas of the Town being surveyed.

The tasks ahead will be challenging but worth attempting for Sedbergh's economic future.

---

## V.E. DAY

*Dennis Whicker*

Friday 8th May 2020 will be the Official May Bank Holiday for the Country and many communities are staging their own way of Celebrating.

Sedbergh is no different so please put the date in your Diary to help, support and attend the events that will be taking place in Sedbergh.

There are events taking place at The People's Hall from 11am in the morning till 11pm at night so there will be something for everyone.

Further details will appear in next month's Lookaround but at an early

stage, if you wish to help, please contact me.

On the day, there will be a Programme of the events and it is anticipated that Individuals, Families, Groups and Businesses who wish to support the event, can put in an Advert into the Programme. Again, further details next month.

---

## SEDBERGH FIRST RESPONDER TEAM AGM

*Myles Ripley*

We would like to invite you all to our AGM on March 4th upstairs in the TIC at 6pm. As well as the necessary business of presenting our annual accounts etc we will present a report on the year's activities and you will have the opportunity to meet the team and ask any questions of our activities that you may have.

We would be very happy to give first aid training to any group of you that require it at a time and location that is mutually convenient – We have recently done some defibrillator training at the Golf Club to coincide with their installation of a public access defibrillator at the club. Please get in touch [mylesripley@btinternet.com](mailto:mylesripley@btinternet.com)



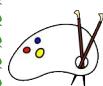
## 2020 Sedbergh Spring Show



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## NATURE NOTES

Ian McPherson

I wonder how many of you have read the “His Dark Materials” trilogy by Philip Pullman (or watched the recent eight part dramatization on Sunday night TV). I read it myself when it first came out about twenty years ago and am presently half way through the second volume of the second trilogy “The Book of Dust”. For those not acquainted with the story, one of the central themes is that each human being has an animal daemon (or “familiar”) which accompanies their “human” during his or her lifetime and at the same time has a semi-autonomous existence. One of my favourite characters in the books is Lee Scoresby, an American

balloonist, who has a hare daemon called Hester. She, like all daemons, is quite magical. And this is the main reason I have decided to preface this article about hares with reference to Philip Pullman’s books. Because, of course, all hares, real hares in our own world, are quite magical too!

And I particularly want to write about hares because there are far fewer of them about than there used to be not only in the north-west of England but across the whole of the British Isles. They have reduced in numbers by more than 80 per cent over the last 100 years of which more than half that loss occurred between the years 1961 to 2009. A more up to date census is now overdue. I should also point out before I go further that

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there are three different species of hare in Britain. The Brown Hare which was introduced here sometime after the ending of the last Ice Age (but after the land bridge to Europe was inundated), the Mountain Hare (sometimes called the Blue Hare) the indigenous species of these Islands for at least 200,000 years now found only in Scotland or in the Derbyshire Peak District and the Irish Hare, a sub-species of the Mountain Hare found in Ireland. When we see hares in or around Sedbergh (and indeed for most of England) they are of the Brown Hare type. They are surprisingly large and can weigh up to 7.5 kilos.

So why are there now far fewer hares of all three species in this country than there used to be and why does it matter? It matters, of course, because hares are wonderful (magical!) animals and I must say that my spirits immediately lift when I (increasingly rarely) see one – with its russet brown coat, its long sound-catching ears and those amazing gold coloured eyes. I had the good fortune to live for a while in Lincolnshire and saw them quite often there as hares are more abundant on

the eastern side of the country than on the west. They are the fastest running wild animal we have living in this country reaching speeds of up to 45 mph as well as having the ability to turn and change direction on a sixpence – which helps them elude greyhounds which can run at about the same speed but which cannot change direction so quickly. Another great thrill is to see “mad March hares” engaging in the most amazing acrobatic performances and also boxing each other. It was once thought that this was two males (bucks) competing with each other over females (does) but it is now understood to more likely be females fending off over-amorous bucks! Hares also feature strongly in mythology and folk tales and most of us know about the ability of witches to shape-shift into their hare familiar. There is also a strong connection between hares and the Moon and the Anglo-Saxon goddess Eostre (or Easter!). Another reminder of these legends is the Three Hares café in Sedbergh which speaks of a story relating to hares told in all parts of the world (see [https://en.wikipedia.org/wiki/Three\\_hares](https://en.wikipedia.org/wiki/Three_hares)). Apart from



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Picture: Andrew Fusek Peters

anything else hares have been part of our lives for a very long time and have just as much right as we do to be here and to share the countryside with us!

So to return to my first question, why are there now not so many around? There are a number of reasons. Probably the most important factor is the changes in farming practices since the end of World War 11. Hares feed on grasses and natural vegetation particularly wild flowers and herbs and they tend to favour smaller enclosed fields where they can feed relatively undisturbed

mainly during the night and lie up in their forms (often in the shelter of a hedge) during the day. Large fields with arable monocultures and an extensive use of herbicides and insecticides are not conducive to a hare's natural way of living and take a considerable toll. Diseases such as coccidiosis, pseudotuberculosis and maybe even rabbit haemorrhagic disease also play their part as does severe and prolonged inclement weather. Hares are also hunted (either by scent hounds, mainly beagles, or sighthounds like greyhounds or lurchers) even though it is now illegal to do so; and also shot – and because there is no close season for the killing of hares the does can be killed at any time of the year even when they are pregnant with leverets. Hares (and leverets in particular) are also heavily predated by foxes. Mountain Hares are regularly shot and killed by gamekeepers on moorland both in Scotland and in Derbyshire. And apart from anything else hares are essentially nervous and highly strung animals that tend to shun human habitation and a lot of their former territories have become housing

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## WE NEED INSECTS! HOW TO HELP

*Andi Chapple*

It looks like insect numbers are badly down. Surveys here and abroad back up such simple tests as the number of splatted bodies on your headlights after a long drive.

That might seem a good thing if you don't like insects. But we need many insects, for example those that keep down other invertebrate pests by preying on them and the pollinators which fertilise the crops we depend on for food.

Pollinators are not just bees, though all sorts of bees are involved. There are also wasps, hoverflies and other flies, butterflies and moths and even some beetles. Our self-interest (and our sense of the beauty and rightness of a rich natural habitat) must lead us to help insects thrive and multiply.

It seems loss of habitat (from changing farmland management, over-keen road verge cutting and tidiness from gardens to golf courses) and the poisons we spread to kill unwanted plants and insects are the main culprits. Gradually, farmers' and land managers' attitudes are changing but it feels like it would be good to do something as an individual. If you feel the same, here are some suggestions.

Pollinators, like all wild animals, need shelter and sources of water, which we can provide. But most relevantly, pollinators pollinate in the course of feeding from the plants they visit, so we can grow plants they can visit to feed and which their larvae can eat.

estates. Hares have a lot to contend with in the modern world.... They do receive a mention in both national and local Biodiversity Action Plans (maintained in this area by the Yorkshire Dales National Park Authority) but still the numbers continue to decline.

I have started quite recently to undertake an unofficial survey of hares in the Sedbergh area and some of you may already have helped me by indicating those places where hares are most likely to be seen. If any Lookaround readers can assist me with this please contact me on [ianmcpherson24@hotmail.com](mailto:ianmcpherson24@hotmail.com) or give me a call on 01539620648. Any help you can give me in this regard would be much appreciated.

Things you might do now

1. Read "The Way of the Hare" by Marianne Taylor
2. Consider joining the Hare Preservation Trust
3. Visit nature reserves where hares are known to be seen regularly such as the RSPB reserve at Havergate Island in Suffolk
4. Watch some great hare videos on YouTube!

Garden plants that help pollinators include chrysanthemum, aster, pulmonaria, fuchsia and sage; native plants include bellflower, bird cherry, primrose, teasel and marsh marigold. Specific plants for butterflies in this area include nettles (Red admiral, Small tortoiseshell, Peacock and Comma), nasturtium (Large and Small white, Orange tip), garlic mustard (Small and Green-veined white, Orange tip) and cabbages (Large and Small white). It may go against your instincts, but please consider letting a nettle patch grow.

Using less pesticide would help. It doesn't necessarily just kill the insects you want it to, and there are other ways to reduce the numbers of pest species in your garden. It might

not be that good for you or your family, either.

You could also use less herbicide. A lawn looks nice with some flowers growing in it, and if you cut it regularly they won't be able to take over. A patch can look nice if you don't cut it at all, as well! Try cultivating tolerance of wild flowers and raggedy edges.

It would help to encourage people you know who work doing groundskeeping, verge trimming and gardening to think about whether their choices help or harm pollinators.

And finally, keep an eye on the government – the UK's was one of those in the EU that opposed the current ban on neonicotinoid pesticides. Opinions vary about how harmful 'neonics' are to bees and the



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government thinks they do no harm, but there must be other ways we can protect farmers' crops and/or profits for a while longer until it's clear what the situation is.

The Sedbergh Environmental Network is working on ways to encourage pollinators in the area, including raising wild flowers from seed. To find out more, come to a meeting (first Thursday of the month, 7pm, the Red Lion) or contact us via our Facebook page.

p.s. For more information, go to the Cumbria Wildlife Trust (regular meetings in Sedbergh, or [www.cumbriawildlifetrust.org.uk](http://www.cumbriawildlifetrust.org.uk)), the Royal Horticultural Society ([www.rhs.org.uk](http://www.rhs.org.uk)) and the Pesticide Action Network ([www.pan-uk.org](http://www.pan-uk.org))



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## SEDBERGH COMMUNITY SWIFTS

*Tanya Hoare*

Only two months to go now until our swifts return in May! Last month, on 5th February, we heard from a swift colleague in Israel that his first swift had come back safely to its nest site. Israel is the southernmost country where the Common Swift breeds, and they return there much earlier than this country, arriving in February and leaving in June.

When we were in Israel two years ago for the international swift conference, we were very lucky to have wonderful views of an activity that we'd never seen before – of swifts drinking. Very early one morning we went to Gazelle Valley, an open area with a large lake that is remarkably close to the centre of Jerusalem. Swifts were hurtling around in the sunshine. They swooped down to the water again and again, just skimming the surface to gather a few drops before they once more soared up into the air. It was an amazing sight which we have frequently seen done by swallows but never swifts. It was hard to tear ourselves away.

This year we will be going again to the international conference, this time to be held in Segovia in Spain in May. It's a great opportunity to meet up with all our colleagues and swift experts from all over Europe and beyond.

You may have heard in the press of a BTO report that a swift was seen in Pembrokeshire on New Year's Day. There was even highly unlikely speculation that it had over wintered

here. It had however undoubtedly been blown off course, bearing in mind on that same day in the UK there was a Desert Wheatear (should be in northern Africa), Black-throated Thrush (the Middle East), and Long-billed Dowitcher (Mexico!!). The suggestion was that strong winds from due south may have brought a Plain swift from the Canary Islands. The Plain swift is endemic to the Canary Islands and is only a partial migrant in winter to west Africa.

We give a lot of talks about swifts to all sorts of groups, including RSPB and Wildlife Trusts, WI's and other clubs, not just in Cumbria, but throughout the country. We love to share our enthusiasm and one of the most heartening consequences is when it inspires a new local swift group to start up.

At the annual conference of the national swift group (the Swift Local Network - SLN) in Bristol, I gave a talk on 'Community Projects and Planning'. So I was able to describe all the things we've done in Sedbergh, and the support given by the YDNP planning department.

At the Cumbria Wildlife Trust AGM in October my topic was 'Why "Think Swift" ?' describing what we can do to help these endangered birds. And the icing on the cake was that people in the audience were inspired to set up a new group in Staveley.

Do please get in touch with us for any help or advice or to discuss any ideas.

To contact Sedbergh Community Swifts:

[ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043

## ICELAND VOLCANICITY

*Jackie Hooley*

For our January talk the Sedbergh Support group of Cumbria Wildlife Trust departed from our usual focus on wildlife and instead looked at the fantastic geology of Iceland with Dr Dave McGarvie, a geologist whose research has focussed on the interactions between volcanos and ice.

Starting with a spectacular video of the eruption of Eyjafjallajökull in 2010, Dave took us on a photographic tour of many more weird and unpronounceable volcanos in the beautiful landscapes of Iceland. Volcanos born under icecaps produce some unusual and characteristic rock formations.

Iceland is volcanically active because it lies over a hot spot on the mid-Atlantic Ridge, a divergent tectonic plate boundary which will, over millions of years, split Iceland in two. The island has 30 active volcanic systems, of which 13 have erupted since the settlement of Iceland by the Vikings in AD 874.

The Eyjafjallajökull eruption is the one still remembered because it was relatively long lasting and the fine volcanic ash plume disrupted air travel in northern Europe for several weeks, affecting over 5 million travellers. However this eruption was relatively minor in Icelandic terms. The eruption of Grímsvötn a year later was much larger, but was less reported because it had far less effect on European airspace and caused little disruption outside Iceland. In 1727 an eruption of Öræfajökull was reported to kill 3 people. A previous

eruption of the same volcano in 1362, however, remains Iceland's largest explosive eruption since the island was settled about 1,100 years ago and although this caused local devastation, it appears from archaeological evidence that the local farmers had sufficient warning to evacuate and take their belongings with them.

Dave's career has involved many adventurous field trips to explore and research the geology of Iceland. Eruptions, landslides, unstable surfaces and high winds were frequent hazards. Some of the more dangerous and inaccessible areas can now be explored a little more safely using modern drone

technology. As well as ash, lava and explosive eruptions of large boulders, an eruption will also cause earthquakes and can cause major floods from melting glaciers. Farming communities have learnt to site their farmsteads in protected spots and Icelandic scientists have monitoring equipment throughout the active areas, producing huge amounts of data to learn more about the volcanos and enable them to give advance warning of future eruptions.

On the positive side, the volcanos have produced some spectacular landscapes, with deep crater lakes and impressive mountains making Iceland a popular destination for tourists.

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Groups who would like to run a Coffee Morning  
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## PERSONAL MESSAGES

### HELEN REYNOLDS

'Happy 50th birthday Nannie. Love you lots, Maddie X '

### HELEN REYNOLDS

'Happy 50th birthday mum! Lots of love Hannah and Abbie xxx'

### HELEN REYNOLDS

Happy 50<sup>th</sup> Birthday to the loveliest Nannie. Have a great day. Love you lots. Madeleine xx



## EDITORIAL

Now that meteorological spring has arrived I'm hoping for some dry, balmy spring weather, as, I would guess, some of you are,

This month we are having our Lookaround AGM. Do come along if you would like to express an opinion on how we are doing. I've had various comments ranging from 'you can't see the difference' to 'oh well it wasn't going to be the same'. Of course changes will take place, under Dennis's stewardship Lookaround was changing all the time, and it will continue to do so.

Even in this issue I've rearranged a few things. For example I've moved the credit for the cover photo into the contents section at the front. I felt it was a bit buried in detail in the back, on the diary page. I am very grateful to all of our great photographers who give us permission to use their work, so I've tried to give it a bit more prominence.

*Ed Welti*

## PEOPLE'S HALL HIRE RATES

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| Session      | Z   | A   | B   | C      | D   | All day |
|--------------|-----|-----|-----|--------|-----|---------|
| Local Hirers | £10 | £20 | £20 | £15    | £36 | £90     |
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## **LOOKAROUND DETAILS**

### **LOOKAROUND INFORMATION**

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

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

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

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

### **ARTICLES**

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

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

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

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

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

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### **PUBLICATION DETAILS**

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

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

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

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

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

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

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

### **CHILDREN'S BIRTHDAYS**

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

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

### **LOOKAROUND BY POST**

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

### **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*



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## KEY

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

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| Allotments Association - Dent        | 02/14          | Mrs Owen         | Dent:                       | 25505         |
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| Angling Association                  | 01/09          | Mr Wright        | Dent:                       | 25533         |
| Art Society - Sedbergh               | 04/19          | Mrs Alison       | jen.alison10@gmail.com      |               |
| Badminton - Sedbergh                 | 10/08          | Mr Wheatley      | 07816                       | 437500        |
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| Bell Ringers (StAS)                  | 02/14          | Mrs Sharrocks    | Sed:                        | 20754         |
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| Bowling Club - Sedbergh              | 09/14          | Mrs Killops      | Sed:                        | 20279         |
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| Community Swifts (Sedbergh)          | 03/16          | Mrs Hoare        | 01539                       | 824043        |
| Conservative Association - Sedbergh  | 01/09          | Mr Beck          | Sed:                        | 20336         |
| Cricket Club - Sedbergh              | 02/15          | Mr Hoggarth      | 01539                       | 583793        |
| Cumbria Wildlife Trust               | 01/09          | Mrs Garnett      | Sed:                        | 21138         |
| Dementia Friendly Community          | 10/18          | Dr Ripley        | mylesripley@btinternet.com  |               |
| Dentdale Choir                       | 04/17          | Mr Feltham       | Dent:                       | 25689         |
| Dentdale Head to Foot                | 04/17          | Mr Steele        | Dent:                       | 25054         |
| Dent Meditation Centre               | 09/14          | Mrs Brooke       | 07582                       | 017396        |
| Dent Memorial Hall                   | 01/09          | Mrs McClurg      | Dent                        | 25446         |
| Dentdale Players                     | 01/09          | Mr Duxbury       | Dent                        | 25535         |
| Dog Training - Sedbergh              | 01/09          | Mrs Robertshaw   | Sed:                        | 20316         |
| Sedbergh Environmental Group         | 02/19          | Mr Chapple       | 07891                       | 908025        |
| Farfield Mill Arts & Heritage Centre | 10/18          | Mrs Mowbray      | Sed:                        | 21958         |
| Firbank Church Hall                  | 09/11          | Mr Woof          | Sed:                        | 21343         |
| First Responders - Dent              | 01/09          | Mrs Pilgrim      | Dent:                       | 25589         |
| First Responders - Sedbergh          | 02/15          | Mr Cobb          | Sed:                        | 22541         |
| Football Club - Dent                 | 01/09          | Mrs Mitchell     | Dent:                       | 25432         |
| Football Club Junior - Sedbergh      | 11/17          | Mr Todd          | 07979                       | 569428        |
| Football Club Senior - Sedbergh      | 07/14          | Mr Parkin        | Sed:                        | 20585         |
| Garsdale Village Hall                | 11/16          | Mrs Labbate      | Sed:                        | 22114         |
| Golf Club                            | 12/08          | Mr Gardner       | Sed:                        | 21551         |
| Good Companions - Dent               | 04/16          | Mrs Woof         | Dent:                       | 25212         |
| Grief Share                          | 02/19          | Duty Team Member | 07498                       | 870267        |
| Help Tibet Northern Branch           | 01/09          | Mrs Howarth      | Sed:                        | 20090         |
| History Society                      | 01/09          | Mr Cann          | Sed:                        | 20771         |
| Howgill's Harmony                    | 01/09          | Mr Burbidge      | Sed:                        | 21166         |
| Howgill Harriers                     | 03/17          | Mrs Houghton     | admin@howgillharriers.co.uk |               |
| Howgill Village Hall                 | 01/09          | Mrs Stainton     | Sed:                        | 20665         |
| Kent Lune Trefoil Guild              | 12/13          | Mrs Gilfellon    | 01524                       | 781907        |
| Killington Parish Hall               | 08/13          | Mr Mather        | 015242                      | 76333         |
| Killington Sailing Association       | 10/18          | Dr Ripley        | mylesripley@btinternet.com  |               |
| Labour Supporters Group              | 12/17          | Mr Cross         | Sed:                        | 22566         |

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

\* = Latest Amendments

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

# DIARY OF EVENTS

Dates are held up to 09/03/2021.

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

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

## MARCH 2020

|    |      |                                             |            |
|----|------|---------------------------------------------|------------|
| 01 | 1930 | Appleby Hall Cumbria Film Archive (Oct)     |            |
| 01 | 1930 | Cumbria Film Archive Extracts (7)           | Appleby TH |
| 03 | 1000 | Grief Share (17)                            | CCCN       |
| 03 | 1700 | Senior Citizens Party                       | SSAT       |
| 04 | 930  | Coffee morning Christian Aid                | StAS       |
| 04 | 1000 | Coffee Morning for StAD                     | DMH        |
| 04 | 1200 | Lent Lunches (Feb)                          | StAS       |
| 04 | 1800 | First Responders AGM (55)                   | RR         |
| 04 | 1930 | HS - Thorns, Ribblehead (18)                | StAS       |
| 05 | 1930 | WIHF Mountain rescue                        | HVH        |
| 05 | 1930 | Sedbergh Choral Society "Messiah" (1)       | SS         |
| 06 | 1430 | Womens' World Day of Prayer (Feb)           | StAS       |
| 07 | 1000 | Art Soc - Watercolour landscapes (Oct)      | CCCN       |
| 10 | 1400 | WIK - "over the shop counter"               | PH         |
| 10 | 1930 | Domino Drive                                | FCH        |
| 11 | 1200 | Lent Lunches (Feb)                          | StAS       |
| 11 | 1900 | Climate Conversation - Assembly Room Kendal |            |
| 11 | 1930 | WIS Mutiny on the Bounty and Cumbria        | PH         |
| 12 | 1200 | Sedbergh Lunch Club                         | Dalesman   |
| 12 | 1930 | Parish Council Meeting                      | PH         |
| 13 | 1930 | Spellbound Theatre "Village Voices" (13)    | PH         |
| 14 | 1930 | Spellbound Theatre "Village Voices" (13)    | PH         |
| 17 | 1000 | Grief Share (17)                            | CCCN       |
| 17 | 1400 | Sight Advice - Scams & Fraud                | PH         |
| 17 | 1900 | AGM Lookaround (53)                         | WHC        |
| 18 | 1200 | Lent Lunches (Feb)                          | StAS       |
| 18 | 1930 | HS - Worlds of Adam Sedgwick (18)           | StAS       |
| 19 | 2000 | Sedbergh Orchestra Concert (19)             | StAS       |
| 20 | 1930 | Sedbergh Town Band Dance Concert (20)       | PH         |
| 21 | 1900 | History Society AGM (Oct)                   | StAS       |
| 22 | 1930 | Appleby Concerts - Sacconi String Quartet   |            |
| 23 | 1900 | Community Orchard AGM                       | RR         |
| 24 | 1430 | Wilson Run - Back Lane Loftus Hill          |            |
| 25 | 1200 | Lent Lunches (Feb)                          | StAS       |
| 25 | 1930 | CWT Coast to Coast for "Lost Words"         | StAS       |
| 27 |      | Sedbergh School end of term                 | SS         |
| 27 | 1400 | Age UK Afternoon of dance and song (31)     | PH         |
| 27 | 1930 | Battle of Stalingrad talk (38)              | StAS       |
| 28 | 1000 | DMC Coffee Morning                          | DCS        |
| 29 |      | Super Tens Rugby Tournament                 | SS         |
| 29 | 1330 | Sedbergh Tennis Club AGM (43,29)            | STC        |
| 30 |      | Super Tens Rugby Tournament                 | SS         |
| 30 | 1930 | Mystery at the Mart (49,49)                 | StAS       |
| 31 |      | Sedbergh Businesses Mtg at Three Hares (5)  | StAS       |
| 31 | 1930 | Mystery at the Mart (49,49)                 | StAS       |

## APRIL 2020

|    |      |                                             |      |
|----|------|---------------------------------------------|------|
| 01 | 1200 | Lent Lunches (Feb)                          | StAS |
| 02 | 1000 | Coffee Morning for StAD                     | DMH  |
| 02 | 1930 | WIHF Spring into Spring                     | FCH  |
| 03 |      | Cobweb Orchestra Residential (Feb)          | SS   |
| 03 | 1900 | Parish Supper and Church AGM (13)           | PH   |
| 04 | 1930 | Reflections Concert at Tunstall Church (34) |      |

|    |      |                                        |          |
|----|------|----------------------------------------|----------|
| 05 |      | Cobweb Orchestra Residential (Feb)     | SS       |
| 07 | 1000 | Grief Share (Feb)                      | CCCN     |
| 08 | 1200 | Lent Lunches (Feb)                     | StAS     |
| 08 | 1930 | WIS Theatre by the lake and beyond     | PH       |
| 08 | 1930 | Parish Council Meeting                 | PH       |
| 09 | 1200 | Sedbergh Lunch Club                    | Dalesman |
| 14 | 1400 | WIK - Memories of local old films      | PH       |
| 19 |      | Sedbergh School beginning of term      | SS       |
| 21 | 1000 | Grief Share (Feb)                      | CCCN     |
| 21 | 1400 | Sight Advice - Women in the War        | PH       |
| 22 |      | Sedbergh Medical Centre closed all day | MC       |
| 24 | 1330 | Art Society - Line and Wash (Oct)      | CCCN     |
| 25 | 1000 | DMC Coffee Morning                     | DCS      |
| 25 | 1400 | Sedbergh Spring Show (55)              | PH       |

## MAY 2020

|    |      |                                        |          |
|----|------|----------------------------------------|----------|
| 02 | 1000 | Coffee Morning for StAD                | DMH      |
| 03 | 1930 | Dentdale Choir 'Opera Stars' (46)      | STAD     |
| 05 | 1000 | Grief Share (Feb)                      | CCCN     |
| 07 | 1930 | WIHF The owl sanctuary                 | HVH      |
| 08 | 1100 | Sedbergh VE Day Celebration (55)       | PH       |
| 09 | 1000 | Art Society Painting Day (Oct)         | CCCN     |
| 10 |      | Christian Aid week                     |          |
| 12 | 1400 | WIK - Diane Allen author               | PH       |
| 13 | 930  | Coffee morning Christian Aid (Feb)     | StAS     |
| 13 | 1930 | WIS Resolutions                        | PH       |
| 13 | 1930 | Parish Council Meeting                 | PH       |
| 14 | 1200 | Sedbergh Lunch Club                    | Dalesman |
| 15 | 1845 | BBQ                                    | FCH      |
| 19 | 1000 | Grief Share (Feb)                      | CCCN     |
| 19 | 1400 | Sight Advice - Equipment               | PH       |
| 19 | 1930 | WIHF Group meeting                     | BVH      |
| 20 |      | Sedbergh Medical Centre closed all day | MC       |
| 23 | 1000 | DMC Coffee Morning                     | DCS      |
| 26 |      | Town Twinning Celebrations (Feb)       | Zrecep   |
| 27 |      | Town Twinning Celebrations (Feb)       | Zrecep   |

## JUNE 2020

|    |      |                                              |          |
|----|------|----------------------------------------------|----------|
| 02 | 1000 | Grief Share (Feb)                            | CCCN     |
| 04 | 1930 | WIHF Craft evening                           | FCH      |
| 04 | 2000 | Sedbergh Orchestra Concert (Feb)             | StAS     |
| 06 | 1000 | Coffee Morning for StAD                      | DMH      |
| 06 | 1100 | Sedbergh Orchestra Coffee Concert (Feb)      | StAS     |
| 09 | 1400 | WIK - Lincolnshire childhood                 | PH       |
| 10 |      | WIS Summer outing                            | tba      |
| 10 | 1930 | Parish Council Meeting                       | PH       |
| 11 |      | Sedbergh Medical Centre closed all day       | MC       |
| 11 | 1200 | Sedbergh Lunch Club                          | Dalesman |
| 16 | 1000 | Grief Share (Feb)                            | CCCN     |
| 16 | 1200 | SASL Annual Lunch                            | tba      |
| 20 | 1000 | Art Society Painting Day (Oct)               | CCCN     |
| 26 |      | Zrecep Town Twinning visit to Sedbergh (Feb) |          |
| 27 | 1000 | DMC Coffee Morning                           | DCS      |

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

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

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

# BUS SERVICES

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

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

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

# BUS SERVICES

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

## BUS SERVICES

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

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

### DENT RAILWAY STATION TIMETABLE

*Valid until 14th December 2019*

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

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

# = Runs 3 minutes later on Friday

~ = From Nottingham

## BUS SERVICES

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

Fri = Friday Only

### Lookaround Editorial Team

|                   |                          |               |                               |
|-------------------|--------------------------|---------------|-------------------------------|
| Myles Ripley      | Team Leader and Chairman | Jane Fisher   | Proofreading                  |
| Susa Ellis        | Treasurer                | James Palmer  | Proofreading                  |
| Philip Johns      | Secretary                | Ed Welti      | Compilation and Vice Chairman |
| Tony Durrant      | Proofreading             | Valerie Welti | Advertising Administration    |
| Elspeth Griffiths | Proofreading             |               |                               |

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

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

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

**Rev. A. McMullon Tel: 20018**

*Church Wardens:*

Tony Reed Screen 21081  
& Susan Sharrocks 20754

[www.sedbergh.org.uk/churches/anglican](http://www.sedbergh.org.uk/churches/anglican)

### ROMAN CATHOLIC

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

**Parish Priest Kendal**

**Tel: 015397 20063**

### CORNERSTONE COMMUNITY CHURCH

New Street  
Sunday 10.30

**Rev. David Crouchley Tel: 20329**

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

### SOCIETY OF FRIENDS

#### QUAKERS

Brigflatts  
Sunday 10.30

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

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

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

### CHURCH OF ENGLAND

Cautley & Garsdale

**Rev. Andy McMullon Tel: 20018**

*Church Wardens:*

Cautley: Judith Bush 20058  
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993  
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

Howgill: Helen Hoggarth 20805  
& Pauline Marshall 21651

Killington: Jennifer Thornely 20444  
& John Mather 015242 76333

Dent & Cowgill

**Rev. Andy McMullon Tel: 20018**

**Rev. Christine Brown Tel: 25418**

**Email: christinelucy2014@gmail.com**

### METHODIST CHURCH

Dent; Dent Foot;  
Cautley; Garsdale Street;  
Garsdale Low Smithy; Hawes Junction  
**Rev. David Crouchley Tel: 20329**

### SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday  
**Tel: 28151**

[www.sedberghchristiancentre.co.uk](http://www.sedberghchristiancentre.co.uk)

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal  
Sunday 11.00  
**Amanda Reynolds Tel: 07545 375721**

| Combined plans for Western Dales Mission Community - March 2020                                                      |                  |                                                |                                             |                                                                                             |                                           |                             |
|----------------------------------------------------------------------------------------------------------------------|------------------|------------------------------------------------|---------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------|-----------------------------|
|                                                                                                                      | Time             | 1st                                            | 8 <sup>th</sup>                             | 15 <sup>th</sup>                                                                            | 22 <sup>nd</sup>                          | 29 <sup>th</sup>            |
| St. Andrew's, Sedbergh LA10 5BZ                                                                                      | 8am              | HC-BCP                                         | HC-BCP                                      | HC-BCP                                                                                      | HC-BCP                                    | HC-BCP                      |
| St. Andrew's, Sedbergh LA10 5BZ                                                                                      | 10.30pm          | United Service at Cornerstone or People's Hall | HC                                          | HC                                                                                          | Family Service<br>Mothering Sunday        | HC                          |
| Cornerstone Community Church, Sedbergh LA10 5AF                                                                      | 10.30am          | United Service at Cornerstone or People's Hall | Service                                     | Service<br>Messy Church 4pm                                                                 | Service<br>Mothering Sunday               | Service                     |
| People's Hall Sedbergh LA10 5DQ                                                                                      | 10.30am          | People's Hall Service                          |                                             |                                                                                             |                                           |                             |
| St. Mark's, Cautley LA10 5LZ                                                                                         |                  | 2.30pm HC                                      | 9.30am Morning Prayer Northumbria Community | At Sedbergh                                                                                 | 2.30pm Prayer & Meditation                | 11.30am United Service      |
| Cautley Methodist Chapel LA10 5LY                                                                                    | 11am             | Service                                        | Service                                     | Songs of Praise                                                                             | Sacrament                                 | United Service at St Mark's |
| St. John's, Garsdale LA10                                                                                            | 10am             | United Service HCx                             | At Low Smithy United Service 2pm            | At Street Chapel United Service 6.30pm                                                      | United Service At St John's 10am          | Service of the Word         |
| Garsdale Low Smithy Methodist Chapel LA10 5PF                                                                        | 2pm              | At St John's United Service                    | United Service                              | At Street Chapel United Service                                                             | United Service at St John's 10am          | At Street Chapel            |
| Garsdale Street Methodist Chapel LA10 5PQ                                                                            | 6.30pm           | At St John's United Service                    | At Low Smithy United Service                | United Service                                                                              | United Service at St John's 10am          | Sacrament                   |
| All Saints, Killington LA6 2HA                                                                                       | 2.00pm           | At Sedbergh                                    | At Sedbergh                                 | 2.00pm HC                                                                                   | At Howgill                                | At Sedbergh                 |
| Holy Trinity Howgill LA10 5JD                                                                                        | 10.30am          | At Sedbergh                                    | At Sedbergh                                 | At Killington                                                                               | 2.00pm HC                                 | At Sedbergh                 |
| St. John's Firbank LA10 5EF                                                                                          | 10.30am          | At Sedbergh                                    | At Sedbergh                                 | At Killington                                                                               | At Howgill                                | Service 2pm                 |
| St. Andrew's, Dent LA10 5QL                                                                                          | 10.30am          | HC                                             | HC                                          | HC                                                                                          | HC                                        | HC                          |
| St. John's, Cowgill LA10 5RJ                                                                                         |                  | 9am Service                                    | At Dent                                     | At Dent                                                                                     | United Service 2.30pm Mothering Sund.     | At Dent                     |
| Dentdale Methodist Chapel LA10 5QJ                                                                                   | 2pm              | Service                                        | Chapel Anniversary                          | Service                                                                                     | United Service at Cowgill Mothering Sund. | Service                     |
| Dent Foot Methodist Chapel LA10                                                                                      | 2pm              | At Dentdale                                    | At Dentdale                                 | At Dentdale                                                                                 | At Dentdale                               | At Dentdale                 |
|                                                                                                                      | <b>Wednesday</b> | <b>4<sup>th</sup></b>                          | <b>11<sup>th</sup></b>                      | <b>18<sup>th</sup></b>                                                                      | <b>25<sup>th</sup></b>                    |                             |
| St. Andrew's, Sedbergh LA10 5BZ                                                                                      | 11.15am          | HC-BCP                                         | HC-BCP                                      | HC-BCP                                                                                      | HC-BCP                                    |                             |
| HC- Holy Communion (HCx- Extended Communion)<br>SW- Service of the Word<br>FS- Family Service<br>HS- Healing service |                  |                                                |                                             | Ec- Ecumenical<br>CM- Choral Matins (BCP)<br>P&M- Prayer & Meditation<br>EP- Evening Prayer |                                           |                             |

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

## Option 1 - 24hr Prescription line

## Surgery and Dispensary Opening Hours

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

## Doctors Clinics

Monday – Friday

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

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

## Dent Surgery

**Monday by appointment only**

## Practice Nurses Clinics

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

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

Dressings Clinic – Friday afternoons  
**(By appointment only)**

## Blood clinic

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

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

See our website  
[www.sedberghmp.nhs.uk](http://www.sedberghmp.nhs.uk)  
for further details

## Bridging the Gap

*First Monday - 1400 - 1600*  
Mrs Colpus 01228 595937

## Location of Public Defibrillators

72 Main Street

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

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

## POLICE

101 or 999

Crimestoppers 0800 555 111

## Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

## DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

## SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

## DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

## SEDBERGH & DISTRICT INFORMATION CENTRE

*for resident & visitor information*

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125/20504

[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

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

## VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 \*

1400 - 1500 \*

Other times by appointment only \*

## PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

## POST OFFICE

Main Street - Phone 20406

Wednesday

Last Page Update:

March 2019