

Sedbergh & District **LOOKAROUND**

April 2018

Issue 364

Donation £1

There is a progress report for Lookaround Editorial Team which appears on Page 68. Anyone wishing to assist in any way can do so by making contact.

There are lots of events on in the

area but not a lot appearing within our pages. This is a shame as the events are not getting the support they need and people are missing out too. Answer? I have no idea!

Dennis & Jacky Whicker



DAFFODILS AT WHELPRISSG
Whelprigg House, Barbon (LA6 2LF)

Saturday 7th April
1.00 - 4.30 pm
in aid of
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Sunday 8th April
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CLOSING DATE: 15th of every month for everything
S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

Articles

Advertising Rates	93
Bed & Breakfast	84
Bus Time Tables	88
Diary of Events	94
Editorial and Information	78
Groups	86
Personal Messages	78
Places of Interest	85
Puzzles	80
Religious Information	92
Regular Meetings	85
Useful Telephone Numbers	4
Alzheimer's	58
Artisan Markets	28
Bowling Club	47
Christian Aid	23
Churches Together	61
Citizens Advice	47
Community Officer Report	77
Community Swifts	39
Councillors Corner	12
CWT Return of the Otter	37
Daffodils an Whelprigg	41
Family Musings	71
Farfield Mill	65
First Response?	29
Frankie Cowin Memorial	47
Gardening	39
History Society Andy Lowe	30
History Society Visits	32
Ladies Netball	46
Ladies NFU	50
Lookaround Editorial Team	68
Meals on Wheels	43
Meditation Centre Dent	49
neighbourhoodalert Doorstop Sellers	72
neighbourhoodalert Phone Fraud	71
Parish Council Garsdale	7
Parish Council Sedbergh	6
Playgroup	15
Red Squirrel Group	39
Rev E P E Long	24
Ride2Stride Festival	44
Rose Community Theatre	67
Sedbergh Orchestra	68
Sedbergh School News	18
Seggs	46
Settlebeck News	16
Snow Snow Thick Thick Snow	42
South Lakeland Age UK	63
St Andrews Friends	62
Staveley Amateur Operatic Society	33
Swimming Club	4
Tim Farron MP	10
Walking & Cycling Group	44
Weather	35
Western Dales Bus	48
WI Dentdale	55
WI Killington	50
WI Sedbergh	53
Wordsworth Trust	15
YDNP Birds of Prey	73
YDNP Have Your Say	75
YDNP Upland Farmers	76

Business Adverts

A1 Audio	11	Killington Marquees	51
Able Memorials Stonemason	6	Lakes Scaffolding	54
Al Forno Italian Restaurant	56	Laura's Loom	47
Andrew Allan Video Transfer	19	LS Pressure Washing	55
Backyard Blooms	12	Malcolm Sedgwick Carpenter	25
Bakes & Balls	8	Mark Barker Gardener	62
Bingo Bus	10	Market Place	74
Bonney Brides Photography	39	MB Designs Decorator	19
Brian Goad Funeral Services	7	McGarry Solicitors	20
British Legion	53	Medical Centre	19
Byroms Furnishers	65	Medical Centre	76
Capstick Insurance Agent	22	Meditation Centre Events	15
Carl Berry Window Cleaner	51	MK Conversions Builders	30
Cherry Stainton JCB Hire	16	Nicky Ross Plumber	27
Churchmouse Café	59	No. 6 Finkle Street Lifestyle Store	50
Cobble Country Estate Agent	13	Parkin & Jackson - Kevin Bateman	7
Cross Keys Hotel	38	Paul Hoggarth Builder	21
Cumbria Stoves	69	Paul Tuson Joinery *	8
Dalton Burial Ground	7	People's Hall	53
Daphne Jackson Osteopath	39	Peter Woof Electrician	18
Dawsons Coal Yard	17	Philip Horner Fencer	31
Derek Hayes Gardener	43	Photographers	73
Duncan Law Plumber	33	Red Squirrel Group	61
Edwin Middleton Carpenter	25	Richard Hoggarth Builder	41
Fairbank Society Residential Home	11	Robert Powell Web Design	4
Farfield Mill	5	Rosemary Lewes Accountant	35
First4Homes Improvements	52	Ryan Simpson Septic Tanks & Skips	72
G J Baines & Son Builders	64	Sedbergh School	48
Gardner MacKenzie Plumbers	36	Sheila Shuttleworth Dressmaker	68
Garsdale Design Architects	23	Silver Workshop	16
Gary Allan Metalworker	51	Simon Parkin Carpet Cleaning	25
Gavin Charlesworth Wood Supplier	32	Smart Office Stationery	46
Graham Milburn Weed Control	42	Stefan Kliszat Decorator	12
Graham Moore Chimney Sweep	5	Stephenson & Wilson Builders	11
H&M Craftsmen	33	Steve Hopps Handyman	59
Haddock Paddock Fish & Chips	16	Stobars Hall Care Home	37
Hayton & Winkley Solicitors	26	Stramongate Printers	66
Helping Hand	63	TDS Tiling	61
History Society		Temptations Craft Boutique	23
House Clearances	71	Three Hares Café	57
Howgill Upholstery	53	Tilk Wilkinson Builder	21
Ian Higginbotham Decorator	45	Tooby Electricals	24
J R Hopper Estate Agent	40	Treadwell Flooring	67
James Palmer Cycle Repairs Feb & April	4	Valerie Hinde Architect	34
JHS Joinery	49	W Milburn & Sons Builders	41
Josephine Lade Orthopaedic	21	Wes Brewer Firewood	60
Jude Jackson Music Teacher	70	Westmorland Veterinary Group	42
June Parker Acupuncture	62	Windermere Windows	44
Kay Whittle Chiropodist	31	Yoga in Sedbergh	18
Keith Moorby Accountant	37	Yvonne Cervetti Massage	34

Events & Miscellaneous

Artisan Markets	28
British Legion	53
Cleaner Wanted	8
Coffee Mornings	4
Daffodils @ Whelprigg	1
Farfield Mill	5
Medical Centre	19
Meditation Centre Events	15
Spring Concert	29
Western Dales Bus Cleaner Wanted	9
Yoga	18
May Care of the Bereaved	45
May Promise Auction	58



Service - Wheel building - Repairs

James Palmer

015396 21615 ~ 07887780629

SWIMMING CLUB TIMES

Tuesdays

6.30 - 7.30pm children's lessons,
7.30 - 8.00pm training squad,
8.00 - 9.00pm adult swim

Thursdays

6.30 - 7.30pm children's lessons,
7.30 - 8.00pm open swim children
and adults,
8.00 - 8.30pm adults only

Saturdays

10.00 - 11.00am open swim, including
Parent & Toddler Group

Need a new Website?

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Robert Powell

015396 20482

07971 500825

www.robpowell.co.uk

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April

4th Garsdale Village Hall

11th St John's Hospice

18th St Andrew's Missions

25th North West Cancer

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101

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Yorkshire Dale National Park

0300 456 0030

If you would like to see any numbers listed here,
please let us know.

April Birthdays		
Day	Name	Age
4	Kyla DODD #	5
4	Emily STANLEY	8
8	Zara KELLY #	2
8	James DAWSON	5
8	Connor THORNLEY	11
13	Edward JERMY	11
16	Ellen METCALFE	7
18	Jasmine SEN	10
22	Myles STAINTON #	11
23	Woody LONGFELLOW	5
23	Zak HALL #	11
27	Scott LAWSON	11

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11th April - 20th May



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SEDBERGH PARISH COUNCIL

Janey Hassam

Clerk to the Council

This report covers items from the Parish Council meeting on the 8th March 2018. The next meeting is on Thursday 12th April at 7.30pm in the Committee Room, The People's Hall, Howgill Lane, Sedbergh.

THE ANNUAL MEETING OF THE PARISH COUNCIL WILL BE HELD ON THURSDAY 10th MAY 2018 (INC ANNUAL FORMALITIES OF THE PARISH COUNCIL)

THE ANNUAL MEETING OF THE PARISH WILL BE HELD ON TUESDAY 15TH MAY 2018, AN OPPORTUNITY TO COME AND MEET YOUR NEW PARISH COUNCIL FOLLOWING NOTICE OF

ELECTIONS (AND POTENTIAL ELECTION) ON 3rd MAY 2018

Maryfell play park

Members were updated on current and proposed grant applications for the planned improvement works at Maryfell play park, with circa £40,000 now raised/pledged. Members hope to receive updates on outstanding Grant applications following Easter. Whilst it is appreciated that the fund raising is a lengthy process, the Council are hopeful for works to commence in late 2018/early 2019.

Other matters

Various other matters were discussed, including: A grant applications for Sedbergh in Bloom - £250 awarded and Sedbergh & District Broadband Funding Group -

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£750 awarded; the refurbishment of the Tennis Courts at Guldrey; the Bowling Green wall repairs; Planning Applications, the proposed catch pit/inspection chamber at Guldrey; the decision to not proceed further with a Grant Application to the HLF grant for the Queen's Garden and the newly established Sedbergh Economic Partnership Board

Please note that members of the public are invited to our monthly Meetings where, as always, they are

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able to comment or ask questions. Public Participation is now at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend from 7.30pm.

If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at
clerk@sedberghparishcouncil.org.uk

Please also note that a full reference copy of all documents relating to

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BOUGH TO THE INEVITABLE

Philip Johns

The Official Bit:

The latest meeting of Garsdale Parish Council was quite lengthy. Amanda Coleman, our local Community Officer was in attendance, and ways of curbing the reckless biking behaviour of the small number of bikers who wreak havoc over fine weather weekends, were discussed. Inevitably, it all came down to lack of resources, but Amanda promised to try to provide as

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much police presence as possible.
Failing that, she suggested putting a
series of life-size cut-outs of
policemen along the dale.

B4RN was inching ever so much
closer and the council was asked for
permission to allow for the installation
of an external cabinet at the village
hall and to sign wayleaves for any
parish council held land. Both were
agreed. All the councillors, along with
the district councillors, are up for
election on May 3rd and, as clerk, was
able to guide them through the
t tortuous process of nominations.
Anyone living in Garsdale with an
entry on the electoral list, is over 18
and has a clean past for at least 5
years, may stand for election to the

parish council and if there is an
interest, please contact me.
However, the cut-off time is 4.00pm
April 6th. Our roads, as ever,
provided much discussion. Our
'temporary' traffic lights are still
permanent and with no Highways'
workers in sight. Some good news is
that Highways have recognised that
The Old Road and the road through
Grisedale are in a parlous state and
require major works. As always,
there is no money to pay for this, but
some temporary repairs will be
instigated on the worst sections, that
is if they can find any workmen. Our
next meeting will be our Parish
Meeting on Thursday May 17th at
7.00pm in the fully refurbished village

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hall, where council will report on the progress made this year and where the residents can bring forward any topic they deem suitable. It will be good to see a large turnout.

Clerk: Philip Johns, Bens Bridge End, Garsdale LA10 5PH 015396 22170

ps.johns@btinternet.com

www.garsdaleparishcouncil.com

The Unofficial Bit:

Storm Emma duly swept through the dale at the end of February, dumping copious quantities of snow and bringing ferocious easterly winds and sub-zero temperatures. Our local hero, Councillor Dave Labbate, battled courageously night and day, trying to keep the roads clear. There

he was, out in his trusty yellow steed, ploughing away and chucking sand and grit to all corners. However, even Superhero Dave could do nothing when he came across a mighty bough that had broken off a tree in the fierce winds and was completely blocking the road near Whitbeck. Undaunted, he whipped out his mobile and phoned Cumbria County Council straight away. He explained the situation that the road was impassable, and a team needed to be sent immediately with cutting equipment. He was met with an emphatic "eh?". Patiently, he explained in simple terms that if there was an emergency then as there was no other access, any emergency

vehicles wouldn't be able to get through. "Err, I don't know what to do..." was the response. Realising the hopelessness of the situation, he rounded up some local help who were able to cut up the offending bough, move it into a field and re-open the road. Many, many thanks go to Dave along with Steve, John, Jodie and Eddie. To end it all, an email was sent out from CCC to the parish council asking if a letter could be sent to the land owner stating that he/she/they would be liable for any further damage caused to the road as the offending tree was on private property. They couldn't send out such a letter as they had no idea who the landowner was!

Inevitably, you may say that CCC

have been pathetic in the extreme, but I couldn't possibly comment.

TIM FARRON MP

Firstly thanks to everyone that came along to my "Town Hall" meeting in the People's Hall in Sedbergh last month. From now on I want to do these type of sessions every month in different places around the constituency. We already have them booked in through to August and are looking for dates to get back to Sedbergh as soon as we can.

The idea of these sessions is for me to take a couple of minutes to tell you what I have been up to but mainly they are to get anyone who comes along to tell me what they think about more or less anything they care

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about. They are a bit like the Summer Tour I have been doing every year since I was first elected and that many of you have been kind enough to support by coming along to and saying "hi". As ever the Sedbergh one was an interesting evening and I really look forward to being up in your part of the world again before too long.

I took the opportunity of being in your neck of the woods to also get out with our candidates for the district council elections in May and knock on a few doors to listen to people's views on the issues that matter to them. So even failing to make it along to the Town Hall session didn't mean you escaped as there was every chance

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Tom Wilson
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07790 946578

you had me knocking on your door and asking how things were going. It's been a bit of a successful month on the health care front. A couple of the campaigns we have been running have been successful. I think the most important success has been in the campaign I wrote about in Lookaround last month. You will be pleased to hear that the Health Bosses have buckled under our pressure and agreed to improve the mental health care provided to young people in this area. In particular they have agreed that young people will be able to access mental health care outside the limited 9 – 5, Monday to Friday time when it is available to them now. They have agreed to find

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the necessary funding and they are currently recruiting the extra people needed to ensure that young people in our part of the county can get out of hours treatment exactly the same as those in the North of Cumbria. All of you who signed my petition after reading about this in Lookaround should feel really proud of yourselves. Your efforts really worked.

The other news on the health front has been the agreement to upgrade the Primary Care Assessment Service at the hospital in Kendal to an Urgent Care Centre. This is not such a massive move on in terms of the service provided but it is a definite step in the right direction and should mean that fewer of us need to travel all the way to the A&E service at the

hospital in Lancaster. This is great not just for those of us who use Kendal Hospital but also those who use Lancaster Hospital as that has been massively over stretched of late.

As ever if I can help you with any issues and you don't want to rely on waiting for me to come knocking on your door please drop me a line at tim@timfarron.co.uk or by calling us on 01539 723403.

Thanks for your support
Tim.



COUNCILLORS CORNER

Kevin Lancaster

On 27 February I had the honour of presenting the opposition response to the budget proposals for South Lakeland district. It might seem like a

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thankless task but at least four of the proposals I made in 2017 had been silently incorporated in the controlling group's budget for this year. None of them denied that without these inclusions they would have been nowhere near presenting a lawful budget this year. In a less acrimonious budget meeting than some years they pushed through an increase of £5 per Band D property – the going rate and very near the top of what was lawful. Sincerely as shadow Finance Portfolioholder I know we could have managed with a much smaller increase, and would have done. It is telling that Conservative controlled Eden produced a no increase budget and promised the same for the next two or

three years.

There have been heavier snowfalls, longer snowfalls and later snowfalls but I guess we were all taken a little bit by surprise by "The Beast from the East". I knew I wouldn't get back up Fellgate Lane from the council budget meeting but I wasn't expecting not to make it up Dowbiggin Lane. The blowing from about 3 pm to 10pm on the Thursday was as bad as I have ever seen it – thank goodness it didn't last longer. However it was long enough to block the north south sections of my lane, Dowbiggin Lane and no doubt many others.

Today we have had our monthly South Lakeland Site Visits tour. Although it makes for a long day for those of us who have work in the real



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world I try not to miss them. Today we went from Kendal to Kirkby Lonsdale, Carmel, Cark, Grange, back to Kendal and several places in between – all for plans to be considered at next week's planning committee – that is going to be an even longer day. It is the heart of the work of a district councillor and of vital concern to those individuals and businesses affected. It helps that we have a South Lakeland local development plan that we are mainly content with. It was very different when I was first on Yorkshire Dales where many of us had real unease with the then local plan. It is significant that virtually all of our worries with that policy have been totally vindicated.

Cautley and Dowbiggin B4RN is proceeding rapidly and we now have some of the wayleave agreements written and a few even signed. After lambing time we will be in a position to begin on the physical work. I am

really looking forward to this as my involvement with projects in the past has ended when the planning has ended. What progress we make will depend totally on the weather.

As you know there are all out elections for South Lakeland on May 3 and I will be standing for re-election. It has been a pleasure working with Mel Mackie over the last three years and I thank him for all his support. I wish Mel and May all the best for the future.

If you have any problems please contact either me or Mel.

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

District Councillor Mel Mackie Beech Cottage, High Casterton, Via CARNFORTH, Lancashire LA6 2SD
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07957868256
email mel.mac@uwclub.net



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SEDBERGH PLAYGROUP

Joanne Kitchen

Sedbergh Playgroup is open 5 mornings, Monday - Friday and 3 afternoons, Tuesday - Thursday during term time. All themes and activities follow the Early Years Foundation Stage and children learn through lots of indoor and outdoor play and exploration, including arts and crafts, construction, imaginative play, sand and water play and visits to local places of interest including the Fire Station.

If your child has their 2nd, 3rd or 4th birthday between 1st September 2018 and 31st August 2019 and you would like them to attend Playgroup, please contact Joanne Kitchen on 07785 743837 or 20826.

We are based in the Children's Centre at Settlebeck and would love to see you – please drop in at anytime to come and see what we do. Look at the exciting things we do on

our Facebook page.

Please also get in touch if you require more information about the new 30 hours free funding when your child turns 3 and how you can split it between providers. We can be flexible to your child's needs, please come and speak to us.

We will be holding an 'Open Day' on Saturday 28th April, 10am-2pm. Pop in between these times and see what we are all about and look around our amazing building and facilities.

WORDSWORTH TRUST

Hannah Clarke

Various activities are being staged at Sedbergh Library on Friday 13th April of which everyone is invited to these sessions which are free.



THE MEDITATION CENTRE
be still • be inspired • be free

PROGRAMME FOR APRIL 2018

Saturday 7th 10.30am-3.30pm
SPIRITUAL RETREAT DAY WITH CELTIC HARP

Sunday 15th 11am-1pm
RAINBOW CHAKRA GONG BATH

Sunday 22nd 11am-1pm
GROUP MEDITATION
DROP-IN ALL WELCOME

For more information
e-mail meditationcentrteam@gmail.com
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The Meditation Centre, Dent, Cumbria LA10 5QR
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The Easter Holiday Workshops from the Wordsworth Trust will run from 2pm-3pm Rucksack of Rhymes Mother Nature for children aged 6 months to 5 years. Singing and stories followed by playtime and crafts.

3pm-4pm Mother Nature and the Environment Craft and Poetry – Children aged 3+.

Explore William Wordsworth's poems and philosophy on nature then create bug homes and craft animals



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The Silver Workshop & Gallery Sedbergh Cumbria

Both sessions are FREE and you are welcome to attend both. Booking is essential as space is limited by calling in or ringing 015396 20186. ☺

SETTLEBECK NEWS

Juliet Proctor

On 6th March over 60 of our local Senior Citizens were treated to dinner and entertainment provided by the students and staff of Settlebeck School.

The Haddock Paddock

Takeaway & Café

015396 20468

f acebook us - The Haddock Paddock



Every Monday - Fish & Chips £4.50

Every Wednesday - Jumbo Sausage £2.50

The three-course meal was prepared by GCSE Catering students, aided by Mrs Waring and her husband who is a lecturer in Catering at Kendal College, and consisted of butternut squash soup with homemade parmesan bread, chicken with haggis bonbons, carrots, potato puree and pea puree and for dessert a choice of sticky toffee pudding or lemon mousse with shortbread biscuits. After the meal, entertainment was provided by drama students from across all years, the school band and the singing group. There was also a very popular free raffle.

All who attended agreed that the food was restaurant quality standard,



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Cautley
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LA10 5LZ

**Site Clearance
Land Drainage
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and everybody agreed that this was one of the most successful events of this type at Settlebeck to date.

From 11th to 18th of February 2018, students from Settlebeck and the town of Zreče met for the tenth time. We enjoyed a great range of activities during our week in Slovenia.

MONDAY We started with icebreaking and socialising games which helped us to get to know each other and remember everybody's names. Then we had an activity similar to speed dating but we had to talk about certain topics. After lunch we did a short walk in extremely deep snow, which ended up being a massive snowball fight. We ended the day by talking about our hopes, fears and expectations.

TUESDAY We began by visiting the primary school in Zreče. We saw a traditional dance performed by the Kureti (as it was Shrove Tuesday); we even participated in a costume competition! Despite all 3 judges rejecting the bribe, we still won. After lunch at the school, everyone set out to explore Zreče. Later we went to the spa where many of the students went into the heated pool and freezing pool. 'It was so cold I could barely breath!' exclaimed Millie and it was certainly an experience never to forget.

WEDNESDAY We went skiing, many of us for the first time, whilst the Slovenians seemed to be professionals! We visited the Frankolovo Crime Museum, where



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we learnt about the World War II history of Slovenia and the fight to keep the language and country during the invasion. We heard about the 99 people that were hung on apple trees and the one person shot in this place.

THURSDAY Today we headed to Ljubljana. We visited Predjama Castle and learnt that Erasmus Predjamski, who was the first occupier of the castle, unfortunately died on the toilet during a siege. Following this, we went to Postonja Cave; we learned about some of the oldest stalagmites and stalactites. We also found out what it is like to be in total darkness in the cave for a few seconds, which some of us found very scary but managed to overcome our fears of the dark. To top it all off,

we went into Ljubljana (the capital) and bought presents for our families.

FRIDAY Another busy day - both the English and Slovenian students went skiing and sledging at Rogla followed by climbing and socialising games.

SATURDAY This was our last full day with our new Slovenian friends and we finished with a great disco to celebrate our week together.

SUNDAY After our fun-filled week, we packed our bags and said a truly sorrowful goodbye. Strong friendships have been made & we have already made plans to keep in touch. ☺

SEDBERGH SCHOOL NEWS

Karen BL

Events

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the Sedbergh Community far and wide, the Governors have been able to commit to developing the Fitness Suite and Hospitality areas which were to be Phases 2 and 3 of the Hirst Centre. This support has enabled saving of bringing the contractors back in the future with the extra cost and upheaval. Further financial support is being sought to outfit the Fitness Suite with state of the art equipment which will be available for use by the whole Community. The reason that the grass roof has a gap between the hill and the roof is the danger of pupils (and others) running up onto the roof with its steep drops at the other side. Work has started on the

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refurbishment of the Bull which will resurrect as the Black Bull. It will have 20 bedrooms and will be run by James and Nina from the Three Hares. It is scheduled to open in July. If this project is to be a success it will need the wholehearted support of the local community and will be a major asset for the Town.

The Chairman of the Governors on behalf of Sedbergh School International Ltd signed a contract with the Rong Qiao Group in Fuzhou China in November to support the development and operation of the Rong Qiao Sedbergh School in Fuhou. In particular Sedbergh School International Ltd will provide guidance on the provision of boarding school education for children aged 6 onwards. There are vacancies for Kindergarten, Primary school, Music, Art and PE teachers, and Head Academics of Primary School (see <http://amcteacher.co.uk>). The prep school and kindergarten are due to open in September 2018 with a roll of 320, but when the senior school opens the total capacity will be 2,700 on a site of 12 hectares. It will be a full boarding school for ages 3 to 18

and will be divided into Houses of about 70 pupils which will carry the familiar names such as Winder, Cautley, Lupton and Hart. The pupils will also be taught rugby!

A team of four won the Plate competition in the North West regional round of the National Schools Quiz Challenge.

The School was visited on 19th February by UK Boarding Schools who reported "a true boarding school with a healthy competitive house system".

The Prep School years 6 and 7 gave two performances of *The Amazing Maurice and his Educated Rodents*.

The Archbishop of York visited the School and spoke about suffering.

The Prep School are collecting ring

pulls from soft drinks to support families in the slums of the Philippines.

Music

Although strictly speaking it was nothing to do with the School except that it took place in the chapel, the concert given by Encore Opera was superb – and unfortunately very poorly attended.

There was a Teatime concert on Monday 12th March at which recordings were made of those sitting GCSE. It was also disappointingly not well attended, which was a pity as some of the School's future stars play at these concerts.

There was to have been a Choral Society performance at a concert in Lancaster Town Hall but the whole

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concert was cancelled.

Ed Gray from the Prep School won a music Scholarship to the Senior School.

Academic

Jack Roper and Chloe Vigneron were accepted on the work experience program at the Duke's Theatre to work with the Director and Cast on the nationally award winning show in Williamson Park.

Max Armitage from the Prep School won a Scholarship to the senior

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school.

Sport

James Griffin (year 9) represented Cumbria in the U18 inter county tennis challenge cup this year and won four of his six games. He had just turned fourteen.

During the snowy week many games had to be cancelled, including the Sedbergh U14 Sevens tournament, Hockey v Austin Friars, squash v Barnard Castle, Stockport

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netball and Durham Sevens. The North of England U18 and the Ampleforth Sevens and the Bradford GS Swimming Gala were also cancelled. The National Schools Lacrosse Finals were postponed and the Investec Girls School Hockey finals as well as the NorthWest U16 and U18 Finals. Perhaps most important of all the second round of the hard fought inter-House rugby had to be put off. However the snow did not stop many runs over the fells, including the Wilson Run qualifier

At the Prep School, the cross country runners took all of the team medals at the Catteral Shield at Giggleswick and brought home 5 individual medals.

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A good deal of the term has been taken up by the fiercely fought House rugby competition. The Senior cup was won by Evans.

Carwyn Tuipulotu (aged 16) was picked by Wales for their U18 squad to go to Scotland. He was born in Wales with a Tongan background. He is 6ft 1in and weighs more than 17 stone. James Botham was named in the U20 team for Wales to play Italy.

The Prep School Equestrian Team had a day's training by Alex Hua Tian, China's top Olympic Event Rider and Sarah Higgins, top Grand Prix Dressage Riders.

Ben Redshaw won a sports Scholarship to the Senior School from the Prep.

Fraser Sproul came 16th in the inter

-counties cross country – in an age group a year ahead of him.

Twelve boys and twelve girls took part in the Midlands and North Independent Schools Cross Country Championships at Oundle School and the South East Schools championships at Harrow School. The Boys' and Girls' teams both won both events as well as individual placings

The Ten Mile relays took place on Monday 12th March with Robertson winning the Girls' race and School House won the Boys' race.

The pre-Prep children were able to take part in an away sporting fixture to their great excitement, when the school took part in the Hunters Hall cross country relays. The U9 and U11

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Girls, and U11 Boys all won their relays.

Future Events

The summer term starts on 18th April.

It is hoped that the Black Bull and the Hirst Centre will be opened at the beginning of July.

There has been a change in respect of Speech Day this year. It will no longer be on the first day of the Summer Half Term break (26th May), which will now only be the Sports Day. Speech Day will be held at the end of term on 7th July.

There will be a series of Teatime Concerts in the summer term, mainly to give the GCSE pupils a chance to perform before an audience and record their exam pieces, but others

will take part too. All are welcome and there is always a good tea!

This year's Pilgrimage by the Old Sedberghian Club to the WW1 battlefields and cemeteries will be from 18th to 21st October, and will be to Mons and Ypres.

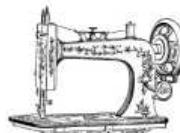


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SEDBERGH & DISTRICT CHRISTIAN AID

Rev Anne Pitt

The committee would like to thank all who braved the chilly weather to support our March Coffee Morning which after room hire expenses totaled £179. Our next fund raising efforts will be during Christian Aid Week in May - more in May's edition.

We would also like to express our sadness at the loss of our long time supporter the Revd Dr Bill Long who was such a stalwart in his generosity to the charity in both prayer and finance even to his final donation from his funeral service. RIP and RIG (Rise in Glory)



REV. E. P. E. LONG

Robin Davey

Bill was born at Sydenham, Kent and grew up in Liverpool where his father became Chief Warehouse Manager with the Mersey Docks and Harbours. He attended Rock Ferry High School and, from 1932 -36 studied at Liverpool University, going on to receive a Research M.A. award in 1938. He then went to the University of Paris to work for a doctorate. In September 1939, as war broke out, Bill and his fiancée Helen Prenter, who was teaching French at the British Institute, tried to escape, on foot. They got as far as a village near Chartres, when, exhausted and mistaken by farmers for German spies, they were taken to the police

station. An officer looked at their passports and wished them "Bonne chance". After a month of walking, and sleeping in barns, one night hearing tanks and German voices, they returned to their separate digs in Paris. Bill was soon arrested and spent two months in the prison at Fresnes, soon to become infamous as Gestapo headquarters. Helen was appointed by a Professor of English at the Sorbonne to a lectureship there, an act of considerable courage on the part the professor. After two months Bill was transferred to a barracks, dating from the Napoleonic era, at St Denis, a suburb of Paris, in view of the abbey church. In December 1940 women with British passports were arrested and

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transported to Besancon, not far from the Swiss border. Their letters were read by a sympathetic German censor and they were eventually allowed to marry in Besancon, in February 1941. They had to return to their camps and Bill remained in St Denis for sixteen months before some of those prisoners whose wives were in Besancon, including Bill, were allowed to join them. They were sent to married quarters at Vittel, a spa town. Having a room of their own, Bill was able to set about completing his doctoral thesis. Here, in July 1943, their baby son, Robin Hugh, was born.

In March 1944, Bill was given permission to travel by train to Paris

for his final, verbal, examination. He told of the strangeness of sharing a waiting room at Nancy with German officers. When he reached Paris he was stopped in the street by a German in plain clothes and a French police agent, who were incredulous to discover that he was English. But his papers were in order and he was able to proceed to the University where, after a gruelling three hour verbal examination he was awarded the "Doctorat de l'Universite de Paris, avec Mention Tres Honorable".

Bill and his family were liberated on 10th July 1944 and travelled by train, which took twelve days to reach the Spanish border. At one station they heard an air-raid siren and were



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ordered off the train, when allied planes bombed the station and sprayed the ground with machine gun fire. They hid at the side of a field, the corn set on fire by the bullets only a few yards away. Eventually they reached Lisbon and after a few days there they boarded a Swedish ship, painted white to signify neutrality. Exactly a month after leaving Vittel, and following four years of profound anxiety, they sailed into Liverpool harbour to the cheers of office workers on a ferry. They had learned from the local newspaper of the ship's imminent arrival.

Helen's brother-in-law, Kenneth Anderson, was teaching music at Sedbergh School, and through this connection, after a brief telephone

interview with the Headmaster, Bill was appointed to join the staff in September. He taught French, German, Senior English Literature and Religious Studies. Among those pupils who were such a pleasure to teach, and kept in touch with Bill, were Tom Bingham, later Lord Chief Justice, and John Arden, playwright, who inscribed copies of their books to him, and Robert Rhodes James, M.P., biographer and historian, and Christopher Bland, later chairman of the BBC.

Early in 1947 Bill and Helen sought a change in their lives and Bill was appointed to a lectureship at Newcastle University, for the following September. But in July Robin Hugh was taken ill on his fourth birthday



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and died the following day. After an unhappy and unsettled year at Newcastle, Bill and Helen were welcomed back to Sedbergh School. In 1969 Bill changed to part-time teaching, and took on the post of stipendiary Lay Reader, assisting the Vicar, David Rogers, while considering ordination. Helen died in January 1972. After much thought and encouragement from many quarters, particularly from the Vicar, and Michael Thornely the Headmaster, Bill entered Lincoln Theological College. The principal, Alec Graham, later Bishop of Newcastle, became Bill's close friend. After two terms there, he was ordained Deacon at Sedbergh in 1973, and then as Priest (at Otley) in 1974. Bill chose to remain in the Sedbergh community, where he became a much loved and valued curate, fulfilling his deeply felt Christian vocation.

Canon Rogers encouraged him to become involved with local schools, and he became a Governor of Settlebeck High School for twelve

years. He is remembered by very many old pupils for his weekly Assemblies, when "you could have heard a pin drop" during the telling of his stories. And he was for a time a member of the Diocesan Synod. The diocese of Bradford, as it was then, was linked to the Diocese of Southwestern Virginia in the Episcopal Church of the United States, and in 1981 Bill made a month's exchange with a priest from Wytheville. During the 1980s and '90s he enjoyed travelling with friends, revisiting Paris, Chartres and Vittel, and discovering such places as Venice, Assisi, Crete and Prague.

He gave his final sermon at the age of ninety-seven, at a service marking the Sedbergh Music Festival. His study of Christianity was profound, but he will be remembered by family, friends and parishioners as a loving and sympathetic man, one with a kind and sometimes humourous touch.



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SEDBERGH ARTISAN MARKET

Andi Chapple

Soon there will be a monthly Saturday market on Main Street once again – the first one is 28 April and there will be one on the fourth Saturday of each month till September (which is on the third Saturday, 15 September). Keep your eye out for posters and leaflets with more information; you can also follow Sedbergh Market Town (@visitshedbergh) on Facebook and Twitter for lists of the traders.

This will be the sixth year for the markets. With the support of the Chamber of Trade and Business, who got them going, the Parish Council and the Information and Book Centre – not to mention the people and shopkeepers of the town – the markets have grown steadily and we hope we now have great selection of craft and food offered for sale by the producers themselves. We have enough bookings to run the stalls all along Main Street from outside St. Andrews to the Information and Book Centre.

The exact composition of the markets will vary a little from month to

month, but we are expecting that you will be able to find most of the following: wool, yarn, felt, crochet and sheepskins; hog roast, hot dogs, Thai food; gifts and souvenirs, cards and photos; chutney, cheese, eggs, Greek food; fused glass, wood crafts, jewellery; ice cream, chocolates, fudge; beeswax, scent, soap; Sedbergh swifts, Cumbria Wildlife and the RSPB; and gin, of course. If you're reading this and don't already know Main Street, you will also discover a wide range of great shops to get you in the Main Street habit week in and week out.

As you may know, Sarah M retired from markets at the end of 2017 so if you know anyone with a good jam and cake business please point them towards sedberghmarket@gmail.com! We have a few spaces left.

Last but not least, I would like to offer my apologies to those who live or work near Main Street and are inconvenienced at all by the markets. We are very grateful for your patience and understanding and hope you enjoy being able to browse such a wide variety of high-quality stalls. 

FIRST RESPONSE?

Sedbergh and District

Community First Responders

Please show some consideration for others when parking in Sedbergh

As an active Community First Responder in Sedbergh, I was called-out to attend an emergency in the east of the town during the week beginning the 5th March. In driving from the west to the east, I was held up by cars parked on double yellow lines (outside the Dalesman and the Post Office), noted that three parked lorries had stopped traffic on Finkle Street, and a parked car and delivery van had stopped traffic on Main Street. It was therefore ten minutes later than I had anticipated to reach the patient and a following ambulance

was also delayed behind me, attempting the same route.

I fully understand how busy Sedbergh streets have become and certainly recognise the value of trade and business to our town, but please consider this; if you suffer from a heart attack we have to get to you **within seven minutes** to have a chance of saving your life. I would hate it if lives were put at risk simply due to poor and/or inconsiderate parking. What if it was your life or that of a member of your family was at stake?

Please park responsibly, show some consideration for others and park in the Joss Lane or Loftus Hill car parks, whenever possible. Thank you for reading this.



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SEDBERGH & DISTRICT HISTORY SOCIETY

Julie Leigh

When Andy Lowe is the speaker we can be assured of a large audience. Over the years he has shared his extensive knowledge of the Lake District with us in a number of very interesting presentations. After obtaining a doctorate from Liverpool University and working as a planning officer with Cheshire County Council he was appointed as Building Conservation Officer for the Lake District National Park Authority, a post which he filled for nearly 32 years. During that time he has investigated a huge number of different buildings advising on their renovation and preservation.

On this occasion Andy's focus was industrial archaeology, a subject which has fascinated him since childhood. He approached the topic from a historical standpoint with illustrations of typical Lakeland scenes featuring the elements of rocks, woodland and water. This sort of landscape, he said, has developed over the last five million years through geologic changes and human activity. Evidence of the first farmers dates from 5,500BC and axe factories from that period have been discovered.

Andy drew our attention to the rich and diverse rock deposits rocks in the region. Evidently slate has been used since the first men appeared on the scene, first from outcrops on the surface of the ground, later from open



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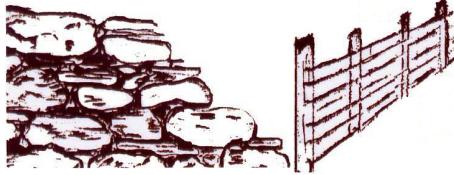
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quarries and eventually from underground mines. Although it has been in use over the centuries, it became especially important for roofing tiles when large numbers of terraced houses were built in the 19th Century.

Interestingly, in the 16th Century, Queen Elizabeth 1 was instrumental in arranging for copper miners from Germany (where mining techniques were more advanced) to settle in the Coniston area. Andy's slides included some fascinating German 16th century woodcut illustrations by Georgius Agricola which showed extraction processes in mining. Copper mining developed on various Lakeland sites and many Cornish workers migrated to this region from Cornwall when deposits of Cornish copper dwindled there.

The manufacture of iron and steel became a major industry in Cumbria but Andy pinpointed the numerous

smaller sites where iron ore was smelted with charcoal as another factor in the development of the local landscape. There is early evidence of this activity and also of tree planting (in some cases involving abandoning arable land), to provide the necessary charcoal for the procedure. He also mentioned other uses of wood which depended on the cultivation of a variety of tree species including: peeling of bark, an ingredient in the tanning process; the crafts of brush and basket making and bobbin production.

After his whistle-stop tour of how industry has played a significant part in the evolution of the Lake District, Andy concluded his talk by showing us a slide of Coppermines Valley as

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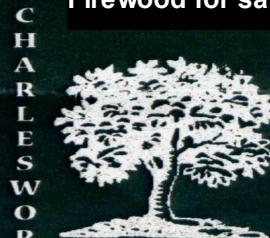
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H

an example of the important heritage that has been created in the process

This was yet another example of how Andy is able to communicate his passion for the Lakes and to enthuse his listeners in the process.



SEDBERGH & DISTRICT HISTORY SOCIETY

Mike Leigh

The Summer Outings have been arranged. Please could you support the society by putting these dates in your diary. It would be very helpful if you could let me know WELL IN ADVANCE which trips you would like to come on, as numbers are usually required well beforehand. You can either return the booking form to me

at 21 Back Lane Sedbergh LA10 5AQ, or email me at

mleigh26@btopenworld.com, or telephone me at 015396 20726.

FURNESS ABBEY

Wednesday 16 May

2pm at Furness Abbey or 12pm in Loftus Hill Car Park.

Entrance charge is unlikely to be much more than £5.

An opportunity to explore the soaring ruins of the second richest mediaeval Cistercian Abbey in the country. After Gill Jepson's tour we will enjoy tea and cakes in the nearby tearoom.

BARBON

Wednesday 13* June 2pm at Barbon Parish Church or 1.15pm in Loftus

Hill Car Park.

Charge: £1 to Society funds.

Mike Kingsbury will introduce us to the history, development and architecture of this picturesque village. Then we will adjourn to the Churchmouse Cheese Shop for refreshments.

BROWSHOLME HALL & GARDENS

Thursday 21st June 2pm at Browsholme Hall or 12pm in Loftus Hill Car Park. Guided Tour: £9

Visit the majestic Elizabethan house with its beautiful gardens, situated in the Ribble Valley on the edge of the Forest of Bowland and claiming to be the oldest surviving family home in Lancashire. Tea in the Tithe Barn Cafe after the conducted tour.

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Friday 6th July 11.30am at Heron Mill Beetham or 10am in Loftus Hill Car Park. Charge: £5.

After the Mill tour and Milling demonstration enjoy your packed lunch and a free tea, coffee, or soft drink. Then watch short films about the history of the Mill and Beetham itself. Beetham Nurseries are nearby and well worth a visit when you leave the Mill.

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John Reid

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Utopia Limited is a rarely performed G&S operetta and we are looking to recruit new members for the chorus (no auditions necessary) and also for the principal roles (11 men and 7 ladies).

We meet on Tuesday evenings in Staveley Village Hall starting with a sing-through on 17th April.

Please contact Margaret Barker email m.barker020@gmail.com or on 07815 452636 if you are interested in joining us.

APRIL GARDENING

Elaine Horne

As the days warm (we hope) and shoots and roots begin to grow, it is a good time to do the repotting of your indoor, and outdoor potted plants.

Many container grown plants become pot bound and once this happens they start to look tired, pale and straggly. A dose of fertilizer, in the way of some new compost will give them a bit more root space and a new lease of life. If you are able to put the plant into a larger pot then choose one which is just a little larger – one or two sizes above the existing one. If you “overpot” into a pot which is too large then the new compost could sit like a cold wet blanket around the rootball, and the new root tips,

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instead of growing into it, will gradually die and rot away.

If your plant is already in a large pot then you can rejuvenate it by removing some of the old compost and replacing it with some new. Knock the plant out of the pot if possible and tease away some of the old compost from between the roots before adding some fresh compost. Otherwise, remove the top layer and add some more as a top dressing.

Plants will also respond to a good feed at this time of year. A look at the garden centre shelves will reveal an array of different products for different uses. I like to use a “continual release” fertiliser supplied in the form of small pellets. This gives fertiliser to the plant over several months in the growing season though in a wet year you might need to top up in late summer – especially if your plants are growing in peat/peat free rather than soil based (John Innes) compost. The



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former tends to allow nutrients to leach away whereas the latter locks in plant food and keeps it available for the plants to use for a longer period.



FEBRUARY WEATHER

Well February "fill dyke" certainly lived up to its name this year unlike last year when it was the driest month of the year. It was also black and white with all types of precipitation falling on us. The white stuff came with a vengeance on the last night. With only 8 dry days in the month we amassed a total of 3.27 inches (83.1mm). Although not a vast amount the continuous nature meant it continued to be a problem. Temperatures were, as to be

expected, on the low side particularly in the first half of the month. Temperatures were largely in the 30sF (low single figures C) with a day time minimum of 31.5F (-0.2C). A high of 51.1F (10.6C) was reached during the 3rd week. One bitterly cold night registered 16.9F (-8.9C) but 20 other nights were below freezing with temperatures in the 20sF (-5 to -6C). Every night was below freezing when the wind chill factor was added with the odd night getting into single figures!! A breezy month on the whole with only 6 days when the wind speed did not get into double figures giving us a maximum gust of 23.3mph (37.4kph)

The continuous nature of the rainfall kept the mud levels high, especially in

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gateways etc. It also meant we were keeping a close watch on the septic tank area in the paddock and sand bags at the ready near the doors! The mud has meant that feeding sheep has been a bit of a battle especially getting water across. I am taking 10 gallons every day and 20 on some. On only one day was it frozen hard enough for me to risk taking my small tractor across although it has wide grass tyres. I have another set of wheels I could bolt on but it seems such a faff for such little use. I am always surprised when you see sheep in fields with no apparent access to water.

Activity at the bird feeding station has step up. Blue tits, coal tits, great

tits and house sparrows are there daily with the occasional visit from what appears to be a pair of long tailed tits. The family party seems to have broken up. I had a rare glimpse of a gold crest working its way along the bushes down the driveway. The cock song thrush continues to sing his heart out from first light at the top of a 20+ foot Christmas tree. It is to be hoped that all his efforts result in him finding a mate. I am sure I have mentioned before that as kids, when we were birds nesting etc. thrushes were as numerous as blackbirds. Now it seems that the ratio is 10 to 1 in favour of blackbirds. There have been two or three robins about. Two were scrapping so I assume they

Keith Moorby MAAT

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were both cocks but one seems to have left the scene and the other 2 are around the shippion so are probably looking for a nest sight. The box I put up in the shippion in the hope robins might nest has been taken over by sparrows this season!



CUMBRIA WILDLIFE TRUST

Jackie Hooley

The return of the otter
by Jack Forrester.

Many of us have a soft spot for otters, which is easily understood when you consider some of the behaviours that they show. 'Hand-holding' so as to not drift away from each other, keeping 'pet' rocks for life and childishly sliding in mud are undeniably heart-warming acts. It is therefore easy to fall in love with these animals.

The otters found in Cumbria belong to the species of European otter,

which is the furthest ranging in the subfamily. Their habitat ranges throughout Europe to North Africa and parts of Asia. However the otter has not always been as successful as it is now, especially in the UK. Certain pesticides such as dieldrin would run off into rivers, poisoning fish, which the otters relied on for food. Coupled with the increase in human activities such as a higher number of cars on the roads, this led to the population being on the brink of disappearing by the 1980s.

This continued in the next decade, with populations dwindling throughout Cumbria and the rest of England. However, during the 1990's a population of otters from the Scottish side of the Solway made their way

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over to the English side, colonizing the west coast. At this time there were bans on pesticides and hunting, as well as numerous conservation projects to re-establish loss of habitat, along with successful efforts to phase out many of the harmful chemicals in the waterways. As a consequence, populations have begun to recover. Now, as surveys indicate, otters throughout Cumbria are returning to their former habitats.

Recently a mother and her cubs have been spotted in Kendal town centre, on the River Kent. This conservation success story has not just been isolated to Cumbria, but has occurred nationally. For example, the species presence was confirmed in Kent during 2011, showing that otters

are inhabiting suitable bodies of water in every county throughout the UK.

There is still more work to be done to secure the otter's future, and there are numerous conservation projects taking place across the country to provide more habitats and build holts (the underground burrows where they have their cubs).

Otters can be seen throughout the year, but in spite of this, they remain elusive, even with the recent recovery in their population. An easily scared animal, the art of spotting them takes a great deal of patience, and requires a good deal of luck! For the best chance of seeing them, clean waterways with vegetated banks and a healthy supply of prey are a must.



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SEDBERGH RED SQUIRREL GROUP

Karen Hopps

Well what a start to spring! Just when the Red squirrels are expecting (we hope) down comes the snow, fingers crossed that the weather will be markedly better in 7/8 weeks when the new Kittens (name of baby squirrels) are born.

It's been a mixed autumn and winter with quite a few sighting of greys in the Sedbergh region and a considerable number in Dent /Deep Dale area where they seem to be unfortunately thriving. Please keep reporting any sightings to us, red or greys, on our email

sedberghredsquirrels100@gmail.com or if you feel you can help host a trap please contact us.

BUT all is far from lost as there has been a significant increase in the areas where our adorable native Red squirrel has been reported and they are flourishing, with the help of some very important people who keep their squirrel feeders full of tasty nut, whatever the weather.

Remember if you would



like to help we can assist in the setting up of a feeder and you too can also have hours of entertainment watching these endearing little creatures feed, play and if you are lucky they may even bring their little ones to your feeder.

The exceedingly popular Squirrel Tea Party will be held once again at Greenbank from 2 - 5pm on Saturday 2nd June - put the date in your diary now! More details in due course. 

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Only one month to go before our swifts return at the beginning of May! It is always an anxious time wondering whether our breeding swifts will return safely.

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One of the common questions asked when we give lectures is how long do swifts live. Of course there is a difference between how long a swift *can* live and the life expectancy of swifts in general. Some people, but very few, live to 105 or more but this is not the normal expectation.

According to BTO records, the oldest known British swift was 19 years old. In Switzerland another bird that was ringed as a chick was still alive 21 years later. The longest lived swift known anywhere was one ringed as a yearling in Orleans, France, and re-trapped 29 years later, thus making it almost 30 years old. However although swifts can be long lived, it is



believed that the average adult swift lives for about 7-9 years. The loss in the first year for fledglings will clearly be the highest as such birds are inexperienced, having to learn how to feed and migrate independently from their parents.

Swifts are one of the most nest site faithful birds. Once they form a breeding pair they will return to exactly the same nest site year after year. We have had the privilege of sharing our cottage at Lowgill with a colony of swifts since we moved there 17 years ago. Some of our nest sites in the eaves have been occupied every single summer since we arrived.

So are the swifts that return to each

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one of our nest sites each year exactly the same pair from 17 years ago? It seems unlikely given what we know about swift survival. Over the years, eventually one of the pair fails to survive the hazards of migration, or simply dies of old age. In that case, the first bird back waits and waits as a singleton for its partner to also return, but in the end it goes out and tries to draw in a new mate – either another swift left similarly alone, or possibly a juvenile that is just old enough (3-4 years) to breed. The newly formed pair then breeds and remains faithful to that nest site, and so the cycle continues. We suspect this happened with one of our pairs last year, when the first swift returned on 8th May. But it wasn't until the 25th May that it was joined by another swift – which was probably a new mate as it would have been a very late arrival for the member of an established pair.

One of the most incredible facts

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about breeding pairs, which has been established by the use of geolocators, is that although swift pairs are faithful to their nests and form faithful breeding pairs, they do not migrate together nor do they spend the winter together in Africa. Just how they can live separate lives for the 9 months of each year that they are away, including the travelling to and from Africa, yet return to their same nest site over here, remains a mystery to this day.

We will have a stall again at the Sedbergh Artisan market on Saturday April 28th. So do please stop and have a chat.

As always we are happy to help and advise.

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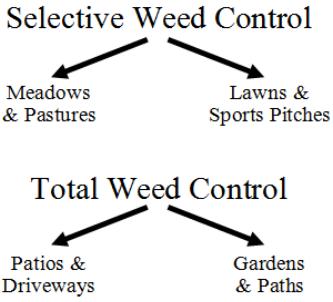


DAFFODILS AT WHELPRISSG

Sarah Gillibrand

Two charities are hosting daffodil days at Whelprigg House, Barbon (LA6 2LF), this year. Please come along and support Marie Curie and the NSPCC on either (or both!) Saturday 7th and Sunday 8th April.

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The gardens will be open from 1.00-4.30pm on each day with entry fees payable on the gates. There will be delicious homemade teas and wonderfully enticing home produce available on both days. Marie Curie will be running a raffle on the Saturday when there will also be the chance to meet/get close to some adorable alpacas. The NSPCC will have a bric-a-brac and book stalls on the Sunday.

All the proceeds from these events will go directly to the two charities. We hope to see you there.

**SNOW, SNOW,
THICK, THICK SNOW**
Dennis J Whicker

I have been contacted by many people over the last few weeks when we have had heavy bouts of snow with the Beasts from the East. FaceBook has also featured many incidents of problems.

Last year, somebody suggested putting in a 'Local Heroes' Page for those that have helped others.

Fortunately, we have many that could appear on the page and alas, far too many to mention **BUT** if you have helped anyone during the recent snow falls and blizzards, a **BIG THANK YOU.**

One particular mention came to me as follows:-

"The people of Sedbergh are very kind and attentive, as we know.

A few of us were housebound.

Powells and Boots delivered and friends helped with duties. Friends inquired whether we wanted anything.

We know of people who walked dogs to save their owners.

Thank you, Sedbergh."




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MEALS ON WHEELS

Colin Cowperthwaite

The recent spell of extreme Winter weather prompted questions around the town, also on social media, if the local 'Meals on Wheels' deliveries would get through to their customers and also, indeed, whether or not the service was still operating.

The answer is YES on both counts. The service has never stopped since Carole and Jonathan left the Red Lion (where the meals were prepared) more than two years ago. Meal deliveries also did not fail to get through during the recent inclement conditions, thanks to our small but dedicated team of volunteer drivers.

Hot and tasty two course meals are currently supplied by the cooks at

Queens Hall, Sedbergh School. As such, Jonathan is still very much involved in their preparation. Meals are available each Tuesday and Thursday lunchtime, being delivered directly to the door. The price of each meal is just five pounds. This service is available throughout the year, with just a short break over the Christmas period.



Meals on Wheels is supported by Cumbria CVS (Council for Voluntary Service), although it is very much a locally self-organised and self-funded service. CVS commented 'We are convinced that the benefits are much wider than people just getting a meal; there is the social contact, gentle checking up that people are OK, etc'

Following a national trend, uptake for Meals on Wheels is unfortunately in gradual decline, as a result of which our number of recipients here in Sedbergh and district is slowly diminishing. We would therefore be delighted to welcome new customers. If you, or anyone you may know who is finding it difficult or uneconomic to make their own meals and would like to take advantage of our service, please do contact me on 015396 20659. If I do not reply, please leave a message and I will get back to you as soon as possible. There is no long-term commitment to receive meals each time, only whenever suits you best.

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(Walks, Talks and Music)

Ruth Annison

This popular annual event, based on rail travel on the Settle-Carlisle line, follows the well-tried format of previous years, with 39 events between Settle and Appleby over 7 days. All events are accessible by train (although several evening music sessions in pubs require either an overnight B&B or a car to return home). Garsdale station, between Sedbergh and Hawes, features in three different walks on Friday May 4 and in the Jericho Shanty Town Experience the previous day. Full details on www.ride2stride.org.uk or from Sedbergh Information Centre Tel: 20125.



WALKING & CYCLING GROUP

Malcolm Petyt and Robert Powell

Over the last three or four years the Sedbergh Area Walking and Cycling Group has made what we believe to be a modest but useful contribution to the business and social life of the Sedbergh area. We have achieved the status of a "Walkers are Welcome Town", and members of the group have written and published walking guides, organised walks and talks, and maintained a website for visitors that is quick to download (and therefore accessible) on the mobile phone network.

However, we are a very small group – too small. Not only are we struggling to keep up with what needs to be done, we are also coming under

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pressure from the committee of the national Walkers Are Welcome scheme, who want to see more involvement from other community groups and individuals. Sedbergh is actually at risk of losing its Walkers Are Welcome status.

Does this matter? Do we actually need Walkers Are Welcome status? Do we need a Walking and Cycling Group? Do we need a website that visitors can use when they are out and about without access to Wi-Fi? Do we actually want more visitors? Do we need to work for improved access for walkers or safer routes for cyclists? How important are these things at a time of economic uncertainty, and when we all have so

many other commitments?

We feel that the Walking and Cycling Group has reached a kind of watershed and we have to make a decision – as individuals – to decide what, if anything, to do about it. As things stand we could go the way of the Book Town project, the Festival of Ideas, and the Hidden Howgills scheme. Or we could give the Walking and Cycling Group a major reboot with a new and enlarged steering committee, one that includes representatives from such organisations as the Parish Council, the Information Centre and walking clubs – as well as individuals who just like walking or cycling, or who have retail or accommodation businesses

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in the area.

We all have our own ideas about what is important and we all have our own priorities, and that is only right. However, if you do want to see this project succeed in the long term, please consider getting involved yourself. If you feel you might be able to help, either by joining the steering committee, or in some other way, please contact Robert (Tel: 20482, or robert@robpowell.co.uk) who will pass your details on to Malcolm, the group's chairman.



LADIES NETBALL

Madeline Asquith

Sedbergh Ladies Netball Group is offering a free taster session for ladies of any ability to come along

and try it.

All are welcome to attend the session which will be held in the Sports Hall of Sedbergh School near to the Swimming Baths between 8 and 9pm on Tuesday 17th April.



SEGGS

Sam Allison

On Thursday 8th March, 18 members of the Sedbergh Elderly Gentlemen Golf Society played for the Robert Haygarth Trophy. As Captain I was privileged to organise this competition. I was lucky enough to play both football and golf with Robert. The winner of the Stapleford competition was David Spicer with 43 points.

A donation box was put in the

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an introduction course.

We are always looking for playing members. We will hold a number of free taster sessions and are happy to arrange these to suit interested parties. Please ring on Sedbergh 20279 for further information.

SEDBERGH BOWLING CLUB

Linda Killops

We held our 2018 AGM on 22nd February at the White Hart sports and social club. We have arranged all fixtures – friendlies and competitions. Linda Killops was elected President. All officers and team captains remain. To comply with the Crown Green Bowling Association we need to appoint a welfare officer for our club. Tom Wilson and John Haygarth are both willing to do this and will attend

FRANKIE COWIN MEMORIAL

Diane Cowin

I would like to say a big thank you to the White Hart Club Committee for a great night at "Frankie's Darts".

Thank you also to everyone who donated a raffle prize.

Congratulations to the winner George Fawcett. Well done!

The money raised was £380 which will be divided between Macmillan Cancer and the Great North Air Ambulance. See you all next year.

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I live in a privately rented house and the damp is aggravating my three-year-old daughter's asthma. I've told my landlord but she's not taking action. What can I do?

Resolving damp issues can be difficult, as the cause isn't always obvious and it's important to realise that your landlord could evict you.

First, make sure you're not doing anything to cause the damp. Then you could report the problem to the Environmental Health department at your local authority. They can issue an awareness notice, which tells your landlord what she needs to do to fix the problem, although it doesn't enforce it. They can also serve the more serious improvement notice, which requires your landlord to carry out the work and also offers you some protection from eviction.

Alternatively, you could take her to court. If your landlord is held responsible, the court can grant an injunction and possibly award compensation. Seek advice from us before doing this because the legal process can be complex.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 03444 111 444 for an appointment and help, 015394 46464 for debt and on-going enquiries.

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

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

You can collect an Application Form from the Bursary, download one from the School's website www.sedberghschool.org or request one by sending an email to

Maria Gallego-Calderón, HR & Recruitment Administrator
at HRadmin@sedberghschool.org or by ringing 015396 20303.

Also check the School's website regularly for details of individual posts as they arise.

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

We look forward to hearing from you.

MEDITATION CENTRE DENT

Spring Reflections

Bev Rayner, Associate Teacher,

As the year moves into March, darkness gives way to light and for a short period, at the Spring Equinox, 20th March, night and day will be of equal length. The Equinox marks the beginning of Spring, a time of endings and a time of new beginnings, of moving towards the light, leaving the darkness behind. Spring flowers are beginning to appear, some of the animal world is emerging from hibernation and birds are busy building their nests. It's a time to plant seeds for the future. It's a time of new life and renewed energy.

Spring is also a time for new ideas, new opportunities and is the perfect time for reflection and perhaps a mental spring clean. It's an opportunity to allow ourselves to look at and assess ourselves and our world in a different light, to perhaps adjust our focus and perspective.

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If you always think what you've always thought

You will always do what you've always done

If you always do what you've always done

You will always get what you've always got

If you always get what you've always got,

You always think what you've always thought

Anon

This poem to me sums up perfectly how our old habits obstruct us and stop us moving forward towards growth, understanding and a sense of being. Our choices are so overwhelmed by habit.

Meditation offers us a way to find a new perspective on our habitual thought and activity patterns.

Regular practice can change these patterns, as neuroscience has demonstrated.

Meditation opens our minds to new ways of thinking and feeling, giving us a brighter and more positive outlook on our lives. It helps us to grow and develop a sense of acceptance and understanding. It can help to enrich our lives.

The Meditation Centre is a very special space which welcomes everyone, beginners and more experienced meditators and those who simply wish to experience and benefit from the peace and tranquillity that the Centre offers.

The Zion chapel was built in 1835 and the Centre began in 1998 and continues in the 21st Century to be a place of peace and stillness in a world of increasing activity and stress.



LADIES NFU

Caroline Sandys-Clarke

The February meeting had an intriguing title of 'From Bees to Bottle'. Suzanne and Luke Hutchinson, of the Northumberland Honey Co., gave a fascinating talk about their business producing honey and mead.

Suzanne and Luke have spent a lot of time studying the best ways to produce healthy bees. They now have 150 hives spread between Heather moorland and oil seed rape fields.

In 2016 they decided to go into the production of Sparkling Mead. Wine production is now a large part of their income and they have several Michelin starred restaurants as

clients.

This was a very enlightening insight into the technology of modern bee farming.

The AGM followed.

Our speaker on April 17th will be Paul Calland about Morecambe Bay Search and Rescue.

KILLINGTON WI

Wendy Fraser-Urquhart

THE AFTERNOON WI FOR THE ENTIRE DISTRICT

Another happy meeting though the weather is still not very spring-like. After words of welcome from Susan Sharrocks (Madam President) and birthday wishes to Wendy F-U, Marjorie Bramley, and a special cake-

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earning celebration for Edith Gerrard, we moved swiftly on to vital business. Minutes, financial reports (we're rolling in it!) and then, "matters arising", especially looking forward to our early summer outing on June 12th. We are headed for Dove Cottage so start re-reading your Wordsworth. Although the daffodils will be well over by then we shall maintain the theme by taking tea at the Daffodil Hotel overlooking Grasmere. Perhaps they might have a few plastic ones in the foreground although this would now be *Politically Incorrect*. We made plans to enjoy the WI Group Meeting, on May 21st, to be hosted this year by Dentdale WI. Once a year our local Lunesdale

group comprising members from Sedbergh, Killington, Howgill and Firbank, Dentdale, Barbon, and Casterton share a meeting. It is a good chance for a get-together. Bryce Street Strummers will be entertaining us and, I dare say, we shall be entertaining them! Plans were made for help and participation in the Spring Show. The federation Newsletter was scanned for more things to keep us off the street. Spring walks were mentioned, as was a visit to Arley Hall in Cheshire. A cheery sounding meeting at Warcop WI was also picked out, entitled "Death, Disease and Adventure". Then it was time for our own speaker. Laura Rosenzweig, one of

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our local weavers, working from Farfield Mill and her home studio, had come to tell us about, "My Weaving Life". She explained she had been a serious weaver for 25 years but had enjoyed toy looms as a child. Her main learning phase took place while she was working in Boston, USA, and came across an expert weaver who became her stern but excellent teacher. Laura's talk was illustrated with and many woven items. We learnt much about the raw materials, mechanics, processes, finished products and the management of her expanding business. Her enthusiasm and expertise shone through and we enjoyed handling the samples which

she had brought along. We learnt and were truly convinced that weaving is a real art form as well as a practical and necessary craft. Wendy F-U proposed the vote of thanks.

Tea and chat followed, accompanied by a lovely, flower decorated chocolate cake in celebration of Edith's special birthday. The competition for "something beginning with W", was won by Peggy Robinson with a tiny blue welly. Such style! I was disappointed that my weed didn't win but was consoled when I won the raffle a minute later, taking home a large plant-pot of totally non-weedy snowdrops. Thank you (but then I did buy two tickets!) 

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SEDBERGH WI

Moira Folks

Success at last! After several abortive attempts at a monthly WI walk, February 22nd dawned bright and clear, making it worthwhile for 6 members of the walking group to travel to Hest Bank for a walk along the shoreline with its views across the estuary to the slightly hazy Lakeland fells, then across muddy fields and back through the village to the Hest Bank Inn for an enjoyable light lunch. Many thanks go to Rosemary Blanchfield for organising a pleasant trip out.

A craft evening was planned for our monthly meeting on March 14th, which took place in the former

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Methodist Hall in New Street as our normal venue was packed with panto costumes. We were delighted to welcome back Emily Jackson from Ragtag Arts who told us about her exciting new venture, still on the Mealbank Industrial Estate in Kendal but in a much larger building, known as the ARTMILL, a community arts space, which will be launched on Saturday 7th April. Art and craft workshops will be held there: details can be found at

www.theartmill.org.uk

Next, Emily introduced us to our craft project for the evening: needle felting. We were all new to doing this though many of us had probably seen examples of it in the Craft Workshop

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

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

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

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in Sedbergh or at Farfield Mill. We had great fun (and varying degrees of success!) with stabbing strands of wool into pieces of felt, safely protecting the tables underneath with a block of foam, but not always as successful at keeping the vicious needle out of our own flesh! Some attempts at this new art form were definitely worthy of display at the Spring Show, some abstract, some naturalistic, so it will be interesting to see what turns up.

“A Man called Ove” was under discussion at the book club’s meeting at Moira’s house the next day. A curmudgeonly old man is the unlikely hero of this novel by Swedish author Fredrik Backman whose cast of

characters ranges from a lively 3-year-old to a wheelchair-ridden elderly man suffering from dementia, with some delightful women and lively young men adding depth to the characterisation. The average score given was about 8/10. Many thanks to Sue Kernahan for providing the all-important cake to round off our afternoon discussion!

On April 11th we’ll be meeting as usual in the People’s Hall committee room at 7.30pm to learn about a very important part of ourselves! “Your Bladder and You!” is Gordon Hosker’s subject and we look forward to hearing and understanding more about something we take completely for granted – until it goes wrong. Do

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come along to join us and find out more. You will be very welcome.

DENTDALE WI

Catherine Sugden.

This month our meeting was back in the pleasantly warm Memorial Hall, thanks to the new heating system. Our President Sue Owen welcomed members and our visitors Will and Darren from the Great North Air Ambulance. We stood to sing Jerusalem

Last Autumn we held a charity quiz night and raised £500 to be split between the Great North Air Ambulance and Growing Well. Will, a volunteer from Grasmere came to accept our cheque for £250 on behalf of the Air Ambulance. Will, a young man, is now paralysed having broken his neck in a cycling accident near Thirlmere. 5 years ago He told us his life had been saved by the speed which the Air Ambulance was able to get him to Newcastle for treatment. He now spends his time volunteering and being involved in sponsored events like going to the summit of Snowdon in a specially adapted wheelchair and 15 support helpers. There's courage!. The Air Ambulance need 5 million pounds a year to run, His rescue alone cost £2.500 Sue thanked Will and Darren, his helper, for making the journey to Dent.

We have received a thank you letter from Growing Well, our other beneficiary of £250 . Growing Well, based near Sizergh, is a charity which gives support towards mental health recovery of local people in the

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South Lakeland area.

Last Saturday saw 650 runners leave Dent for the annual run which generates much needed funding for the school. Our members, along with parents, spent a busy day preparing goody bags of food for the runners and serving refreshments at the end of the run

In May this year it is the turn of Dentdale to host the annual Lune Valley group meeting when we look forward to welcoming members from other institutes. Entertainment and supper were discussed with the members who agreed the price for admission will be £5

Ideas for our summer outing were requested. Because of problems hiring The Western Dales Bus, the

date for our outing has been moved to Friday 15th June 2018. Our annual mini market will be Friday July 27th. Our Craft Group starts again on Monday 9th April, Do come along whatever your ability for a happy 2 hours and brighten up your Monday mornings We are offering bursaries to 2 members for a course at Denman College

Members were encouraged to read about all the events on offer in the Wi News

Thelma and Catherine are going along to the Federation Spring meeting in Kendal. These are always excellent events and other members were encouraged to come.

The Federation are considering holding a Membership Road Show to



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encourage new members. Dent asked to participate by having a stand in Kendal Town Hall

Members felt that Kendal would not benefit Dentdale and that organizing something in our area would be more beneficial.

Sue now welcomed our speaker Elly Archer who talked about and demonstrated the benefits of Yoga for health and wellbeing for all ages. Yoga which had its beginning in North India 5000 years ago has now developed in the West with many types of Yoga classes concentrating on improving the Mind-Body connection. Awareness to help us move, breathe, and live in a consciously healthy way.

Elly then invited us all to a session

of Chair Yoga. We all enjoyed being taken through exercises which stretched all our upper body muscles in a gentle way concentrating on our breathing. After 45 minutes of relaxation we were all aware of the tensions in our body and how the Yoga had helped to loosen them. We all enjoyed the session and saw how whatever our age Yoga can benefit our health and wellbeing. Kate thanked Elly for introducing us to a different way of practicing yoga.

Tea and more of Marjory's delicious biscuits followed.

Gill Newport won the raffle. The competition for identifying photos of sports personalities was won by Marion Feltham. 14 members had enjoyed the evening.



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Do Memory Problems Always Mean Alzheimer's Disease?

Many people worry about becoming forgetful. They think forgetfulness is the first sign of Alzheimer's disease. But not all people with memory problems have Alzheimer's.

Other causes for memory problems can include aging, medical conditions, emotional problems, mild cognitive impairment, or another type of dementia.

Age-Related Changes in Memory

Forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer

to learn new things, they don't remember information as well as they did, or they lose things like their glasses. These usually are signs of mild forgetfulness, not serious memory problems, like Alzheimer's disease.

Mary's Story

Mary couldn't find her car keys. She looked on the hook just inside the front door. They weren't there. She searched in her purse. No luck. Finally, she found them on her desk. Yesterday, she forgot her neighbour's name. Her memory was playing tricks on her. She was starting to worry about it.

She decided to see her doctor. After a complete check-up, her doctor said that Mary was fine. Her forgetfulness

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

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was just a normal part of getting older. The doctor suggested that Mary take a class, play cards with friends, or help out at the local school to help her memory.

Memory Loss related to Medical Conditions

Certain medical conditions can cause serious memory problems. These problems should go away once a person gets treatment. Medical conditions that may cause memory problems include:

- Tumors, blood clots, or infections in the brain
- Some thyroid, kidney, or liver disorders
- Drinking too much alcohol
- Head injury, such as a concussion

- from a fall or accident
- Medication side effects
- Not eating enough healthy foods, or too few vitamins and minerals in a person's body (like vitamin B12)

A doctor should treat serious medical conditions like these as soon as possible.

Al's Story

Al didn't know what was happening. He was having a hard time remembering things. He wasn't eating or sleeping well and didn't want to see friends. He was confused and irritable.

His wife was worried. She took him to the doctor. It turned out that Al was

<u>Normal ageing</u>	<u>Alzheimer's Disease</u>
Making a bad decision once in a while	Making poor judgments and decisions a lot of the time
Missing a monthly payment	Problems taking care of monthly bills
Forgetting which day it is and remembering it later	Losing track of the date or time of year
Sometimes forgetting which word to use	Trouble having a conversation
Losing things from time to time	Misplacing things often and being unable to find them

having a bad reaction to one of his medicines. Once his doctor changed his medicine, Al felt more like himself.

Memory Loss Related to Emotional Problems

Emotional problems, such as stress, anxiety, or depression, can make a person more forgetful and can be mistaken for dementia. For instance, someone who has recently retired or who is coping with the death of a spouse, relative, or friend may feel sad, lonely, worried, or bored. Trying to deal with these life changes leaves some people feeling confused or forgetful.

The confusion and forgetfulness caused by emotions usually are temporary and go away when the feelings fade. Emotional problems

can be eased by supportive friends and family, but if these feelings last for more than 2 weeks, it is important to get help from a doctor or counselor. Treatment may include counseling, medication, or both. Being active and learning new skills can also help a person feel better and improve his or her memory.

Gloria's Story

Gloria was feeling sad all the time. She just wanted to sleep all day and night. She was becoming really forgetful, too. Gloria's nephew Bob was afraid something was very wrong. He took her to see a doctor. The doctor said she had depression and needed to take medicine and see a counselor.

After 3 months, Bob could see the



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change in his aunt. She was eating and sleeping better. Gloria was spending more time with friends and doing volunteer work.



CHURCHES TOGETHER

News from the Pews

*Susan Sharrocks
Tony Reed Screen
Churchwardens*



Your Parish Church

The congregations of the Western Dales Mission Community were to have joined for worship at the Cornerstone Community Church, Main Street on the first Sunday of March at 10.30am for Morning Worship, that is until the cold weather intervened and it was decided the Parish Church would be the warmer venue. Telephone calls were made and all the arrangements put into place for the change of plan.

From start to finish the Mission Community was in full flow and the service proved to be a joyful

occasion. You could hardly move in the kitchen for all the volunteer coffee/tea makers and washer ups! Philip Nolan, a Methodist Lay Reader led the service as he would have done had we met in the CCC. This is a sign of things to come as there are fewer people being ordained into the ministry and the lay people will be called upon to lead services more often. Our Vicar, Andy, takes the opportunity every other month when we do not have a 10.30am Sunday service at St Andrew's to travel along the dale to Dent as they no longer have a full time vicar.

The scene was set and the stage lights in place for the last item of the "Moving Mountains" weekend when the Rev Ian Birkenshaw from York, spoke and acted out St Mark's Gospel, leaving us in awe at his use of very few props, his incredible memory and above all his dedication in bringing this book of the bible alive to so many people. Mountains may

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not have been moved but that evening many people were by an inspiring memory making performance.

Chameleons put on a little show entitled "The Prodigal Daughter" for Mothering Sunday and distributed bunches of flowers to all the ladies in the congregation.

Two funerals close together have seen family and townsfolk alike saying farewell to well known members of our community. Geoffrey Hague was born on Station Road, living and working his whole life in Sedbergh as a much respected solicitor. The Rev Bill Long came to Sedbergh as a member of the teaching staff at Sedbergh School. Upon retirement he took holy orders spending the rest of his long life ministering to people in Sedbergh and further afield. He touched many lives. He had a knack of remembering people's names, even recognising a person by their voice



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FRIENDS OF ST ANDREW'S CHURCH, SEDBERGH

Tony Reed Screen
& Dorothy Thomson

Some twenty years ago as major restoration work was looming the foresighted wardens and supporters of our Grade 1 listed church set up The Friends of St Andrew's Church. They realised that a long-term plan was needed so they set up a charity to finance repairs to the church and build a reserve fund for rainy days. We have certainly had plenty of rainy days, real and metaphorical, since then!

Today this fund still manages to fund those repairs and improvements which are not covered from other sources. The fund's resources are used entirely for the upkeep and improvement of the fabric of our church.

Many of the current Friends are not members of the congregation but do want to see the church well maintained for the benefit of our

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community. Some are local people who have always lived in Sedbergh; others either no longer live here or have family or holiday connections with the town.

New Friends and donors are always needed to ensure that money is available for repair work. If you are interested in finding out more about The Friends, do come along to the AGM on 18 April. It will be held in the Church Room at 19.30. After the short business meeting Richard Cann will talk about the various memorials around the church. The evening will end with refreshments.

For more information do contact either of us.

Tony Reed Screen - Churchwarden
Tel: 21081.

Dorothy Thomson - Treasurer Tel:
21747.

SOUTH LAKELAND AGE UK

Chase the blues away

The light is coming back. It may still be cold, but the promise of the year is opening up even as the days lengthen into spring. In this optimistic frame of mind, perhaps it's time to start something new. Here are some

ideas:

Get out and meet people

A good place to start is to get to one of our events or activities. We have lots in South Lakeland and if you look at our What's On calendar, you will see what is happening locally. Every event is different. You might enjoy attending a lunch club, getting fitter by joining one of our gentle exercise classes, or simply socialising at a larger event.

Lunch Club meets on 2nd Thursday every month at 12 noon in the Red Lion. Contact Maggie l'Anson on 21757.

Staying Steady and Falls

Awareness Drop In

Everyone is at risk of falls as they age.

It's a major cause of hospital admissions and falling can result in serious injuries and long term complications.

We have also a Staying Steady and Falls Awareness Drop In & Coffee Morning at Sedbergh Library from 10.00am - 12 noon, on Wednesday 18th April.

If you are interested in learning more and seeing how making small adjustments to your daily life can reduce your risk of falls and give you greater freedom and confidence then come along and join us at these sessions.

If you are unable to join us on these dates but are a member of a church or social group who would benefit from a Falls Awareness Talk please give our Reception a call on 01539 728118 and we would be happy to arrange this for you.

Swimming Sessions for the over

50's

If you are interested in gaining more confidence at swimming or just enjoy it for exercise, there are two groups for the over 50's that meet at Sedbergh School Swimming Pool every Wednesday.

12.15pm - 12.45pm is for the less confident swimmer.

12.45pm – 1.45 pm is over 50's lane swimming.

The pool make a charge of £2 per session.

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in your area who are lonely and isolated?

Age UK South Lakeland are looking for volunteers who can visit an older person in their own home on a regular basis to provide companionship, including making a cup of tea, listening, chatting and encouraging them to take part in activities in the local area.

If you have a positive attitude towards older people and their needs, a good sense of humour good listening and communication skills and a non-judgemental approach then we would like to hear from you.
Could you be a Digital Champion?

This is an exciting new project. The Digital Champion will help older people learn the skills they need to stay connected with family and friends, access goods and services and can help transform an older persons life. Being on line can save you money on utility bills or food shopping and can go a long way to reducing isolation and loneliness. Volunteers are needed in a variety of roles from demonstrating online shopping to teaching basic IT skills to helping out at IT Drop In's and responding to individual enquiries.

Lunch Club Volunteer Sedbergh

We are looking for a Volunteer to coordinate our Lunch Club in Sedbergh. The Lunch Club meets monthly and the role involves welcoming new members and ensuring their visit to the lunch club is an enjoyable and successful one.

Liaising with the provider or venue to ensure the smooth running of the club and dealing with the day to day business, and keeping in touch with

its members is required.

If you have a positive attitude towards older people like good food and are a good communicator please do get in touch.

Falls Awareness Champions Needed!

Everyone is at risk of falls as they age. Experts say that the majority of falls could be prevented by making regular small adjustments in our daily life such as regular exercise, regular checks and looking after ourselves. We are looking for volunteers who would be interested in getting involved to help with delivering talks and helping at events as part of this campaign. If you have good communication skills and a positive interest in older people we would like

to hear from you.

All volunteer roles require people to attend a half day induction and training specific to the role.

For more information, or if you would like to share some ideas, call us on 01539 728118.



FARFIELD MILL

David Smith

Investing in Farfield's future

At the recent AGM, members gave overwhelming backing to proposals to build a sustainable future for Farfield Mill by converting to a Community Benefit Society.

A Community Benefit Society is exactly what you'd expect from the title, a society whose primary function is to be of benefit to the community of



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its members. In the case of Farfield Mill the primary constituency of this community is the people of Sedbergh and District, and the members of the current trust have given their support for the Mill to be, in future, at the heart of its local community, benefiting the people of Sedbergh, the schools, local businesses and organisations. The Mill will, in future, focus on educational opportunities for families and young people, supporting the local economy by attracting visitors to the area, running workshops in textile art, supporting a wide range of talented local artists and exhibiting the work of artists of both national and international repute.

The constituency of members is also, though, much wider. Current members and friends of the trust hail from far and wide, from this region, this country and even from abroad. Many people who visit, exhibit or who are just keen to support such a unique attraction are, we believe, eager to invest in Farfield Mill as it grows and develops in the future. The starting point for this will be for the new members to be shareholders, literally investing in the mill, enabling it to raise around £250,000 to enable the mill to carry out vital building works, dispense with the current mortgage and enable the commercial arm of the business to thrive. The mill must, in future, be not only a resource to its local and regional partners but a thriving tourist attraction. So many great opportunities lie ahead.

The plans to issue community shares to friends and supporters to raise investment funds for Farfield and put the Mill on a secure footing

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were backed by 90 per cent of members who voted at the AGM with a turnout of over 50 per cent.

Members also elected new trustees John Barraclough, Andy Denton and Graham Carlisle (all directors of the Trust's trading arm), and re-appointed Carole Bowman and Carole Nelson who had completed their term.

Now the real work begins to prepare the share offer ready for launch in the summer! We'll keep you posted on progress towards this new and exciting chapter in the history of Farfield Mill.

Farfield Mill would like to acknowledge the kind and generous donations made recently by the following: Ms G. Barney, Mr. & Mrs J. Barraclough, Mr. V. Brown, Ms C. Bowman & Mr J. Conway, Prof. and Mrs A Cobb, Mr. D. Collier, Mr. G. Carlisle and M/s A. Mackinnon, Mrs. C. Cotton, Mr. A. Denton, Mrs R. Gamsby, The Hartley Family, Mrs. M.

Lamb, Ms C Nelson, Mrs. S. Richardson, Mr. & Mrs P. Rosenzweig, Mr. P. Rothery, Mr. & Mrs. D Smith, Mrs. J. Smith, Mrs C Wood.



ROSE COMMUNITY THEATRE

Sandra Gold-Wood.

Members of the RCT would like to thank all its supporters for coming along to this year's Pantomime at the People's hall. Thank you to all the parents who brought their children along despite the blizzard conditions on Saturday.

The Cast had a great time and we have been delighted by the compliments received from town folk. Here are a few Photo's to remind you.

This year the proceeds go to Comic Relief.

Easter blessings to all.



LOOKAROUND EDITORIAL TEAM UPDATE

Dr Myles Ripley

We currently have about 6 people signed up to take on the Lookaround but all of us are nervous of occasions when we will be away or otherwise engaged. We would love more volunteers so that we have spare capacity built in to the team.
PLEASE feel free to offer your services.

Roles on the team essentially break down into 4 categories –

- Advertising – creating adverts from information supplied, proofing submitted adverts, redesigning if necessary etc.
- Articles editing – typing up handwritten submissions, proof reading articles, editing if needed and liaising with the people submitting Etc
- Layout/compilation – someone with familiarity with software to create the final layout for submission to the printers from the above.
- Coordinator – someone to “herd cats” – ie organise the activities of all the above!

Any queries please get in touch with Dennis or myself on mylesripley@btinternet.com

Thank you for your interest - we don't want Lookaround to fade away.

SEDBERGH ORCHESTRA

Michael Leigh

Beyond the Steppes of Central Asia into Armenia and Russia. St. Andrew's Church, Thursday 8 March.

Peter Crompton and the Sedbergh Orchestra are to be heartily

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congratulated. This was a bold, ambitious, courageous – and indeed, risky project. Khachaturian, Arutunyan, Mussorgsky, Borodin and Shostakovitch, in a single night would have challenged even the most experienced professional instrumentalists and most distinguished ensembles. However, nothing ventured, nothing gained. This was another important and testing milestone in the Sedbergh Orchestra's remarkable development. The musicians emerged triumphantly in the end.

Peter Crompton's dynamic contribution to the Sedbergh Orchestra is clearly immense. He inspires, energises, cajoles, leads and encourages in equal measure. He also holds the orchestra together



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and obviously gives them great self-belief

On Thursday we were transported geographically across the Russian Steppes and beyond. Historically we were led through the Romanov dynasty, revolution, war, the soviet era, and perestroika. Musically the programme introduced us to a feast of lush harmonies, folksy melodies, pastoral interludes, crashing brass themes, haunting strings and woodwind sections and sleazy jazz motifs. What more could any audience wish for on a wet March night in the Howgill fells?

The evening opened with Khachaturian's *Masquerade Suite*. It was a great introduction to what would follow. The *Masquerade Suite* was composed between 1941 and 1944 as incidental music for a Lermontov play. A subtle nocturne follows a loud and lively march. An exuberant waltz theme lies at the heart of the Suite.

Alexander Arutunyan's Trumpet Concerto was the highlight of the evening. It is a very interesting piece in that it was a political high wire act. Arutunyan had to get the Concerto

past an array of Stalinist censors while at the same time seeking to achieve remarkable heights of virtuosity. His was a remarkable achievement as was Stella Crompton's. This is a demanding piece, and she gave an amazingly authoritative performance, handling the complex rhythms and soaring cadences with great charm and sophistication. The pure, clear sound of Ms. Crompton's trumpet reverberating around St Andrew's Church against the disciplined, but muted strains of the Sedbergh Orchestra strings was a joy to hear. The audience was privileged, for Stella Crompton gave a truly memorable performance, and is a charismatic performer.

Modest Mussorgsky's '*Dawn on the Moscow River*' is a hauntingly atmospheric composition. It is the prelude to *Khovanschina*, a tragic opera set at the time of Peter the Great in seventeenth century Russia. By contrast to the dark, dramatic, often brutal scenes that unfold in the main work, *Dawn on the Moscow River* is a light, gentle, pastoral elegy, laden with tones and semi-tones evocative of the riverine landscapes of Mother Russia. The orchestra painted the scene with admirable



restraint and deftness.

Alexander Borodin's Polovtsian Dances provided an ideal foil to the serenely gliding Moscow River. The dances are the exotic climax to Act II of the opera Prince Igor. The Polovtsian Dances achieved instant fame at the hands of Sergei Diaghilev and his groundbreaking balletic interpretations at *Ballet Russe*. The Sedbergh Orchestra also rose to the challenge of these firecracker episodes. It is not easy to achieve an appropriate balance between brass, woodwind and strings in the constricted and asymmetrical performance area in St Andrew's Church. Nevertheless at key moments in the dances the lilting melodies and sonorous brass and

woodwind themes managed to assert themselves excellently above the serried ranks of the strings. It was a fine performance.

The final item in the evening's programme would have come as something of a surprise to anyone unfamiliar with the specific work. Waltz Number Two is unlike any of Shostakovich's more monumental compositions. In this piece the composer weaves a tapestry of alluring jazz sounds. He intended that the pieces could be played in any order. Some sections have a sinister feel, some are almost erotic, some are sleazy, and others are humorous. They are always engaging, always deeply musical and completely of their time. The Sedbergh Orchestra

Jude Jackson Dip Mus., CT Abrsm



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clearly relished the task. They managed to capture the atmosphere of the 1950s jazz scene in a remarkable way. They provided a sense of perpetual motion and, although the strings performed magnificently, this was a work that brought the best out in all sections of the Orchestra.

Finally, it should be acknowledged that this was a very tough call for the Sedbergh Orchestra – just as it would have been for any orchestra. However it was a risk worth taking. We, the audience, hope that the Orchestra will not shy away from new and even greater challenges in the future. Bravo!

Pictures courtesy of Peter Simms. 

FAMILY MUSINGS

Sarah

What has happened to us all.. where has our community spirit gone.. the idea of working together for the common good seems to be missing somehow in our communities. Some people genuinely cannot do much if anything, all their energies are needed for themselves and their families but others seem to have the energy to criticise and complain but

not to actually do the 'hands on' stuff that is needed ie help to run local events, sit on committee's, organise events to bring people together etc.

Then we have the 'old hands', those who have been around for ever, or so it seems, they just plod on, doing what they always do to keep events happening and wheels of community turning. But no one goes on for ever..

Some people stay in the background and that is as is and as long as they don't become the equivalent of a back seat driver that's fine. But everyone can't be like that or nothing would get done!

As a Granny I love being hands-on and don't really take a back seat when playing with the little ones. "Come here .. go there .. do this .. do that .. come on Grannie we NEED train track /marble run/ whatever.. and I am there. On all fours for piggy back rides, astride a hobby horse to gallop around the house, on hands and knees building train track.. all of it .. I love it. Community life. .committee life .. I love that too and will keep on doing and giving my best as long as I can. What about you?

Recent ill health has caused me to stop and think .. and muse. Hence these Musings. Maybe make someone think "how can I help in my family .. community...?" 

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In all instances, direct debits are set up without following proper procedure. The victim is not sent written confirmation of the direct debit instruction, which is supposed to be sent within three days.

On occasions when victims attempted to call back, the telephone number provided by the fraudster was either unable to be reached or the victim's direct debit cancellation request was refused.

During 2017, there were 493 Action Fraud Reports relating to this fraud.

Protect yourself:

- There is only one Telephone Preference Service (TPS). The TPS is the only official UK 'do-not-call' register for opting out of live telesales calls. It is **FREE** to sign-up to the register. **TPS never charge for registration.** You can register for this service at <http://www.tpsonline.org.uk>.
- You will receive postal confirmation of genuine direct debits. If you notice unauthorised payments leaving your account, you should contact your bank promptly.
- Always be wary of providing personal information, or

confirming that personal information the caller already claims to hold is correct. Always be **certain** that you know who you talking to. If in doubt hang up immediately.

If you have been affected by this, or any other type of fraud, report it to Action Fraud by visiting www.actionfraud.police.uk or by calling 0300 123 2040.



neighbourhoodalert

Doorstop Sellers

Cumbria Trading Standards are warning residents in the South Lakeland area to be wary about doorstep callers in the area offering home improvement services.

Consumers should be extremely cautious when approached by any doorstep callers offering to sell goods or conduct work on their property. These types of callers often use persuasive or aggressive tactics to get people to agree to have work

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carried out and then charge far more than was quoted for poor quality work or goods.

They often fail to provide a legally required cancellation notice which enables the householder to cancel the work in certain circumstances.

Trading Standards advice is to always say 'NO' to any cold callers and we ask that you look out for elderly or vulnerable family, friends and neighbours.

If you have been cold called or wish to report an incident please contact us via the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org.uk or alternatively contact Cumbria Police on 101.

Follow us on Twitter at www.twitter.com/cumbriats and find us on Facebook for up to date information on reports such as these and all the latest scams at www.facebook.com/cumbriats



YORKSHIRE DALES NATIONAL PARK

Andrew Fagg

Birds of Prey Persecution:
the evidence

The Yorkshire Dales National Park

Authority (YDNPA) has published an 'evidence report' on birds of prey persecution – which was first presented to a wildlife crime summit held at the Authority's offices in Bainbridge.

The report assesses the populations of a number of key upland raptor species nationally and in the Park and quantifies the confirmed incidents of persecution.

It says, "The collation of breeding data, the number of confirmed persecution incidents and the absence of some species from large areas of potentially suitable habitat provide compelling evidence that illegal persecution is limiting the populations of peregrine and hen harrier in the National Park, and is preventing the colonisation of the area by red kites.

"There has not been a successful Peregrine nesting attempt on any of the monitored grouse moor sites since 1997, with birds now absent from the majority of sites that were occupied in the 1990s. This is in stark contrast to the success of nest sites away from grouse moors. There is no natural explanation for this difference.

Calling all PHOTOGRAPHERS!

Please consider donating images for the
Information & Book Centre's 2019 calendar.

We're looking for striking and unusual images with something that ties them to the area.

Images will need to be landscape format and around 12 x 9 inches at 300 pixels per inch (they will be reproduced at A4). Email images, Flickr links etc. to office@sedbergh.org.uk or drop your prints in at 72 Main Street by the second week of February 2018.

* The 2018 calendar is on sale now at no. 72 *

"Despite large areas of potentially suitable nesting habitat, there has not been a successful hen harrier nesting attempt in the National Park since 2007. In addition, 11 (19%) of the 59 hen harriers that were satellite tagged by Natural England at sites across northern England and Scotland between 2002 and 2017 are classed as 'missing, fate unknown' in the Yorkshire Dales."

The report – which draws on a wide range of sources – was presented at a Wildlife Crime seminar organised by the YDNPA, which took place at Yoredale in Bainbridge on 21 Feb. More than 50 people attended the event, including police officers from the North Yorkshire, Cumbria and Lancashire forces.

YDNPA Chief Executive David Butterworth said: "The wildlife crime seminar has trained staff to know how to assess and deal with incidents – and when to report them to the police. I need to be absolutely clear: bird of prey persecution is a criminal offence and is foremost a police matter. If you suspect it, or wish to report any information, you need to dial 101 or in an emergency 999. But it is also a matter for us, as the Authority exists

to conserve and enhance the natural beauty and wildlife of the National Park.

"During the coming weeks, the training that staff have received will also be handed on to our Dales Volunteers. They will be briefed on how to spot and report suspected wildlife crime incidents."

He added: "North Yorkshire has gained an unenviable reputation as England's bird of prey persecution hotspot. The problems are well documented but, as yet, there are no widely accepted solutions to the conflict between some land management practices and bird of prey populations. People need to be clear that the National Park Authority does not own the land, and that there are no legislative powers to regulate game shooting.

"This does not mean that we are sitting idly by doing nothing. We are helping North Yorkshire Police with Operation Owl – a scheme to get people who are out and about enjoying the magnificent countryside to look out for and report suspected wildlife crime. With the help of residents and visitors we can make a difference. We want birds of prey

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back in this iconic National Park." 

YORKSHIRE DALES NATIONAL PARK

Have your say on National Park Management Plan

An ambitious five-year programme of work in the Yorkshire Dales National Park has been published for public consultation.

A year in the making, the 'National Park Management Plan 2019-2024' contains detailed objectives on farming and land management, economic regeneration and public rights of way.

It has been shaped by an initial 'Your Dales, Your Views' public consultation last summer and by the Government's 8-point plan for England's National Parks.

A steering group made up of 16 public, private and voluntary sector organisations (see below) is responsible for producing the Plan. The consultation will run for seven weeks until 30 April.

Steering group member, Yvonne Peacock, who is the Leader of Richmondshire District Council, said: "We have listened carefully to the views of local people and all those with an interest in the Park, and we have come up with a management plan which – when carried out – will make the Yorkshire Dales National Park a better place to live and work and visit.

"Last summer's public consultation was the start of the process to create the new plan. 'Community sustainability', the future of farming after Brexit and wildlife crime came out as the top three concerns of the

public. In the new plan you will see several objectives related to these issues.

"It is entirely possible that something has been missed, or that the objectives that have emerged need to be tweaked. That's what this second consultation is about. We'd like to hear the views of individuals, businesses and other organisations before finalising the plan."

The new plan is organised in the same way as the current plan (2013-2018), with the objectives arranged under the six parts of the vision for the National Park.

Steering group chairman Carl Lis added: "Quite a number of the objectives – for instance on peat bog restoration, tree planting and raising the standard of public rights of way – are designed to build on the successes of the past five years.

"Other objectives – on farming, dark skies, attracting families, transport and broadband – are new and very ambitious. For instance, a date of 2021 has been set for the development of a 'fully-costed, locally-tailored, locally-delivered, outcome-focused environmental land management scheme' for the Park.

"The County Councils will be leading on another new objective – to connect Grassington, Hawes, Reeth and Sedbergh, to hyperfast, fibre-to-the-premises broadband by 2023."

Steering group member Dan Hudson, who is Development Strategy and Housing Manager at South Lakeland District Council, said: "The plan is the result of genuine partnership working and 'joined-up thinking' across public, private and

voluntary organisations. There are some big challenges that we need to face up to but there is also much in it to get excited about. I hope people will engage constructively to help us improve it further."

To see the plan and make comments visit:

your.yorkshiredales.org.uk

To see the current plan and supporting documents visit:

www.yorkshiredalesmanagementplan.org.uk

The 16 organisations on the National Park Management Plan 2018-2024 steering group are:
Craven District Council
Dales Farmer Network (Yorkshire)
Dales Farmer Network (Cumbria and Lancashire)
Dales Rural Estates (Yorkshire)
Dales Rural Estates (Cumbria and Lancashire)
Dales Tourism Businesses (Yorkshire)
Dales Tourism Businesses (Cumbria and Lancashire)
Eden District Council
Environment Agency
Forestry Commission
Lancaster City Council
Natural England
Richmondshire District Council

South Lakeland District Council

Yorkshire Dales Millennium Trust

Yorkshire Dales National Park

Authority

The new Yorkshire Dales National Park Management Plan (NPMP) is the fourth such five-year plan.

Management Plans are a requirement of the 1995 Environment Act.



YORKSHIRE DALES NATIONAL PARK

Upland farmers – make your voices heard

The YDNPA is urging local farmers and landowners to try to find time out from lambing to respond to the government's major consultation on the '[Future of Agriculture](#)'.

The consultation paper proposes big changes after Brexit, not least the phasing out of Direct Payments (BPS), the source of almost all profits for upland farm businesses.

It says Direct Payments will be replaced by more payments for "public goods" – which are strongly supported by [National Parks England](#). The pioneering 'payment by results' [pilot scheme in Wensleydale](#) is featured as a case study.

"The consultation paper outlines a



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IF LOOKAROUND MENTIONED WHEN BOOKING

post-Brexit farming policy for England and there is much to be commended in it. It is very encouraging that it uses the Wensleydale pilot as a case study to illustrate what future farm payment schemes could look like," said YDNPA chairman Carl Lis.

"The paper clearly says that Direct Payments are not going to be switched off overnight – which will come as a relief to many. It models scenarios for the payments to be phased out over 5, 7 or ten years, so it could be towards the end of the next decade before they disappear entirely. It is in farmers' interests to join in the consultation and give their view on how Direct Payments should end and over how many years.

"The paper is also clear in recognising that the uplands may find it more difficult than others to adapt. But it highlights the potential for upland farm businesses to benefit from new environmental land management schemes, given the nature of the landscapes and the many public goods that they deliver, such as biodiversity and flood risk mitigation.

"One of the vital questions the paper asks is how farming, land management and rural communities in the uplands should continue to be supported. It's important that we seize this opportunity to make the voices of local farmers and communities heard.

"The Yorkshire Dales National Park Authority will be responding to the consultation via National Parks England. Our views have been shaped through the Yorkshire Dales Farming and Land Management

Forum and other local partnerships. A consensus has emerged that future payment schemes need to be locally tailored, locally delivered and outcome-focused."

The consultation closes on 8 May. You can respond [online](mailto:agricultureconsultation@defra.gsi.gov.uk), by email (agricultureconsultation@defra.gsi.gov.uk) or in writing to: Agriculture Consultation Team, 1b - Future Farming Directorate, Department for Environment, Food and Rural Affairs Nobel House , 17 Smith Square , London SW1P 3JR



COMMUNITY OFFICER REPORT

Mandy Coleman

Logs of note for the area of Sedbergh.

- 13/2 – Criminal damage caused to a window on Main St.
- 18/2 – A suspicious vehicle was seen in the area of Firbank.
- 25/2 – A suspicious vehicle was seen in the area of the Spar in the early hours.
- 2/3 and the 3rd – ASB was caused by youths throwing snowballs at passing vehicles.
- 8/3 – The Sleepy elephant was broken into, items taken.
- 8/3 – A building was broken into in the area but nothing taken.
- 10/3 – Damage was caused to a door on Busk Lane.
- 13/3 – Theft of sheep feed bucket from Cautley.

Please be vigilant due to the recent break ins, make sure all buildings are locked and secured. Any suspicious activity then ring Cumbria Police on 101 or ring 999 in an emergency T: 101 option 2 ext 45244

Amanda.coleman@cumbria.police.uk

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JEAN DIXON

I would like to thank all the many people who sent cards and messages during my recent 'stay' in Lancaster Infirmary. I had no idea so many people knew me and thought enough about me to send their good wishes via a card or phone call. I am now home and making good progress so hope soon to be taking my little dog, Percy, 'out and about' amongst you all again. A special 'thank you ' to Elizabeth and Judith, Nigel and Richard who are and have been unfailing in their care and support now that I am home. Also to William and All my grandchildren who drove many miles to see me in hospital.
THANK YOU ALL so much.

=====

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EDITORS COMMENTS NEW ADVERTISER

This month, we have another new Advertisers with Paul Tuson Joinery . Please give your support and please mention that you saw the Advert in Lookaround.

FUTURE OF LOOKAROUND

Progress is outlined on page 68. I am not taking any Advertising after that December. Should the Lookaround continue, new Contracts will be made from February 2019 with the new Group.

LOOKAROUND INFORMATION

The Sedbergh & District Lookaround

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

Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions. If there is an error with your article or advert, it is your turn this month in amongst hundreds of entries each month.

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

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

editor@sedberghlookaround.org.uk

ARTICLES

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

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Our distribution area is the LA10

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

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

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

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

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

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

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

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

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable (for the last 18 years). All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

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

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

If you have more than 3 months of advertising, we will automatically send a renewal reminder should you

wish to continue. If you order 10 months, we give you one free (making one whole year).

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

Payments by BACS can also be made.

This account is valid from June 2017.

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

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

CHILDREN'S BIRTHDAYS

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

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

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

COVER PICTURES

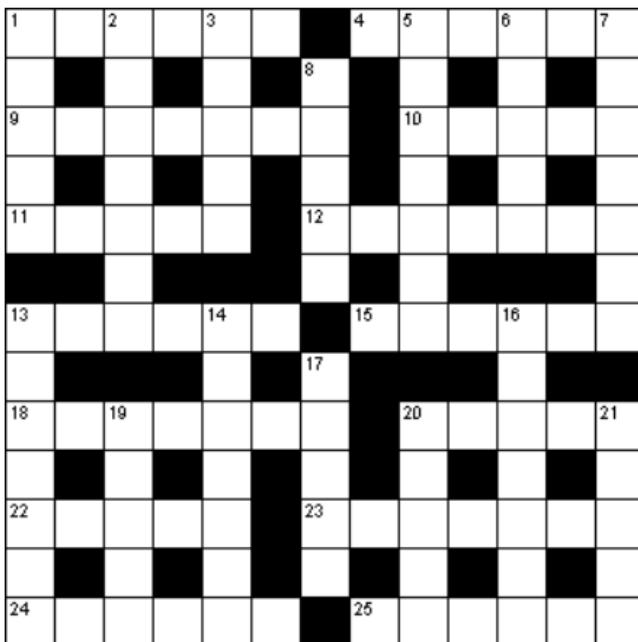
If you have any suitable pictures to go onto the Cover of Lookaround, please send a High Quality copy with the location and your name and you will be credited. Please remember that the picture will be split into two by the Spine so try and get a picture of two halves.

Dennis J Whicker

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

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

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

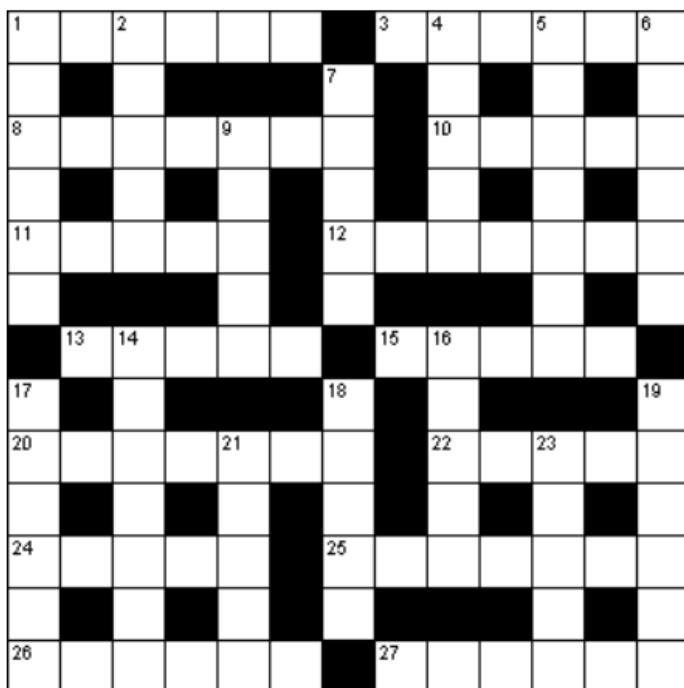


Across

1. Plaid (6)
4. Inveigle (6)
9. Plane figure with straight sides (7)
10. Publish (5)
11. Creep (5)
12. Plant with prickly-edged leaves (7)
13. Schedule (6)
15. Despot (6)
18. Producing a sensation of touch (7)
20. Investigation (5)
22. Performed (5)
23. Gathered together in large numbers (7)
24. Objective (6)
25. Formal proposal to buy (6)

Down

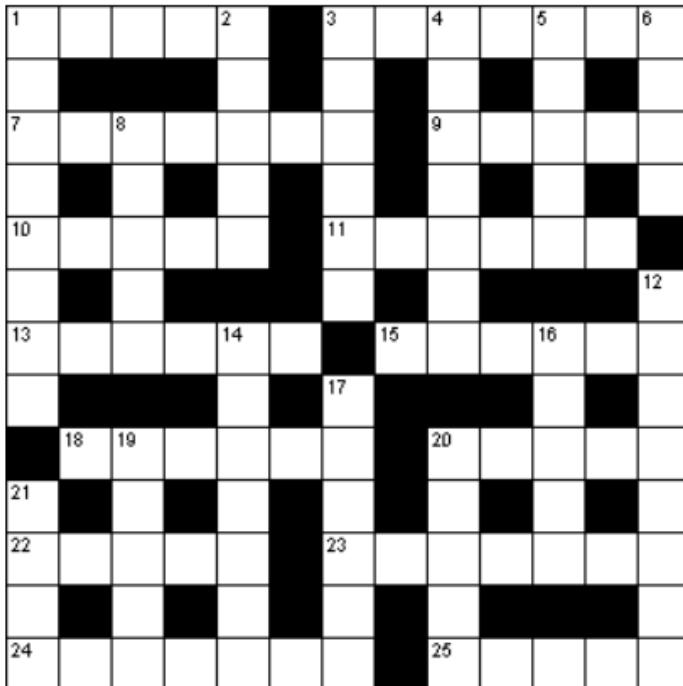
1. Subject (5)
2. Let go (7)
3. Investor in theatrical production (5)
5. Nimbleness (7)
6. Beginning or early stages (5)
7. Best environment for a plant or animal (7)
8. Become one (5)
13. Draw in (7)
14. Diminish (7)
16. Kept away from (7)
17. Impart skills or knowledge (5)
19. Supply food ready to eat (5)
20. Provide evidence for (5)
21. Type of duck (5)

**Across**

1. Knowledgeable person in a particular field (6)
3. Receive something offered (6)
8. Circuitous (7)
10. Luxury craft (5)
11. Prominent (5)
12. Out of the ordinary (7)
13. In front (5)
15. Felt pain (5)
20. Frequent patron (7)
22. Mindful (5)
24. Once more (5)
25. Imbue (7)
26. Firstborn (6)
27. Request for a sum of money (6)

Down

1. Oar (6)
2. Not at any time (5)
4. Aquatic South American rodent (5)
5. Leave out (7)
6. Aggregates (6)
7. Progeny (5)
9. Last letter of the Greek alphabet (5)
14. Emaciated (7)
16. Item of furniture (5)
17. Colonnade (6)
18. Juicy fruit (5)
19. Breakfast food (6)
21. Parts of a chain (5)
23. Die away (5)

**Across**

1. Large oval fruit (5)
3. Units of time (7)
7. Fished commercially (7)
9. Several music tracks issued together (5)
10. Irritated (5)
11. Birds of prey (6)
13. A business that serves other businesses (6)
15. Published (6)
18. Save from loss or danger (6)
20. Having three dimensions (5)
22. The relative magnitudes of two quantities (5)
23. Passage selected from a larger work (7)
24. School for special training (7)
25. Flowed back (5)

Down

1. Based on traditional stories (8)
2. Lubricated (5)
3. Happening without warning (6)
4. Alterations (7)
5. Stately (5)
6. Japanese form of wrestling (4)
8. Leg joint (5)
12. Enlightened (8)
14. Violent windstorm (7)
16. An earth pigment (5)
17. Cure (6)
19. Additional (5)
20. Periodic repeated series of events (5)
21. Elaborate song for solo voice (4)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) 1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB; Free Wi-Fi e-mail: sangold.kwood@virgin.net	21808
Mrs G Baines	Howgill View, 11 Bainbridge Road, Sedbergh LA10 5AU (2017/09) 2D; CH; L; NS; NP; VB; CW; DFB; Free WiFi e-mail:- gill.durie@hotmail.com	21510
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellcottage.co.uk	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) 1D; 1T; TVL; CH; DW; P; DR; VB e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) 1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW	21789
Mrs Lappin	The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05) 4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL	20200

CAMPING, CARAVANNING & SELF-CATERING

Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	20360
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	21175 <i>Sleeps 4 people; D; T; CH; L; P; NS</i>	
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	21175 <i>Sleeps 4 people; D; T; CH; L; P; NS</i>	
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)		01969 667356
Mrs Whitfield	Old Station Cottage. Station Road, Sedbergh LA10 5HP (2016/12) <i>Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage www.oldstationcottage.co.uk</i>	20799

KEY

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

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

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

PLACES OF INTEREST TO VISIT IN THE AREA

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

* = Entry Fee Applicable

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	09/16	Helpline	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cornerstone Community Church Rooms	01/09	Mrs Haworth	Sed:	20428
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	06/16	Dr Ripley mylesripley52@gmail.com		
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton admin@howgillharriers.co.uk		
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley mylesripley52@gmail.com		
Labour Supporters Group *	12/17	Mr Cross	Sed:	22566

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	12/14	Mrs Suttle	07810	833478	
Lunch Club	03/18	Mrs I'Anson	Sed:	21757	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554	
People's Hall	08/15	Sleepy Elephant	Sed:	21770	
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196	
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662	
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125	
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826	
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885	
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808	
Red Squirrel Group - Sedbergh	04/17	Mr Hopps	07870	785322	
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816	
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723	
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723	
Scouts	01/09	Mr Mawdsley	Sed:	20723	
Scouts - Explorers	11/15	Mrs Colton	07789	906421	
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613	
Sing Joyfully! (Casterton)	09/16	Mrs Micklithwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com		
Tennis Club	01/09	Mr Robinson	Sed:	21014	
Town Band	01/09	Mrs Waters	Sed:	20457	
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138	
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773	
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869	
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770	
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808	
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775	
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663	
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754	
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733	
Yoga	11/16	Mrs Hennedy	Sed:	20899	
Young Cumbria	01/09	Mrs Hartley	01524	781177	
Young Farmers Club	11/15	Miss Thompson	07590	115844	
Young Kidz	01/09	Mrs Baines	Sed:	21287	

* = Latest Amendments

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

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	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)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
					Last Update: May 2017				

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

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

* R = Calls on Request only.

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

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

BUS SERVICES

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

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

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

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

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

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

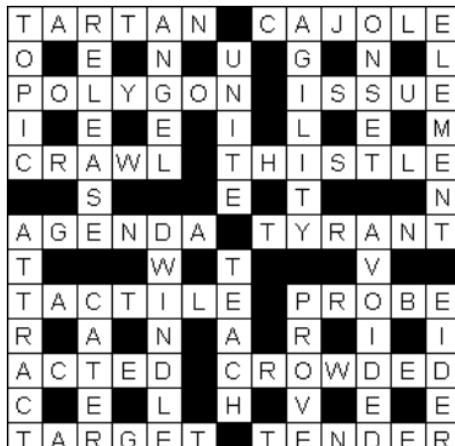
BUS SERVICES

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

* R= Calls on request only

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

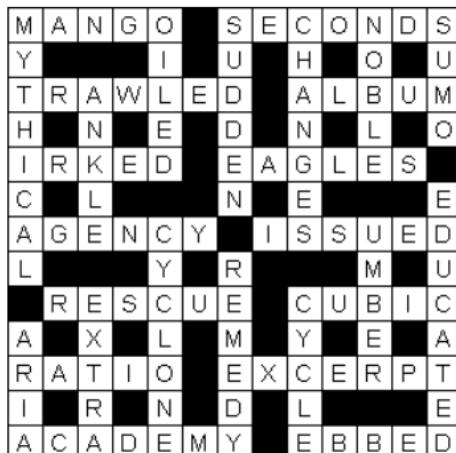
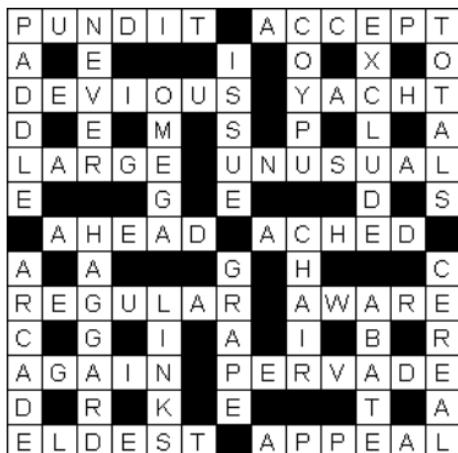
APPLEBY
BROUGH
CAUTLEY
DENT
FIRBANK
GARSDALE
HOWGILL
KENDAL
MIDDLETON
MILLTHROP
MILNTHORPE
NATLAND
PENRITH
SEDBERGH
SHAP
STAVELEY



BUS SERVICES

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

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



Combined plans for Western Dales Mission Community - April 2018						
	Time	1st	8th	15th	22nd	29th
St. Andrew's, Sedbergh LA10 5BZ	8am	Andy McMullan HC-BCP	Gary Wemyss HC-BCP	Andy McMullan HC-BCP	Andy McMullan HC-BCP	Andy McMullan HC-BCP
St. Andrew's, Sedbergh LA10 5BZ	10.30pm	Andy McMullan & Sarah Moore HC	Christine Brown HC	Andy McMullan HC	Andy McMullan & Judith Bush FS	Andy McMullan BCP CM
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service with St. Andrew's or People's Hall	David Crouchley 6.30pm- David Crouchley HS	Chris Fawcett 4pm - Messy Church	David Crouchley	David Crouchley
People's Hall Sedbergh LA10 5DQ	10.30am	Sarah Moore				
St. Mark's, Cautley LA10 5LZ		9.30am Judith Bush HCx	9.30am Judith Bush MP-NC		2.30pm Andy McMullan HS HC	11am Judith Bush Ecu
Cautley Methodist Chapel LA10 5LY	11am	June Allen	Gordon Middleton	Philip Nolan	William Allen	At St. Mark's
St. John's, Garsdale LA10	10am	Gary Wemyss HC	At Low Smithy United Service	At Garsdale Street United Service	Church Warden SW	Gary Wemyss HC
Garsdale Low Smithy Methodist Chapel LA10 5PF	2pm	At St. John's United Service	United Service Sarah Crouchley	At Garsdale Street United Service	Philip Nolan	Own arrangement
Garsdale Street Methodist Chapel LA10	6.30pm	At St. John's United Service	At Low Smithy United Service	United Service Pam Dent	Sarah Crouchley	Own arrangement
All Saints, Killington LA6 2HA	2pm	Angela Whittaker HC	At Sedbergh	Gary Wemyss HC	At Firbank	At Sedbergh
Holy Trinity Howgill LA10 5JD	2pm	Andy McMullan HC	At Sedbergh	At Killington	At Firbank	At Sedbergh
St. John's Firbank LA10 5EF	2pm	Judith Bush HCx	At Sedbergh	At Killington	Gary Wemyss HC	At Sedbergh
St. Andrew's, Dent LA10 5QL	10.30am	Christine Brown HC	Andy McMullan HC	Christine Brown HC	Christine Brown HC	Christine Brown HC
St. John's, Cowgill LA10 5RJ		9am Christine Brown HC	At Dent	2.30pm Church Warden EP	At Dent	At Dent
Dentdale Methodist Chapel LA10 5QJ	6.30pm	David Crouchley HC	Philip Nolan	Gordon Middleton	June Allen	Pam Dent
Dent Foot Methodist Chapel LA10	2pm	At Dentdale	At Dentdale	At Dentdale	At Dentdale	At Dentdale
	Wednesday	4th	11th	18th	25th	
St. Andrew's, Sedbergh LA10 5BZ	11.15am	Andy McMullan HC-BCP	Andy McMullan HC-BCP	Andy McMullan HC-BCP	Andy McMullan HC-BCP	
HC- Holy Communion (HCx- Extended Communion) SW- Service of the Word FS- Family Service HS- Healing service				Ecu- Ecumenical CM- Choral Matins (BCP) MP-NC- Morning Prayer- Northumbrian EP- Evening Prayer		

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullan Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

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

Rev. Dr. Peter Campbell Tel: 20918

CORNERSTONE COMMUNITY CHURCH

New Street/Main Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

SOCIETY OF FRIENDS

QUAKERS
Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. Andy McMullan Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. Andy McMullan Tel: 20018

Rev. Christine Brown Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrow

Rev. David Crouchley Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

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

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545 375721

Lookaround Advertising Rates

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

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

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

DIARY OF EVENTS

Dates are held up to 14th March 2019.

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

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

APRIL

1	1030	Art of Quilting (5 & 65)	FM	
1	1030	Life & Tradition in the Dales	DCMH	
1	1330	Easter Duck Race (March)	New Bridge	
2		Easter Monday		
2	1000	Easter Monday Sale (March)	DMH	
3	1100	Drystone Walling Demonstration	DCMH	
4	1000	Weekly CM - Garsdale VH (4)	CCCM	
5	1930	People's Hall AGM (March)	PH	
5	1930	WIH&F - NW Blood Bikes	FCH	
6	0900	Children's Biscuit Decorating	DCMH	
6	1100	In The Kitchen	DCMH	
7	1000	StAD Coffee Morning	Cancelled	
7	1030	Retreat Day with Celtic Harp (15 & 49)	MCD	
7	1300	Daffodil Day (1 & 41)	Whelprigg	
7	1930	Flicks in the Fells (TBA)	PH	
8	1030	Family Printing Workshop	DCMH	
8	1300	Daffodil Day (1 & 41)	Whelprigg	
10	1100	Drystone Walling Demonstration	DCMH	
10	1400	WIK - Life Histories in Dementia	PH	
11	1000	Weekly CM - St John's Hospice (4)	CCCM	
11	1030	An Apprentice's Journey (5 & 65)	FM	
11	1300	Easter Egg Hunt Family Bike Ride	DCMH	
11	1915	WID - From Barrow to Bagdad	DMH	
11	1930	WIS - Your Bladder & You	PH	
12	1200	Lunch Club Age UK	Red Lion	
12	1915	Royal British Legion	WHC	
12	1930	Parish Council Sedbergh (6)	PH	
13	1400	Wordsworth Trust (15)	L	
14	1030	Spring Weekend (5 & 65)	FM	
15	1030	Spring Weekend (5 & 65)	FM	
15	1030	Stick Making Demonstration	DCMH	
15	1100	Rainbow Chakra Gong Bath (15 & 49)	MCD	
15	1600	Messy Church (15)	CCCM	
17	1400	SASL - Dennis Whicker	PH	
17	1930	Ladies NFU - Morecambe Bay Rescue	PH	
18	1000	Weekly CM - St Andrew's Mission (4)	CCCM	
18	1930	Friends of StAS AGM (62)	STAS	
19	1300	MC Closed for Training (19)	MC	
20	1830	Archaeology @ Fountains Abbey	DCMH	
20		Town Band Dance Concert	PH	
21	1000	AS Workshop - Alex Jakob Whitworth	CCCN	
21	1000	CM - Dentdale Chapel	DCS	
21	1930	Olde Time Dance	PH	
22	1100	Group Meditation (15 & 49)	MCD	
23		St George's Day	CCCM	
25	1000	Weekly CM - North West Cancer (4)	CCCM	
25	1930	CWT Amazon to the Antarctic	CCCM	
28	0930	Artisan Market (28)	Sedbergh	
28	1000	Playgroup Open Day (15)	SSAT	
29	1900	Dentdale Choir Concert (29)	StAD	
		MAY		
1	1030	Art of Quilting (5 & 65)	FM	
1	1030	An Apprentice's Journey (5 & 65)	FM	
1	1030	Life & Tradition in the Dales	DCMH	
1-8		Ride2Stride Festival (44)	C&SRly	
2	1000	Weekly CM - TBA (4)	CCCM	

3	0700	Local Elections		
3	1930	WIH&F - Quilling Demonstration	HVH	
4	1800	KL Beer Festival	KLRC	
5	0945	Care of the Bereaved (45)	CCCN	
5	1000	StAD Coffee Morning	DMH	
5	1200	KL Beer Festival	KLRC	
5	1930	Flicks in the Fells (TBA)	PH	
6	1200	KL Beer Festival	KLRC	
7		May Bank Holiday		
		7 1030 Art of Quilting Ends (5 & 65)	FM	
9	1000	Weekly CM - Firbank Church (4)	CCCM	
9	1400	WIK - Resolutions + Joining the Dots	PH	
9	1915	WID - Resolutions	DMH	
9	1930	WIS - First Responders	PH	
10	1200	Lunch Club Age UK	Red Lion	
10	1915	Royal British Legion	WHC	
10	1930	Sedbergh Parish Council Annual Meeting (6)	PH	
11	1900	British Legion Annual Dinner (53)	Golf Club	
12		Town Band Garden Concert	Queens Gardens	
13		Sedbergh Singing Walks Starts	Sedbergh	
15	1400	SASL - TBA	PH	
15	1930	Ladies NFU - About Alpacas	PH	
15	1930	Sedbergh Parish Annual Meeting (6)	PH	
16	1000	Weekly CM - Christian Aid (4)	CCCM	
16	1200	HS Furness Abbey (32)	LHCP	
16	1300	MC Closed for Training (19)	MC	
18	1330	AS Helen Shields	CCCN	
18		Sedbergh Singing Walks Ends	Sedbergh	
19	1000	AS Autonomous Workshop	CCCN	
19	1000	CM - Dentdale Chapel	DCS	
20	1030	An Apprentice's Journey Ends (5 & 65)	FM	
23	1000	Weekly CM - Ladies NFU (4)	CCCM	
26	0930	Artisan Market (28)	Sedbergh	
28		Spring Bank Holiday		
28	1900	Duck Race	HVH	
30	1000	Weekly CM - COGS	CCCM	
		JUNE		
1	1030	Life & Tradition in the Dales	DCMH	
2	1000	StAD Coffee Morning	DMH	
2	1400	Red Squirrel Party (March)	New Street	
2		Country Fest	Crooklands	
3		Sedbergh Music Festival Starts	Sedbergh	
3		Country Fest	Crooklands	
6	1000	Weekly CM - Garsdale Church (4)	CCCM	
7	1930	WIH&F - Aunt Edna's Hats	FCH	
12	TBA	WIK - Outing	TBA	
13	1000	Weekly CM - H&FWI (4)	CCCM	
13	1315	HS Barbon (32)	LHCP	
13		WID - Summer Outing	TBA	
13		WIS - Summer Outing	TBA	
14	1200	Lunch Club Age UK	Red Lion	
14	1300	MC Closed for Training (19)	MC	
14	1915	Royal British Legion	WHC	
17		Sedbergh Music Festival Ends	Sedbergh	
19	1200	SASL - Summer Lunch/Outing	TBA	
19	1930	Ladies NFU - Summer Outing	PH	
20	1000	Weekly CM - Allotment COGS (4)	CCCM	
21	1200	HS Browsholme Hall & Gardens (32)	LHCP	
23	0930	Artisan Market (28)	Sedbergh	
23	1930	Olde Time Dance	PH	
23	1000	CM - Dentdale Chapel	DCS	
27	1000	Weekly CM - Killington WI (4)	CCCM	

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.00am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Surgery by appointment only –

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

Dent Surgery

Monday by appointment only

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday afternoons

(By appointment only)

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

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

See our website

www.sedberghmp.nhs.uk

for further details

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

POLICE

101 or 999

Crimestoppers 0800 555 111

DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

Saturday *

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

MARKET DAY

WEDNESDAY

Last Page Update:

March 2018